

Flash Quotes

Women Great Britain 'A' (GBR)**4x100m Relay Women - Winner - 41.81 NR**

Dina Asher-Smith

The third leg was a massive change for me. It was such good fun. I was watching Daryll (Neita) down the last 100m. I could see the time counting down and just thought, 'oh my god, we are going to do it'. To run the British record is sensational.

Asha Philip

My aim was just to catch the person in front of me and give Desiree a good lead. She charged down the back straight, she is experienced enough to do that. Even though it was Dina's first go on the third leg, we knew she runs a good bend so we knew she would kill it. I knew Daryll was going to keep it on that last leg. It was perfect what we did today, we are proud of ourselves. We are really confident now heading into Rio.

22.07.2016 18:57

Christine OHURUOGU (GBR)**400m Women - Fifth place - 51.05 SB**

It is progression but I kind of wanted a bit more. It's not as easy as it looks - I don't just turn up and run a season's best, there has been a lot of work behind it. This season has been a lot of work, it has been hard. But we push on, that is life sometimes. More often or not, it does not go to plan. You have to work with what you have got and make the most of it.

22.07.2016 20:13



Flash Quotes

Shaunae MILLER (BAH)**400m Women - Winner - 49.55 WL**

I'm very pleased and I thank god for the performance. Everything's been going extremely well, my training's been going great.

I put in a lot of work for these competitions so I'm glad to see it's paying off. It was a great feeling. My first time competing here at the stadium of London's Olympic Games.

Rio's the next big goal. I'm really looking forward to it and I'm hoping for the best from it.

22.07.2016 20:21

Dalilah MUHAMMAD (USA)**400m Hurdles Women - Winner - 53.90**

I'm ok with it but I wish the time was a bit faster, but I am running on tired legs. I've run 52.8 this year so I know I'm capable of going faster. The stadium was great to compete it, a lovely atmosphere and perfect preparation heading into Rio.

My attention now turns to Rio, I'm definitely where I want to be at the moment.

22.07.2016 20:46



Flash Quotes

Eilidh DOYLE (GBR)**400m Hurdles Women - Fourth place: 54.70**

I just felt a bit tired coming into the home straight, the opposite to how I felt in Monaco (Diamond League). I clashed arms with someone after the final hurdle and that threw me. I concentrated a bit too much maybe, and mucked it up really.

I'll watch that back hundreds of times, you learn more from mistakes like that. Those are the races I watch back more. I will be back more confident and look to nail it in the first round of the Olympic Games.

22.07.2016 20:52

BOSSE, PIERRE-AMBROISE (FRA)**BOSSE - Winner 1.43.88**

It was less than 1.44 (1.43.88) for the first time this year, so it was a nice season's best. It can be better, it was my last race before the Olympics so I'm confident going into Rio.

There is one race that really counts this year and it's the final of the Olympics.

22.07.2016 21:00

Ferguson Cheruiyot ROTICH (KEN)**800m Men - Third place: 1:44.38**

I am over the moon, it was a good race. I have been racing a lot recently, so I was quite tired coming into this race but I am happy with how I ran.

I am so excited to still be leading the Diamond race, I have had some good results this year.

22.07.2016 21:08



Flash Quotes

Chris O'Hare (GBR)**Emsley Carr Mile - 12th place: 4:02.54**

I ran terribly, I wanted to go off hard but I didn't have it - I've missed the last ten days after picking up a knee niggle, I just had nothing left in my legs. Hopefully it will be better in Rio, I need to get back to work.

22.07.2016 21:13

Jake WIGHTMAN (GBR)**Emsley Carr Mile - Winner 3:54.20**

You forget how nice the track is and the atmosphere that surrounds it, I am so pleased with the way I ran and glad to get a PB too.

As I am not going to Rio, it is important to have something to keep me motivated throughout the season and I feel like I've just about done that today.

I hope one day a British runner can win this event, but hopefully it will happen in the next few years.

22.07.2016 21:16

Silas KIPLAGAT (KEN)**Emsley Carr Mile - Winner: 3:56.04**

I'm showing I'm in great form and it is great to win. It was disappointing not to be going to Rio but I feel I am running well. It is always good to compete in events which are a little bit different and to win it is a little bit special. To get a chance to hold this plate is special as it is an event which has a lot of history.

22.07.2016 21:20



Flash Quotes

Morgan LAKE (GBR)**High Jump Women - Seventh 1.92**

I am pretty pleased, my technique was a bit rough, so it took a few attempts to actually get up to that height but it's nice to obviously be in the nineties and hopefully I can better it in Rio.

The crowd played a huge part in my third attempt and the noise motivates you to put on a show.

