



Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Dwayne COWAN (GBR)

400m Men National - 1st (45.65 SB)

Hopefully there is an individual spot left. I am happy with the race today. Martyn and I are quite similar at the moment. I've been injured all season, so hopefully I can finish the year off strongly. I love this stadium - I always run fast here.

21/07/2018 12:43

Martyn ROONEY (GBR)

400m Men National - 2nd (46.11)

I have a bye as the defending champion so hopefully I'll be selected for Europeans. I thought the run was disappointing. I thought coming here I'd run a 45 second low time but it's just not happening. We'll wait and see what the championships bring, it's just about hard training between now and then.

21/07/2018 12:44

Tom BOSWORTH (GBR)

3000m Race Walk Men - 1st (10:43.9) PB, WR, WL

It was a shock to do that. I've just come back from altitude training but I still wanted to see what I could do and this is all heading in the right direction for the Europeans. Coming to the London Stadium changes everything for me. Usually I'm on the road and race walking isn't included in the Diamond League very often.

I thought there was going to be trouble if I got beaten but I knew the crowd would push me home in that world class field. He was fourth in London last year and I knew it was going to take a PB to win. I use the shorter races to prepare for the 20km races.

21/07/2018 13:26





Flash Quotes

Lebogang SHANGE (RSA)

3000m Race Walk Men - 2nd (10:47.1) PB

I came here to do a job and I did that but Tom was so good today. I'm very happy for him and I'm very happy with my time but it was Tom's day. I thought I could have caught him. I'm back at the home of my personal best and it's such a good place for me to be.

21/07/2018 13:30

Callum WILKINSON (GBR)

3rd (11:13.8) SB

I'm pleased with my place. I went quicker indoors in Glasgow where I got inside the 10:52 barrier, but I finished third and level with my outdoor PB so I am pleased. I am just trying to prepare for the Europeans, it has been a bit hit and miss, so to come out and finish third in a world-class field I will take that.

I have just got to stay patient it's about the long-term, but I want to always be the best I can be now.

21/07/2018 13:31

Elizabeth CLEGG (GBR)

T11 200m Women - 1st (25.29) SB

I am really happy to be back competing on an international stage and there's nowhere better than to do it here in the London Stadium. Obviously, I have got a new guide, he's only been doing it for two weeks. It's great to be back and it gives me a lot of confidence to go forward with now.

Last year was a really tough year for me. Obviously, Chris' Achilles went in January and I struggled with mental health last year. For me, I think, it's just been a great confidence booster and I now know I want to go on to Tokyo. It really makes me feel like I can progress and move forward.

21/07/2018 13:40





Flash Quotes

Lilian Kasait RENGERUK (KEN)

3000m Women - 1st (8:41.51)

I'm very happy to have good health and to win in London. I'd like to thank God for helping me to the victory today and I hope this will continue throughout the rest of season.

21/07/2018 13:46

Melissa COURTNEY (GBR)

3000m Women - 5th (8:46.33)

It's my second quickest time ever so I can't complain too much. The pace was actually quite slow through 2k, quite a bit further down on what we expected, and then in the last kilometre my legs just kind of went.

It's been such a long process. I have been running since I was 12 and I didn't make my first international appearance until the end of under-23s, so it has been a really long process, but I have finally feel like this year I have made a name for myself.

21/07/2018 13:50

Richard WHITEHEAD (GBR)

T61 200m Men - 2nd (23.72) SB

This was my first 200 metres this year. I had a lot of lactic in my legs and I think I am carrying that from the 400. For me, it is about continuing what I am doing. I have still got aspirations to win gold in Tokyo and it's just about all of us pushing each other on. This is why the T61 class is so important, you have got athletes such as Ntando (Mahlangu), Dave (Henson), (Regas) Woods and myself wanting to push on the sport, and we want to inspire young athletes all over the world.

The Muller Anniversary Games really embraces Para sport and the sprinkle of Paralympic sport really does make a difference. The messages I get after competing at an event like this really inspires me to keep going.

21/07/2018 13:58





Flash Quotes

Ntando MAHLANGU (RSA)

T61 200m Men - 1st (23.56)

It was a nice race. I went to work on my starts after last season racing in England and today it's about having fun out there and I did enjoy racing Richard Whitehead. It's not about who is fastest it's about who has the most energy and can hold it. From last year I had the speed but now I'm working on my power and I'm working to keep my blades in the lane and it's a huge help for me.

