

## Flash Quotes

**Melissa COURTNEY (GBR)****1500m Women - Second place: 4:07.55**

I knew I was in that kind of shape. I'm surprised but at the same time I have been bashing these times out in training, it's just about getting it right in the race. This is my fourth race now and I am getting quicker each race. I ran 4:10 last time so I didn't know if this (4:07.55) would be within my reach. It's good because we were just racing it out there and it was such a competitive field.

You can't treat it as a time trial, I did that too many times last year. I tried to go for the win. I'm a lot closer than I thought I was to it (Olympic QT) but the Europeans is the main focus (achieved this time).

05/06/2016 13:31

**Holly BRADSHAW (GBR)****Pole Vault Women - 8th place - 4.35**

I'm feeling a little bit rusty, I was not really sure where I was in the air and I was knocking bars off but it was nice to be back out there competing! I'm a little bit disappointed but it was all I could manage today, but moving on to the next one.

I'm not really looking for markers, I know if I can compete to the best of my ability I can jump 70-80 so I'm just trying to nail the technique in and training is going really really well I just can't quite get it over to competition yet so hopefully in the next month or so I can dial it in.

05/06/2016 13:38



Flash Quotes

**Sarah McDONALD (GBR)**

**1500m Women - Winner: 4:07.18**

I noticed I hadn't gone through as fast as I had hoped but I felt really good. I really wanted to get the European qualifying time but I'm now really close to the Olympic standard as well so I am very happy.

I've won every race I've done this year and hopefully in my next one I'll go even quicker than that. I know that there is more to come.

05/06/2016 13:38

**Madara PALAMEIKA (LAT)**

**Javelin Throw Women - Winner - 65.68**

I got here very tired and I didn't expect anything so I perform the best ever because it was pretty much very hard results so I'm very excited.

I'm hoping for a medal at the Olympics, it's my goal and my dream. This win has given me more confidence and now I can dream that everything is possible so I'm just fighting for my place step by step and I'm the one that is suprisingly winning something, I have't won something big so I'm hoping for this year.

05/06/2016 13:51



Flash Quotes

**Goldie SAYERS (GBR)**

**Javelin Throw Women - Ninth - 57.08m**

I'm a bit disappointed, I'm going to have to find my timing because it was slightly off. Unfortunately the javelin isn't flying as far as I would like. I just need the competitions behind me at the moment.

The body is fine, the health is there. The power is there and for me that is a big difference. I have got a few more comps before trials so I hope to throw the qualifying standard before then.

05/06/2016 13:52

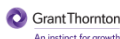
**Kim COLLINS (SKN)**

**100m Men - Winner - 10.11**

No I really didn't, a lady hasn't given me flowers in quite a while so I was really surprised. It was a good race and if I was to really

Well as you get older you have to be wiser and taking care of the body is a little more tricky so I have to rest properly, eat properly and make sure that the training is the way it is supposed to be in terms of getting fit first before thinking about running fast. I have to make sure my body is in good condition before I think about pressing the gas.

05/06/2016 13:59



## Flash Quotes

**Adam GEMILI (GBR)****100m Men - Sixth place - 10.29**

The race itself didn't was not great - I stumbled a bit at the start. and it was very hard to get back into the race. I didn't try to push it as hard as I did last year because I was out for the season then. These meets are good for development but the major championships are where you want to be at your best.

I'm heading to Geneva next week and build up towards to Trials. I'm at a different stage of the season to a lot of the guys in the field - they are well into their seasons whereas I only started last week. The race sharpness will come, my body is in a great place.

05/06/2016 14:04

**Anyika ONUORA (GBR)****400m Women - Sixth Place - 51.55**

This is the quickest I've run this time of year, but I'm there or thereabouts so it's great to come here and get a good run in in front of a home crowd. My coach only cares about what we do when we get to the Champs. First job is to get your individual spot and then perform at the Championships which I'm pretty good at doing and that's all that matters.

