



Flash Quotes

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Men Australia (AUS)

4x100m Relay Men - Winner, 39.08

That was a PB for this team and we were still a fare way off from where we believe we can be because we're a young team, so we're inexperienced on the big stage. We were flying out there, there's no better stadium to compete in – the track's fast and it's nice and humid for us today. It was so loud out there – the noise echoes around the stadium, it's brilliant. We were fourth in the Bahamas (at the IAAF World Relays) so we've shown our potential and we're now hoping to make the final in London (at the IAAF World Championships). There's a lot of pressure on us with the (Gold Coast, 2018) Commonwealth Games coming up next year so we really want to assert ourselves in London this summer first.

09/07/2017 12:14

Eilidh DOYLE (GBR)

400m Hurdles Women - Fourth, 54.82

I felt pretty good but I was down in the last 50 or so metres. I had the trials last weekend, then raced on Thursday so my legs were pretty tired and asking what are you doing to me in the last 100m. But I got sa few scalps so I feel it is all coming together nicely. I need to race those I am going to face in the world champs as often as I can so when they come around I am not in awe. I know I am not in world champs condition yet. My race on Thursday was really good and I feel I am getting closer to that PB of mine.

09/07/2017 12:27





Flash Quotes

Janieve RUSSELL (JAM)

400m Hurdles Women - First, 54.02

Executing my race was so important today; I'm grateful for the win and, as unfortunately I won't be at the World Championships in August, it was a great experience to race here in London. When I came off the final bend I knew I was in a good position, so to come through strongly over the final 100m was a pleasing aspect.

Winner, 54.

09/07/2017 12:41

Dina ASHER-SMITH (GBR)

100m Women Heat 1 - Sixth, 11.51

Obviously I would have liked to have gone a lot faster, and I would have liked to have put a better race together, but I'm happy to have come through it healthy and in a place where I believe can go quicker. I'm confident with some more training and some more work in me that things will be on the up, so we'll see from there.

09/07/2017 13:03





Flash Quotes

Tom BOSWORTH (GBR)

1 Mile Race Walk Men - Winner, 5.31.08 WR

The aim was to set off at world record pace, but I didn't think I was capable of getting it! With about 500m I thought 'is the maths wrong, is that happening?', so I had to focus on my technique and really get a grip of myself, but I'm absolutely delighted. All I want to do is promote our event, so hopefully today is a stepping stone – there are some incredible walkers coming through in Britain.

I wanted to make today special because it's the first race walk at a Diamond League, and I've wanted it for so long. In athletics you've got to have characters and personality, and in an event like mine, which isn't seen on TV too much and is quite often misunderstood a lot, I think today was a great advert for race walking. I'm so glad I managed to pull it off and deliver; I felt the nerves going out there beforehand – it was awful!

09/07/2017 13:06

Dwayne COWAN (GBR)

400m Men - Third, 45.36

I ran really fast in Birmingham so I knew I was in good shape. Today I started late and I finished late so it didn't go to plan but I'll take that from lane 9. I'd love to be picked for the worlds but I am up against strong competition. I've been focusing on my 200m split so I hope to get a nice 200m run in now. Today is the first time my mum has watched me compete. She always asks how football training is going so hopefully I've shown her what a good athlete I am today.

09/07/2017 13:28





Flash Quotes

Michael CHERRY (USA)

400m Men - Winner, 45.02

I'd class that as a pretty good run – I wanted to get the win and I felt like I went through the zones well to get there for it. The plan was to push out hard and keep the bulk of the field just behind where I could feel them. The crowd were beautiful, the competition was good; I'd love to come back here.

09/07/2017 13:34

Daniel STÅHL (SWE)

Discus Throw Men - Winner, 66.73m

It was a good series out there – there was one foul, but perhaps I feel a little bit tired and off my best; I have had team championships and a few other competitions recently, and two days I did both shot and discus, so now I'm going to have two days off and rest up before training really hard for the world championships. It was really nice to get the feel of the circle here; the crowd and the stadium were both great, to perform well as Diamond League leader is good, and hopefully I'll look forward to throwing at the final in Brussels.

09/07/2017 13:50





Flash Quotes

David WEIR (GBR)

T54 800m Men - First, 2.02.57

That is definitely the last time on the track. It was very emotional at the start and afterwards and it is going to be weird when the Paras start on Friday. It was great to have the crowd to support today as always. This is the finale that I wanted - I felt that younger athletes should be there. For British athletes to come here and experience what I have experienced so many times. It is amazing to have my family here with me especially my kids who don't come to many races. This is a special stadium with very special memories. This crowd and the stadium are special and always will be.