I feel no pressure but I hope young stars come out from all over the world. In Africa we have a project working with youngsters to do that and I'm setting my sights on Tokyo and I want to take over what Richard has already achieved in the sport.

21/07/2018 14:00

Stef REID (GBR)

T44/47/64 Long Jump Women - 1st (5.55m) SB

It was awesome. It was exactly what I needed. It's really not been a super season for me yet and it has been frustrating because I felt like training was going really well and my coach felt like my training was going really, really well, but you then have to face the reality of the results being just no good. It's a hard decision between 'well, do we believe in what we are doing and at some point we are going to get the results', or do we think 'this isn't working we need to change'. We just stuck it out and I am really proud of that series and now I am really pumped for Berlin.

Just walking into this stadium everytime is something quite special and there is just something about this stadium and this audience which makes you so excited to be here and the crowd just build a great performance out of you. It was actually so much fun competing on the raised long jump pit.

21/07/2018 14:09





Flash Quotes

Janieve RUSSELL (JAM)

400m Hurdles Women - 2nd (53.96)

It was a really good race because I lost that way in Lausanne and I wanted to get my dip right and I'm really pleased with the time. I didn't expect to be as consistent as I have been which is very pleasing but this is close to perfect for me.

I have to listen to my coach to get to perfect and I have to be race smart. My next competitive race will be in Canada before the Diamond League finals.

21/07/2018 14:15

Eilidh DOYLE (GBR)

400m Hurdles Women - 7th (56.18)

It's nice to be back, but obviously I would like to run quicker than that. We knew today was going to be tough, we didn't really know what I was going to run. It wasn't a great race, it was a bit messy, but we will take some information from it and go forward and see what this means for the Europeans.

It was nerve-wracking because that was a world-class field, so I kind of threw myself into the deep end. It was tough, it was nerve-wracking, but I have done it now. And if you can put yourself up against those girls and not be in the best shape, then you shouldn't have any fear about any other races.

I'm just excited to be back and not watching at home as that has been tough. I am just glad to be back in that atmosphere, it has been good.

21/07/2018 14:18





Flash Quotes

Shamier LITTLE (USA)

400m Hurdles Women - 1st (53.95)

It was a tough race but it was no different to the race I had a couple of weeks ago in Lausanne when it was coming down to the finish between both of us. Everyone has to put that extra bit in at the end and it's about who can maintain it. In the Diamond League final I'll be targetting a fast time and obviously the win because I'll need to be strong and stick it out. I didn't think I had the win today because it was really tough.

I put my soul into that lean for all the points. I love this stadium and it's always great to be back here.

21/07/2018 14:21

Marie-Amelie le FUR (FRA)

T44/47/64 Long Jump Women - 2nd (5.54m)

I'm pleased with the performance but I'm more pleased to be back in London and it's fun to be with Stef and the others. I have to do some work ahead of the European Championships because I have a real problem with the board which needs sorting before Berlin. I know Stef will be better in Berlin so I need to do the same.

21/07/2018 14:29

Matthew HUDSON-SMITH (GBR)

400m Men - 6th (44.63) SB

It could have been better, but I am happy. There's still a lot to learn, a lot to work on, but it is coming together slowly and surely. As an athlete you want to be consistent and my times are coming down.

21/07/2018 15:02





Flash Quotes

Paul DEDEWO (USA)

400m Men - 2nd (44.43) PB

I love the stadium. It's my second time here and it's already my favourite place to race. The race went well and for a second I thought I had the lead until Haroun came out. He's so competitive when we've been racing each other all year. Last year my personal best was in the 45 second mark and now I have the opportunity to race against the world's best and it's something I won't take for granted.

It's my first major season on the circuit and it's been a real shock. I'm in a lane next to Kirani James and he's one of my heroes in athletics. It's one thing to be watching these guys but it's completely different to be racing them.

21/07/2018 15:07

Nikola OGRODNÍKOVÁ (CZE)

Javelin Throw Women - 2nd (65.36m)

I came into this competition straight from training camps so I was a little bit tired, but I wanted to push for the highest place I could. Overall it was good. I passed (final three throws) because I was tired and I wanted to focus on the national championships next week.