05/06/2016 14:09



Flash Quotes

**Seren BUNDY-DAVIES (GBR)**

**400m Women - Fourth place: 51.33**

My coach and I knew we were in PB shape. I was frustrating to start my season (in Ostrava) in a race which didn't reflect the shape I'm in. Patience was the main thing and it paid dividends today. I just ran my own race - I quite like the inside lanes as I'm more of a strength based runner so I try to switch off

It's great to do that time here and gives me confidence for the Trials. I know I can do that here in Birmingham so I'm very excited.

05/06/2016 14:14

**Christine OHURUOGU (GBR)**

**400m Women - Seventh Place - 52.40**

Awful, I don't think I've ever felt that bad before. I don't know why that happened that was really unusual. It was a weird one, I've only been back from Florida for 2 weeks so training has been a bit... I had to accomodate for the cold a lot of the time so a lot of sessions were changed but I don't think that would have been too much of a problem. It's nice and hot today so I'm not sure what is going to happen now to be honest but my coach is going to batter me I know, so we'll just see what happens.

I feel fine, I can't really complain about training nothing has gone wrong so I'm just really surprised that is not really coming together.

I've got my time for Rio but I'm not really worrying about that, qualifying for that is irrelevant it's about getting a job done and running what I need to run.

Very very disappointed, very disappointing but it's how it goes sometimes and you can't get it right everytime.

05/06/2016 14:14



Flash Quotes

## Cassandra TATE (USA)

### 400m Hurdles Women - Winner: 54.57

I went out pretty hard for the first half of the race. I had to fight hard right to the end. Eilidh (Doyle) pushed me all the way - she is a very good athlete and always great to compete against her.

05/06/2016 14:22

## Eilidh DOYLE (GBR)

### 400m Hurdles Women - Second Place - 54.57

I'm pleased with how the race went I felt really smooth and strong, it would have been good to win it but you can't call it much closer than that.

It's great, I didn't have any points last year so it's great to just be on the board and I think that's put me first or second so that's great.

I'm in a great place everything is going well I'm just trying to get some good races under my belt then get ready for trials and secure that spot on the plane to Rio.

It was a good strong race, it was a bit windy today so it's not ideal for hurdling I felt like I put together a good race.

05/06/2016 14:25



Flash Quotes

## Olga RYPAKOVA (KAZ)

### Triple Jump Women - Winner - 14.64 - SB

It went very well for me, and the weather is perfect.

Today I had some good jumps and did a great job and I think it is only a little step till the Olympics.

05/06/2016 14:37

## Yarisley SILVA (CUB)

### Winner: 4.84m

I'm very happy, I have made good progress over the last two years. If everything goes well and I take care of myself, who knows maybe I can get gold in Rio.

05/06/2016 14:39

## Valerie ADAMS (NZL)

### Shot Put Women - Second Place - 19.63

Today was pretty average, consistency sucked but that's where I'm at at the moment, so pretty average but I'll go away and work on that and look forward to the next one.

(In regards to Rio) I'm going to try and do the hat-trick.

05/06/2016 14:43



Flash Quotes

**Tia BROOKS (USA)**

**Shot Put Women - Winner: 19.73m PB**

I has been such a great year so far, and what a year to do it in, I'm so excited.

Michelle (Carter) has helped me throughout my career so to compete with her and Valerie (Adams) is such an honour. I have so much to learn but I am trying to make a name for myself and be where they are.

Just to come overseas and get a personal best, I could not ask for more.

05/06/2016 14:45

**Rob MULLETT (GBR)**

**3000m Steeplechase Men - Tenth - 8:31.13**

The race was a litte rough to be honest, I just didn't feel good from the off but it's one of those days.

I can't complain about the season so far, I'm training at a level that I want to be at so can't complain.

I felt alright last week at the mile, it's just a transition I've been doing a lot of travelling in the last two weeks and I felt a little flat, I didn't run badly considering.

It's a totally different race to the ones you get in California but I actually didn't go out as well as I'd hoped, I wanted to be on the back of the leading group and I just a little struggle getting up to them and then they were gone but it's a learning curve and I'll be focussing on the trial from here.

