

Flash Quotes

Natasha HASTINGS (USA)

400m Women - Winner

Yesterday was my birthday I turned 29 so winning this is a nice gift and I can have a glass of champagne. The crowd were awesome here - my mum is from London so it is like a second home to me. The goal is to have a strong world championships and win a medal.

24.07.2015 20:34

Anyika ONUORA (GBR)

400m Women - Seventh

I wanted to be a little bit better after having such a good season so far. It does give me confidence as I head into Beijing (IAAF World Championships) - I am in good shape. I'm still happy with my performance and there is a lot more to come from em I am sure. You can't escape these girls - to be the best, you have to compete against the best and it was good fun out there. The crowd were amazing - I'm so glad to be back.

24.07.2015 20:39

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Christine OHURUOGU (GBR)

400m Women - 4th - 51.00

It's always nice to be back, number one. Number two the crowd are fantastic, miserable weather but it doesn't matter, what matters is the spirit everyone brings to the meet and it makes us really proud as British Athletes to be here.

51 flat, last week I was 50.8 which was a bit of a shock especially considering how trials went, but I think consistency is better right now, I can work with that. I would have liked a faster time but I've got to take it as it is. I've got a month to try and find the time. But considering I've had so much time off, to run 50.8 last week and back it up with a 51 flat I can't really complain.

Sometimes you just can't push things we have to be sensible with what we're doing.

24.07.2015 20:41

Women USA (USA)

4x100m Relay Women - Winner

Sanya Richards-Ross:

We won - it was just so much fun to run with these girls. An hour before, we came down here to see the track, had a practice of some handoffs and then we came out here and won. To be back here is really special - this is where I won my first medal.

24.07.2015 20:47

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Flash Quotes

Women GREAT BRITAIN & NI A (GBR)

4x100m Relay Women - 3rd 42.80

I was really happy with that really, to run 42.80, I was over the moon with that, we've still got improvements to make before Beijing.

The conditions weren't exactly perfect but the track really cleared up, the weather held out so it wasn't too bad.

I felt like I was back at the Commonwealth Games, everyone screaming your name, it was really nice.

It's all about preparation now before Beijing, I believe we can contend with the Americans and Jamaicans.

24.07.2015 20:58

Zuzana HEJNOVÁ (CZE)

400m Hurdles Women - Winner: 53.99

I am very happy but the weather was horrible. It was my goal to win here in this stadium.

The biggest goal of this season is the World Championship but I am very pleased to win here in the Diamond League. I like it here - I have very nice memories from the 2012 Olympics, it was a big success for me - I love it here.

24.07.2015 21:25

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Flash Quotes

Philip MILANOV (BEL)

Discus Throw Men - 1st - 65.14m

It was tricky conditions but I'm kind of used to it now so I know what I have to do. It's better than last year too so I'm happy. I've thrown above 64m six times this season so it has given me confidence for more. Diamond League is very special for me.

24.07.2015 21:29

Eilidh CHILD (GBR)

400m Hurdles Women - 4th - 54.48

You've got to be careful in these conditions but it was okay. You've got to have faith in your technique. I think I can run a bit faster, I'm in great shape and want to run fast in Beijing.

24.07.2015 21:36

Harry AIKINES-ARYEETAY (GBR)

100m Men Heat A - 5th - 10.33

I'm glad, it's cold but that's the same for everyone, would have liked more, I didn't drive properly out of the blocks.

24.07.2015 21:42

Jasmin STOWERS (USA)

100m Hurdles Women - 1st - 12.47 MR

It's an honour to be here in the Olympic Stadium, I'm glad I got a win, I'm trying to win the Diamond League series. I had a good start, overall I did well, it feels so good to run well against these girls. Now I've got a month off racing, then it's Brussels.

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Cindy OFILI (GBR)

100m Hurdles Women - Sixth place: 12.90

I was a little rusty after not racing for three weeks. It was definitely hard and I didn't have the best start. I just so happy and blessed to be running against these girls - they are just amazing and are really the best in the world. The crowd was nice - I've never experienced anything like this in my life.

24.07.2015 21:53

Tiffany PORTER (GBR)

100m Hurdles Women - Fourth: 12.67

It was decent - I'm not too upset with it. It is always great to race against such a stacked field. I have been really consistent this year but I tend to step up my game at the major championships so I'm hoping this year won't be any different. Competing here is second to none - this track is amazing and I just love it here. The weatehr didn't even faze me and the crowd were just amazing -the reception I got was incredible.

