



Flash Quotes

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Alicia BARRETT (GBR)

100m Hurdles Women - 5th (13.56)

It felt very messy. It has been a good, but hard season. I have felt good when there are comps and bad when there are comps. It's a learning process as the goal is to get to 2020.

Meets like this are always going to be hard, but you just have to step up your game. It replicates championships which is great.

18/08/2018 14:38

Pamela DUTKIEWICZ (GER)

100m Hurdles Women - 1st - 12.84

I am feeling good. It's always difficult to run after an international highlight performance in Berlin. I was tired but the run was good. I am always really focused and it's always important to have a good run like the first half of the race.

The wind was headwind which isn't easy to run into for the hurdles. I will run again on Wednesday in Poland and I will round off the season with the Continental Cup.

18/08/2018 14:39





Flash Quotes

Cindy ROLEDER (GER)

100m Hurdles Women - 2nd - 12.96

Today I felt very tired after the European Championships in Berlin. Today it was also quite windy but the competition was good and it was a nice atmosphere and I'd like to thank Birmingham for having me in the field.

Now I'll head back to training as the season comes to a close.

18/08/2018 14:46

Holly BRADSHAW (GBR)

Pole Vault Women - 5th (4.40m)

I thought it was a bit of a shambles to come fifth in 4.40m. It was a massive headwind and all the girls struggled. Four of us cleared 4.40m when we're all capable of clearing 4.70m to 4.80m, even Sandi went out at 4.62m.

A wind like that makes a difference in the pole vault because there's so many other factors to consider. Leading into the Europeans I had done 4.72m, 4.75m and 4.80m so I knew my vaulting was the best it's ever been.

I knew I could do 4.82m and I'm capable of doing it, I have four weeks to do that so let's hope I can do it.

18/08/2018 15:03





Flash Quotes

Janieve RUSSELL (JAM)

400m Hurdles Women - 2nd (54.91)

I am a bit disappointed, I came out here to win, I think I did the first part a bit too slow so I had a lot of work to do in the latter part of the race so I guess that cost me the race today.

I am really proud to be leading the standings now. Although the points will be zero going into the final, I hope I can go to the finals and win it, if not I am just hoping to be in the top three.

18/08/2018 15:09

Léa SPRUNGER (SUI)

400m Hurdles Women - 1st (54.86)

It's my first win in the Diamond League and it's really nice after the European title. These meets are the best that you can have. A win is a win and it's huge for my confidence.

The finals will be a home race for me and it will be very nice. To hear that I was the European champion was unbelievable and this coupled with it makes it a great couple of weeks.

18/08/2018 15:12

Meghan BEESLEY (GBR)

400m Hurdles Women - 3rd (55.83)

I think I am good getting third recently. I came third at the Euros, third on Wednesday and third just then. It was a great field and a great opportunity for me to race in the Diamond League. This is the highest I have ever been in a Diamond League race so I am really thrilled.

My fitness is there and I know I can go a bit quicker so hopefully it will just come. I have had a bit of a busy week because I raced on Wednesday, I raced twice last week. I have got a bit of a break now and then a few more and hopefully I will go even quicker.

18/08/2018 15:14





Flash Quotes

Paul DEDEWO (USA)

400m Men - 3rd (45.62)

It is a terrible time 45, I think the wind, the weather played a part in it, but I don't think any of us will be satisfied with what we just ran.

I will regroup, I will get the legs back underneath, I know I will be better by the next race.

18/08/2018 15:21

Katerina STEFANIDI (GRE)

Pole Vault Women - 2nd (4.52m)

It was difficult conditions today but what bothered me most was having to get up early. At the European Champs we were competing at 8 or 9pm and today it was 1pm and I'm not normally up by then.

I tried waking up earlier today to be more activated and switched on but it didn't work. The season started really hard and I've had to change a lot of my training because I wasn't doing that well.

The goal was the European Championships and to win and I managed that. For how the season started I'm happy with how it's ended. I would like to defend the Diamond League title, but more importantly finish the season healthy.