When I was invited to compete in the Diamond League, I was super happy so I wanted to try and do my best. This season has been really amazing for me.

21/07/2018 15:13





Flash Quotes

Abdalleh HAROUN (QAT)

400m Men - 1st (44.07) PB, NR

Before I came here I was training so hard and my coach told me that was because he wanted me to do the best once again and not to care about anyone else. In the final 150m it's always so difficult to push but I gave it everything and to have the national record is something special.

The finals won't be easy because we also have the Asian Games at the same time but I love racing full stop so every race to me is a huge final.

21/07/2018 15:14

Huihui LYU (CHN)

Javelin Throw Women - 1st (65.54m)

I feel great to be here and I love this stadium and it feels like I am competing at home because I won a bronze medal here last year and it's great to see so many people supporting me once again. I can only control what I can do, I did my best and it proved to be enough.

21/07/2018 15:21

Muktar EDRIS (ETH)

5000m Men - 2nd (13:14.35)

This season I have had an injury, so I am just happy to have finished second. It was tough because my shape is not good.

21/07/2018 15:24





Flash Quotes

Paul CHELIMO (USA)

1st (13:14.01)

I couldn't ask for much more; winning it in London is amazing. What I was doing today was just running really smart and then going for it. (Yomif) Kejelcha made a really crazy move on the back and today I was going to cover that move really smart. I knew I was going to have it with 200 metres to go. Just winning it in London is big, but to win my first Diamond League in London, I couldn't have asked for anywhere else, apart from maybe the Eugene Classic.

21/07/2018 15:34

Jonielle SMITH (JAM)

100m Women Final - 3rd (11.07) PB

I still need to get my start right and I know if I get that I'll be a sub-11 second sprinter so I'm excited, a bit iffy but I'm really happy. Practice will make perfect because I've been back and forth travelling. I've had such a long season since college and I wanted to come here and get the experience and completing my first race here is a huge accolade.

21/07/2018 15:51

Dezerea BRYANT (USA)

100m Women Final - 2nd (11.04)

It was amazing to race Shelly-Ann because I've always looked up to her and just to be alongside her was amazing. I thought I had her. Our acceleration is about the same and I had to get out and go with her and stay with her as long as I could.

This is my first time in Europe since 2015 and the atmosphere makes it a special return. This is my first go around and despite a lot of changes in my training and my coaching so it's been a great season. It's easier doing local meets but to run against Olympians and World Champions gives you a huge boost.

21/07/2018 15:51





Flash Quotes

Karsten WARHOLM (NOR)

400m Hurdles Men - 1st (47.65) NR, MR, PB

I feel very good about today's race. It went exactly how I wanted. I had good strides and I got a good rhythm and if there was ever a good time to get a time like that it was today. To get a national record is amazing and to do it in the stadium where I became world champion is even better.

I am still quite new to this event and I am still trying to find ways to run faster. What is nice about this event is everybody has their own lane and you just have to focus on yourself and your own performance.

21/07/2018 15:53

Shelly-Ann FRASER-PRYCE (JAM)

100m Women Final - 1st (10.98) SB

I cannot complain because I haven't raced for ages and I'm happy that the run today was under 11 seconds. It's hard work racing after having a child but it's not as though it's anything I'm not used to. I'm used to sacrificing and making sure that my path is right. Being a mother is my first priority and to come back and be flexible with my training is wonderful and I'm so excited about next year now.

21/07/2018 15:56

Brooke STRATTON (AUS)

Long Jump Women - 3rd (6.76M)

I'm pretty happy but I would have liked to jump a bit further but with 6.76m I cannot complain at all. Hopefully I'll have enough points for the Diamond League finals and then it's the Continental Cup in September. I'm heading back to Australia tomorrow and I have to prepare for those. It's cold in Melbourne at the moment so I'll need to escape somewhere hotter and be consistent in my training.

21/07/2018 16:01





Flash Quotes

Ronnie BAKER (USA)

100m Men Final - 1st (9.90)

In the final, I felt like I stood up at the start which kind of took away from my transition and how fast I really could go. But I am really pleased, two races in a short space of time, consistency is key and I know there's a drop coming when that happens. Overall, I am really happy with that performance. I've still got to do a bit of tweaking to sharpen up. There's just small things I need to work on if I am going to get even faster. I know what I can run and it's still there, I have just got to execute the race pretty perfect to have that happen.

