

Flash Quotes

Dani SAMUELS (AUS)

Discus Throw Women - 2nd 65,70m

I felt like I struggled a little bit in the first three rounds just to get my groove.

I had a little bit of time off after the Commonwealth Games and got back into training last Monday so its been a bit interesting the last week to get back into my throwing.

65.70m is a really good throw and I was consistent tonight so I am pretty happy.

My next meeting is Zurich and then hopefully Zagreb and then finish off with Continental Cup and at this stage I am really looking forward to the end of the season.

I've been over in Europe since Paris and when you're from Australia you pack up your kit and you have to commit for a couple of months.

It's been a really good trip so far and hopefully in the last month I can improve my distances.

21.08.2014 18:41

Gia LEWIS-SMALLWOOD (USA)

Discus Throw Women - 3rd, 65.21m

I haven't competed for five or six weeks so I was competition rusty tonight. Since I haven't competed in so long, I was very happy to throw 65m. I have been throwing well in training so I had the confidence and knew I could throw far.

The IAAF Diamond Leagues are great in a season like this when you have no major championship. You can really use the IAAF Diamond Leagues to try to do better. It all helps when the big championships come.

I love Stockholm. The people are fantastic. The stadium is really wonderful. Its a great place to compete.

21.08.2014 18:48

Flash Quotes

Sandra PERKOVIC (CRO)

Discus Throw Women - 1st, 66,74m

I only had four days to recover after winning in Zürich with a 71-meter throw, so my energy was low.

I didn't feel so good today. The circle was fast and I was lucky to hit a good throw today, but I got four points so I'm happy.

I don't feel pressured, I feel powerful. I'm number one and people are happy to see me on the field and I pay them back.

I hold the record for the Stockholm Stadium so I promise I'll be back again.

21.08.2014 18:49

Reese HOFFA (USA)

Shot Put Men - 1st, 21.06m

Well that was nerve-wrecking. The competition is just so good. There are so many good throwers. Even when I threw 21.06m, I was certain that wasn't going to be good enough.

The season has been good even if I haven't been throwing the 22 metre bombs. But I feel that I am on my way and the plan is to keep building on that and throw really big in Zurich and do the most damage. I've just got to get into better shape.

I love throwing here. I think it shows that I'm really old since everybody seems to know who I am. They take care of me here.

21.08.2014 19:46

Flash Quotes

Tom WALSH (NZL)

Shot Put Men - 2nd 20.79m

The competition was pretty dead tonight and no-one actually threw that well but obviously very happy to get second place on the last throw.

It was cold out there and no-one was firing, probably one reason is that it's getting towards the end of the season, we've just had the Europeans and the Commonwealth Games of course.

But I'm happy for second place and I've got another three competitions including the IAAF Diamond League in Zurich and the Continental Cup in the middle of September.

Then I'm back home thankfully. I've been away since May, so looking forward to that.

21.08.2014 19:48

Tianna BARTOLETTA (USA)

Long Jump Women - 1st, 6.98m

It was really exciting to compete again after such a long break while Europe and Africa had their championships. It was kind of tough to be at home and watch everyone else compete so I really wanted to come out tonight and be really competitive.

The windy conditions made it a challenge but it was a challenge all of us had so that made it an equalizer. We were all jumping up and down in our tracksuits to stay warm but I kept my focus and I just never gave up so I'm very happy with that approach.

21.08.2014 19:52

Flash Quotes

Ivana SPANOVIC (SRB)

Long Jump Women - 3rd, 6.61m

Tonight was OK but it was a bit of a special night because I didn't manage to catch the board properly once tonight.

I did well at the European Championships last week but at the moment I feel a bit empty emotionally but I'm going to do everything to be the best in Zurich next week.

And then I have the Continental Cup and then it's pretty much the end of the season.

21.08.2014 19:54

Éloyse LESUEUR (FRA)

Long Jump Women - 2nd, 6,94m

I had one good jump and the four last ones were not so good. I decided not to do my last jump after feeling something in my hamstring, but it's ok and it's not serious. It's probably from the cold and from me being a bit tired as well.

My focus now is Zürich.

I love Stockholm. It's the first time I see the blue track and I love the audience here. Five degrees warmer would have been ok with me though.

21.08.2014 19:56

Flash Quotes

David STORL (GER)

Shot Put Men - 3rd, 20,77m

I'm not satisfied with the competition today. It was difficult because I was tired and didn't feel as fast as I'm used to.