18/08/2018 15:22

Matthew HUDSON-SMITH (GBR)

400m Men - 2nd (45.59)

It was a good race. It is all slowly coming together, I keep finding something new every single run. My coach will be happy with how that race was executed because I was a lot more patient than at the Europeans when I went off like a rocket. I tried to be more controlled and things are looking bright for the future.

18/08/2018 15:27





Flash Quotes

Fred KERLEY (USA)

400m Men - 1st (45.54)

I've got to be happy with the time. The conditions were nice because we get this type of weather back in the States but I have to get out faster and finish easier which I did. I didn't push too hard because this is my first race in two months.

I'm happy with the win and I have to be happy with the time in this weather, but the times I want will come.

18/08/2018 15:29

Gudaf TSEGAY (ETH)

1500m Women - 2nd (4:01.03)

It was a good race, the pace was quite easy. I need to practice the sprint before the finals.

18/08/2018 15:32

Sandi MORRIS (USA)

1st (4.62m)

We had really strong winds which were difficult to deal with but I'm happy I walked away injury free. I'm fortunate I could put some heights together. We have a couple of weeks to get some training in and hopefully I'll put some more good jumps together at a smaller meet in Germany prior to that.

I'll head onto the finals in good spirits. I've had a solid year, jumped 4.95m indoors and outdoors and I have confidence. I just need to hold onto my technique at the end of the season.

18/08/2018 15:39





Flash Quotes

Sarah McDONALD (GBR)

1500m Women - 5th (4:03.17) PB

To get a PB in Birmingham is massive for me. It feels so good to come to my home track and be able to pull it out. My coach was like stay relaxed and just get through one 400 at a time and then go. I saw moves up the inside and I was like I am going to take a risk here. I am really happy. It's just good to bounce back after a disappointing time. It was hard to stay to on it whilst everyone was at the Europeans, but I am really happy now.

18/08/2018 15:39

Sophie McKINNA (GBR)

Shot Put Women - 5th (17.62m)

I am pleased with the overall standings result, but I am a bit gutted I didn't throw 18 metres because that is what I have been trying to do all season. I can't complain, it was a stacked field and it was absolutely fantastic to be a part of it.

18/08/2018 15:46

Sifan HASSAN (NED)

1500m Women - 4:00.60

I am a little tired and I was sick a couple of days ago so I'm happy with how it's gone. I'm happy with the time because it was a little windy but I'm really happy with it. I have to talk to my coach to see what's next in my programme because I could run the 1500m at the finals or maybe the 5000m.

18/08/2018 15:48





Flash Quotes

Luvo MANYONGA (RSA)

Long Jump Men - 1st (8.53m) MR

I'm quite happy with that. The people watching were amazing in getting behind us no matter where you're from. I was surprised that it was a meeting record and it shows I'm in good shape. I will go back home now and prepare for the finals in the coming weeks.

Greg has been great and we've given him a farewell today as one of the best long jumpers in the world. It's fantastic to say goodbye to him.

18/08/2018 15:52

Christina SCHWANITZ (GER)

Shot Put Women - 1st (18.20m)

Today the competition was not so easy, one week after the European Championships. The weather is good, the circle was OK, but mentally it was not so easy after the time and the higher competition.

I hope the finals is a good day for me, but I think when Lijiao Gong is coming to the start and when Valerie (Adams) and Paulina (Guba), that's not an easy competition. It is going to come down to who is the best on the day.

18/08/2018 15:52





Flash Quotes

Conseslus KIPRUTO (KEN)

1st 8:14.33

I felt good and I'm excited that I won. Because it was me and Kigen today I knew it was not going to be that tough a race and I could relax. I was comfortable with it and knew I would have to take it out myself.

I came here to win but I know in Zurich it will be a tough race because the field will be full. Everyone wants to be the Diamond League winner and I will have time to focus on that. Winning in Zurich would be great, then I head out to the Continental Cup.

