



GRAND PRIX
BIRMINGHAM

IAAF DIAMOND LEAGUE

Birmingham (GBR)

20 August 2017

IAAF
*Diamond
League*

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Habitam ALEMU (ETH)

800m Women - Winner - 1:59.60

I felt really confident going into the race and I am very happy to get the win. I am pleased with how I ran my race and that I could finish very strongly.

20.08.2017 13:46

Lynsey SHARP (GBR)

800m Women - Second place: 1:59.97

It was actually quite fun to do a different type of race. It was a really competitive field; a few of these girls didn't make it to the world final but were good enough athletes to make it.

We didn't go through that fast but I just couldn't hold on in that last 50m which is a bit annoying but it was fun. It was quite evenly paced which was good for me.

I'll be targeting my PB in the next races; I know I'm capable of it.

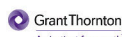
20.08.2017 13:49

Sophie HAHN (GBR)

100m Women T37/38 - Winner - 12.83

It was a great race. I am very happy with my time. To be running in front of a home crowd again was awesome. It was fantastic to have four World Champions in the race; we spur each other on. I thought it would be close. Kadeena and Georgie had a battle but I had to focus on myself. This is the end of my season now so a bit of a break and then back in the gym to focus on the Commonwealths.

20.08.2017 14:01



IAAF *Diamond League*





Flash Quotes

Pawel FAJDEK (POL)

Hammer Throw Men - Winner - 78.51m

It is amazing to be finally part of the Diamond League, I enjoyed it very much. It was a lot of fun to throw in a competition like this.

[On what is next in his season]

I fly straight to Taipei for the World University Games so there is still work to do this season. I have won that competition three times so I'm going to win again.

20.08.2017 14:07

Joanna FIODOROW (POL)

Hammer Throw Women - Winner - 71.14m

It's great to be in the UK, I've competed well in both London and now here in Birmingham so I'm really pleased with my last few weeks.

This competition was all about fun, we're near the end of the season so it's just about trying to stay focused for our last competitions.

20.08.2017 14:08

Sally PEARSON (AUS)

100m Women Heat 1 - 6th place: 11.38

That was pretty good. I had a really good start but these girls are always going to be tough to beat; but it was a lot of fun and I don't usually get this chance. It's an amazing feeling. I love competing in Britain and it's nice to get a warm welcome from the crowd. I think this sets me up nicely for Zurich. They were going to have the hurdles here but then they changed it, so my agent said I'll see if I can get you in the 100m and it's nice to get the legs going after London and it'll hopefully blow the cobwebs out before Zurich.

20.08.2017 14:25





Flash Quotes

Tom BOSWORTH (GBR)

Walk vs Run - Winner

I found that absolutely great fun - that's how athletics and sport should be. It was such a different experience. I was scared Adam was going to catch me too early and I certainly thought he was in the last 100m. I never have that sort of sprint finish in a race so it was very strange. Thank you to British Athletics for coming up with this idea and then implementing it into a Diamond League.

It has been a difficult week (after DQ in London). I didn't know how it would go. I made a mistake last week but it is a lesson learned. It was an overwhelming feeling walking down the Mall after been disqualified as I still had people chanting my name which was really nice. This is where me and my team have taken the event so that is very rewarding.

20.08.2017 14:26

Adam CLARKE (GBR)

Walk vs Run - Second

I have never been involved in anything like it, so to have it on such a stage is incredible. It was me against the clock for most of it. I thought all the way around 'I'm probably going to catch him' but with 100m to go I thought I'd probably be about 5 metres short. I knew I was going to be up against it from the start though.

It certainly got the crowd involved and it is great that they enjoyed it.

20.08.2017 14:36





Flash Quotes

Jake WIGHTMAN (GBR)

1 Mile Men Emsley Carr Mile - Winner - 3:54.92

I needed to redeem myself after the World's, where going out in the semis was pretty gutting. With 300m to go, I could feel Chris (O'Hare) and I knew one of us was going to win, and I've not beaten him in a long, long time.

I knew the shape I was in before World's, I had the ability to get into that final and I just got it wrong, so I wanted to win out here. I think I was mentally rather than physically tired, but everyone's like that at this time of the season. I thought I could do it with 300m to go and I could hear the crowd roaring, the noise is class.