I've got a hard training block coming up, so hopefully in the next couple of weeks time I will be in the best possible shape.

22.07.2016 21:23

Katarina JOHNSON-THOMPSON (GBR)**Long Jump Women - 3rd 1.95**

It was the best conditions we could have hoped for, I thought it was going to be a bit cold, but it's been good and I'm really pleased to get a PB.

I think the stadium is helping produce all these great performances, the London atmosphere and London crowd make it a special place.

22.07.2016 21:31



Flash Quotes

Kendra HARRISON (USA)**100m Hurdles Women Heat 2 - Winner: 12.20 WR**

To hear people call me a world record holder , it sounds remarkable. I wanted to come out here and show the world that I still have it even though I won't be going to the Olympics. I had to give it all I had.

Initially I saw 12.5 and I was just happy to come out here and win. I was so happy when it came up and I was feeling really blessed. It shows that even if you don't go out there and make the team, you have to keep going and be strong. I just ran my best and look what happened.

22.07.2016 21:32

Ruth BEITIA (ESP)**High Jump Women - Winner 1.98**

I feel very good, four years after the Olympic Games I come back to this famous stadium and it feels amazing to get the 1.98 height.

I am at the top of the Diamond League with 31 points now, and I'm ready for the Olympics.

22.07.2016 21:39



Flash Quotes

Jessica ENNIS-HILL (GBR)**100m Hurdles Women Final - 8th place: 13.04**

(After semi-final) With the heptathlon, you just go out there to run one good race, so to get the chance to get through and run again is quite a new thing for me but I'm really happy to go through.

It is just great to be back here - the crowd have been amazing. The cheer when my name was called was just incredible. I'm so happy to run a season's best and makes me confident with Rio next.

(After Final) Unfortunately, I smashed the hurdle and that threw my race. We are only a few weeks away now Rio now so I am excited about competing there.

22.07.2016 21:41

Renaud LAVILLENIE (FRA)**Pole Vault Men - Winner 5,90**

I am really happy, I enjoy competing here a lot and it's always a pleasure to come back.

Everytime I perform my best here at this stadium and I am happy to jump well.

My season is going pretty well, I've done everything I need to in preparation and now I can turn my focus towards Rio.

22.07.2016 21:45



Flash Quotes

Christian TAYLOR (USA)**Triple Jump Men - Winner 17.78**

I thought the world record was there for the taking especially on such a beautiful night. I love the track and I'm happy to be back in London, I set the bar high and I'm disappointed I couldn't step up to the record.

My focus has been to bring together all the elements of my performance, there has been a bit of transition but things are coming together and everything looks good for Rio.

22.07.2016 21:49

Laura MUIR (GBR)**1500m Women - Winner: 3:57.49 NR**

I'm in really good shape and the pace was good. The third lap I just had to keep working hard to make sure I brought it home. The crowd were amazing, I just can't believe it's over and done with already!

Breaking the British record blows my mind a bit. I haven't run a fast 1500m this year so I wanted to go out there and show the world what I can do, I think the performance shows what I'm capable of. My last race wasn't a great one but you can't get much better than tonight.

22.07.2016 21:52

Jakub VADLEJCH (CZE)**Javelin Throw Men - Winner 85.72**

I am very satisfied as it was my first victory, the crowd was perfect and really helped me produce my best throw on the night.

I am in the middle of a training camp which lasts for another two weeks and then we head to Rio.

22.07.2016 21:59



Flash Quotes

Usain BOLT (JAM)**200m Men - Winner: 19.89**

I'm getting there, I'm not fully in shape, I need more work. But over time I'll be fine, I'll just keep doing the work.

I tried to go for the kerb but I don't think I executed well. The key thing is I came out here and won but I'm always hungry for more.

It is always great to come back here to London and compete, it is a lot of fun.

22.07.2016 22:00

Jimmy VICAUT (FRA)**100m Men Heat 2 - Winner 10.02**

This crowd really is unbelievable and I am very happy to win, I'm getting quicker which is the main thing especially with Rio two weeks away.

The Diamond league is a very difficult competition and it is difficult to win here, the victory tonight means my preparation for Rio couldn't be better.

22.07.2016 22:07



Flash Quotes

Chijindu UJAH (GBR)**100m Men Heat 1 - 6th 10.16**

I feel like I'm getting better but I just need to sharpen up and carry on because I'm in a bit of serious training at the moment and we are working on a few particular things, but going in to Rio it is looking good.

I am not at the same place I was last year, I have had a couple of niggles, but I'm just trying to get sharp again.