I am not sure what is next. I will come here during the Paras and do some stuff then a holiday. I will go back into training after holiday and see where I am at - if I feel ready for a marathon in the autumn I will do one but if I don't feel ready I'll wait. I just want to have a nice holiday and spend some time with my family.

09/07/2017 13:59

Charlene LIPSEY (USA)

800m Women - Winner, 1.59.43

It was ok - I was a little nervous beforehand, and I raced a couple of days ago in Lausanne where I ran a personal record, so the nerves were on the back of thinking how well I would recover. Overall I have to be pleased with a race win - I tried to take the lead and was challenged a few times, so to hold my ground for the line was great. It's a beautiful stadium and the crowd were roaring us on the whole way, so it makes me excited to come back here.

09/07/2017 14:04





Flash Quotes

Shelayna OSKAN-CLARKE (GBR)

Second, 1.59.82

I need to work on my form – that was a messy race and I should have been up there, but I was strong at the end. It was a great atmosphere with a huge crowd providing such good support to the Brits. That wasn't a great race for me but it was a season's best; now I might try to get another race in because I know I can go quicker. I feel like the work is in there; I just need to get it out – hopefully in time for London.

09/07/2017 14:05

Katerina STEFANIDI (GRE)

Pole Vault Women - Winner, 4.81m

I was actually not having the best day; I'm not a morning or early afternoon person so it took me a while to find my rhythm and get going! Even at the end I'd say I didn't reach the bar feeling as physically or mentally strong as usual, but, for a bad day, 4.81m is still fairly pleasing. I know I'm ready for the next bar after 4.91m – hopefully come August and September it will come.

The crowd and stadium were great – I think the crowds in the UK understand and love athletics; they cheer for their own athletes but also for us too, and they understand the difference between good and great marks.

09/07/2017 14:18





Flash Quotes

Holly BRADSHAW (GBR)

Pole Vault Women - Sixth, 4.55m

It's amazing being back here; it's such an amazing stadium and atmosphere. I didn't jump particularly well today so I wasn't too happy and I've been battling a few challenges since the Rome Diamond League. To come back from a big injury, it's still encouraging. Now my Achilles is feeling better, today was my first competition running off a full approach since Rome, and I had no pain.

It's frustrating because I know I'm in good shape, but I've just got four weeks. I think everything happens for a reason and I'm in a really good place. The Pole Vault is such a tricky event; you have to put so many pieces together on the day. What I'm really missing is my timing, but I found it before and I'll find it again.

09/07/2017 14:19

Chris O'HARE (GBR)

1500m Men - Winner 3.34.75

It was great. I knew with 200 to go I had a lot to do. I was mad at myself for that so I thought I had better go and hope there was enough track left and there was by half a metre. I feel so much stronger than I have ever been. I have put in a lot of work. I didn't use any of my finishing speed until the last 150m.

It is huge just knowing even in a 3:34 race that I've got the finish and could close down on the big guys so it is a huge confidence builder.

I remember in 2014 in the Diamond League here it was a huge confidence builder knowing the track and even where the toilets are – it all helps going into World Champs.

09/07/2017 14:19





Flash Quotes

Kerron CLEMENT (USA)

400m Hurdles Men - Winner 48.02

It was a tough finish especially the last 100m but I am peaking at the right time. The World Champs is in there weeks. It was a great field. I need to race these guys and race my game for the Champs. I plan to win the Champs and the Diamond League.

09/07/2017 14:29

Jeff HENDERSON (USA)

Long Jump Men - Winner, 8.17m

Running the relay was a good warm up for my event, it meant I was completely warmed up for it. The stadium is beautiful and the track really fast. It's my first time here and helps me with my prep for the world champs as I'll know what to expect with the wind etc.

The distance wasn't what I expected but I'm satisfied, I'll be better next time.

09/07/2017 14:38

Jack GREEN (GBR)

400m Hurdles Men - Sixth, 48.77 SB

That's my second fastest time ever, my PB is 0.1 of a second quicker and that was five years ago, so I'm over the moon. That was a new stride pattern out there today, so there's still a lot to work on and some cleaning up to be done. I think this puts me in a good position – I'm in 48 shape and I've said that all year, so to actually do it is great.

09/07/2017 14:47





Flash Quotes

Elaine THOMPSON (JAM)

100m Women Final - Winner, 10.94

I just came out here to execute. I didn't want to watch anyone else. I just stayed in my lane and it doesn't matter which lane it is I just wanted to focus and get to the line.

It doesn't matter who got it – I just came here to execute.

I do have on spikes but they are very petite. They are built especially for me and made lighter.

