

Flash Quotes

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Soufiane BOUCHIKHI (BEL)

SB

Het gaat opnieuw de goeie richting uit. Ik kom stilaan terug in de buurt van de 13.20 en daar ben ik vandaag tevreden mee. Ik weet van waar ik kom en ik denk wel dat alles in orde komt voor mijn deelname aan de 10.000m in Doha. Ik sta nu 24ste op de wereldranglijst, geloof ik, en dat moet voldoende zijn voor deelname, want er mogen er 28 deelnemen.

06/09/2019 19:11

Isaac KIMELI (BEL)

5000m Men

Ik kan niet geloven dat ik naar de Olympische Spelen mag! Onderweg probeerde ik niet naar de tijd te kijken. Mijn coach had gevraagd om puur voor de overwinning te lopen, en dan zouden we achteraf wel zien wat de chrono opleverde. In de laatste rechte lijn begon ik toch naar de klok te kijken en zag ik de tijd wegtikken. Ik had nog een eindspurt nodig voor de limiet, maar het lukte. Hier moet ik even van bekomen, maar daarna moet ik klaar zijn voor Doha. In deze vorm moet ik daar de finale kunnen halen.

06/09/2019 19:19



Flash Quotes

Yaimé PÉREZ (CUB)

DL winner

I'm really happy with my performance and my victory in the Diamond League final. This has been a good season for me and I hope that I can keep up this form until Doha, where I'm aiming for a medal. I'm much more consistent the last couple of years and that's mainly because I've been working a lot on the mental aspect. In the past I was always very nervous at important competitions and now I have this much more under control.

06/09/2019 19:33

KIMELI (BEL)

5000m Men

"What was the split time for my last round" Isaac Kimeli changed roles after his 5000 meter victory. He asked the journalists for information. "58.09 seconds? If I had a competitor to fight with I even had run faster. Only 200 meter for the finish I looked at the time. Today my coach just advised me to have fun, to enjoy the race and more the enthusiasm of the public."

"Now I took not only my ticket for the Olympic Games but met also the requirements to prolongate my contract as professional athlete. Or I had to run this season below 13.15 or to finish to 12 in the World Championship"

"The goal for Doha is to survive the qualifications. If I succeed in that a top 8 place should be possible. That's my ambition. The time is less important. I want to improve step by step. Each season 3 seconds better and than in a few years I run faster than 13 minutes."

"You know, I prefer the 1.500 meter above the 5.000 meter. But my coach tells over and over that I will have much more success in the 5.000 meter."

"Ben True did a good job during the race. He was the favorite, the man with the best P.B. so it was normal that I didn't take the lead. This was not the first time we run together. A few years ago we competed both in a 3.000 meter in Gent. That race I also won".

06/09/2019 19:36



Flash Quotes

Courtney OKOLO (USA)

400m Women National - Winner

The weather conditions were not great, but it was ok. I'm really happy with my victory today, because it's always nice to win a race.

06/09/2019 19:48

Camille LAUS (BEL)

"Ik ben teleurgesteld met het resultaat. Ik ben opnieuw te snel gestart waardoor ik de laatste 100m helemaal stilviel. Het was heel leuk om hier te lopen, het publiek deed ook heel veel maar het zat er precies niet in. Nu ga ik nog drie weken doortrainen om klaar te zijn voor de aflossingen op het WK. Ik hoop om daar te kunnen tonen wat ik waard ben."

06/09/2019 19:50

Imke VERVAET (BEL)

400m Women National

Dit komt onverwacht. Ik ben echt heel tevreden met deze tijd, want vooraf hoopte ik op een duik net onder de 54 seconden. Met 53.22 doe ik een pak beter. De koers was perfect aangezien ik kon jagen op de Duitse atlete voor mij. Het was zot om hier te mogen lopen. Nu wordt het afwachten of ze de Belgian Cheetahs afvaardigen naar Doha zodat ik mijn verdere planning kan maken, aangezien ik mij met deze tijd zeker in het team gelopen heb.

06/09/2019 20:01



Flash Quotes

Machel CEDENIO (TTO)

400m Men National - WINNER

It was a good race. I was hoping to run a little bit faster today, but I am satisfied with my performance. The world championship is still a couple of weeks away and I hope to be at my best there. In Doha I will take it one round at the time and I hope to qualify for the final there.

06/09/2019 20:01

Fred KERLEY (USA)

400m Men

Today was a good race, it felt good and I really liked running here. It is my first time running in Belgium and it was a good test for the world championships. I am ready and my goal is to win in Doha. Right now I am working on my final 100m.

06/09/2019 20:09

Kevin BORLÉE (BEL)

400m Men National

I am feeling stronger and stronger and will be ready for Doha, but today the weather conditions were difficult. Running fast is almost impossible in this weather. I will not run the individual 400m in Doha, but am preparing the best I can to run a good 4x400m.