05/06/2016 14:52





Flash Quotes

## Conseslus KIPRUTO (KEN)

### 3000m Steeplechase Men - Winner: 8:00.12 WL MR

It was a very good time but I was not expecting to run that time in Birmingham. It is good to run a meeting record and I think that is my best time ever in the UK.

Last two weeks, I have earned the hattrick of Diamond League points, today I wanted it to be my fourth consecutive win.

05/06/2016 15:00

## Jake WIGHTMAN (GBR)

### 1500m Men - Nineth - 3:37.53 - SB

It wasn't as quick as I was hoping for but I got it a bit wrong tactically and I had to make it back but I couldn't quite.

I need to be able to run with the best if I want to make it on the world stage and I'm not quite there yet but hopefully I will be as the season progresses.

You don't get many more chances to impress than this and it's nice to do it at home.

05/06/2016 15:04



Flash Quotes

## Asbel KIPROP (KEN)

### 1500m Men - Winner: 3:29.33 WL MR

I am happy to be running so fast here. This is the time when you need to do this and deliver the results, in front of the fans.

Getting the Diamond Race points are important as well. It helps in training as well and makes you confident ahead of the Championships.

05/06/2016 15:07

## Melissa BISHOP (CAN)

### 800m Women - Third - 1:58.48 - SB

I'm pleased with my run, it's pretty good for us this time of year and it's a beautiful day here, I think it was great.

Rio is on the horizon but I think we are going to look towards and focus on the trials first then we can focus on the Olympics, there's so much going on you really need to put your focus in one area.

The diamond league has the worlds best competing here, it's crucial to be involved and getting the experience.

05/06/2016 15:13



Flash Quotes

## Lynsey SHARP (GBR)

### 800m Women - Fourth place: 1:59.29

It was a bit of a bumpy race so to run that time is good. It is nice to be regularly running under two minutes but it is back to training to prepare for the British Championships in a few weeks.

It's amazing to compete at this event and I'm so glad the weather was nice. We can put on world-class events and the atmosphere in the stands showed that today.

05/06/2016 15:16

## Lucy HATTON (GBR)

### 100m Hurdles Women - Eighth - 13.36

I didn't get out the blocks very well and it was over from there really. I've just changed coaches so we're adapting and getting used to it but it's a good environment today.

05/06/2016 15:19

## Francine NIYONSABA (BDI)

### 800m Women - Winner: 1:56.92 MR

I am very happy to win here and run a fast time which is fabulous. The sun is shining and that helped me towards a good performance. This gives me motivation for the rest of the season.

These races are all about finding my speed ahead of the Olympic Games.

05/06/2016 15:20



Flash Quotes

**Tiffany PORTER (GBR)**

**100m Hurdles Women - Fifth - 12.86**

It wasn't the best run but I just keep pushing and the next one will be even better. I'm building and getting better at every meet and I'm working on some things I'm trying to perfect in training.

The field was tough, every time we line up everyone is so fierce and I've just continued to get better and put it together when it matters. I'm feeling confident in the build up to the Games I'm not worried or frazzled and I know it's going to come together when it matters.

05/06/2016 15:23

**Kendra HARRISON (USA)**

**100m Hurdles Women - Winner - 12.46 - MR**

I'm glad I came across the line first as I was hitting a few hurdles but I'm blessed to be healthy, I'm ready for the next race.

The Diamond League standings is good but I'm just focussing on one thing at a time by making this Olympic team. I'm happy with how my form is now, I feel like I'm in the best shape I've ever been in and I'm excited to be racing with such good competition.

I'm blessed to be healthy in my first professional season whilst running with the best.

05/06/2016 15:28



Flash Quotes

## Sally PEARSON (AUS)

### 100m Hurdles Women - Seventh place: 13.25

I'm a little bit disappointed at the moment with my body, it's not in the best shape but I was so determined to be out there, whatever happened. I was willing to risk having a bad race, time and position but it is kind of worth it to be back out here competing and in competitive line-ups again.

this is just the first of my building back operation and hopefully it goes my way in the next couple of races.

