

Flash Quotes

Jessica BEARD (USA)

400m Women - 2nd

I am quite happy with my race today and my second place. I have been quite consistent around 50.40 seconds. Lausanne is such a beautiful place and I am really happy to be here. Of course my goal is to run sub 50 seconds and I am confident I will get there soon. With regards to racing I am going to take a break until August now.

05.07.2018 20:13

Salwa Eid NASER (BRN)

400m Women - Winner 1st

This season I have been not starting too well and I was quite happy to start great today. I am really happy to have won today and my goal is to continue doing well, stay injury free and keep winning. Thank you Lausanne

05.07.2018 20:22

Nikola OGRODNÍKOVÁ (CZE)

Javelin Throw Women - 1st

I am delighted with the result today. It is turning out to be a great season for me. I have already competed quite a lot this season, I want to slow it down a bit to be in my best shape for the European Championships in Berlin.

Overall very excited about the season.

05.07.2018 20:24

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Flash Quotes

Tomas WALSH (NZL)

Shot Put Men - 1st

I didn't start the competition well and was dissappointed with my foul on the second throw. This gave me an opportunity to test myself under preasure and it was more enjoyable. Quite happy with my 21.92 as I arrived from New Zealand on Monday with a lot of travelling of course. My season is going great as I've won the world iondoors the commonwealth gaes and my final objective is to win the Diamond League. Hope to be back next year. Thanks Lausanne

05.07.2018 20:25

Shiying LIU (CHN)

Javelin Throw Women - 2nd place

I am satisfied with my performance today, although I was not at the level of my record. The objective for me through this series of competitions is to keep practicing in a competition environment: address my lack of experience, learn from the other competitors, identify what their strengths are and learn how to correct my weaknesses. I hope then to keep progressing and performing even better.

05.07.2018 20:32

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Flash Quotes

Sergey SHUBENKOV (ANA)

110m Hurdles Men - 1st

This is what we train for. I am super excited. I have already run under 13 seconds three times this season, so that makes this my best season ever.

I believe I have reached a certain level and I will do my best to remain here and improve.

2016 was a tough year when we did not have much opportunity to compete but now competing with the best guys on the circuit is helping me improve my level.

European record is a realistic target let's see when I achieve that.

I am looking forward to the European champs and being a part of team Europe in the Continental Cup.

05.07.2018 20:34

Jamile SAMUEL (NED)

200m Women - 2nd place

This is my 2nd best time ever. It is of course satisfying, but I want more! I will run in Luzern on Monday, 100 and 200m with the objective of getting in the 22"4. I am currently number 3 on the European rankings I think, so a podium in Berlin is definitely the objective for me.

I am running the 4x100 later tonight, so I will go to discuss now with my coach and try to recover. We want to run fast later tonight and work on the relay transmissions. We have a title to defend in Berlin and we are preparing everything for that.

05.07.2018 20:35

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Flash Quotes

Malaika MIHAMBO (GER)

Long Jump Women - 1st

It was a very tough competition for me. I was conscious about not getting disqualified and then I had to give my all in the last attempt. I am happy it came together.

This was a very strong field and I am feeling better as the season progresses. I want to take every opportunity to compete with these top athletes and prepare myself for Berlin. That is a huge target for me specially competing at home.

05.07.2018 20:39

Devon ALLEN (USA)

110m Hurdles Men - 2nd

This was a decent race today and I really can't complain. I have been racing a lot and I still have 5-7 races to come this season. As I tore my ACL last year, this is a really good year. My objective is to run fast and get sub 13 seconds. Regarding the race itself, the start was good and I kind of fell asleep at the middle and finished strong

05.07.2018 20:40

Gabrielle THOMAS (USA)

200m Women - 1st

This was my first overseas race. I am delighted with a win. I would love to beat the 22 second barrier this season.

At the same time I want to enjoy competing in Europe.

05.07.2018 20:43

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Flash Quotes

Francine NIYONSABA (BDI)

800m Women - 1st

It is always good to win and with this kind of ambiance it feels even better. One of my main goals this season is the african championships during the first week of August. I am here to push my body to its limit and this is what I have been regularly doing. I would like to improve my PB this season and simply run better and better

05.07.2018 20:47

Darlan ROMANI (BRA)

Shot Put Men - 2nd

This is my second time in Lausanne and the crowds are still great. This year I went for preparation and training in Macolin and that went quite well and helped me to get to this level today. I will be in Zurich as well later this year and looking forward to that too. I am not really looking for a personal best but I want to be consistent in the 21 meters and why not pass 22 meters as well.

05.07.2018 20:51

Ivana ŠPANOVIC (SRB)

Long Jump Women - 2nd place

I am not fully satisfied with my performance today. Quite often, I was too far away from the board. Although, I also want to go and check the video because I believe that my second jump has not been measured properly.

Overall, things are in good place, but the finer details are not yet locked in. This is what I need to work on over the coming month to arrive in good shape in Berlin. The diamond league is a very nice series of competitions. Nonetheless, championships remain always the major focus of a season.

05.07.2018 20:52

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Flash Quotes

Shamier LITTLE (USA)

400m Hurdles Women - 1st

I am exhausted! This race took a lot out of me, very tough race. But a season best is all I could ask for.