18/08/2018 15:59

Zak SEDDON (GBR)

3000m Steeplechase Men - 14th (8:41.36)

The first thing that comes to mind is that I'm shattered. I'm not too happy but that's how it goes. This will probably be my last event. After the Europeans I was wondering whether to do another event because I gave everything for that.

Now it's probably time for a little bit of rest.

18/08/2018 16:02





Flash Quotes

Eilish McCOLGAN (GBR)

3000m Women - 4th (8:38.49) SB

I am a little bit disappointed because I feel like I am in PB shape so I want to try and run sub 8:38 today, but I knew it was a little windy coming into it and as soon as the first lap went off I thought these girls are not here to run a PB today. It was very cagey and it took me ages to get out, get my room and get my legs out because I am so tall.

It is not the way I like to run but it is OK, I still managed to finish fourth and got enough points so hopefully now I have got a good shot of running the 5K in Zurich. I know the girls will go fast there because there is a lot of stake for them. For me, it is just about running and getting a PB. Hopefully, I have done enough today, but I am just a little bit disappointed with the time.

18/08/2018 16:05

Agnes Jebet TIROP (KEN)

3000m Women - 1st (8:32.21)

The race was good, I felt good and I didn't fear anyone out there. I will head back to Kenya and train before I head off to Zurich for the finals. Birmingham is a good venue to be at.

18/08/2018 16:07

Lilian Kasait RENGERUK (KEN)

3000m Women - 2nd (8:33.43)

I was not sure if I would make it in the top two but I asked God and told him I would do my best and I did. I would like to do better and I must pray to God to keep me in good health in order to do that.

I must stick to my programme so I can improve moving into my next event.

18/08/2018 16:10





Flash Quotes

Ronald LEVY (JAM)

110m Hurdles Men Final - 2nd (13.22)

It went OK, I wasn't really healthy coming in, so I took the heats pretty easy. In the final, the start wasn't great, but I pushed too the line and I am happy with second place.

My goal is to hopefully win the Diamond finals and just do my best.

18/08/2018 16:14

Eilish McCOLGAN (GBR)

3000m Women - 4th (8:38.49) SB

I'm a little disappointed because I feel like I'm in PB shape. As soon as the first lap went off I realised no one was here to run a PB because it was cagey. It took me ages to get my space and legs moving because I'm so tall but it's not how I'd like to run.

I think I have enough points for the 5000m in Zurich and I know that a lot of the girls will be faster out there, I'm just a little disappointed with the time.

I'd have liked to have been closer to the Kenyan girls but all the times were slower today, but that's OK for where I feel I am.

The excitement of Berlin and coming home and not sleeping as much as I should because of all the adrenaline made me tired this week but you can't turn a home competition down. My mum's here today and she hasn't seen me race all year and it was nice to have her here.

18/08/2018 16:14

Orlando ORTEGA (ESP)

110m Hurdles Men Final - 1st (13.08) SB

I'm much happier with the time, but I am a little angry because if I ran like this at the European Championships I would have won gold. I am just looking forward to the final in Brussels. Right now I feel good.

18/08/2018 16:22





Flash Quotes

Paulina GUBA (POL)

Shot Put Women - 2nd (17.92m)

I feel good. I'm tired but I wish I'd have thrown 18 metres but I don't know how I'll be able to get back to throwing that again now.

18/08/2018 16:28

Andrew POZZI (GBR)

110m Hurdles Men Final - 5th (13.35)

It wasn't a bad race. I got a bit too close to hurdle one after a decent start, but I ran a much more together race - I am just pretty knackered after the Champs. It is a been a long season with the Indoors, the Commonwealths and after a disappointing Champs it obviously drains a lot out of you so it wasn't a terrible run. I obviously wanted to finish higher than fifth but it was a much more together run, I just wasn't quite as sharp as I have been.

18/08/2018 16:30

Stewart McSWEYN (AUS)

1 Mile Men Emsley Carr Mile - 1st (3:54.60) PB

It is only the second mile I have ever officially done, I have never raced here before so it was going to be a good experience no matter what. But to perform well and get a PB I am pretty happy with that.