I've got Zurich on Thursday so not too much recovery time and then a mile in New York. I've learned a lot this season with my first global champs - I definitely know I need to get better to get through the first rounds so I don't make that mistake again and get all the way through in a major champs.

20.08.2017 14:44

Richard WHITEHEAD (GBR)

200m Men T42 - DQ

Great to have the opportunity to compete at such a big event in front of a great crowd. I have done this event before but it is great to be asked again, and support Ntando to his future success. He's the legacy of the sport. Today is all about laying down a platform again for para athletics in Britain.

It is great to have their support and it makes it all worthwhile. I'm disappointed about the DQ but that isn't what it was about today, it's irrelevant. We are trying to have fun and promote the sport.

20.08.2017 14:47





Flash Quotes

Jarrion LAWSON (USA)

Long Jump Men - Winner: 8.19m

I didn't know what to expect today. I was just trying to get a feel of my body throughout the competition to see the reaction post world championships. I'm kind of excited to be heading to the Diamond League final after my first Diamond League win, so it is a pretty interesting time for me.

My coach says I am highly trained so I'm capable of getting more big wins. The atmosphere of the track meets in the UK has been great and really helped me to get my first win at this level of competition so it has given me a lot of confidence.

20.08.2017 14:53

Ntando MAHLANGU (RSA)

200m Men T42 - Winner: 23.16 PB

It has been a great day so far - a PB is more than I could have expected. It is a dream to run so close to 23 seconds. Thanks to my competitors and all the fans who have really motivated me.

20.08.2017 14:59

Jonathan PEACOCK (GBR)

100m Men T44 - Winner - 11.03

I managed the win but it wasn't the quickest - I'm happy, though because it's the first time I've put my leg on since the Paras final. I've had three weeks off basically - a sickness bug followed by a cold so today was understandable really.

I felt ok out there but I did feel really sick after the race. I honestly didn't care if I lost today - I just wanted to thank the crowd for all of their support. Today was the first time my event's been included in the IAAF Diamond League in four years so it meant a lot to me.

20.08.2017 14:59





Flash Quotes

Dalilah MUHAMMAD (USA)

400m Hurdles Women - 2nd place: 54.20

I have been feeling really sore since London so I'm glad to get through in one piece. I didn't accomplish everything I wanted this summer so I need to go home, look at my training, and come back stronger for the final in Brussels.

(On returning after the worlds)

In the moment, you can be dissatisfied but looking back, I'm proud of world silver. It has made me eager for more so it was nice to get that opportunity to race so soon to rectify a few things.

I may have a play around with the shorter sprint hurdles next year - it might be something my coach looks at but it will be nothing too serious.

20.08.2017 15:09

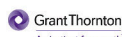
Zuzana HEJNOVÁ (CZE)

400m Hurdles Women - Winner - 54.18

I didn't feel good after the disappointment of the World Championships, my mind was a little down but I finished fourth so I had enough motivation to get me through to the end of the season and focus on getting to the Diamond League final. After London I rested a little bit and did some easy training. I want to run a season's best at the Diamond League final - that will be my goal now and that will help make up for London.

I was sad and a little confused after London because I had wanted to win a medal there. But I did not feel strong in the final and I didn't run well so that was my biggest motivation for today.

20.08.2017 15:12





Flash Quotes

Eilidh DOYLE (GBR)

400m Hurdles Women - 4th place: 54.89

It hard to come out a race again after world champs but technically, it was quite similar to my race in the final. I will look to iron out a couple of technical things to be ready for my final two races.

The racing is the fun bit but training is the difficult bit as the motivation has gone a little after a world championships. But chasing Diamond points has been a good source of motivation and it was great to perform here in front of a home crowd.

20.08.2017 15:15

Nijel AMOS (BOT)

800m Men - Winner - 1:44.50

I knew I could take it so I am very happy for the win. The time was good but today, it was all about the win. The season for me has been pretty good and next, I will compete in Brussels.

20.08.2017 15:23

Adam KSZCZOT (POL)

800m Men - 2nd place: 1:45.28

I am pretty happy with how I ran but I'm not very pleased with the result. In the last 100m, I only had the thought to keep pushing - I moved up from fifth so I gave it everything I could. After a long season, it is a good achievement for me to place second here in Birmingham.