This is my home city so to come and race against these guys in a very competitive field is amazing. It was a good final, it was a bit unsettling at the start but you have to get used to those sorts of things.

I was definitely impressed with my performance in the heat, I am confident I have enough time on my hands and make it count on the world stage in Rio

22.07.2016 22:14

Adam GEMILI (GBR)**200m Men - 3rd place: 20.07**

It is a good indicator of where I am, at the moment. What better way than to run in front of a packed Olympic Stadium, it is a great feeling. It was fast, Usain is fast! It was key to run here but I would have liked to have gone under that 20 second barrier.

I have more work to do and hopefully I can get myself into that final in Rio. It wasn't to be today but maybe it will come in the near future. I've been working on that speed endurance and holding it in the final few metres, when that comes right, the time will come.

The atmosphere was unbelievable. When they called my name out they were so loud. I was getting tingles but you have to try and relax and get focused again.

22.07.2016 22:17



Flash Quotes

Richard KILTY (GBR)**100m Men Heat 2 - 7th 10.16**

It was good but a little bit tight, it'll be good to get some more runs in after the Olympics. It was a great atmosphere so it was great to make the final and it's looking good going into Rio as I am ranked UK number one at the moment.

It was really close and it's just a case of combining my performance in the heats and the final. The crowd was phenomenal, its a great place to come and compete and the cheers when we were introduced were amazing.

I am really confident going into Rio, unfortunately it is not in the individual event but I am ranked UK number one and that puts me in a solid position for the relay.

22.07.2016 22:20

Daniel TALBOT (GBR)**200m Men - 7th place: 20.38**

It was amazing, that is what you do this for. There was a great atmosphere when Bolt had his name read out, it was crazy. It was great to be a part of it. It is incredible, by far the best diamond League in the world.

There is not much more I can do now before Rio, I just need to keep the body healthy.

22.07.2016 22:24



Flash Quotes

Men Great Britain 'A' (GBR)**4x100m Relay Men - Winner: 37.78 WL**

James Dasaolu

We know with a bit more practice over the next few weeks, that British record is there for the taking. It was a great team effort from the A team and B team, it's strong running from everyone.

Adam Gemili

We are a great squad and really get on with each other. There has been a lot of hard work from a lot of people to make this team stronger. We are all running really well and are very confident. We believe we can go out there and challenge the world's best.

James Ellington

There is massive confidence in this group. We have two teams running 37s, that is very encouraging.

23.07.2016 14:30

Rabah YOUSIF (GBR)**400m Men - 3rd place: 45.45**

I am happy with the way I ran it, I attacked it really hard and did what I had to do. It's about going to the Olympics and getting the job done.

It is always important to run on home soil, and do well. I need to sharpen up over the next few weeks but I'll be ready.

23.07.2016 15:04



Flash Quotes

Matthew HUDSON-SMITH (GBR)**400m Men - Winner 45.03**

This race has been ideal for me, I needed to build some confidence and that's exactly what I've done. I didn't execute quite how I wanted to, but I'll take the win.

I wanted to get a time and put out a statement now I've got to look towards Rio.

23.07.2016 15:08

Kerron CLEMENT (USA)**400m Hurdles Men - Winner: 48.40 SB**

I was patient during the race, and I thank god that I got the win. I've been working on a strong last few metres all season so I am happy the work has paid off.

I need to stay consistent and hold my form heading into the Olympic Games.

23.07.2016 15:11

Jack GREEN (GBR)**400m Hurdles Men - 5th 48.99**

I'm really pleased, obviously the final in Amsterdam didn't go to plan, so we tried a new stride pattern today and that was my third fastest time ever.

It was a perfect confidence booster, I haven't raced here since the Olympics so it's a privilege to be back.

23.07.2016 15:16



Flash Quotes

Jessica ENNIS-HILL (GBR)**Long Jump Women - 7th: 6.19m**

I feel like I am in a good place going into Rio but I would have loved to have jumped further today. I would have liked to have got closer to my PB and taken some confidence from the long jump but it reminds me that there is still a bit of work to do. I have to keep focused and work hard.

I think I just need to sharpen up now, I'll go into the heptathlon fresh. I will go and concentrate on the job in hand.

The Olympic Games are the biggest thing of any athlete can do, so it is very exciting. I'm looking forward to it, it will be my last Olympics so I just want to enjoy it.

23.07.2016 15:17

Shara PROCTOR (GBR)**Long Jump Women - 2nd place: 6.80m**

That is a huge confidence booster for me, that was a solid jump so I'm happy to perform like this when I am in heavy training still. It is a great stepping stone, I couldn't be happier to produce a jump like that.