It's lovely to compete here, the crowd are always so supportive. They love the sport so it is good to be within that vibe and atmosphere.

05/06/2016 15:30

## Piotr MALACHOWSKI (POL)

### Discus Throw Men - Winner - 67.50

I'm very happy with my performance as the last competition in Rome I was throwing 63m and 65m.

The Olympic Games is really important to me, this is my 6th competition this year and I feel there's too many meets.

05/06/2016 15:38



Flash Quotes

**Joanne PAVEY (GBR)**

**Tenth - 15:47.64**

The race was disappointing but it's always a gamble because I'm just not ready. I had a chest infection for over three weeks before the 10km trial and I did that and then I was ill again for a week. I knew from training that I'm not ready with all the illness but at the start of the year my main focus was to try and make the Olympic team and I'm up against it time wise, normally I've been in situations where I can make sensible decisions and race when I'm ready but I'm up against at the moment.

I would feel more confident if I had more time, all credit to the girls running in the 5km and 10km. If it's not to be it's not to be but I'll keep trying my hardest for now.

05/06/2016 15:47

**Matthew HUDSON-SMITH (GBR)**

**400m Men - Fourth place - 45.13**

This was my second race of the season so I'm really happy with how it went. I was going into the unknown to see how it would go but I'm definitely on the comeback.

The home crowd spurred me on completely - it's all starting to come together now.

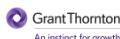
05/06/2016 15:48

**Kirani JAMES (GRN)**

**400m Men - Winner: 44.23 MR**

I think I am very pleased with that today. The sun is out and I'm happy to execute my performance as I planned. It shows I am in good form but I have to stay focused and keep to my plan for Rio.

05/06/2016 15:54



Flash Quotes

## Mutaz Essa BARSHIM (QAT)

### High Jump Men - Winner - 2.37 - WL

It feels good, I'm just happy to be able to jump to what I want. Birmingham is a very nice place, it's the second time I've won here and the weather is very nice. I came here to find my feeling and I believe I have managed to do that.

05/06/2016 15:57

## Greg RUTHERFORD (GBR)

### Long Jump Men - Fifth place: 8.17m

Annoyingly, yes I hurt my neck in Rome. One of the reasons I was half considering not doing it was because of it. My neck got a bit jacked up - we thought it would be fine, we did a lot of therapy on it. There is a little bit of pressure to jump in a UK so we thought we would give it a go. In the first round we got a bit of whiplash off it and we thought I was going to be ok but on that last one I got it pretty bad again. It's quite frustrating - thing is I can't complain because equally Marquise (Goodwin) got a good jump today and he had to deal with competing three days ago as well.

It's frustrating because I wanted to come here and jump far and this is the first issue I've had whilst jumping here all these years. When I saw Marquise jump, it filled me with excitement to go out and do it myself but today was not my day. It's annoying one to lose your unbeaten run on.

05/06/2016 16:00



Flash Quotes

## Vivian Jepkemoi CHERUIYOT (KEN)

**5000m Women - Winner - 15:12.79**

I feel so great after that victory because to win a race is not something that is easy and the competition was really tough especially the last 400m but the rest was easy. The time isn't good but I am happy to be the winner.

I am going back to Kenya to prepare for trials and after that I'll prepare for the Olympics if I make the team.

05/06/2016 16:03

## Andre de GRASSE (CAN)

**200m Men - Winner - 20.16 - SB**

It was a good race from me, I need to get back into shape as it has been a while since I've competed. It's pretty tough, I've got to take every practice with a lot more intensity so when I come to these races I can compete.

The Diamond League is the best platform to prepare me for my trials, it's a good test for me to see where I'm at.

05/06/2016 16:07

## Chijindu UJAH (GBR)

**200m Men - Eighth Place - 20.70**

The race was easy, I was just going through motions, my hamstring is a bit tight so I couldn't really get into the race.

The 100m was good but it left me a little bit tight for this so I didn't want to take any risks, I'm feeling very well form wise and I'll be back here in three weeks hopefully to do both events.