06/09/2019 20:20



Flash Quotes

Marie-Josée TA LOU (CIV)

100m Women

I can not really be happy with this. I hoped to run way faster, but it was still ok, especially in this wheater. The good thing is that I was in the top 3.

06/09/2019 20:22

Katarina JOHNSON-THOMPSON (GBR)

I have mixed feelings about my competition. I am sure that I can do better than 6m73, but it was ok for now. I came here as one of the weakest jumpers and I finish in third position so I can't complain. This is definitely good for my confidence. I feel like I am ready for the heptathlon. Everything is falling into places. My throwing events and the hurdles are my weakest events. I mean, my throwing events are actually good for me, but not compared to the rest of the field.

06/09/2019 20:27

Dafne SCHIPPERS (NED)

100m Women

"I'm a bit disappointed today. I had a bad start and wasn't able to really get in the competition. It's painful for me that it wasn't better because it felt really fast. It's pointless to worry a lot about this, I have to keep working and believing it will get better. My 200m is better and I think I can still improve this season. I really think the same for my 100m. If I can improve my start then everything is possible in Doha."

06/09/2019 20:27



Flash Quotes

Jonathan SACOOR (BEL)

400m Men

I made a mistake by starting too fast, but I showed guts so I am satisfied with the result. My shape is good and I definitely have a faster time in my legs. I think it would be better for me if I could have run in the national 400 meter. The field was incredible and of a very high level. It was almost like a world championships final, so it can speak of a very nice experience. This is the fifth time that I run a sub 46 so I am happy with my performance.

06/09/2019 20:34

Getnet WALE (ETH)

3000m Steeplechase Men - DL winner

It was a very good race and I'm really happy to win the Diamond League. The next step is the world championship in Doha. My ambition is to take there the gold medal.

06/09/2019 20:40

Caterine IBARGUEN (COL)

Long Jump Women

It was a good competition, although the result for me was not fantastic. It was a good preparation for Doha and I'm really confident to get a good result there.

06/09/2019 20:41



Flash Quotes

Ramil GULIYEV (TUR)

200m Men

This result is ok for now. The conditions were not that good. It was very cold and the track is very hard to run. I am not used to this kind of weather because it is very warm in my home country. I know I can go harder, but I have three more weeks to be at my best in Doha. I will be ready.

06/09/2019 20:45

Conseslus KIPRUTO (KEN)

3000m Steeplechase Men

To be honest I am happy with this performance after a difficult season full of injuries. It always makes me stronger to race with these guys, and I am confident it will make me in a better shape in Doha. There was too little time to be at my best here, but the 3 weeks remaining to world championships should be enough to be ready to go for gold. I believe in it!

06/09/2019 20:49

Andre de GRASSE (CAN)

200m Men

"I'm very happy with my race, I ran a seasons best in my last race for Doha. It was a really tough race, the conditions were not great and it was really cold. It's going to be the complete opposite in Doha. My main goal is to reach the podium there. It's going to be hard to beat Lyles and Coleman but I'm going to try. I still have two more weeks to put in some hard work."

06/09/2019 20:51



Flash Quotes

Malaika MIHAMBO (GER)

Long Jump Women

My wish was to win this and I did it! I could not ask for more. The reason I did so little jumps was that my main focus is on training hard for Doha now, and I wanted to use as little energy as possible. The waiting for the other girls to jump maybe further than me was more exhausting than my own jumps. At my best jump I was 20 cm from the board, so there is still room for improvement.

06/09/2019 20:54

Robin VANDERBEMDEN (BEL)

200m Men

Als je ziet tussen wie ik hier loop is mijn plaats zonder meer fantastisch. Ook de tijd is goed, een seizoensbeste, maar in ideale omstandigheden had ik op nog sneller gehoopt. Doha was na de afgelopen maanden niet meer realistisch, maar als je aan de startlijn staat moet je er toch voor gaan en dat heb ik gedaan.

06/09/2019 20:58

Hellen OBIRI (KEN)

This was not my race. I had a very bad day. The crowd pushed me to go harder, but the weather was not helping me. I do not have a specific goal for Doha, I just want to do my best.

06/09/2019 21:03



Flash Quotes

Konstanze KLOSTERHALFEN (GER)

5000m Women - 3rd

I'm not completely satisfied with the result, but to finish third in such a strong field is always good. I'm well prepared for the world championship, but it will be a total different race over there. To start it will be alot warmer and there will be no pacers. I cannot really say what my ambitions are for Doha, but I'm confident. I know that I have a good sprint at the end of a race, even if it's a slow one.