I'm satisfied with winning the title in the European Championships, but that competition was not great for me either. 20,77m is not a good result for me.

The next thing for me now is a competition in Germany and then I focus on the IAAF Diamond League final in Zürich.

21.08.2014 20:04

Javier CULSON (PUR)

400m Hurdles Men - 2nd, 49.84

It's cold, it's windy and that was too slow a time. I want to run 47 seconds this season and that was just too slow. I'm not happy with that result at all.

I'm not happy just because the time was so slow. That's all I have to say.

21.08.2014 20:10

Jehue GORDON (TTO)

400m Hurdles Men - 3rd, 50.13

All I had to do was remember to hold my form but the wind on the back straight was challenging.

The time was super slow, it was my slowest all season but the conditions weren't the best.

Since taking the Commonwealth silver medal, training has been going well and now I will go on to race in Zurich.

21.08.2014 20:11

Flash Quotes

Renaud LAVILLENIE (FRA)

Pole Vault Men - NM

I didn't hurt myself, it was just really hard tonight. I was really close to the bar and the pole slipped in my hand so I was scared.

This was the most difficult competition of the year for me, it was really hard and I was tired from the European Championships.

I tried my best and unfortunately, it was not good. Now I will rest and try to return to my best.

21.08.2014 20:28

Muktar EDRIS (ETH)

5000m Men - 1st, 12.54:83s WL

This is a personal best time for me and world's best time so of course this is a great night for me.

I have been training well and running well and it is very good to get a result.

It is all good. Good race. Good day. Good time.

21.08.2014 20:38

Flash Quotes

Michael TINSLEY (USA)

400m Hurdles Men - 1st, 49.60

I feel pretty good but it was my first race since Glasgow so it's been about a month since I ran competitively.

My training has been going well but I haven't been going too hard because I have quite a few meets to go so I want to train smart.

I think I got out pretty well at the start of the race and there's a pretty strong wind on the backstretch so I wanted to come out last and save a bit when I came home. Then I really wanted to work my arms and come home strong.

Next up is Zurich and then Continental Cup

21.08.2014 20:38

Thomas Pkemei LONGOSIWA (KEN)

5000m Men - 2nd, 12,56,16

It was a very fast race and I feel good about that and with my time.

I've had problems with my stomach from something that I've eaten and I felt pain during the race. I haven't been able to train properly for five days coming in to Stockholm, so the result is good considering that.

Focus now is Zürich and hopefully I'll feel better till then.

21.08.2014 20:41

Flash Quotes

Caleb Mwangangi NDIKU (KEN)

5000m Men - 3rd, 12.59.17

The track was good, everyone was motivated and the crowd was also good but it was also somewhat tricky because it was cold

I have some good results and I am somewhat tired but I am happy with my race today.

The weather played a certain role because it was a bit windy but everybody was coming to win.

21.08.2014 20:45

Piotr LISEK (POL)

Pole Vault Men - 2nd, 5,60m

It was cold and the wind was strong, but physically I felt very good.

I've had no rest coming in to Stockholm from Zürich.

I was very surprised with the Lavillenie dropping out so early, but it was difficult conditions for him as well today.

21.08.2014 20:47

Konstantinos FILIPPIDIS (GRE)

Pole Vault Men - 1st, 5.60m

It was difficult conditions but I tried to get over them. I'm happy with my efforts and I had some good jumps.

The victory is very important to me, I'm very happy.

Next, I will jump in Berlin and then in Brussels.

Every day, we athletes try our best and Lavillenie tried her best. The conditions were too hard for him.

21.08.2014 20:52

Flash Quotes

Allyson FELIX (USA)

200m Women - 1st, 22.85

I'm a championship runner so this has been a tricky season.

I'm coming into form again after injury and slowly progressing.

The conditions were pretty rough tonight but you have to deal with that. That's what makes an athlete an athlete but sure, the weather wasn't easy and the fans were so great. They really warmed things up.

21.08.2014 20:57

Joanna ATKINS (USA)

200m Women - 3rd, 23.19

I'm happy despite the conditions, it was very cold but I didn't think about that when I was on the start line.

I'm new to the circuit but it's just racing, I'm not intimidated by the other girls.

My season's going very well with lots of personal records, and now I'll do the 400m in Birmingham on Sunday.

21.08.2014 20:58

Tori BOWIE (USA)

200m Women - 2nd, 22.91s

My muscles are aching. I have to rest. The hamstrings are tight. I am not happy with that performance.