For us USA Champs was the peak of the season but now I have to recalibrate the season.

The focus now is the DL, if I get to compete at the DL final that will be amazing.

05.07.2018 20:57

Elaine THOMPSON (JAM)

100m Women - 2nd

It's good to be able to go out in this special stadium and be able to execute and that more to be able to run sub 11 seconds. I love this crowd.

As for the next steps this season I am going to get back to training now for a little while and then go to Canada and finish my season in Brussels.

05.07.2018 20:58

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Flash Quotes

Pascal MARTINOT-LAGARDE (FRA)

110m Hurdles Men - 3rd place

I am getting more and more comfortable in my races. Recently, I discussed with Ladji Doucouré, who told me that competition is prepared through competition. And that applies very rightly for me this year. I have been injured during the training season. So now, I am racing and taking one competition at a time. And through that I am learning to react to the circumstances of the race, which I was not always able to do in the past. That is the best I can do to prepare for Berlin and be ready to react to any circumstances there, leading to the final.

05.07.2018 21:06

Marie-Josée TA LOU (CIV)

100m Women - 1st

My goal today was simply to win. Indeed, I haven't been feeling well psychologically and physically. In Budapest I ran 11.12 and that was a sign that things weren't going well. Running 10.90 in this shape is a good surprise.

Beating Elaine is not important as everybody knows she is not in great shape currently. I am looking forward to the African championships beginning August hoping to win there and of course the overall win in Diamond League as well.

Racing in Lausanne with this type of crowd is a pleasure for me.

05.07.2018 21:07

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Flash Quotes

Ajee WILSON (USA)

800m Women - 2nd place

800m is a hard one! But I'm training for that. I put myself through hard times in training sessions, I am used to feeling bad. And with that experience, going all out in competition is nothing different. Today, I lacked a bit of turnover towards the end of the race. That is a good learning though. I know now what to practice when going back home. I have a few more races planned for the rest of the season - Monaco, Toronto, Diamond League final - where my objective is simply to go faster.

05.07.2018 21:13

Léa SPRUNGER (SUI)

400m Hurdles Women - Season best

Today's race is satisfying. Yet, the time doesn't match the performance I did a couple of days ago on 400m. So I know there is margin for improvement. I started well today. I think I could have done better in the second curve, I did not attack strongly enough at that point of the race. My competition programme for the coming weeks is Luzern, the Swiss Championships and Belinzona. This programme is what I need to keep building rhythm and avoid "passive" situations like tonight. We have great competitions here in Switzerland. In addition, competitors are coming over. With all that, there is no reason to go abroad to compete. I am taking the lead on the European rankings with my performance of tonight. The objective is clear: gold medal in Berlin.

05.07.2018 21:17

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Flash Quotes

Julien WANDERS (SUI)

13th

It was a disappointing race as a few of us tried to relay each other with a few but things didn't turn out as expected. Of course, it's an improvement after last year. I will now be going on to the swiss championships on 1500 meters and 3000 meters in Bellinzona.

The ambiance here is always great and it's a pleasure to be able to run in front of my home crowd. I will be back next year and hope to do better this time.

05.07.2018 21:25

Jenna PRANDINI (USA)

100m Women - 3rd place

My start was not good today. The rest of the race was okay though. There is no major objective this year. I will keep competing a lot through the rest of the summer with races in Luzern and Rabat as next steps with the objective of keeping on improving.

Overall, I am using this season as a springboard for the coming years to be ready to compete in any circumstances.

05.07.2018 21:27

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Flash Quotes

Mujinga KAMBUNDJI (SUI)

100m Women - National Record

I am obviously very happy with my result tonight. Now, I don't think it was my best one from an execution standpoint. I felt I was fighting a bit too much with myself, not being relaxed enough. So I know I can do better. And I know that from what I do in my training sessions. Sub-11" is definitely on the radar.

I will compete quite a lot in the coming weeks: Luzern, Swiss Championships, Belinzona and Monaco. Some on 100m, some on both 100m and 200m. The objective is to prepare for Berlin and get there in a shape that will bring me on the podium. Of course, I'm also dreaming of the highest step of the podium. But all the other girls of the final will fight for it. It will be a tough race but I am looking forward to it!

05.07.2018 21:34

Abderrahman SAMBA (QAT)

400m Hurdles Men - 1st place

I am happy with the race tonight. I went out stronger than usual in the first part of the race. So although it looked easy, the last 100m were tough as always. Your knees are going down and you have to fight on every step to maintain your speed.

I am happy with my fitness of the moment. I want to break the world record. It clearly is a goal for me in my career as an athlete. Now, whether it will happen this year or in the coming ones is hard to say and not really of major importance in the grand scheme of things.

The objective of the season for me is the Asian Games which will take place towards the end of August

05.07.2018 21:46

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Flash Quotes

Michael NORMAN (USA)

200m Men - 2nd

I feel really good after this race. This season has been a very long season so I am evidently fatigued. With regard to the race itself, the first 60 meters was great, I then kept the pace until the 90th meter and towards the end of the race and the last 25 meters, I didn't have much going for me. My objectives for the saeson have been obtained as I have run sub 20 seconds in 200 meters and sub 44 seconds in 400 meters. Now, I'm going to relax and have some good swiss ice cream.