06/09/2019 21:13

Ronald LEVY (JAM)

110m Hurdles Men

I came here to win that diamond, but it is what it is. The Belgian crowd was loud. It was definitely awesome to run here, but it is not the result I hoped for. I go for a medal in Doha. I am not afraid of the other competitors because my biggest rival is myself.

06/09/2019 21:16

Sergey SHUBENKOV (ANA)

110m Hurdles Men

"I'm really happy with my race today but bit disappointed that I didn't came second. It's all very close together but it's a shame I didn't win the diamond today. I'm happy with the progression and to run without pain. It's going to be close but I really hope to win in Doha."

06/09/2019 21:24



Flash Quotes

Orlando ORTEGA (ESP)

110m Hurdles Men

I'm really happy with my second DL trophy. The time was not important today, what mattered was to win. It was cold, but that didn't have much effect on me. I was very concentrated and I got the win. I'm really confident now to go to Doha, where my goal will be to take the gold medal.

06/09/2019 21:27

Filip INGEBRIGTSEN (NOR)

1500m Men

I can be happy with this result. I lost too much of power in the beginning of the race and missed that energy in the end. It was a weird race with a lot of back-and-forth. I had to close a few gaps and I paid that cash in the last meters. Timothy Cheruiyot was very fast. I tried to be as close as possible to him in the last 400 meters, but it was hard. My brother Jakob beat me but I can live with that. The crowd here was amazing and the stadium is so big. I love running here! Now we go back to Sankt Moritz and I am sure we can improve a couple percentages before the World Championships.

06/09/2019 21:32



Flash Quotes

Noah LYLES (USA)

200m Men - Winner

"What a chaotic race it was. Nearly everything that could happen, happened. But I'm glad I could handle this. That is where I train my mind and body for everyday. Now I could experience that this is worth the work. It gives me even more confidence for the World Championship. There I've to run my personal best to get the gold." Noah Lyles talks as fast as he runs.

"When the official called: Gentlemen on your marks it just starts raining. Also two pins to fix my racenumber were not fixed well and lost while I was sitting down and to be honest I had to go to the toilet. My estomac was grolling although I went to the rest room before. But at the end I won the race."

"I know that I'm the first men in the history of the IAAF Diamond League to win the 100 and 200 meter in the same season but I will not change my mind. In Doha I will only run the 200 meter because I want that gold so much."

06/09/2019 21:37

Ismael DEBJANI (BEL)

1500m Men

Je pensais que je pourrais faire le minimum pour Doha aujourd'hui. Je me sentais très bien, mais malheureusement la course était trop vite au début. Je suis triste, decu ... maintenant je ne peux qu'attendre lundi pour savoir si je peux aller aux championnats.

06/09/2019 21:40



Flash Quotes

Kendra HARRISON (USA)

100m Hurdles Women

Today was not good. I am not happy with result, but losing here only pushes me to go harder in Doha. In the weeks before Doha I need to work on my blocks and the execution from start to finish. The goal is to finally get my first gold outdoor medal at a world championship. I am really looking forward to it.

06/09/2019 21:40

Sifan HASSAN (NED)

5000m Women

"I'm really happy with my race, it was really amazing here. It was a good last test for Doha. I really improved my last 100m, but it's going to be important to keep a strong pace in Doha. I really hope to win there. Today it was a more tactical race and I feel like I really improved in that kind of racing. Also running in Belgium is really nice, the crowd was a big plus and helped me to run so fast today."

06/09/2019 21:45

Danielle WILLIAMS (JAM)

100m Hurdles Women

I'm really happy with the win here. A better field than today here is impossible and to be able to win, that's just fantastic. I'm also satisfied with the time because it was really, really cold. In Doha my ambition will be the same, make it to the final first and then get a medal.

06/09/2019 21:49



Flash Quotes

Dina ASHER-SMITH (GBR)

100m Women

Official you have to call her Geraldina Rachel Asher-Smit. That Italian first name has her mother chosen nearly 24 years ago to honor her best friend. Dina is not that into history. She lives into the now and concentrates on her own career. "I know that the latest British women medaille in sprint on big world events dates from the period before my birth but I don't know the name of that athlete."

"Don't call me the favorite for the world championships on 100 meter. Today it was typical British weather. This is the climate I'm used to practice in. So I took my change."

"The world championships will be completely different: another climate, a serie of races you can't compare that with this Evenings' race. Off course I'm very happy with the Golden League win but Doha will be completely different."

"Now I take 3 week to do some boring stuff before I travel to the World Championships. There I run the 100 and the 200 meter. I like both. In the past I run more 200 meter races but the last period I'm improving on 100 meter."

"It felt good this Evening. I knew I was racing fast but in a 100 meter you don't have the time to look around and see where your competitors are. Only after the finish I saw on the big screen that I won"

06/09/2019 21:51

Mariya LASITSKENE (ANA)

High Jump Women

"My goal today was to win this competition so I'm super happy. It was hard and very cold but despite that it felt good. Brussels was my last competition before Doha and my only goal there is to win and jump a new personal best."