20.08.2017 15:23





Flash Quotes

Elliot GILES (GBR)

800m Men - 5th = 1:45.44

I'm never pleased with being the first Briton across the line, I want so much more than that. It is hard to push forward after a major championships. I felt so relaxed before the race and during it; it was chilled all the way around. I thought we had run 1:47.

It is stepping in the right direction, Kyle obviously ran really well at the worlds. He has stepped up but there are a lot of us who are hungry and want to do the same.

20.08.2017 15:30

James DASAOLU (GBR)

100m Men - 2nd - 10.11

I know where I lost it, I lost it on the start but today was just about having fun and a farewell for those who did well in the Champs. It was about showcasing and putting on a good show for the crowd. It was a shame Adam wasn't in there as he was in the relay winning team and the crowd really wanted to see him run but it wasn't to be. CJ got the win and I was second so it is all good. I still have a few more races this season and that wasn't my best start so I have things to work on. I took it a bit easy because of the false start. I have a few more races to get to that sub-10 barrier and for sure I feel I have a season's best still in me.

20.08.2017 15:32





Flash Quotes

Chijindu UJAH (GBR)

100m Men - Winner: 10.08

I was optimistic coming into this race and you can see my current mindset in my result. I am very confident at the moment.

I knew I just needed to do the simple stuff to do well and get the victory. It was a clean and relaxed race which is just what I needed before the Diamond Race final in Zurich. There is plenty to build on but I know I'm capable of winning. Getting a win here four days before is massively motivating for me.

The British crowds have been incredible. To be introduced as a world champion was crazy.

20.08.2017 15:33

Holly BRADSHAW (GBR)

Pole Vault Women - 2nd place: 4.61m

I've had a couple of weeks off which has given me time to reflect (on the Worlds). I wanted to come out and enjoy myself. I had a lot of pressure on my shoulders going into that world championships, mainly from myself as I knew what I was capable of achieving. Having not achieved that left me bitterly disappointed. I'm still up and down at the moment as I know how close I was to a medal. But I just want to enjoy my athletics now and channel all my energy into jumping high.

Those were tricky conditions today but I've finished second in a Diamond League which I've only done once before so I am really chuffed.

20.08.2017 15:42





Flash Quotes

Katerina STEFANIDI (GRE)

Pole Vault Women - Winner - 4.75m

It was a little rough out there with very changeable wind. My goal was to win especially with it being the first event after the Championships. I am excited with what happened but I think a lot of the girls struggled with the conditions. I am happy and we go on to Zurich now and I remain undefeated. I am really strong just now and even today when I didn't jump that high it still showed against the rest of the girls - that is not to say that at any time someone can't come out and jump really high. If you look at the results I have had to fight a different competitor every time so it is very open. Anyone can come out and have a good day especially as we go into the finals.

I have been jumping consistently now for two years. I am looking forward to Zurich now where we jump the day before the main event in the train station and then move onto Brussels for the final and hope for the best weather wise.

20.08.2017 15:43

Dwayne COWAN (GBR)

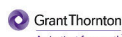
400m Men - Winner: 45.39 PB

I thought I might get the win today so I'm very happy to have done it. I know I have even more to come. I'm pleased to set a PB but maybe I could have run 44 something. I never run quickly here but that doesn't mean I'm not happy, I'll take it. I finished really quickly so I know that was the strongest part of my race.

Winning a bronze medal at the worlds was amazing - not many people win one of those, so it may be my biggest career high.

Next year I want more of the same but maybe I'll focus on more of the 200m alongside the 400m. It is all about the Commonwealth's and Europeans next year but I'm looking forward to a break. It is hard combining working and training so I need to rest up and be ready for next year's challenges.

20.08.2017 15:47





Flash Quotes

Sifan HASSAN (NED)

3000m Women - Winner: 8:28.90 NR MR

It has been three years since I last ran a 3000m so I enjoyed the opportunity to run the distance here. Racing over distances like the 800m and 3000m always surprises me but it was a fast race today and I ran a very good time. The fact that it is a national record and meeting record is a nice bonus for me.