05/06/2016 16:11





Flash Quotes

## Robbie GRABARZ (GBR)

### High Jump Men - Fourth place: 2.29m

I expected more of myself - it would have been nice to have at least gone one bar higher.

It's so much fun - I'm really enjoying my high jump at the moment. Just been part of things again is really good. It's lovely to jump here and the weather conditions were perfect.

05/06/2016 16:15

## English GARDNER (USA)

### 100m Women Heat B - Winner - FINAL - 11.02

My coach wanted me to run in this meet to get me used to running rounds, I've got two solid performances now. I'm excited I executed finally I was confident in my training, confident in my execution and I got to the line first so it was a great day.

Whenever you run in the Diamond League you know that the competition is going to be strong, from 1 to 9 all the girls are talented and able to win so it makes you feel good about yourself that you are able to get out there and compete with the best in the world. That's what Diamond Leagues are about, I'm pleased that British Athletics is coming on strong now and everybody is coming up and they always bring the best out in you.

05/06/2016 16:17

## Dafne SCHIPPERS (NED)

### 100m Women Heat A - Second place: 11.09

I missed my third step so it was not a good race. It was a very frustrating way to start.

I have Oslo next and then back into training.

05/06/2016 16:24



Flash Quotes

**David RUDISHA (KEN)**

**600m Men - Winner - 1:13.10 - AR, WL, DLR, MR**

I'm happy with my performance, I have nothing to complain about. This race was very important for my Olympic preparations I wish I had run a little quicker, I didn't do 400m this year in Australia but to run 600m here was part of my plan and preparation for Rio. My form is coming along nicely and I'm looking forward to the upcoming meets.

05/06/2016 16:26

**Dina ASHER-SMITH (GBR)**

**100m Women Heat B - Fourth place: 11.22**

Today, the heat was a bit scrappy and I needed to pull my race together. My body feels good and I am in one piece and I feel as though I can be pushing on to where I was last year.

I was delighted to be able to execute two races and compete against the best athletes in the world. It was a privilege to compete against them here.

We are taking each race as it goes and focusing on recovery.

05/06/2016 16:28



Flash Quotes

## Andrew BUTCHART (GBR)

### 3000m Men - Fourth - 7:45.00 - PB

I'm happy with the PB, I came here to try and compete, I was never going to win the race but I'm really happy with my performance.

I'm feeling really confident, my training is going well and I've obviously been racing well so I guess I've got to keep it going, I'm not there yet, there's still lots of hurdles to jump over and I'm hopeful that I can keep going the way I am going.

This is my first Diamond League and it was so much fun and I can't complain with how that went. I won't race again until trials so I'm just going to stay at home and chill for now but I'll keep going how I'm going.

I've quadruple tied my shoes to make sure my shoe doesn't come off again, I was kind of nervous thinking it was going to come off. I was thinking 'please don't come off again'.

I don't want to just go to the Olympic Games for the sake of going, I want to go to compete and do my country proud.

05/06/2016 16:32

## Mo FARAH (GBR)

### 3000m Men - Winner: 7:32.62 WL NR

I didn't know I had got the British record when I crossed the line, I thought I had just missed it. I was a bit tired on the last lap but I knew I had to dig in. I was always targeting the record and knew it was on a 2km.

I'm in great shape but I just have to believe in myself - now it's all about getting ready for Rio. I want to make history this summer but it isn't going to be easy.

I made a bit of a tribute to Muhammad Ali at the start, he was a big hero of mine and I send all my condolences to his family and friends.

05/06/2016 16:36



Flash Quotes

**Marquise GOODWIN (USA)**

**Long Jump Men - Winner - 8.42m**

I thought I would do well out here today - the atmosphere was great to compete in. I love to compete in the UK, 2012 was my first time here when we trained for the Olympics, so it's a blessing to come back out here and experience this meet.

Diamond League is definitely the best platform to compete against the best athletes in the world. I enjoy every second of it.

05/06/2016 16:46