21/07/2018 16:03

Lorraine UGEN (GBR)

Long Jump Women - 2nd (6.88m)

I knew it was going to be tough coming out here today because there were a lot of big names on the start list. I was struggling with a lot of fouls. I kept trying to move my run-up back but I still kept struggling and on the last one I needed to focus and make sure I was more disciplined with my run-up to get a jump in and it ended up being quite close.

Coming into Europeans I need to be more disciplined because I can't be fouling because those jumped seemed to be going a long way. You have to stay cool because it's easy to get frustrated and worry that you won't get the jumps in and I have to work on that.

The platform is fine for me, I enjoyed it and you have to focus on jumping first and foremost.

21/07/2018 16:04

Yasmani COPELLO (TUR)

400m Hurdles Men - 2nd (48.44)

It was very good. This year I'm happy with how I'm running and I'm excited about the European Championships based on that performance. This year the Diamond League field is very strong compared to previous years and I'm happy to be in that bracket.

21/07/2018 16:11





Flash Quotes

Akani SIMBINE (RSA)

100m Men Final - 3rd (9.94)

It was a good race, really exciting, very tight. It's amazing to be running against guys this fast and I am also competing with them, so a big up to everybody else running and let's just keep on bringing attention to athletics. I got a little bit of an injury two weeks back and I am happy to be back running and running fast again.

21/07/2018 16:11

Shara PROCTOR (GBR)

Long Jump Women - 1st (6.91) SB

It was fun today. I love competing in this stadium. The runway felt amazing, the crowd was amazing and I finally put it together and felt comfortable on the runway and I showed what I'm capable of. I'm confident of what I can do and today showed that. I got my mind together and perfected it. The whole day here is amazing because everyone inside this stadium knows their track and field. We appreciate all the support they give us and all athletes put together good performances out here and that's thanks to them.

21/07/2018 16:13





Flash Quotes

Zharnel HUGHES (GBR)

100m Men Final - 1st (9.93)

I am really happy with how I ran today. I ran against a world-class field and I have never ran against these guys before, so it was really good to see I was able to hold my own and to give those guys good competition towards the finish line.

For me, this season has been going really well. I am not going to get ahead of myself and say this is my year, but I am really grateful for all the work that is being done around me and I am glad all the hard work is paying off.

London is always amazing and I have always looked forward to running here. Last year didn't go according to plan, but I have comeback much stronger, focused and I came out here and gave the crowd a great performance.

21/07/2018 16:14

Sam KENDRICKS (USA)

Pole Vault Men - 1st (5.92m)

You never know what it is going to take to win one of these competitions. You can just about bet it is going to take everything you have and that's the nature of the Diamond League. Coming to London is a Championships for me. There are no honest to goodness championships this year that is not the national championships for me, but today was like an Olympic final, it really was. The hardest performances always come at the end when you are nice and tired. It was cool tonight because I got the last effort of the whole stadium, it would have been very cool if I had made it.

21/07/2018 16:29





Flash Quotes

Armand DUPLANTIS (SWE)

Pole Vault Men - 3rd (5.86m)

The conditions were good today but I was unfortunate enough not to have my own poles, but fortunate enough to be able to borrow Renaud's poles which were very similar to mine and thank you to him for letting me borrow his poles whilst I'm competing against him. It took a little bit of time to adjust to but I put together some good jumps at the end and I cannot complain when I'm behind those two.

I come out not satisfied but definitely not unhappy. Europe is the powerhouse of pole vault. The Europeans will be another fantastic meet and everyone will be prepared and I'm up for the challenge. Stepping from the World Juniors to the senior circuit is a huge step and I know I'm competing against the World Champion and world record holder, it's a huge change but I feel like I fit in very well.

21/07/2018 16:36

Renaud LAVILLENIE (FRA)

Pole Vault Men - 2nd (5.86m)

Honestly, I was not expecting that kind of good competition for me. Last week in Rabat was almost a disaster for me. I was not in good shape, not a good feeling, I had some trouble with my knee so I had no idea how I would be today. I quickly got into the competition, making 5.86m at the first attempt was very important, then Sam (Kendricks) did a very good jump at 5.92. My next competition will be the Europeans, so I am happy to be the first European today.

