

Flash Quotes

**Shawn BARBER (CAN)**

**Second place: 5.93m NR**

Today was a slow start for me but it ended up going really well. I definitely knew I had that height within me and I know there is still more to come.

I'm still maturing as a pole vaulter so I need to be patient and the heights will then come. Goal number one is to make the podium in Beijing (at the IAAF World Championships).

25.07.2015 14:52

**Renaud LAVILLENIE (FRA)**

**Pole Vault Men - 1st - 6.03 (MR)**

I'm very happy to be able to jump today instead of yesterday, today was perfect conditions for us. It was sunny, it was not so cold and the wind was okay and it was a really good performance. Now I have to stay focused and go back and train for Beijing.

Jumping six metres is always a good performance and to be able to do it again in London, for me is really important. It's good that I was able to clear at the first height is important, it's what I want for the World Championships.

I have a lot of memories here, it is something very special. In London people love track and field, they know how to applaud and support. So all good today.

25.07.2015 15:00

**Dina ASHER-SMITH (GBR)**

**100m Women Heat A - Winner: 10.99 NR**

It means a lot, I'm still a bit confused. I'm trying to keep calm so I can execute in the final. I'm over the moon but I've still got a lot to improve because it was messy in places.

25.07.2015 15:49

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**Jodie WILLIAMS (GBR)**

**100m Women Heat B - 7th - 11.50**

It's not really a disappointment. I came here hoping to run the 200m but unfortunately got left in the 100m, and I've literally done no training for the 100m this year whatsoever so I wasn't really expecting to bring much to the table.

I feel good, I just feel like I'm lacking that back end speed, I've put about one or two weeks of training together and it has all been focused around the 200m so I've done no speed work at all. I'm going to Stockholm next week for the 200m and then we'll have to see what I'm doing from there.

25.07.2015 16:05

**Shara PROCTOR (GBR)**

**Long Jump Women - Winner: 6.98m NR**

This crowd is what helped me the most - the claps just echoed and it gave me an extra boost. I honestly did not expect to jump so far - I'm just speechless. I'm happy to be here and be healthy. I'm happy to be back and competing so well in this Stadium.

There is more to come. Training has been going well - I'm in hard training now so I did not expect that today.

25.07.2015 16:05

**Jazmin SAWYERS (GBR)**

**Long Jump Women - 2nd - 6.66m**

I'm chuffed, I wanted over 6.70m again, it was the best series of my life with no fouls and all solid jumps. I've never jumped that well progression-wise before so I'm really pleased and what a place to do it. The atmosphere was amazing with a great big crowd, I reacted really well, now fingers crossed I get picked for Beijing.

25.07.2015 16:10

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## Flash Quotes

**Katarina JOHNSON-THOMPSON (GBR)****Long Jump Women - Fourth place: 6.50m**

I'm definitely pleased with that today - I might not be usually but considering my build up into this competition wasn't the best, so I was happy with it.

Every competition I've done this season, I seem to have come out of it injured but I've come out of this fine today, injury free so I'm looking forward to Beijing in four weeks time.

25.07.2015 16:13

**Rabah YOUSIF (GBR)****400m Men - 6th - 45.43**

It was better than I expected, I went for it but it was just okay. It's my second time here but unfortunately I had a bad lane draw. I'm feeling really good, my next race is in Stockholm on Thursday so we'll see how that goes, I'm hoping to drop a fast time.

25.07.2015 16:13

**Wayde van NIEKERK (RSA)****400m Men - Winner: 44.63**

I just came here wanting to win. The season has certainly been a blessing to me so far. The Diamond Race points are a bonus to me, whatever happens, happens. This was my last Diamond League race before the World Championships so I just wanted to finish it with a good time and feel confident for the race. It was a honour to compete out here.

25.07.2015 16:22

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**Martyn ROONEY (GBR)**

**400m Men - 7th - 45.73**

When I crossed the line, I thought the guys had run 43 something and I'd be around 44 high but it just wasn't the day. There were some electric performances yesterday but there's two guys in that race who have run 43 seconds this year and they ran 44 high so it was interesting.