I have done two rounds of Diamond League but this preparation is all about the World Champs. in a couple of weeks. I have to get used to doing the two rounds because this is how I can prepare best. I am looking forward to being back in the Stadium.

09/07/2017 15:07

Dafne SCHIPPERS (NED)

Sixth, 11.19

The race was ok – I feel like the power is coming, and with a couple of weeks to go I feel good. It was hard to tell who got the win – I knew it was tight, but I try to focus on my own race generally. Now I'll work on my finish before the world champs.

09/07/2017 15:08





Flash Quotes

Asha PHILIP (GBR)

100m Women Final - Sixth, 11.19

I'm in really good shape but I was disappointed with the wind. I'm running well considering I've just ran two rounds after the busy trials. I'm feeling refreshed after going home and seeing my family. I love it here; the atmosphere and support is incredible. It means a lot to be here to me as an East London girl. I'm getting there but there is still work to do, but I need to remember it's almost ten years since my big injury. I'm aiming for the final in London, I know I can do it, and the relay will be so exciting; if we stay fit, we can take on the world. I'll be coming back to this stadium to watch Jonnie at the World Para champs – we train together and I love that boy.

09/07/2017 15:12

Allyson FELIX (USA)

400m Women - Winner 49.65

It was good. I just wanted to put my plan together and execute my race. I just wanted to run my race and concentrate on me. This is my first Diamond League so it is good to get underway with a win.

I am looking forward to get some more training in before the World Champs. It was great to get a run out on the track before the Champs.

09/07/2017 15:13





Flash Quotes

Elliot GILES (GBR)

800m Men - Fifth 1,44.49

Elliot Giles – 5th – 1:44.49

I am not happy with where I came but I am really happy with the time. I need to start winning but I am still a position where I think I am dreaming and haven't woken up yet – it is all incredible. I wasn't ready for that fast first lap but i need to learn to get up with these guys. This is my first big one so it is a great experience.

But to run a PB in this company is great. I wasn't far behind so this gives me a lot of confidence so I am really happy to be there. All the training, all the hard sessions are what has led to this. I just keep chipping away.

09/07/2017 15:27

Nijel AMOS (BOT)

800m Men - Winner, 1.43.18 WL

That was a great race; I stood up, was strong, and I managed to hold on for the win. I see each and every race as a baby step towards the world championships. The extra points for the Diamond League are a added bonus – I have great memories of here, and the stiff competition pushed me to another run I'll remember.

09/07/2017 15:35





Flash Quotes

Elliot GILES (GBR)

800m Men - 5th, 1.44.99

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09/07/2017 15:38

Chijindu UJAH (GBR)

100m Men - Winner, 10.02

It was important to show what I was capable of today, especially with London in four weeks' time. I saw today as something of a rehearsal, so obviously it was great to get the win.

You can't dictate these races, I just had to be patient and work my way past people. I'm in shape for a PB – it's just a matter of time. I knew I was in good shape at the trials, but I showed form today and that counts.

09/07/2017 15:41





Flash Quotes

James DASAOLU (GBR)

100m Men - Second, 10.06

A season's best and my quickest time in four years – I feel like I'm rounding into shape just in time for London. My start was important today, but I feel like I got I left in the blocks a little after the false start. I want to make a final and push for a medal in London.

09/07/2017 15:43

Kendra HARRISON (USA)

100m Hurdles Women Final - Winner, 12.39

I felt good, I got out well but unfortunately, I hit a hurdle pretty bad and that set me off my rhythm. Sally pushed me all the way so it was really great to get a competitive race in and I'm happy with the time – it's one of my fastest ever. It's amazing here – the Worlds are going to be so good and I definitely want a world medal, that's for sure.

09/07/2017 15:52





Flash Quotes

Sally PEARSON (AUS)

100m Hurdles Women Final - Second, 12.48

I felt in good shape. My times and my sprints have been improving but I had to prove to myself that I could actually do it so it was really nice to get that run today.

I was trying to make that strong field a motivation rather than a distraction today. I said to myself just go with them and you'll be alright so I did.

I knew my preparations for London were going well but it was frustrating as I was running slow times. But I kept saying just keep going. I really wanted to prove to myself that I am ready to go.

It is fantastic to be back on this track. It is awesome to be back. I want to thank the crowd.

09/07/2017 15:52

Barbora ŠPOTÁKOVÁ (CZE)

Javelin Throw Women - Winner, 68.26m

It was a fantastic day, I didn't expect such a big throw even though I knew I was in good shape. My old rival, Goldie Sayers was giving me advice and competing back here flooded me with so many nice memories of 2012. It is a great crowd here so thank-you very much for the support. Now, I have to keep my form until August – it's pretty even with me and a couple of the other girls so I can't underestimate anyone, it will be a very exciting competition.