05.07.2018 21:49

Shelby HOULIHAN (USA)

1500m Women - 1st

I didn't have many expectations coming into the race today and was actually a bit worried as I was not feeling very well. I had to talk to myself during thew race to stay in a comfortable position and the incredible crowd here brought my home during the last 200 meters. Indeed, theb crowd is really awesome here and when I saw it packed, I did my best to focus and think my win shows I was able to do that. I would love to continue my winning streak and looking forward to coming back to Switzerland and Zurich later in the season.

05.07.2018 21:57

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Flash Quotes

Danil LYSENKO (ANA)

High Jump Men - 1st

I had a few minor blisters on my feet and I was very cautious during the competition. I am content with 2.37 here.

It is always great to come to Lausanne, beautiful city, great supporting crowd. They push you to do your best.

I will be very happy if I could improve the Russian record of 2.41.

I do not want to think too much or too far ahead. European are a major goal, I am taking nothing for granted. I will be happy with a medal there.

05.07.2018 22:06

Women Switzerland (SUI)

4x100m Relay Women UBS Trophy - 1st, NR, MR

We are really happy to have won here. It was a clean and well thought race and we were able to deliver by beating the national record.

Our coach just told us to go out there and have fun which we believe we did. We must say we didn't think of breaking the national record. Of course this is just the appetizer and we are going to have to continue working hard and stay focused for the big objective this season and the European Championships as the competition is going to be tough.

05.07.2018 22:08

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Flash Quotes

Christian TAYLOR (USA)

Triple Jump Men - 1st place

What to say about today? Well, I like to be positive: it is a victory, it means Diamond League points, and with this I am now in the Diamond League final. Of course I wanted to improve and even break the meeting record which I hold. But I am conscious I have done a lot of 400m work this year and obviously that impacts a bit the performance in triple jump.

There is no global championships this year so it is the perfect year to do some different events. I cannot really compete with the guys in shorter events like 100m or even 200m, they are too fast. But I can stand against some competition on 400m, that is why I have turned to that event for this year. I also strongly believes it saves pressure as well on my body and therefore helps me to stay healthy. That is very important in the context of the upcoming three years leading to Tokyo Olympic Games. Diamond League meetings are my main objective of the year and will compete in Monaco next.

05.07.2018 22:14

Noah LYLES (USA)

200m Men - 1st

Yesterday I said I want to be an icon, being consistent is the first step towards that.

19.69 is great but you can always improve I feel I can do a lot better. I need to improve my technique on the bends and who know. I don't want to put a limit on myself.

My life goals are big - I want to be as good if not better than Michael Johnson and Justin Gatlin.

05.07.2018 22:19

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Flash Quotes

Women Netherlands (NED)

4x100m Relay Women UBS Trophy - 3rd place

Our race was messy today. The third exchange didn't go so well. Yet, this is the first race of the season and the first time we compete in this order. We will have to work more to make our relays much smoother. If we manage that, there is no doubt we will achieve great performances. Our team is a fast one when the transmissions work fine.

The race tonight proved that there is strong competition in Europe. We have a title to defend and despite our third place tonight, we still believe that we can do so.

05.07.2018 22:21

Katerina STEFANIDI (GRE)

Pole Vault Women - 1st

All I can say is I am happy to be pole vaulting again. It started in Athens at the Street Pole Vault. But the stadium event is where you prove it to yourself and others that you are back.

I suffered a bit with injuries at the start of the season. I am grateful to me team who really helped me recover well.

I am going to take one step at a time, I am competing in Monaco next. Thereafter prepare for Berlin.

Sidorova is a major challenger in Berlin and I am looking forwrad to competing in the historic Olympic stadium.

05.07.2018 22:23

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Flash Quotes

Women Germany (GER)

4x100m Relay Women UBS Trophy - 2nd place

We had fun tonight. Things ran rather smoothly in our team although it was our very first time together on the track. We don't know who will compete in Berlin but we want to put out a great performance there. The championships will take place on our home soil and we want to share a great experience with our fans. The competition in Europe is great and will certainly be even tighter when in Berlin.

05.07.2018 22:25

Birhanu BALEW (BRN)

5000m Men - 1st

It has been a good season so far. I want this to continue like this. Happy with a WL and a PB tonight.

I plan to go stronger and stronger as the season progresses. DL Race is a major goal of the season.

05.07.2018 22:30

Laura MUIR (GBR)

1500m Women - 2nd

It was cracker. The quality of runners was great. I am delighted with the season best. London will be my last race before the European Championships.

I am feeling great and getting close to my best.

05.07.2018 22:32

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Flash Quotes

Karsten WARHOLM (NOR)

400m Hurdles Men - 2nd

The quality of 400m hurdles at the moment is insane. You don't often finish with second position after going sub 48.

I compete hard, we push each other and offer a great show to the people who come to see us.

I am going to go hard all season and let's see how it finishes.

05.07.2018 22:35

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