The track was crazy good, I like it because the crowd sounds really close. When you are running in lane one, it sounds as they are in lane three or four, right on you. I definitely want to do it again if I can.

18/08/2018 16:34





Flash Quotes

Renelle LAMOTE (FRA)

1000m Women - 2nd (2:34.48)

I'm happy because it was difficult to get back to training after the Europeans. I knew Laura was going for the national record but I'm happy with how I ran. I have a race next week in Italy. I'll do a little training for that but I need to be fresh for it.

18/08/2018 16:39

Charlie DA'VALL GRICE (GBR)

1 Mile Men Emsley Carr Mile - 7th (3:56.97)

It has been a long season and obviously after the Europeans last week I think everyone is feeling a bit flat which has to be expected. Seventh, midfield, it isn't amazing, but it is just nice to be back out here racing and finishing the season on a high.

18/08/2018 16:40

Laura MUIR (GBR)

1000m Women - 1st (2:33.92)

I'm happy with that despite the fact it was really windy, I just tried to give it my best shot but when I saw I was off the pace I knew it became about trying to just win the race and I did that. It was great to have a medal indoors and even better to add an outdoor one.

The Europeans was always the big target and to deliver was really good and I'm happy with the season.

18/08/2018 16:41





Flash Quotes

Jonathan KITILIT (KEN)

800m Men - 2nd (1:43.53)

I would have liked to have won, but I came unstuck because I was coming from the African Championships and I haven't trained much since.

18/08/2018 16:44

Andreas HOFMANN (GER)

Javelin Throw Men - 1st (89.82m)

I'm happy because the conditions were difficult. The wind was changing from every direction and before the competition, I threw 81m and then my first throw in the competition went to 85m, the second was 89m and the third to 85m.

I looked at the other guys and they were throwing lower so I thought I'd pass on throws four and five and I had to throw the last throw because it wouldn't be fair on the crowd if I didn't throw it.

My hopes and dreams are to throw for the title in a few weeks.

18/08/2018 16:58

Malaika MIHAMBO (GER)

Long Jump Women - 1st (6.96m) MR

I am very happy with the competition, at the beginning I had a few struggles because the wind kept changing but in the end I made the best out of it. I hope to jump as good as today in the final, maybe even better.

18/08/2018 17:04





Flash Quotes

Julian WEBER (GER)

Javelin Throw Men - 2nd (86.63m) SB

That's only my third competition this season and my first Diamond League meeting and I've had a long break due to injury. It was fantastic to throw that far, which I didn't think I'd do.

We have too many good throwers at the moment, which is why I didn't compete at the European Championships.

18/08/2018 17:04

Shara PROCTOR (GBR)

Long Jump Women - 3rd (6.70m)

I feel like I have a hangover to be honest! I came out here and gave it my all and I am happy with the result. My legs are really dead which is understandable coming off a champs, but I am looking forward to Brussels now.

18/08/2018 17:06

Shaunae MILLER-UIBO (BAH)

200m Women - 1st (22.15) MR

I feel really good. Everything went really well, just as we planned. The main thing for me was just to have a great curve race and once I put myself into the race off the curve I used my 400 strength to power home. It was a really competitive race and everybody brought their A-game.

The 200 isn't a race that I love, I really do like it, but not as much as the 400. I love to compete especially in competitive races like this.

18/08/2018 17:11





Flash Quotes

Christian COLEMAN (USA)

100m Men Final - 1st (9.94) SB

I felt pretty good. It was a sigh of relief because you never know what to expect when you come back from injury and I got my rhythm back and I came out with the win in a good time. I was looking forward to competing and the win is the icing on the cake.

It's been a test for me to continually prove myself but I'll use this as a learning experience, now it's about winning the Diamond League finals.

Noah is good, he's already fast in the 100m but he has to keep working.

18/08/2018 17:12

Noah LYLES (USA)

100m Men Final - 3rd (9.98)

That was one of my most challenging races to date. During my fourth step I had a really big stumble and I was thinking I needed to get back on top of myself which is what me and my coach have decided to do in a dire situation. I felt like I was lagging at the end of it but I had to push to the line. If it started giving up on myself I wouldn't have done that well.