09/07/2017 15:53





Flash Quotes

Aries MERRITT (USA)

110m Hurdles Men Final - Winner, 13.09

I was pleased with my finish but my start wasn't so good. I still have things to work on. I need to work on my speed and to get that start sorted. I feel strong. I am sure I can get under 13 seconds for sure.

I feel I am running well with four weeks to go – I have been doing speed work for two weeks now so it is starting to show. I am really happy with how things are with my training.

The fans here are amazing and the Stadium is incredible.

09/07/2017 16:01

Hellen OBIRI (KEN)

1500m Women - Winner 4.16.56

The race went as I hoped. I was strong. I was very confident going into the race.

Laura was very strong but I went with her and tried to stay as close as I could. I knew I had a good finish. It was important to come and do well in a Diamond League meeting.

The track and the crowd are fantastic

09/07/2017 16:08





Flash Quotes

Mariya LASITSKENE (ANA)

High Jump Women - Winner, 2.00m

It wasn't easy, but the audience were fantastic. The atmosphere gave me a lot of power and strength to jump higher. We decided to try the Russian national record of 2.08m – I think I had one good attempt. The points are good in the long run for the Diamond League, but I'm not happy that I didn't jump higher. It is tough on your body so 2.00m is enough for today.

09/07/2017 16:23

Laura MUIR (GBR)

1500m Women

I can't complain with a PB. I am really happy. I took the race on and really went for it. Training has been going really well and I have had no reaction to the foot. It responded well today and hopefully it will hold up for the worlds.

I knew Helen was in really good shape. I heard her on my heels but I gave myself the best chance to win and get the record. The worlds are still a month down the road and I am encouraged after today – I know I can come back even fitter and faster.

09/07/2017 16:27





Flash Quotes

Hellen OBIRI (KEN)

1 Mile Women - Winner, 4.16.56

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Laura was very strong but I went with her and tried to stay as close as I could. I knew I had a good finish. It was important to come and do well in a Diamond League meeting.

The track and the crowd are fantastic.

09/07/2017 16:31

Laura MUIR (GBR)

1 Mile Women - Second, 4.18.03

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I knew Helen was in really good shape. I heard her on my heels but I gave myself the best chance to win and get the record. The worlds are still a month down the road and I am encouraged after today – I know I can come back even fitter and faster.

09/07/2017 16:32

Mo FARAH (GBR)

3000m Men - Winner, 7.35.15

The preparation is going well – I'm grafting and continuing to tick boxes, initially I was going to try and fit a 1500m race in between now and the world championships, but this is my last race now. I go to Font tomorrow. This stadium is home for me, this is where my life changed and I made my name. The people make it for me.

09/07/2017 16:52





Flash Quotes

Andrew BUTCHART (GBR)

3000m Men - Second, 7.37.56

I'm over the moon with that performance, and the stadium was incredible. Mo was coaching me mid-race and giving me advice on what to do, and I felt really good. The British Champs was an easy race for me, so my legs were quite fresh. I had so much fun out there; it was a good rehearsal for the world championships. Next I'm off to Font for prep camp, and then in August I'm rooting for a place in the final. Today gave me a lot of confidence and I have a lot of self-belief I can do really well in London.

09/07/2017 16:53

Tianna BARTOLETTA (USA)

Long Jump Women - Winner, 7.01m

I wasn't expecting that today, I felt good but I really surprised myself. I was so pleased to execute my plan. It usually takes me until the championships to be on top form so I'm really happy to jump so well today. I have great memories of 2012 and running the 100m here; I've never jumped here before so I was so excited to get a preview for the world championships and get a feel of the runway – that was really important to me. I'm so pleased I put it together here, now I'm ready to come back; I don't even entertain the thought of not winning – I'm coming back to retain my title.

09/07/2017 16:58





Flash Quotes

Katarina JOHNSON-THOMPSON (GBR)

Long Jump Women - Fourth, 6.75m

I'm still in some heavy training and am coming out of it just now, so I didn't entirely expect my strongest result in the long jump, but a season's best is pleasing. As soon as I started jumping the fatigue on my body from the last week or so sort of lifted and I felt I could go further with each jump.

The hurdles was a bit of a shock to the system – it was a truly world class field, with the world record holder in there too, but I feel like it was good for me to be in the race; it was the extreme version of what I'll experience in 4 weeks' time.

09/07/2017 17:02