21/07/2018 16:36





Flash Quotes

Men Great Britain & NI 1 (GBR)

4x100m Relay Men - 1st (37.61) MR WL

CJ Ujah: Obviously I haven't run this weekend so it was nice to come out here in front of the home crowd and feel the same sort of vibe we felt at last year's World Championships. I can't really complain, the boys have all done an amazing job and going into Berlin it is only good luck.

Zharnel Hughes: I saw CJ coming around the bend and I was like I have to get out, so I got out, I held my own and passed onto Adam and Adam was so good on the bend and Nethaneel just had to finish it at the end and he did. We are confident as a team. This team right now is amazing to be a part of. I call it a golden era of British sprinting so it is a nice feeling and now we move onto Berlin.

22/07/2018 13:31

Women Great Britain & NI 1 (GBR)

4x100m Relay Women - 1st (42.36) SB

Asha Philip: It was a great run and it was much better than last week's Athletics World Cup and it gives you a huge boost.

Imani Lansiquot: We gel really well together so I think we don't really have much anxiety heading into the relay even if we don't all train together all the time.

Bianca Williams: We work together so well and it shows every time we're out on the track that we have that bond.

Daryll Neita: We're just running faster all the time since the 2012 Olympics in this stadium and it shows the progress we're all making.

22/07/2018 13:38





Flash Quotes

Hannah COCKROFT (GBR)

T34 100m Women - 2nd (17.55)

I didn't know if 17 seconds was possible to break, I have been trying for five years now and I haven't got it. Now that someone else has got it maybe it is just what I need. For so long I have been the trend setter and the person to beat and now there is someone I can beat, so it is the best thing that could have happened. It proves London 2012 inspired so many incredible athletes and I am really glad Kare was one of them.

22/07/2018 13:54

Kare ADENEGAN (GBR)

T34 100m Women - 1st (16.80) WR, PB

I can't process what's just happened because I didn't expect it at all and I was speechless when the time came up. I thought I was dreaming because I can't believe it's actually happened. I knew my 100m was strong because I set a PB about a month ago so I knew I was capable of something big but didn't expect that.

I'm still only 17 and I just want that to carry on at the European Championships. I'm so used to Hannah winning and she's an amazing athlete but it was all about doing my own thing. I wanted a quick time but that is a bonus.

22/07/2018 13:56

Ali SMITH (GBR)

T37/38 200m Women - 2nd (28.43) PB

I'm very happy with that because it's nearly a second off my previous PB which is amazing. I was selected for the European Championships which has been the icing on the cake. I've only been at this hard for 18 months and I can still learn so much from Sophie and close the gap to her.

22/07/2018 14:00





Flash Quotes

Sophie HAHN (GBR)

T37/38 200m Women - 1st (25.93) PB, WR

It's a complete shock to get the world record and I didn't realise how quick I could go. I felt good and was encouraged to break the world record is just amazing. I'd love to be the double European champion but I need to keep training hard like I have been in order to get that.

22/07/2018 14:03

Anastasia le-ROY (JAM)

400m Women - 2nd (50.85)

I'm sort of happy with the run but I've been struggling a lot since the Commonwealth Games but each time I race my times are getting back towards my best and I'm thanking the crowd for that because today they have been wonderful. I need to keep running faster and faster every time I get out there.

22/07/2018 14:12

Anyika ONUORA (GBR)

400m Women - 5th (51.13) SB

I did a heavy load of training last week but I feel loads better and things are moving in the right direction. My performance at the British Championships gave me a massive confidence boost and I am just trying to put things in place for the next couple of weeks and things are going well.

There were a lot of strong performances from the British girls so it definitely gives us a massive boost for the 4x400m at the European Championships and hopefully you will see me there too.

22/07/2018 14:12





Flash Quotes

Stephenie Ann McPHERSON (JAM)

400m Women - 1st (50.31) SB

It was good but I started the race off a bit too slow but a season's best shows that I'm running myself back into shape. It's two weeks and two wins in London. I came back here yesterday and to be back on a fast track is great. These girls always push me in competitions which is a huge bonus.