Competition either way gets me excited and drives me to run faster. Sometimes a loss is what you need the most to get you back into a psychological place that you're not the best of all time and that you need to keep digging.

I'm not going to put out times for the Diamond League finals, I'm only here to go for the win.

18/08/2018 17:15





Flash Quotes

Dina ASHER-SMITH (GBR)

200m Women - 2nd (22.31)

I'm tired, but I am happy I was able to come out and perform in such a stacked field, full of girls who apart from me and Dafne have been resting up. It is really nice to perform well in their company and in front of a home crowd.

It's been a hectic week since Berlin so I am just looking forward to relaxing at home for a week or so before the next race in Zurich.

18/08/2018 17:15

Reece PRESCOD (GBR)

100m Men Final - 2nd (9.94) PB

It was tight again and I've just missed out again. I can't complain because I've come away and got another PB. I have a two week break before the Diamond League finals so I'll put the work back in and get ready for that. The final will be a great race as all the best in the world come together but everyone is on form.

All I can do is keep focusing on getting better and to come out here and run 9.94 and shown the shape that I'm in, now I have to try and get even quicker.

18/08/2018 17:19

Emmanuel Kipkurui KORIR (KEN)

800m Men - 1st (1:42.79) MR

It's a great achievement and I thank God for what I have done today. I am aiming to win in the finals and that is all that I have in my mind.

18/08/2018 17:31





Flash Quotes

Brandon STARC (AUS)

High Jump Men - 1st 2.33m PB

The start was a bit of a mix-up because someone jumped out of turn but it didn't bother me too much. I took each height as it came and it went well because I got a PB. There are some things to work on but I still have three more competitions but I should be good after that.

It's been a long season for me already because of the Commonwealth Games but I had a four week period before my last European competition but I'm feeling good from here. Now it's the Diamond League finals and then the Continental Cup.

18/08/2018 17:34





Flash Quotes

Greg RUTHERFORD (GBR)

Long Jump Men - 8th (7.43m)

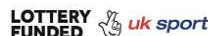
It is one of those things, I am coming into these competitions and it's so frustrating to not be competitive anymore because I am not and I can't do what the other guys can do because I don't train anymore and that's down to the fact I am just too injured. But what I am getting which I think I am incredibly lucky to have is an opportunity to come out in the stadiums one last time to wave to the crowds, sign lots of autographs and meet lots of people because that's part of what I think as an athlete you should do. You should give back when you can and that is what I am using this time to do.

I would love just to be able to jump a bit further still but I am no longer 'Greg the long jumper' I am more of the guy who waves a bit and tries to have a bit of fun. I wanted to turn this into my farewell tour and I just want to have a chance to go one more time in the big British meets and try and enjoy it and actually see it from a different sort of standing point.

Even if I came here a year ago, as much as I was injured the year before, I would be coming here to try and win it. Whereas, now I turn up I warm up, I laugh, I have a smile with everybody, I'm not here to win it anymore because I physically can't do it anymore. I have to accept that and actually when you start taking away a bit of the pressure of it and try to enjoy it what I am loving is seeing the guys jumping long. Jumpers like Luvo (Manyonga) who produced another fantastic performance and actually I am enjoying that.

In a sign of how my mindset has changed, a year or two years ago, I would have been like 'right, now I need to try and beat you' but now I am watching it and going 'what a fantastic performance, good for him' and it is the competitive side that I just don't have the ability to respond to anymore.

18/08/2018 17:36





Flash Quotes

Jeron ROBINSON (USA)

High Jump Men - 3rd (2.30m)

2.30m is good. I have been very consistant this year. There was little head wind when we were jumping which made it hard.

I was dropping my right arm, so my coach was telling me to swing it and stay tall.

I have a meeting in poland next wednesday and then I will be getting ready for the final. I need to get back to basics with my coach and work.

18/08/2018 17:48