I just tried to be strong in the last 200m, I ran 45.5 last week in Loughborough so I thought if I could run a similar race here I could run 44 high but it wasn't meant to be today.

I know I'm in decent shape and I know when I come to championships, I always run SBs or PBs, when it matters I do the job.

The whole build up was amazing and I prefer this stadium to the old stadium.

25.07.2015 16:24

**Mercy CHERONO (KEN)**

**5000m Women - Winner: 14:54.81**

I am so happy because God gave me the strength to follow her (Molly Huddle). I decided to chase her with four laps remaining. I thank God I had the strength to beat her. I was just running my own race. I am so happy to be here in the Olympic Stadium.

25.07.2015 16:42

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Flash Quotes

**Molly HUDDLE (USA)**

**5000m Women - Second place: 14:57.42**

I knew the pace was not the best and knew the Kenyans would go slower because they have their National Championships next week. However, I knew there was a risk in getting run-down so it was a very tense moment on the last lap. It was a really tough battle with Mercy (Cherono). I was hoping I could get it but it was not to be. It was my only 5000m of the year and have Stockholm next this week.

25.07.2015 16:44

**David GREENE (GBR)**

**400m Hurdles Men - 5th - 49.85**

It was nice to get a seasons best, to be honest I didn't even know if I was going to race today it was a bit touch and go, my adductor has been giving me grief for the last 48 hours so I feel like I've got more to give.

The body wasn't really allowing me to do that today, when you have a problem like trying to hurdle, it's on the back of your mind the whole race, I felt like I was skying hurdles. It's frustrating that I seem to be running better now but the qualification window has slipped away from me so it's frustrating.

Mixed emotions really, great to be back but I know I can do better.

25.07.2015 16:48

**Michael TINSLEY (USA)**

**400m Hurdles Men - Winner: 49.02**

It was ok - I wanted to run a little bit faster but I made a few mistakes, hitting hurdles. I came out here in 2012 and won a silver and I had a good run in 2013 as well so it is great here. I still remember the first time I saw this stadium and it's a great feeling to be back.

25.07.2015 16:53

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Flash Quotes

**Niall FLANNERY (GBR)**

**400m Hurdles Men - 3rd - 49.53**

I had a good race, obviously not quite as good as my last one in Madrid. I was happy when I crossed the line but then when I saw the time I was a bit devastated. I've beaten some good guys in that race, we'll have to wait and see if I get the selection or not.

25.07.2015 16:56

**Michelle CARTER (USA)**

**Shot Put Women - Winner: 19.74**

It all went well for me and it was a great competition for me - this is my first Diamond League win. All the ladies here are capable of throwing far. The atmosphere was so good - it was great to see it so full.

25.07.2015 17:01

**Valerie ADAMS (NZL)**

**Shot Put Women - 2nd - 18.59m**

I had so much fun out there, it was hard coming back but I enjoyed it. I feel I'm making small improvements, next I'll compete in Stockholm and Poland then I'll see about Beijing. This is one of the best competitions on the circuit. It's my third time competing here, I love it. It's been a rocky road, I had two operations on my elbow so it's been a long recovery but I'm getting back to my old self slowly. I have to be patient, my big aim is Rio (2016 Olympics), so I had to get myself sorted in time.

I've been dominant for five years and recently it has been unknown territory, but I'm human, my body has had a tough beating. I'm looking forward to next year and getting back to 20 metres.

25.07.2015 17:02

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Flash Quotes

**Eunice Jepkoech SUM (KEN)**

**800m Women - 1st - 1:58.44**

I wanted to match my hair with my (blue) kit, I took it quite easy and I ran my own race. I'm happy with my time despite the wind, I liked the crowd. Next week I run the Kenyan trials even though I have already qualified. Beijing will be hard but my aim is to medal, anything can happen when you're in the final.

25.07.2015 17:04

**Lynsey SHARP (GBR)**

**800m Women - 3rd - 1:59.57 SB**

It was good, it's the first race I've been tactically happy with, it has taken me a few races to get into it but it was good mixing it with the big girls so I'm happy with it.

