

## Flash Quotes

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY**Mark ENGLISH (IRL)****800m Men National - Second**

It was a good race for me. My plan was to get the world standard today. I wanted to run around a 51 second first lap, but not actually look at the clock when I ran, I think I was near enough that. I saw we were 1.17 through 600m so my plan was to just run as relaxed as possible. I knew I would be able to run 28 seconds at least for the last 200m so I'm very happy. It's still early season yet and I'm not planning to peak until August.

18/06/2017 15:36

**Thijmen KUPERS (NED)****800m Men National**

I knew I did not want it to go quick but I just had to follow. It was really tough but I waited until 700m then pushed it in the home straight so I am really happy with a PB again.

Next week I go to the European Championships in Lille so this sets me up well. I will likely run against Adam (Kszczot) again. He is a great competitor. It is good to have him in the race and to be able to keep up with him.

I am working up to London. I am happy to be winning and getting more races.

Last year I ran lots of races and got thirds, fourths. This year I have had good winter training, been to South Africa for warmth. So this is paying off. It feels right.

18/06/2017 15:52

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## Flash Quotes

**Rasmus MÄGI (EST)****400m Hurdles Men - second**

The conditions were windy but to get away with second is good. My plan was to close on Bershawn Jackson, he sets off fast in the first two hurdles, I was just trying to go with the flow and push at the end. I'm happy with my time. I've been running 49 low a couple of times at the beginning of the season so I'm pleased with that. For the worlds I'm just going to take one day at a time, the semi finals are going to be tough, I just want to run fast.

18/06/2017 16:09

**Karsten WARHOLM (NOR)****400m Hurdles Men - Winner**

The plan is always to go hard and when you are tired...go harder.

I think it was very hard to recover from Oslo. I brought with me some friends here and my coach (to Stockholm) and we were just having fun and trying not to think too much about the race and today I managed to perform very well.

18/06/2017 16:14

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## Flash Quotes

**Jack GREEN (GBR)****400m Hurdles Men - fourth**

It was so blustery but I am really pleased with it. I stupidly hit hurdle 10 but this shows I can compete in this environment. Hopefully I can push on from here.

Karsten is 100mph or nothing. Last week was a really impressive run from him. Today the conditions mixed it up a bit.

I am confident going forward. That is another qualifying time there and to come fourth in Diamond league is not so bad.

18/06/2017 16:29

**Baboloki THEBE (BOT)****400m Men - Second**

The race was good. I think I am ok. I am number one (in DL) for now so I am happy. I was very tired from Oslo and it was quick to do another race. My next race I will have more time to prepare. I have time to prepare for the World Champs. I will home for a couple of weeks then will be back in Europe to prepare.

18/06/2017 16:39

**Steven GARDINER (BAH)****400m Men - Winner**

I thought my performance was really good; it was a bit windy on the backstretch but overall I ran a good race. My plans for the rest of the season are to stay health and go for the win.

18/06/2017 16:47

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## Flash Quotes

**Daniel STÅHL (SWE)****Discus Throw Men - Runner-Up**

I am pretty pleased with my performance, which I thought was good. I was stable between 66 and 67 metres. I made one foul throw today but I am glad I threw 68 got second. I'm happy.

18/06/2017 16:53

**Fedrick DACRES (JAM)****Discus Throw Men - Winner**

It was pretty windy but it was ok. I came out and I executed my technique well. I wanted a big throw but I was ok with 68. I was stable on 67 so I am thankful. I was given an awesome reception. The crowd was lively and I could hear the Jamaicans in the crowd - I love their vibe.

Jamaica is known for sprints and speed so to have a big strong thrower is not really our thing but hopefully I can help. It is great to compete with the big guys and these are who I have looked up to.

18/06/2017 16:54

**Yemane HAILESELASSIE (ERI)****3000m Steeplechase Men - Second**

In the conditions today especially with the wind it was a good race.

I feel like I will improve over the rest of the season and will be ready to win in London later this year.

18/06/2017 17:04

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## Flash Quotes

**Soufiane EL BAKKALI (MAR)****3000m Steeplechase Men**

I am very very happy with the victory. It was hard to run so much alone but I am pleased with my time. Thank you to the organiser, thank you to Stockholm.

18/06/2017 17:05

**Yaimí PÉREZ (CUB)****Discus Throw Women**

It's the second time I have beaten Perkovic (the first time was in Lausanne 2 years ago). This competition means quite a lot for the world championships. There's still a few small things to do better but I hope I will be in top shape for the championships.

18/06/2017 17:08

**Murielle AHOURE (CIV)****200m Women - Winner**

It was an ok race. It was my second 200m of the year. I am still working on some things. I am feeling a little bit under the weather after Oslo. I am very glad to get the win. I am really happy about more Diamond League points too.

I didn't really find the wind too bad. I will continue to work hard and get ready for the World Champs. I head back to there US tomorrow to prepare for the World Champs.