06/09/2019 21:52



Flash Quotes

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06/09/2019 21:52

Ajee WILSON (USA)

800m Women

I'm really happy with my win here in Brussels. It was the perfect race to get prepared for Doha. If I'm one of the favourites to become world champion? I don't know ... I just keep my head down and I keep working hard. I don't take anything for granted, but this victory gives me a lot of confidence.

06/09/2019 21:58

Michael OBASUYI (BEL)

110m Hurdles Men

Dit was echt goed. Ik zat in hetzelfde ritme als de grote jongens, maar jammer genoeg raak ik mijn laatste horden vol aan. Ik viel bijna en verlies zeker een tiende.

06/09/2019 22:03



Flash Quotes

Philip MILANOV (BEL)

Discus Throw Men

"Ik ben enorm teleurgesteld van mijn wedstrijd vandaag. Ik heb er maar een woord voor: slecht. Gewoon slecht. Op training lukt het nochtans allemaal wel goed. Ik heb dit jaar last gehad van mijn enkel en heb een aantal aanpassingen gedaan aan mijn techniek. Die moet ik nog een stuk beter onder de knie krijgen. Momenteel is het ook vooral het hoofd die niet mee wilt. Ik hoop dat ik de kans krijg om naar Doha te kunnen en daar te tonen dat ik verder kan. Dit seizoen wil ik toch nog graag 65m werpen."

06/09/2019 22:05

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06/09/2019 22:05

Timothy CHERUIYOT (KEN)

1500m Men

This race was so good. I am a natural frontrunner and that is why I decided to attack that early. Two years ago I won my first DL here in Brussels, and now it is my third trophy yet. I prepare to win in Doha.

06/09/2019 22:06



Flash Quotes

Jakob INGEBRIGTSEN (NOR)

1500m Men

Off course I am happy! To become second in a DL final is just crazy! This is the strongest field that exists, so we will meet again with the same guys in Doha. It was my second time in Brussels, and the atmosphere is still as great.

06/09/2019 22:08

Anne ZAGRE (BEL)

100m Hurdles Women

Ik ben ontgoocheld, maar weet niet juist waarom het misliep. Ik heb wel een horde vol geraakt, dat zal wel iets verklaren. Kan gebeuren. Mijn liesblessure voel ik nog altijd, maar het gaat.

06/09/2019 22:11

Sandi MORRIS (USA)

Pole Vault Women

It was a strange day for me. My body feels good and I felt good today, but since a few months I started to make some weird technical errors and I can't get rid of those. I am extremely dissapointed. This height is not representative for what i am capable of. I jumped 5 metres here two years ago and Brussels is still my favorite competition. I love to compete here. I am now going back to the United States to prepare for Doha and to get my redemption. I would love to give my country a medal. It can be any medal, but after all those silver medals it would be nice to finally get that gold. Time to figure out those weird technical issues and be ready for Doha.

06/09/2019 22:12



Flash Quotes

Nafissatou THIAM (BEL)**High Jump Women**

It is very difficult to jump in this conditions with cold and especially very much wind, but I still experienced it as a very beautiful competition. The support of the crowd was very very lovely. For me that was an extra motivation and I hoped to give them a few centimeters more, but the most important is that I was feeling great. After all my physical troubles this year the most important will be to remain healthy in the next few weeks. I hope to maintain this shape towards Doha.

06/09/2019 22:12

Renée EYKENS (BEL)**800m Women**

Het is niet leuk om hier 2.03 te lopen. Tot 700 meter ging het uitstekend, maar dan ging het licht uit. Ik ben wel blij dat ik met lef heb kunnen lopen. Het was dan ook alles of niets. Ik heb lang in vierde positie kunnen lopen en dat vind ik echt wel sterk. In de laatste 30 meter wordt het verschil met de echte wereldtop dan natuurlijk duidelijk. Ik kan mijzelf niets verwijten, want grote fouten heb ik zeker niet gemaakt.

06/09/2019 22:22

Katerina STEFANIDI (GRE)**Pole Vault Women - DL winner**

I'm really happy with this victory. Before the competition I thought that it would be possible to win, but I thought that it was going to be harder. When the pressure is on, I'm normally at my best. It was really cold here tonight, and people say that it will be the complete opposit in Doha ... but I'm afraid that they will make it to fresh in the stadium.

06/09/2019 22:26



Flash Quotes

Daniel STÅHL (SWE)

Discus Throw Men

I'm really proud to win here today. Now it's time to focus completely on the world championship. The first thing will be to get through the qualifications and then everything can happen. I feel that there's still a lot of energy in the tank and I'm confident to get a good result in Doha.

06/09/2019 22:29