The atmosphere is amazing, I love competing in this stadium and on this track. It is always a bonus to compete against Katarina (Johnson-thompson), she is such a strong competitor and she really pushes my performances on.

23.07.2016 15:35



Flash Quotes

Katarina JOHNSON-THOMPSON (GBR)**Long Jump Women - Winner: 6.84m**

I am happy with that, there was good consistency throughout my jumps. It is obviously good to get the win on this stage and it gives me confidence as I focus on the heptathlon at the Olympic Games.

I do enjoy coming to this event every year. I have had two opportunities this weekend and I have enjoyed it.

23.07.2016 15:42

Rosie CLARKE (GBR)**3000m Steeplechase Women - 12th place - 9:51.97**

I was really excited to run today, it was such an amazing crowd and the opportunity to race here was amazing too.

When the bell went I knew it was going to be really fast, but I just tried to focus on running my own race. I'm pleased with that generally though, I felt a lot better when I ran by PB at the trials in Birmingham but I know I'm in good shape. I'm planning on going into a big block of training now, maybe get another chase before the end of August or start of September, then that'll be it for the year. I'd really love to PB again before the end of the year but we'll see what happens.

23.07.2016 15:51

Habiba GHRIBI (TUN)**3000m Steeplechase Women - Winner: 9:21.35**

I am so happy to win in London, I needed to try and run fast to get the best preparations ahead of the Olympic Games.

It is nice to get a Diamond Race victory but I will be expecting another big performance in the Olympics, I am a championship performer.

23.07.2016 15:53



Flash Quotes

Holly BRADSHAW (GBR)**Pole Vault Women - 4th place: 5.52m**

It wasn't the best performance from me. I don't really know what happened because the conditions were really good. I wanted to try and make the most of the opportunity. It is disappointing because it is my last competition before Rio. I'm still in a better place than I was going into Beijing (World Championships), so I have got to take the positives and work on a few things.

I'm in the best physical shape that I have ever been in but I'm just not very consistent at the moment. I've got no excuses today, I definitely under performed. I have to go and sit with my coach and move forward from here.

The crowds support was amazing, and so was the track and that is why I'm so gutted I couldn't have performed better. That's the most frustrating thing, that I didn't utilise that atmosphere and translate it into a good performance.

23.07.2016 16:02

Dimitri BASCOU (FRA)**110m Hurdles Men Heat 2 - Winner 13.20**

It's very difficult with two false starts to carry momentum, it's my last race before Rio and I was feeling good so I hope to continue that when it really matters.

It has been a good season and I know my form is where it needs to be, I really enjoy competing in London because the crowds are so great, it reminds me so much of London 2012.

23.07.2016 16:05



Flash Quotes

David OMOREGIE (GBR)**110m Hurdles Men Heat 1 - 5th place: 13.64**

Technically I didn't feel too great in that race, I felt a bit tight going into it. I performed better in the heats but couldn't quite match that in the final.

I ran a PB last weekend and I was hoping to reproduce that but I just didn't get a good start. I was playing catch up from there but maybe the false starts didn't help.

I ran here last year, and really enjoyed it then. It motivates me and I'm looking to be back here for the world championships in 2017.

23.07.2016 16:09

Sandra PERKOVIC (CRO)**Discus Throw Women - Winner 69.94**

I love this stadium, I won here four years and there's always a special feeling competing here. This victory is very important for me especially going in to Rio after this competition. I will be training hard and making sure I am in peak condition.

It's amazing competing here and an amazing feeling to win in front of this crowd.

23.07.2016 16:20

Shelayna OSKAN-CLARKE (GBR)**800m Women - Winner: 1:59.46 SB**

It was great to win today, this is probably the biggest win of my career. I ran the race well and timed it well at the end.

I was in form a few weeks ago but it just takes me a while to get my form out. I am confident of the shape I am in and this is a stepping stone for me.

23.07.2016 16:20



Flash Quotes

Lynsey SHARP (GBR)**800m Women - Second place: 1:59.54**

I am in good form at the moment and felt good but Shelayna was just stronger in the home straight.

Endurance running in Britain is so strong at the moment. Scottish distance running in particular has come on a lot, Laura Muir ran a British record last night so there are some good results coming through.

23.07.2016 16:29

Jade LALLY (GBR)**Discus Throw Women - Third 61.65**

I have had a bit of a troubled couple of weeks leading in to this event, various little injuries and then my timing went, everything has gone a bit dodgy so to come out here and perform like that I am really really pleased.

This has been a really special occasion and it's the last one going in to Rio so it has been great for my confidence.

When I looked at the line up I thought I might have scraped fourth, my current form has not been good enough, so I'm delighted. To manage to get that sort of distance, especially when I feel like my timing has been out I couldn't be happier.