18/06/2017 17:15

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## Flash Quotes

**Crystal EMMANUEL (CAN)****200m Women - Runner-Up**

I'm pretty happy. I came out here to execute my plan and I thought I was running to my mind, so I did that today. I have not had many races this year but I kept training hard and training as if I'm in a tough race. Today was a good outcome for me. My plan now is to get stronger and get ready for the Nationals.

18/06/2017 17:19

**Sergey SHUBENKOV (ANA)****second**

I think I was leading in the first half but then he (Ortega) chased me down. It's good, he's a strong competitor, it's nice to have him. It was a crazy race, those guys (who got DQ'd for false starts) need to watch their nerves! I don't know why there was 2 false starts. I noticed after the second false start on the screen they had the reaction times and mine was around 0.110 and I thought 'my god that's the perfect reaction, they have spoiled my perfect reaction!'. I have so big troubles in training this reaction. But what happens, happens. I'm happy to be here.

18/06/2017 17:29

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## Flash Quotes

**Orlando ORTEGA (ESP)****110m Hurdles Men - First**

I feel so happy. I don't know what happened with the starters but I just focus everytime on the race, on myself.

I am so happy with the time today and now I want to focus on the next race. I know that conditions today were not ideal but I don't worry so much about them or my competitors. I just think about myself and focus on my race.

I am so happy about the result and now my focus will be on the World Championships in London.

18/06/2017 17:30

**Timothy CHERUIYOT (KEN)****1500m Men - Winner**

I am very happy. The race went to plan - I tried to go at 300m. I go back to Kenya now and prepare for the World Champs trials. I will be really happy if I can make it to London. This was good preparation for this.

18/06/2017 17:40

**Ben Youssef MEITÉ (CIV)****100m Men - Second**

It was a quick time to run but the wind was too much. But second place today is okay.

Apart from the wind these are perfect conditions to run in but I made a mistake in my race. I pushed after 30 metres and my body went back and I tried to catch him but my body stayed back.

18/06/2017 17:49

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## Flash Quotes

**Angelica BENGTTSSON (SWE)****Pole Vault Women**

I'm happy with today. It's not the first time I've injured my ankle and I think I'll recover in time for the World Championships. This competition was a real good statement for the World Championships: that I was up there. If I had been able to continue (on 4.75) I would maybe have made it. With some more training I think I'll be able to jump even higher. I'm very happy with this competition, despite the injury.

18/06/2017 17:53

**Lovisa LINDH (SWE)****800m Women**

I'm happy with that time (1:59:41) in this wind. It was really hard. I think maybe I was a little bit tired from Thursday's race but I'm really happy. I feel strong and I finished second so that's really good. It's been an amazing couple of days.

18/06/2017 18:03

**Andre de GRASSE (CAN)****100m Men**

It was a shock to me when I saw the time on the board, I just wanted to run sub 10 and I didn't feel in the shape to run that fast. I'm really happy about it, it's a good start to the season, I'm just looking forward to running that fast legally. I had a great start; I felt pretty good coming out, so I knew I had my top end speed coming out, I just had to hold it and finish strong. I felt the wind when we lining up at the line but when we went into the blocks and started racing I didn't really the wind. That's the fastest I've ever run ever, it's going to be a shock to the body tomorrow's going to hurt a little bit, just looking forward to the next race and see what I can do legally. It gives me a lot of confidence running that fast because I didn't feel that fast, I know when I actually start coming together and feeling good and getting ready to peak for the world championships, I know it's going to be something special

18/06/2017 18:04

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## Flash Quotes

**Francine NIYONSABA (BDI)****800m Women - Winner**

It is good to win. It has given me even more motivation. The race went to plan. There is definitely more to come. It does not matter that it is a short turn around (after Oslo) because it is good preparation. I am going to go into a hard training session now for London. I have no more races planned. I am ready for London. I am full of confidence.

18/06/2017 18:07

**Kamila LICWINKO (POL)****High Jump Women - second**

It was a very good jump for me, better than the last competition. It was very close to 2.00m, I am very happy. It's a good season for me. In Beijing, 2.00m was a medal, in Rio it was 1.97m so you never know. I want and I dream for 2.00m and I hope I jump it in London. I've never jumped 2.00m outdoors, so I hope in London.

18/06/2017 18:13

**Michel TORNÉUS (SWE)****Long Jump Men - Fourth**

It was great to have so much support in the home crowd and I am disappointed I could not perform better for the home crowd. It was tough in the wind today - we went from plus 3 to minus 3. But sometimes this is how it is - you want it too much but I will go back and watch some videos and see what went wrong.

The crowd were great - I am super thankful to them. I could feel them get behind me.

I have the European Champs next weekend and DL in Rabat so I have a couple more competitions to focus on my technique. I will keep working hard.

18/06/2017 18:21

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