22/07/2018 14:14

Devon ALLEN (USA)

110m Hurdles Men - 2nd (13.30)

It was good because I competed well and got second. I'm still working on a few things and ran in Monaco two days ago and needed to recover quickly so I could run today so that makes me even happier with the performance. Every field, especially the hurdles, you have to run incredibly hard against one another and that produces fast times.

Ronald is doing so well this year and it's good for the sport to have those guys doing so well and hopefully those guys will be running even quicker next season and going sub 13 seconds.

20 years ago 13.4 seconds would win you any meet but now that will get you sixth which is a huge motivating factor.

22/07/2018 14:43





Flash Quotes

Andrew POZZI (GBR)

110m Hurdles Men - 4th (13.36)

I wanted a bit more, but it is not the end of the world, it was a very OK run. There were some good bits in there, but I haven't seen it back so I am not sure exactly what was going on. But it was a solid run.

The 100 yesterday was just to have a bit of fun. I did it at a day's notice, no prep for it, but I really enjoyed getting back out again in the blocks and getting another competitive start in.

I definitely need to do better than I have done so far this season, but the aim in Berlin will be to medal so I have to improve but I know I can do that when I need to at the championships.

22/07/2018 14:51

Ronald Levy (JAM)

110m Hurdles Men - 1st (13.13) SB

I got out and ran so well. I've been fitter because I suffered an injury when I was warming up in Lausanne and coming back I hit hurdles and it took me out. I wanted a clean race and to PB but I'll have to wait until next time to see if I can do that.

22/07/2018 14:52

Yaimé PÉREZ (CUB)

Discus Throw Women - 2nd (64.63m)

I'm happy with what I managed out there today and now I can begin my preparations as we head into the Diamond League finals next month.

22/07/2018 14:56





Flash Quotes

Denia CABALLERO (CUB)

Discus Throw Women - 3rd (63.91m)

I was not expecting how I performed out there, I wanted to do better. I'm happy given how I've done in the past. London supporters are the best anywhere because they make so much noise and make you feel at home. Now I'm looking at the Pan-American Games and putting on a good show there.

22/07/2018 14:57

Sandra PERKOVIC (CRO)

Discus Throw Women - 1st (67.24m)

I'm so happy that I won here because this is my favourite stadium to compete in. 2012 was where my career started in front of this crowd. At the European Championships I want to turn up and show that I am the one to beat and I feel in great shape.

I'm always chasing for a personal best and that will remain my goal. My main goal is Berlin but I want to put on a good show on in the Diamond League finals.

22/07/2018 15:01

Lynsey SHARP (GBR)

800m Women - 3rd (1:59.34) SB

Today was a really good race and I knew I was capable of running 1:58 high so I'm not far off it now. I feel I improve every time I race. Things are definitely going in the right direction.

22/07/2018 15:01





Flash Quotes

Natoya GOULE (JAM)

800m Women - 2nd 1:58.67)

Trust me I'm so happy because I ran two days ago in Monaco and got a huge personal best so I'm amazed with second today. God helped me through and I'm really happy. It's really different running like that. I have a couple of weeks before the finals and my aims are to get better and make my mark on the finals.

22/07/2018 15:05

Ce'Aira BROWN (USA)

800m Women - 1st (1:58.57) PB

It was really good. I felt strong, I didn't feel like I was over doing it and it was a great race to be a part of. Training has been going really well and I have been running PBs in practice so I know I am ready to run fast and I feel like I have a little more in me to run faster.

22/07/2018 15:07

Emmanuel Kipkurui KORIR (KEN)

800m Men - 1st (1:42.05) MR, WL, PB

I am happy because that is a huge performance for me. My personal best I set last year and I wanted to break that maybe next year but I managed that earlier than planned. It's important to beat those guys because they're all really strong.

22/07/2018 15:10





Flash Quotes

Jake WIGHTMAN (GBR)

800m Men - 5th (1:44.61) PB

I ran Monaco on Friday night so I didn't know how my legs would come out but it is only two laps so I got around. When you have got that sort of field out there it's so much easier for the race to set off at a fast pace and just ride it and I tried to do that. I knew I would be strong in the last 200 because of my strength so I am pleased with that.

