**Experience meets youth in the 800 metres**

**The final track event tomorrow evening will see Olympic champion and word record holder David Rudisha (KEN) up against 20 year old world junior finalist Kalle Berglund from Sweden.  With Mohammed Aman (ETH), Pierre-Ambroise Bossie (FRA) Timothy Kitum (KEN), Ferguson Cheruiyot Rotich (KEN) also in the field it has potential for some fast times.**

Davd Rudisha said “In Birmingham I wanted to test my speed over 600m and it was good to sharpen up.  I expected to do a bit better but it was a PB fort hat distance.  My training has been fantastic this year and I have had no problem with injury.  I am feeling strong. My injury had been meaning I was tired at the end of training.  Now I am finishing training stronger and I am getting better everyday. I did not go to Australia this winter as I was still rebuilding after injury.

“At home [in Kenya] I have a small training group and, also, a big group of juniors I run with. They learn from us – it is exciting to run with the juniors. I also have been running a lot on my own as my training partner and pacemaker has been injured but that is good practice, especially in Olympic year. Brother Colm doesn’t travel with me, he prepares us mentally and it is important to be independent.  He has trust in us.”

“My wife was in London when I won but she won’t travel to Rio because of our little one but we can talk everyday and through Sype we can see one another.”

Kalle Berglund said “I watched David in the Olympic final and it was one of my best athletic moments.  I thought I want to travel and compete in other countries.  I had been a hockey player and only ran as training for hockey.  Then I decided I needed to concentrate on running.

“I didn’t run well at the Bislett Games so I am hoping for a better performance tomorrow.  I want to get a strong first 600m.  Two years ago here I got a 3 second PB in my qualification for the world juniors and decided I needed to focus on the 800m.”

Asked for any advice to Berglund, Rudisha said “Running is a process.  Sometimes training can be tough but if you have the passion, just enjoy it and with all the support in the right places you can make it.”