21.08.2014 21:00

Flash Quotes

Queen HARRISON (USA)

100m Hurdles Women - 1st 12.66

It's been hard since I haven't competed for several weeks.

The weather is quite different to where I'm training Carolina where it's very warm but I was able to run a technically good race and it was good to be able to keep the focus.

21.08.2014 21:01

Nesta CARTER (JAM)

100m Men - 1st, 9.96

I feel pretty good about the race because I have been doing alot of training and I'm happy to be back running.

It was windy and a little bit cold but it was OK and I was happy with my time.

Next stop is Birmingham for me

21.08.2014 21:05

Keston BLEDMAN (TTO)

100m Men - 2nd, 10,09

I just went in there and focused to execute my race. It was a great race for me and I felt confident because training has been going well and I've trained really hard.

I have Amsterdam tomorrow and then Berlin at the end of the month. It's no problem recharging. i just sleep on the plane.

21.08.2014 21:07

Flash Quotes

Chijindu UJAH (GBR)

100m Men - 3rd, 10.10

I'm pretty happy with that, I'll take third. I just need to carry on working hard and build on from here.

After the false start, I still felt good despite the cold and the wind.

I didn't come out here to prove a point (to the British selectors after missing selection for the Commonwealth Games and the European Championships) and I'll now do the Birmingham IAAF Diamond League on Sunday so I hope to run well there as well.

21.08.2014 21:11

Emma COBURN (USA)

3000m Steeplechase Women - 3rd, 9.20.31

I wasn't as close to the rabbit as I should've been in the first km, so I'm just a little tired and I didn't have it today and when they passed me I had nothing left.

I'm used to leading and getting pounced on but my legs felt very heavy today. I didn't perform how I should have. It's disappointing but I still ran close to 9.20 so I'm not going to beat myself but I have bigger goals than what I did tonight.

So I'll get some rest and hopefully perform better in Zurich.

21.08.2014 21:23

Habiba GHRIBI (TUN)

3000m Steeplechase Women - 2nd, 9,18,39

I've been injured this year, it feels great to be back and to be able to do my best.

The weather here was good in order for me to run fast.

Now I move on to Zürich. It was a month and a half ago I had my injury so now it feels good to be able to look forward.

21.08.2014 21:24

Flash Quotes

Marcin LEWANDOWSKI (POL)

800m Men - 3rd. 1:45.76s

This is kind of revenge for me after Zurich. I wanted to be able to show that I still have good races and that the European Championships was just one mistake.

I am satisfied. I didn't expect fast times because of the weather. You can feel the cold and the wind out there.

Polish distance running is crazy right now. Me and Adam (Kszczot) have been racing at a high level for some time now and now we have a new young guy and his strength is that he's young.

But for me, I have been so close to the medals at the World Championships and I know that the best is yet to come for me.

21.08.2014 21:33

Ayanleh SOULEIMAN (DJI)

800m Men - 2nd, 1,45,49

It was a good race but it's very cold today and a strong wind and the last 500 meters some people pushed a little. I felt really good coming into the race.

Tomorrow I'm going to Birmingham to run the mile, so that's my focus now. I'm happy with second place today.

21.08.2014 21:34

Adam KSZCZOT (POL)

800m Men - 1st, 1.45.25

This was great! Finally I have been in great shape in Stockholm as I have been here twice and didn't find my form but right now I feel perfect.

I have been training well and my focus was the European Championships but right now it all feels really good.

21.08.2014 21:40

Flash Quotes

Michel TORNÉUS (SWE)

Long Jump Men - 3rd, 8,03m

I had great fun. The crowd was perfect. To do eight meters is not bad today under these conditions.

I was windy and I didn't feel I got my technique quite right. I tried to win, but I was tired after the European Championships also.

I'm going to Birmingham and I'm jumping again on Sunday, but I'll be home now for a day to recuperate. What I'm aiming for is a personal record.

21.08.2014 21:46

Godfrey Khotso MOKOENA (RSA)

Long Jump Men - 1st, 8:09m

The weather is beautiful. Haha. You know. The crowd always cancels out the weather. The weather is always like this when I'm in Stockholm but it's still a great meet. Stockholm is a great city. I had a nice day shopping yesterday!

I'm actually quite tired after the African championships so I was very happy with this result tonight.

I have a few more meets ahead and then I look forward to going back home.