I want to get better each race I do, so everything is going in the right direction towards Beijing.

It's unbelievable, the only thing I can compare this to is the Olympics and the Commonwealths (Glasgow 2014) and it brought back so many memories, it's amazing.

It spurred me on in the home straight. My coach has set me a few long sessions recently which I don't enjoy but it's important to keep the strength going, but hopefully now I can do some more fun sessions that I enjoy.

These are the girls that are going to be at Worlds (Beijing), I've got Stockholm on Thursday which is my last race before Worlds.

25.07.2015 17:12

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## Flash Quotes

**Elaine THOMPSON (JAM)****200m Women - 1st - 22.10 MR**

It's a new PB for me, so I'm really excited. I have been putting in the training so I was expecting good things. It was very important (to have a good race), I've put in work to run off the curve fast and run home.

It was my first time here and I was really excited, the crowd was pleased and I really appreciate it.

25.07.2015 17:17

**Jessica ENNIS-HILL (GBR)****200m Women - Eighth place: 23.49**

I have definitely got to be pleased with how the weekend went. I was made up with my hurdles, that did surprise me and the long jump is all about getting a bit more consistent and solid. The 200m was much harder because those girls are so quick. Hopefully with a little more training the times will continue to go down.

I feel like I am coming into form now but I still need to put some things together. I need to sit down with my coach and look over my performances and we need to have a conversation about what I can achieve. I am really happy with this weekend though.

I feel I have been training well since Gotzis so I feel like I am making progress. Obviously, Rio is the most important thing but if I do make the World Championships this year, that will be a massive bonus. It's really about going into training at the end of the year and having a solid winter so I can come out next year and be right at the top of my game at the beginning of the season.

25.07.2015 17:18

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Flash Quotes

**Conseslus KIPRUTO (KEN)**

**3000m Steeplechase Men - Winner:8:09.47**

It was a quick race - ten athletes went off so I followed them. It was a very close race but I'm happy to win.

25.07.2015 17:28

**Nikoleta KIRIAKOPOULOU (GRE)**

**Pole Vault Women - Winner: 4.79m**

It was not great today but I hoped to win. The crowd were great - I really liked the atmosphere and it brings good memories back, of course.

25.07.2015 17:34

**Michael RIMMER (GBR)**

**800m Men - 5th - 1:45.67**

I was a bit worried at 600m, I looked at the clock and thought I was probably a bit down but I was full of running. I got boxed in in the last 50m but felt like I had a lot more to give but there were just so many bodies. I crossed the line and saw Kyle right there, what a talented boy, he's unreal. It's good to have another Brit.

25.07.2015 17:39

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Flash Quotes

**Kyle LANGFORD (GBR)**

**800m Men - 7th - 1:45.78 PB**

I've not really raced too much this season, I've been really careful with my races. I'm a championship runner not a time trialer. But it's a dream come true to finally get the time (World Championship qualifier) so hopefully they will pick me because I'm better in Championships than I am in time trials.

25.07.2015 17:39

**David RUDISHA (KEN)**

**800m Men - 2nd - 1:44.67**

I'm happy and excited to be back here, my race here in 2012 was special, everybody talks about it, it was a wonderful race. I'm trying to run a more tactical race and I almost had the win a few metres from the line. There's still a few weeks until the World Championships. I'm building my mileage and my speed is okay.

25.07.2015 17:42

**Nijel AMOS (BOT)**

**800m Men - Winner: 1:44.57**

It was a good race for me. I wasn't expecting a tactical race, I expected something much faster. The crowd were really good and it motivated me.

I'm going home now for three weeks of training ahead of the World Championships.

25.07.2015 17:44

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Flash Quotes

**Men GREAT BRITAIN & NI A (GBR)**

**4x100m Relay Men - Winner: 38.32**

Richard Kilty: That has definitely made up for my disappointment yesterday and it was great to be part of this team here today.

Harry Aikines-Aryeetey: It felt nice out there - the track surface is really good to run on and I always love running the bends in the relay.