24.07.2015 21:57

Daniel TALBOT (GBR)

200m Men - 6th - 20.56

I'm fine but I'm not happy with the race. I ran my PB 10 days ago. People are running PBs and SBs here so there's no excuse.

24.07.2015 22:00

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Flash Quotes

Zharnel HUGHES (GBR)

200m Men - 1st - 20.05 PB

I didn't expect the PB because last weekniggle in my hamstring. I was just thinking relax and get to the line. It's my first time in the stadium so I wanted to perform well. In the Olympics Bolt was also in lane 7, so I thought if he can do it, I can do it. I came out and I delivered so I thank god for that.

I got a PB, I got the win and I got extra points in the Diamond League, what more can I ask for?

I'm going to put in as much work as possible before the World Championships to get ready for the race.

You never know what can happen (in Beijing) but I'm going to try and go sub-20 seconds, I think I could have run it tonight but there was a minus wind. Next time I will get it probably.

24.07.2015 22:07

Jessica ENNIS-HILL (GBR)

100m Hurdles Women - Fifth: 12.79

I have got so much motivation and coming back to this stadium has been unbelievable. I shall need to rest up after today and prepare for tomorrow. Then I can assess where I am and if I am ready for Beijing. But I do feel really positive after this evening especially with such a top quality field. I was looking for around 13 so to get sub 13 is very pleasing. As ever the crowd were brilliant.

24.07.2015 22:13

Anaso JOBODWANA (RSA)

200m Men - Third: 20.20

I didn't execute the race well - I just felt tight and couldn't push through. The most important thing now is to work on my race strategy and get stronger. Everytime I race against these guys, it's a tussle.

24.07.2015 22:20

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Flash Quotes

Stephanie TWELL (GBR)

1500m Women - 9th - 4:11.53

It was a very positive race, the pace was fast so it tested my strength. I'm very happy with today and the recent 5000m. Tonight was good speed work for Beijing. I hope to go there and perform to the best of my ability.

24.07.2015 22:20

David OMOREGIE (GBR)

110m Hurdles Men Final - 9th - 13.77

Not the best start but I tried to keep it clean. The stadium is incredible. Nothing to compares to performing here. I knew I was tired (after the heat) but to make a final is a great thing as I pushed it in the heat.

24.07.2015 22:28

Aries MERRITT (USA)

110m Hurdles Men Final - 4th - 13.32

The conditions were fine, I felt I made some mistakes as I hit the hurdles hard. I need to do much better in Beijing but it's still four weeks away.

I destroyed the fifth hurdle today so it shows I'm still able to run a decent race. I have to clean up my race before Beijing.

24.07.2015 22:31

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Flash Quotes

Gabriele GRUNEWALD (USA)

1500m Women - Second: 4:06.35

It was a good race - it is always an honour to run in this stadium. I didn't get to compete here at the Olympics but it was a great race to be part of tonight. I knew it was a great field and that Laura (Weightman) would do well. I have had a disappointing summer so far, particularly at the US Champs so I'm just trying to get rolling again but I just didn't quite have enough on the night. I couldn't tell if I was going to catch her, it was so close.

My ultimate goal is to reach the Olympics next year which isn't easy when the fields are so deep. But this is a good step in the right direction.

24.07.2015 22:33

Michael RODGERS (USA)

100m Men Final - 2nd - 9,90

I'm feeling confident and I'm in good shape and happy with my performance. I got near him he just pulled away in the last few meters. It was really close, it was a great race so I'm pleased. I almost beat him (Bolt).

Beijing is all about getting through the rounds, I want to medal and get a PB.

24.07.2015 22:40

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Flash Quotes

Laura WEIGHTMAN (GBR)

1500m Women - Winner: 4:06.09

I really wanted that today, it was really important that I got the win. It was my first time back in the Olympic Stadium and that really gave me belief that I could come here and win. I've had some tricky few races recently and that made me lose a bit of confidence, so this has really brought it back for me and told me that I am in the right place.

I've struggled over the last couple of weeks which is unusual for me but I needed a good race like that tonight. For me to get my confidence back here is perfect - as soon as I walked out, the crowd cheered and that brought all the memories back.