It went out fast but then I felt a bit tired so winning surprised me. I had to work hard but that is a great result coming off the back of a world championships, so I am very pleased.

20.08.2017 15:55

Sandra PERKOVIC (CRO)

Discus Throw Women - Winner - 67.51m

I'm very happy to perform like that straight after a world championship. The conditions were very tricky - it was windy and cold, I didn't feel like I could really produce a maximum performance today, it was pretty exhausting.

I was pleased to throw a 67m throw because I knew there were a lot of girls that threw well at the worlds that are capable of challenging me, but they were about three or four metres behind what they threw in London today.

My next competition is in Zagreb, my home town - it will be a very special occasion for me. I'm returning as Olympic and world champion so I bet they can't wait to see me.

20.08.2017 16:02





Flash Quotes

Andrew POZZI (GBR)

110m Hurdles Men - 6th - 13.53

It was difficult out there today. It has been a difficult two weeks on the back of London; even training has been tough. The quality has dropped somewhat, it is really tough to get motivated after a major championships, especially one that hasn't gone so well. This is such a wonderful place to come and compete. Again the crowds have come out in wonderful force so i am sorry for them not to put out a better performance.

I have trained full time since London but it's not really there. You work so hard and give so much for major Champs and then, if you're disappointed, it is really tough to pick things up again. It was difficult day and a difficult race for me today. I have a few more races lined up so I need to have a think now and decide whether to carry on with them and get more race practice ready for next year or whether to take a rest now, recharge and then start again for next year.

I hope I will learn from London but there have been a lot of opportunities now that i have put down to something to learn from and I am still not getting the results i want.

20.08.2017 16:08

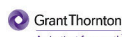
Aries MERRITT (USA)

110m Hurdles Men - Winner: 13.29

It is always good to come out and beat two medallists from the world championships. My legs are a bit tired because I did a really long flight of hurdles like two days ago so my coach is crazy - only kidding. It is good to be back in Birmingham because I always run well here. Last time I ran 12.95 into a minus one wind. It wasn't quite as quick but it's always nice to be able to run and get a win. The fans have been incredible in the UK - they actually pay attention to the sport so it is a phenomenal feeling to be able to race in front of them.

I just had a bad night for that final (world championship) - I strained my hamstring a bit in the semi-final and we worked so hard to get ready for that final but it just didn't happen but you have to move on. I can't let one race define me. I've been through a lot in my life so I've learnt to deal with hardship better.

20.08.2017 16:09





Flash Quotes

Marie-Josée TA LOU (CIV)

100m Women Final - 2nd place: 10.97

It was ok for me today; I just wanted to be in that top three but I knew it would be difficult against these incredible athletes. It was a little bit cold so it is good to be able to go sub 11 in those conditions.

London was really good for me. I have some wonderful memories to take from those championships and I will be forever grateful at the support I have received to put me in this position.

20.08.2017 16:18

Elaine THOMPSON (JAM)

100m Women Final - Winner: 10.93

I had to bounce back first time after a disappointing world championships for me. The time is nothing to get excited about but I have not got a time in my head that I am targeting for the rest of the season. I'm just focusing on my races.

I am leading the diamond race so I have that as my main focus, to get me hands on that trophy. That is motivating me for the rest of the season.

20.08.2017 16:21





Flash Quotes

Nethaneel MITCHELL-BLAKE (GBR)

200m Men - 5th - 20.46

That was a brutal race. Obviously the time wasn't that pleasing. It is an interesting one competing after a World Champs but I just have to learn from it going forward. It has been a lot physically but a lot emotionally too to recover from because there was a lot of energy used pre Champs and during the event. To get your energy levels back up ready to compete has been a challenge but you want to do it for the fans more than anything.

The crowd was amazing today - I have enjoyed the run, just not the time. I may possibly do a few more races, I am not sure as it has been a long season, I did a few college races early on in the States. I am going back to the US to train through the winter.

20.08.2017 16:26

Ramil GULIYEV (TUR)

200m Men - Winner: 20.17

It was quite hard to run well because it was so cold. It has also been very busy since I arrived in Birmingham, now I am a world champion, more people want things with me which is great for me but very different.

But I managed to produce another good display and I'm pleased to follow up my world title with a victory. I hope to continue winning in the next few weeks.