22/07/2018 15:12

Ryan GREGSON (AUS)

1500m Men - 2nd (3:35.22)

I thought I had a really good chance of winning today, I have come second, but the guy who did beat me is the Olympic champion. It was a good run, I played it pretty good tactically, I got out well, but then I was having a relax, but I had a pretty good last lap. There are not many times you get the opportunity to beat the Olympic champion, it's a shame I couldn't do it today, but he's a phenomenal athlete and if you are going to lose to someone then he is probably the guy.

22/07/2018 15:18

Neil GOURLEY (GBR)

1500m Men - 8th (3:35.98) PB

I am happy to get a personal best. The plan was to put myself into a position to try and win the race, I think I did, but I had to work very hard to get there, which is a learning experience at this level but I am really pleased with how I handled myself.

I've been waiting to do this for years. I have never had this kind of opportunity yet. For years, I have been wanting to get in this kind of field, but when you get here you can't get to caught up in it. When you are looking at your idols, you have got to block it out and realise they are all human.

22/07/2018 15:27





Flash Quotes

Clayton MURPHY (USA)

800m Men - 2nd (1:43.12) SB

We went slow through 400m but that was fine but then I got boxed in for the next 200m but I got the points that I needed so now I can go for the 1:42.00 barrier in Birmingham. If the pace and weather are right I could do it but a lot of guys are running for points in Birmingham.

I'll fly back and see my parents this week and then go back to Portland ready for one more training block.

22/07/2018 15:31

Matthew CENTROWITZ (USA)

1500m Men - 1st (3:35.22)

I love coming here and competing in front of this crowd, they are so supportive of track and they really get into every single race. I have had some big performances over the years, but this is my first win in this stadium so I am pretty pleased with it.

I didn't know what to expect to be honest. I have had some Diamond League races over here when I have done them over a week and that was brutal, so I knew with two days it was going to be one of my hardest challenges yet.

22/07/2018 15:35

Akeem BLOOMFIELD (JAM)

200m Men - 1st (19.81) PB

I'm very happy with the time because that is phenomenal. I don't think anyone can ever surpass Usain Bolt and I don't think he should be compared with mere mortals like me. If I even accomplish even half of what he did it would be an amazing achievement.

It's a wonderful experience to be here and this will be my last race of the season and I'm extremely happy. Being here competing in London is a dream for me.

22/07/2018 15:36





Flash Quotes

Nethaneel MITCHELL-BLAKE (GBR)

200m Men - 4th (20.21) SB

I'll take that because a season's best is never bad and I'm happy to run that and feel the way I do because I have a lot more in the tank and I needed that as a stepping stone ahead of Europeans because I feel like I can drop something special there.

To be the best you have to race against the best and it's first past the post whatever the conditions. I had a great lane in great conditions and I'm pleased with where I am. I'm dropping my times slowly but surely and I have a lot left to build on.

22/07/2018 15:40

Jenna PRANDINI (USA)

200m Women - 1st (22.16) PB

I felt great in a great field and running a PB in that is awesome. I wanted to stay as relaxed as I could and I did. I think I've run against everyone already this season so I wanted to run my race and I won which is great.

With no World Championships this year, the Diamond League is my most important event and getting into the final and winning that trophy is my main aim.

22/07/2018 15:44

Gabrielle THOMAS (USA)

200m Women - 2nd (22.19) PB

That was a fast race, it was really exciting. It was obviously a really stacked heat, which is something I am not really used to, so it was a good experience. I am pretty happy with how it went.

It was an incredibly talented field so it was about who was prepared mentally enough for the finish. It has been an amazing experience, I am so grateful. All the professionals have been so helpful, I am so thankful for this experience.

22/07/2018 15:45





Flash Quotes

Sharika NELVIS (USA)

100m Hurdles Women Final - 3rd (12.51) SB

I am happy with the time, but there are always improvements you can make, but I got a seasons best so there's nothing to hang my head low about. I have just got to stay focused, keep my mind on my own race. The race was very competitive and it can get the better of you if you let it. I came out and ran better than I did in the prelims, so that's all I can ask for progression every time.

22/07/2018 15:52

Brianna McNEAL (USA)

100m Hurdles Women Final - 2nd (12.47)

That was good but having to come back from the start was a bit annoying. I didn't have a clean race but I'm being consistent which is great for me. I've had a consistent Diamond League season which I haven't had in a long time so I'm happy. I continue to be motivated by Kendra. and the performances that she's capable of.