21.08.2014 21:47

Francena McCORORY (USA)

400m Women - 3rd, 50.65

I was just trying to get and execute the first part of my race but I wasn't very happy with the outcome of the race but I got time to work on it.

I wasn't very happy with my finish today. I usually finish stronger so I'll have to work on it.

I'm not tired because we're coming to the end of the season or anything, I just have to work on my finish.

21.08.2014 21:51

Flash Quotes

Hiwot AYALEW (ETH)

3000m Steeplechase Women - 1st. 9:17.04

I have very little English but happy tonight. It was cold but that is fine for me. I'm happy with the win.
21.08.2014 21:54

Novlene WILLIAMS-MILLS (JAM)

400m Women - 1st, 50,09

I just wanted to come aout and give a good performance and I think I did that. A great friend just died and four years ago my sister died so it was a lot of emotion coming into this race. I dedicate this race to them.

I have Brussels and Continental Cup coming up. No race is different from another. I go in for the win and I'm really going to enjoy the rest of the season.

21.08.2014 21:57

Tero PITKÄMÄKI (FIN)

Javelin Throw Men - 3rd. 84.73m

I had some technical difficulties today. I didn't get the timing right but I got one throw in that worked. It's difficult to get everything right but when you get it all right, you know as the javelin leaves your hand. I just didn't get everything right tonight.

The weather was fine. We had a good tail-wind. A bit windy but that didn't affect me so much.

21.08.2014 22:00

Flash Quotes

Sanya RICHARDS-ROSS (USA)

400m Women - 2nd. 50.27

I actually thought I had it with 20 metres to go. I just dug in deep but not tonight. I always go for the win.

The conditions were rough tonight. It was very cold and windy.

I haven't had a great season this year. I have only been training for five months but the progression is good and it's going the right way so it bodes well for 2015 and 2016.

21.08.2014 22:02

Ignisious GAISAH (NED)

Long Jump Men - 2nd, 8.04m

It was a really good series but I was not warm so if it was warmer, I could have jumped further but I'm happy. It's a good achievement for me, my season's had some ups and downs like placing sixth in the European Championships. Maybe I will next jump in Birmingham then in Brussels.

21.08.2014 22:05

Genzebe DIBABA (ETH)

1500m Women - 2nd. 4:01.00

It was very tough tonight.

I went out hard.

It was a difficult race.

21.08.2014 22:05

Flash Quotes

Jennifer SIMPSON (USA)

1500m Women - 1st, 4.00.38

I was so pleased with my race. When the wind was blowing and the weather was coming down on us I kept telling myself the most relaxed person will win tonight and so over the last 400m I had a little bit of doubt in my mind but I saw that they were struggling and I told myself just keep going, keep going and I ran harder than I have ever run in my life.

The final lap was definitely more mental than physical because I was third and I could be really happy with this but in the last hundred I told myself I could win.

I feel good now after the race and my legs felt good although in the last meters they did feel a bit shaky but the relief of winning a race far outweighs the pain of defeat.

Next for me is Zurich to try and win as many points as I can in the final.

21.08.2014 22:08

Antti RUUSKANEN (FIN)

Javelin Throw Men - 1st, 87.24m

I went back to Finland to celebrate my gold medal at the European Championships and I'm happy again today. I felt good but I had some problems with my shoulder so that's why I only took three throws - to play it safe. I have a lot of power now and next I will compete again in Zurich, it's now my favourite stadium after getting the gold medal and my personal best there last week.

21.08.2014 22:09

Ana SIMIC (CRO)

High Jump Women - 3rd, 1.90m

I was too cold and I was too tired from the European Championships. I went home only for one day and now I head to Germany for my next competition.

This was my worst competition of the season but I think I have recovered well from Zurich.

21.08.2014 22:12

Flash Quotes

Mariya KUCHINA (RUS)

High Jump Women - 1st, 1.94m

It was a good height but it was very cold. I was happy to win.

I have a few more competitions this season, this was a super stadium.

21.08.2014 22:13

Sifan HASSAN (NED)

1500m Women - 3rd, 4:01.62

It was a crazy race, they went off far too fast then everyone got so tired - I just lost myself.

I was just so tired from the European Championships but I'm still happy with third place.

21.08.2014 22:14

Airiné PALSYTÉ (LTU)

High Jump Women - 2nd, 1.94m

I'm used to these conditions as I'm from Lithuania and we have a lot of rain there.

I was a bit upset after the European Championships as I felt really ready, but today was ok - I just hoped for better.

21.08.2014 22:16