20.08.2017 16:29





Flash Quotes

Dawit SEYAUM (ETH)

1500m Women - Winner: 4:01.36

I am very happy to get a Diamond League victory. It is very special for me especially after such a tough race.

20.08.2017 16:37

Laura WEIGHTMAN (GBR)

1500m Women - 8th: 4:05.81

I didn't run my best race but I was tired off the back of London so I wasn't as competitive as I would have liked to have been. That's how it goes sometimes.

London was the highlight for me, I peaked at the right time and I am ready for a rest soon. I am still in great shape and I know I can still run fast this season. Sixth the world - I'm happy with that. I've run some fast 5000m's as well so it has been a good year for progression. Next I'll do the Fifth Avenue mile in New York so I'm looking forward to that.

Next year will be interesting because I going to have to peak for both the Commonwealths in the spring and the Europeans in the summer but I'm looking forward to the challenge.

20.08.2017 16:38





Flash Quotes

Mutaz Essa BARSHIM (QAT)

High Jump Men - Winner: 2.40m

I knew I had that jump in me but I needed that pressure on my shoulders. It was a strong competition which really tested me and that made me perform at my best. I love it here; I had the meeting record here from 2014 and I also won in Birmingham last year so it is a lucky place for me. I got so much support from the fans and my fellow competitors which really helped me to perform to my best.

I can jump as high as possible. I don't want to put any limits on myself. 2.40m was great today and I didn't want to push it too much a risk injury so I was just sensible.

20.08.2017 16:46

Kimberly WILLIAMS (JAM)

Triple Jump Women - 2nd - 14.44m

I'm pretty pleased as I really struggled in London but today, I just focused on myself and just 'did me'. I believe everything happens for a reason and I'm just using the talent God gave me to the best of my potential. My coach always tells me to keep the faith and tomorrow will always be another day.

My last meeting is in Zurich - I would really like to jump a season's best or even a personal best there - I feel good but I just need to execute it all well on the day.

20.08.2017 16:50

Caterine IBARGUEN (COL)

Triple Jump Women - Winner - 14.51m

I'm pleased with the win in some difficult conditions today. I love competing in the UK and it amazing to get another Diamond League win.

20.08.2017 16:55





Flash Quotes

Mo FARAH (GBR)

3000m Men - Winner: 7:38.64

It has been an amazing week - I've managed to have a bit of downtime with the family and relax but emotions have been high coming into this event; not as much as London but it is my last time at home and I really enjoyed it.

I was just thinking about the race and who was there. I had to technically get it right.

(On fans)

They have been amazing. This is what it is all about. This is what we dream of; I've had some amazing support throughout my career and they have followed my journey so thank you.

I never dreamed that I would come a four-time Olympic champion and multiple world champion. All I dreamed of as a youngster was running for Great Britain, from World Juniors and European U23s - you go through the ranks and you dream of becoming Olympic champion. I now have to see what I will do on the road. I don't think I'll have the same pressure so I'll go and enjoy it. Running was a hobby when I was younger but it has become a job and I love it. It can be hard when you get the pressure but the roads will be something completely different.

20.08.2017 16:58

Salwa Eid NASER (BRN)

400m Women - Winner - 50.59

Today went well, I was confident going into the race and I believed I could do it. Every race is tough, it was no tougher than I expected it to be. I wanted to come here and build on London. I felt ok in London and I wanted to come here and do well.

20.08.2017 17:02





Flash Quotes

Allyson FELIX (USA)

400m Women - 2nd - 50.63

It has been a long few weeks so I was feeling tired out there so I just wanted to come out here and try to get it done but I came up just short. Everyone is tired from London but I came and gave it my best effort.

I am not sure about any future races this season, I am going to see how I recover from this.

20.08.2017 17:09

Tomas WALSH (NZL)

Shot Put Men - Winner: 21.83m

My biggest worry today was not performing like a world champion. I wanted to prove I deserved to be world champion and I pleased that I did that. I didn;t start too well but I got better as the competition went on. To throw that far with a slightly uphill throwing area is very encouraging.

It sounds great; I'm going to enjoy that for the next two years. The crowd really got behind us and it made it great to be back on the Diamond League circuit; I can't wait to compete in Brussels.

20.08.2017 17:11