I'm aiming for another PB this season but I'm so happy to be healthy and competing really well.

22/07/2018 15:53





Flash Quotes

Kendra HARRISON (USA)

100m Hurdles Women Final - 1st (12.36) WL

I wanted to come out here and run fast and come across the line first which I did. I think I hit a few hurdles so I know I can run faster. It's all about what happens at the end of the line that matters, not in the middle.

I know these girls all push me and my coach has been trying to make me run as little as possible but my body is starting to peak when I want it to. I have two more meets left and hopefully I can bring it home at the Diamond League finals.

You peak in your late 20's in this event and I'm just starting to get there and I want another PB within the next few meets or the next few years.

22/07/2018 15:59

Luvo MANYONGA (RSA)

Long Jump Men - 1st (8.58m) =SB, MR

I don't need to close the gap to Juan Miguel, I just need to do my job and focus on me. We have to meet at work, that's the only thing I can do. I feel like I am the main man at this stadium. Coming back into a great atmosphere with these fans means so much.

Sending Greg off was special and made it an exciting competition. I'm heading home tomorrow to prepare for the African Championships but South Africa will have an exciting team for that.

22/07/2018 16:01





Flash Quotes

Dina ASHER-SMITH (GBR)

200m Women - 4th (22.25) SB

I left it all out on the track today. Obviously I got fourth place and nobody wants to come fourth, but I got a good time and it was a really high calibre field, so overall I am happy.

I was happy to have gone out there and run a seasons best, but I would have liked to have finished a little bit higher to put on a better show.

22/07/2018 16:01

Greg RUTHERFORD (GBR)

Long Jump Men - 10th (7.55m)

I'm incredibly emotional and I was fighting my emotions the whole way through and this is the problem. If you haven't had the training to go off the runway it's so difficult and today I went from three different marks just to make sure I got on the board and it wasn't really happening.

When I went to plant on the third jump my ankle was giving me so much grief that I couldn't push it. It was incredible that everyone got behind me. The reaction of the other jumpers has been amazing because to talk and hug it out today was a lovely way to work. I'll have one final chance to do that in Birmingham and that will be equally as emotional.

If you'd have said 10 years ago I'd have had the career I have I wouldn't have believed you and to have won the medals I have is something I'm really proud of.

22/07/2018 16:06





Flash Quotes

Sifan HASSAN (NED)

1 Mile Women Millicent Fawcett - 1st (4:14.71) NR, DLR, WL, MR, PB

It's unbelievable how fast I ran today. I have the endurance and speed but don't normally have the last kick and today I did. Luckily I'm able to say I have the meeting record and Diamond League record today but it will be incredible to see how fast I can actually run in the future.

I've managed to run a huge PB and it's almost four seconds quicker but it shows that my season is only just starting. I wanted to double up in the 1500m and 5000m at the European Championships but I think that's out of the question given the timetable.

22/07/2018 16:13

Elena VALLORTIGARA (ITA)

High Jump Women - 2nd (2.02m) PB

This was my first time in London and the UK and ever since I arrived here I had really good feelings. I am happy because at the beginning of the competition I didn't feel very good, but then jump after jump my technique improved and I am so happy.

22/07/2018 16:15

Laura MUIR (GBR)

1 Mile Women Millicent Fawcett - 5th (4:19.28)

I'm a bit disappointed but I went through the first part of the race too fast and when you do that it catches up with you for the latter half of the race. I know that the time is there I just need to run it in a perfect way and I didn't do that today.

I knew what I wanted to go through the first half race and I was too quick but I wasn't focused on the times. When Sifan and Hellen went past I tried to tag on to them but they were just too strong. I gave it all I could and that's all I could do.

22/07/2018 16:19





Flash Quotes

Morgan LAKE (GBR)

High Jump Women - 3rd (1.91m)

I am disappointed with the height, but I am healthy going to the Europeans so now I am focused on that for the next couple of weeks. 1.91m is nowhere near where I need to be or where I have been. I felt really good, I felt really springy, it was annoying. I know exactly what I need to work on. Luckily with the high jump it is just centimetres, so I can get that up before the Europeans.

22/07/2018 16:23

