

Flash Quotes

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



Ashley SPENCER (USA)

400m Hurdles Women - 2nd

i felt flat, i tried to get it right but it just didn't. I know what i need to do to get better - work harder. I'll race next at USA.

12/07/2019 20:13

Zuzana HEJNOVÁ (CZE)

400m Hurdles Women - 3rd

It was ok, i still have a long way until the World Champs. I'm satisfied. I will run next in London

12/07/2019 20:13

Sydney McLAUGHLIN (USA)

400m Hurdles Women - 1st

I'm really happy with it. The biggest thing this year is learning the race. The big focus in training is getting the 2nd half down. I was hoping to run that fast tonight - i wrote it down in my journal. My next race is USAs.

12/07/2019 20:15

Natoya GOULE (JAM)

800m Women - 2nd

Oh my gosh! it was hard! but the fastest i ran all season. I could not get past Ajee today but it will come in due time. I run next in London.

12/07/2019 20:25



Flash Quotes

**Laura MUIR (GBR)**

**800m Women - 3rd**

Getting out that first 200 is tough against girls that quick. I'm very happy with the PB. It's been a while since i have ran one and it's always going to be hard, going up against these girls! I feel like I'm in a PB shape for 1500m. I'll run London next weekend.

12/07/2019 20:26

**Abderrahman SAMBA (QAT)**

**400m Men - 2nd**

I'm so hapy with that, I'm just back from injury - I missed a few weeks but it's all good now. I felt like I got my rythm back.

12/07/2019 20:40

**Ajee WILSON (USA)**

**800m Women - 1st**

At first i thought i was gonna wait and see if someone else would take the lead but it did'nt happen. Season Best, I'm really happy with the race. I will not try the 1500m this year but definitely next year I will try! will! Next race is USAs.

12/07/2019 20:44

**Andreas HOFMANN (GER)**

**Javelin Throw Men - 1st**

The performance - i'm quite satisfied. The last few weeks i had technical issues but today it was better and better. two times over 87 is good. It will be 3 more metres next time!

12/07/2019 20:54



Flash Quotes

**Steven GARDINER (BAH)**

400m Men - 1st

The false start - I almost covered 100m but i stopped when i saw everybody stop. I came back and re-focused and went again. That was a real 400m - felt pretty good, season best so I'm happy i git the win! Thank you Monaco!

12/07/2019 20:56

**Filip INGEBRIGTSEN (NOR)**

1500m Men - 2nd

I came here with the hopes to run faster than I did in Lausanne but that was probably not going to happen as the other guys did not want to run fast. I kept a steady pace and I was out front.

I'm really pleased with two consecutive 3:30 races and 2 second places. Now it's back to Switzerland

12/07/2019 20:58

for training and then a 5K in London where i want to run fast!

**Mirela DEMIREVA (BUL)**

High Jump Women - 2nd

That was ok but I need to improve a lot to challenge Lasitskene at teh World CHampionships. I'm not sure where I'll comepeete next - maybe at the European Cup!

12/07/2019 21:03

**Timothy CHERUIYOT (KEN)**

1500m Men - 1st

It wasn't a fast race, but I'm happz today because I won the race. I was expecting to run fast but the pace was slow. I expected more than 3:29. I'm going back to Kenya now to train for the World CHampionships

12/07/2019 21:05



Flash Quotes

**Ferguson Cheruiyot ROTICH (KEN)**

800m Men - 2nd

It's a personal best - so I'm happy with that. I came here prepared to run my best.

12/07/2019 21:14

**Mariya LASITSKENE (ANA)**

High Jump Women - 1st

That was bad, i felt very good but i didn't get it right. I wanted to jump higher. Yes, winning again is good for confidence but it should have been better. Next up for me is Padua.

12/07/2019 21:15

**Kendra HARRISON (USA)**

100m Hurdles Women - 1st

I feel pretty confident at the moment - I've been working really hard, and my mindset is better too. It felt fine - I didn't get out at the start and my coach is pretty mad. I probably just gave up a 12.2 race but I've just got to work on taht between now and US Trials.

12/07/2019 21:19

**Shaunae MILLER-UIBO (BAH)**

200m Women - 1st

I feel pretty good, like i did a good job out there. I'm happy with hoow the race went. The quicker i get at 200 the quicker i'll be at 400 and i'm really happy with where I'm at right now. My coach said he was very happy with how I ran the turn. If they can change the timetable for the Olympics, I'd be more than happy to double.

12/07/2019 21:31



Flash Quotes

**Laura WEIGHTMAN (GBR)**

**1 Mile Women Brave Like Gabe - 2nd**

I'm absolutely delighted - to run 4:17 is a big PB and I'm over the moon for Sifan to break the world record - she's an amazing athlete - it's a special moment to share this with her!

12/07/2019 21:36

**Nijel AMOS (BOT)**

**800m Men - 1st**

Everything has been good the last few weeks and I knew today that i could run 1:41. I did an impossible session on Tuesday and after that, i knew i could run 1:41. I'll race next in London. The world record is not in my mind but if I'm patient, it will come.

12/07/2019 21:37

**Gabriela DEBUES-STAFFORD (CAN)**

**1 Mile Women Brave Like Gabe**

I knew it was going to be a PB, i just wanted to focus on a good race. Honestly, I could have executed a better race, especially if i had known it was going to be a 4:17 but i have to be happy with that.

12/07/2019 21:39

**Noah LYLES (USA)**

**100m Men - 2nd**

That was a good 2nd place, so I'm not sad. It was a good run. My start was considerably better than other races and that makes me excited going to Trials. It could have been technically better but the way i started brings me a lot of confidence.

12/07/2019 21:46



Flash Quotes

Justin GATLIN (USA)

100m Men - 1st

It's all about putting together a good technical race, to use my experience. It feels great to beat these guys. This season is surreal, I can't believe I'm still winning here after more than 20 years. Noah is a great runner, so every time i race him, I'm excited!

12/07/2019 21:48

Piotr LISEK (POL)

Pole Vault Men

For sure i didn't expect 6.02 - it's almost a dream - i can't believe it. there are no words, i thought 5.90m this season, maybe 6 in Doha. I've been injury free this year and 100% healthy. My coach is a former physio and he knows my body so well that we avoided any injury. He's been my coach for the last 2 years and it's amazing we achieved this after such a short relationship!

My next competition is in Wittenberg then Warsaw.