24.07.2015 22:41

Robbie GRABARZ (GBR)

High Jump Men - 5th - 2.24m

I had great fun, I didn't jump as high as I wanted but there was a great crowd and I competed against the same guys as in the Olympics so it was cool. I need some technical work to improve but I'm not doing badly after surgery. I'm building my confidence back up, I hope to be in the final in Beijing.

24.07.2015 22:46

Jason RICHARDSON (USA)

110m Hurdles Men Final - Winner:13.19

It was a solid performance. I didn't make the USA (Worlds) team so it was down to me to keep pressing on and treating every race like a World final. London feels like a second home to me, I love competing here.

I've calculated that if I win in Stockholm and Zurich then I can win the Diamond Race so there is always hope.

24.07.2015 22:53

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Flash Quotes

Lawrence CLARKE (GBR)

110m Hurdles Men Final - 8th - 13.67

I'm in the best shape of my life and I know I can go much quicker. It's amazing, you get so nervous for these meets but being out there, there's nothing like it. The track is amazing, the crowd is amazing. I couldn't finish off that last race.

You're able to focus a lot more with the nervous energy. My coach said to me that I'm in a risky business so I have to press and if I don't I won't get there and if I don't push I won't be making these finals.

I'm hoping that a bit more speed work between now and Beijing will really help me.

24.07.2015 22:53

James DASAOLU (GBR)

9th - 10.19

It was a good race, everyone was sub-10 so I knew it was going to be hard. It's good to race these guys so you know where you're at. I didn't get a good start and I wasn't moving as smoothly as I would have liked to, but I can build on that now.

24.07.2015 23:00

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Flash Quotes

Usain BOLT (JAM)

100m Men Final - 1st - 9.87 =SB

I felt good. My coach was happy with my transition, I'm feeling happy with my start and my last 50m was good. But in the final I got a really bad start, I kind of lost focus for a minute and I lost my form but I got it back at the end. So it taught me a lot, these two races. I wasn't looking for a specific time but I knew I could have gone faster if I had got the start I wanted. The key thing coming into this race was trying to get everything right on the track. The heats were good, but the finals not so good.

Anything is possible in Beijing, it's all about the effort you put in. I've been running fast in training, it easier in training because you're under no pressure and you can execute well. My coach has been happy with my technique and my work but it's all about getting race-ready now.

I'm good, I may see the doctor to make sure everything is fine but I'm good.

Today has helped because I can see my plans coming together.

24.07.2015 23:07

Chijindu UJAH (GBR)

100m Men Final - Fourth: 9.96 =PB

My coach told me to be calm and collective and I knew I just had to run the model race. It was amazing to race him (Bolt) but you can't focus too much on that. At this level, you are here for a purpose in this final but it is a great inspiration to run against him - he's a legend. I wasn't nervous before but I'm running with a lot more freedom now.

It's crazy to run in front of my home crowd. I just want to build on this ahead of Beijing. this is my first time running in the stadium so this is all quite new to me - the atmosphere is just electric. I wanted to pull out the performances because I knew I was capable of it.

24.07.2015 23:11

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Flash Quotes

Mutaz Essa BARSHIM (QAT)

High Jump Men - Third: 2.28m

I'm happy - I'm still doing well in the Diamond Race. I think I am in great shape heading into the Worlds.

24.07.2015 23:12

Olga RYPAKOVA (KAZ)

Triple Jump Women - 1st - 14.33m

I am happy but I have a problem with my leg, an injury. I'm happy because I am a winner today. Second time in this stadium that I have won, the first time in Olympic Games. I love this stadium.

I am now second place in the Diamond League, so I hope to go up more.

The fans are very good, it's good for me because I have good emotions from them.

24.07.2015 23:22

Mo FARAH (GBR)

Winner: 7:34.66 WL

I got amazing support tonight which was incredible. It meant everything to me tonight, this is where I made my name and it changed my life to win and become Olympic champion here.

On World Championships title chances: It is not going to be easy but I will carry on doing what I am doing - I'm winning races and running quick times. I just want to keep enjoying it and going out there to represent my country and winning medals.

On Usain Bolt: He is a legend of the sport, we take it for granted what he does. To achieve what he has and to keep winning is incredible. When he retires, it is then that we will realise how good he is.

24.07.2015 23:34

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