23.07.2016 16:30

Dafne SCHIPPERS (NED)**200m Women - Winner: 22.13**

I'm happy for now, I came here to win the race and I feel like the time will come in Rio. I'm comfortable with being tagged as the favourite, I'm never nervous which is good for me.

I think the 200m has always been my favourite - my start in the 100m has always been better though.

23.07.2016 16:35



Flash Quotes

Marie-Josée TA LOU (CIV)**100m Women Heat 2 - Winner - 10.96**

I just focus on what my coach tells me - get out well and make sure I finish strongly. I have to thank my family and all the fans here who have supported me in winning.

I'm going to prepare for what's to come in Rio now, today has been get preparation for that but I know I can better my performance.

23.07.2016 16:39

Dina ASHER-SMITH (GBR)**100m Women Heat 2 - Fourth place: 11.09**

I'm really happy to run another 11.09, although I would have liked to have run a PB, I feel in that sort of shape. But when you are facing headwind, that is all you can do.

The London Diamond League is amazing, it feels as though you are at a major Championship. You raise your performances at those champs, and that's what I feel everyone has done here. The crowd have really well supported athletes from around the world.

23.07.2016 16:45



Flash Quotes

Shelly-Ann FRASER-PRYCE (JAM)**100m Women Heat 1 - Third place - 11.06**

It's my third 100m this season, so far I'm happy. I ran 11.06 today, now I'll focus on the journey ahead and continue to work hard.

[Speaking on injuries] Sometimes you never know what will happen; sometimes things don't go to plan, but it is what it is, injuries have just been part of the journey so far. Success is all about picking yourself up, I've been blessed so far to have had a wonderful career.

[Speaking on competing well at big competitions] I'm confident in myself in that regard, but I already know how tough the Olympics will be, mentally I'm prepared for it, but whatever happens there I'm glad to have made it.

23.07.2016 16:46

Mo FARAH (GBR)**5000m Men - Winner: 12:59.29 WL**

I got amazing support from the crowd - I just wanted to go for it. It was my last chance to run quick before Rio. I mean, I love this track, it means a lot to me. Not many people get a chance to compete in their home town and have so many memories of the place.

Rio is right around the corner but it means a lot to get the win before going into those championships.

I am in good shape but I have to keep my feet on the ground. Anything can happen in two and a half weeks, it is all about staying patient now.

23.07.2016 16:54



Flash Quotes

Joe KOVACS (USA)**Shot Put Men - Winner - 22.04m**

I wanted to make sure I got the Diamond League points, obviously it's also great preparation for Rio. I debated about coming here with one eye on the Olympics, but it's been such a great test at what's been a great meet - this place is amazing and I'm excited to hopefully come back here next year.

I came into the meet quite confident, I know I'm still continuing to learn in the build up to Rio, I've tried different things over the course of the Diamond League meets in order to get the win, so hopefully I can smooth out some of the newer methods out looking forward.

I'm happy to have got that 22m mark, I came into the meet quite confident as leader in the competition, and I really had to make sure Tom Walsh didn't take maximum points off me, he got second today and had some great throws, so I'm pleased to have beat him. I skipped Oslo & Stockholm, so I had to make sure I made those points up.

I feel good going forward now, we just came off the back of the US championships which is the most stressful meet of the year, now it's time to enjoy what's to come.

23.07.2016 17:00

Katerina STEFANIDI (GRE)**Pole Vault Women - Winner: 4.80m**

It is something like my 15th time in a row over 4.80m so I am really in the best shape of my life. I am happy to win another Diamond League meeting, more points added to my record.

I am getting over the big bars so my goal is to do the same in Rio. I can't control what anyone else does so I will just look to get as close as possible to my PB in Rio.

23.07.2016 17:04



Flash Quotes

Andrew BUTCHART (GBR)**5000m Men - 2nd place: 13:14.85**

I have been at altitude so it felt like I had a little more left in the tank, I broke away and managed to have enough energy to last me until the end.

I have never experienced a crowd like this in my life, if I can experience that again in my lifetime I'll be delighted. I have been at altitude for the last four weeks and know I am in shape, it gives you something of a boost and feel like you can breathe easier. I want to make the final in Rio, I think the race could be something similar to that.

I have been to Fort Romeu (with Mo) and the guy trains like an animal, and some of the guys racing tonight are extremely talented so I'm delighted to beat them.

23.07.2016 17:10

Xinglong GAO (CHN)**Long Jump Men - Winner - 8.11**

I'm happy with that performance and very much looking forward to seeing what I can do in Rio.

23.07.2016 17:13