25.07.2015 17:55

**Charlie GRICE (GBR)**

**Emsley Carr Mile - 4th - 3:55.27**

It was marginally off my PB, the position was good today but the time was slow. I hope I get picked I've shown good performances and have been committed in races. I've been at altitude a lot this year, it is all geared towards Beijing, I recently ran a 1500m PB.

25.07.2015 17:58

**Asbel KIPROP (KEN)**

**Emsley Carr Mile - Winner: 3:54.87**

I've won the Emsley Carr mile for the second time in a row and that was really exciting. It was my dream to come to London and win at the Olympic Games but unfortunately I had an injury then. I'm looking forward to coming here to win again next year.

I was trying to test how it will be for the World Championships.

25.07.2015 18:06

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Flash Quotes

**Marquis DENDY (USA)**

**Long Jump Men - 1st - 8.38m**

This is my first Long Jump Diamond League meet. I was more prepared, it was a slow start but I definitely got it down towards the end. I was 1cm away from my PB, but that's actually really really good. I'm progressing, I'm going to Stockholm and hopefully I can keep moving forward.

It was a confidence booster, knowing I can go out there and jump, it's an amazing crowd. Greg Rutherford is out there- one of my idols and it felt good to jump with him. I was out here to keep myself sharp for Worlds.

25.07.2015 18:08

**Greg RUTHERFORD (GBR)**

**Long Jump Men - 3rd - 8.18m**

It was very frustrating again, if I could have got one in the first three (jumps) I think I could have won the competition again but that's what happens in the long jump, if you don't get your run up correct you can end up finishing third like today so I'm really disappointed. I can't have another scenario where I fail the first three (jumps), that's not acceptable at all. I felt better than I did in the trials which is good but I jump again in five days time so hopefully I can right the wrongs there and jump well again.

The crowd were out of this world, everything was incredible and I would have liked to have a win again so that is what has really hurt me, obviously last time I was here was the greatest sporting day of my life and then to come away here with a third is not great so I'm not pleased with that at all. But again, I take my hat off to everybody who came out, it was a brilliant crowd and a fantastic competition.

25.07.2015 18:09

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Flash Quotes

**Chris O'HARE (GBR)**

**Emsley Carr Mile - Tenth place: 3:56.35 PB**

I took it on with 800m to go because nobody wanted to take it. I was more uncomfortable running slow than at that pace. I made it my own race and tried not to panic with 200m to go and just kept the inside line. With 100m to go, I went for that last gear but it wasn't there but that happens sometimes.

25.07.2015 18:11

**Dina ASHER-SMITH (GBR)**

**100m Women Final - 4th - 11.06**

It has been absolutely amazing, I thought I was in good shape but I didn't realise I was in that good shape. Well done to Dafne because making the switch from heptathlon to sprints isn't easy but she has made it look like she was made for it.

Going into Beijing, I have my fingers crossed for selection next week, but I'm really looking forward to it.

25.07.2015 18:17

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Flash Quotes

**Dafne SCHIPPERS (NED)**

**100m Women Final - 1st - 10.92 NR**

I'm very happy with this race, it's very nice to be here for the sprints. I think it's a good start for Beijing.

For the 100m (in Beijing) I hope to get to the final then we will see, and for the 200m the same thing. It was a difficult decision (to choose sprints over heptathlon) but I think I am a sprinter now and it feels good. I am more relaxed every race, I think it's better for me to do only one thing. Now I can focus only on the sprints, I can focus on my start and that was difficult to do when I was in the heptathlon.

It is good that people from Europe can beat girls from America and Jamaica, it feels good.

(On Dina) I knew she could do that (break 11 seconds), it's nice that we have both run a national record here. I think I can run faster than today.

25.07.2015 18:21

**Goldie SAYERS (GBR)**

**Javelin Throw Women - 6th - 62.09 SB**

It was only my second competition, I feel off of a full run up there is a lot more to come. It was lovely being back in the stadium. I need to keep plugging away - it was a good competition and it was lovely to be back here after such a bad injury and surgery with complications and a really long recovery. I felt I did myself justice.

25.07.2015 18:27

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