

## FLASH QUOTES

### Florence Kiplagat (KEN)

#### 20000 Metres W

The coach of Florence Kiplagat Mr. Canova said after she did not finish the race: She did not have any problems before the race, she was perfectly prepared to break the record. The WR on half marathon, which is 1000m longer is better than WR at this distance and it is not run on the track, so it was easy to break it in theory. She started to feel stomach ache during the race and could not continue. I do not know whether she ate too late or had too much food, I better think that she felt bad mentally. She ran 29 laps (11600m) and then stopped. She is not used to running such long distances on track. She only runs 10 000m on track so I think that she did not believe mentally she could finish it and it provoked the stomach problems. If this was on the road she would not have stopped. She is very disappointed, I will talk to her later to see how she feels when she cools down a bit

Trener Florence Kiplagatove po jejim odstoupeni ze souteze: Pred zavodem nemela zadne problemy, byla perfektně pripravena rekord prekonat. Svetovy rekord na pulmaraton, který je jeste o kilometr delsi, je lepsi a navíc se nebezi na draze, takže papirove to bylo jedoduche rekord prekonat. Behem závodu ji zacalo bolet bricho a nemohla pokracovat. Nevim, jestli jedla moc pozde pred zacatkem souteze nebo mela moc velkou porci. Spis si myslim, ze to nezvladla psychicky. Ubehla 29 kol (11600m) a pak zastavila. Neni zvykla behat tak dlouhe trate na draze, nejdelsi vzdalenosti co na draze beha je 10 000m takže si myslim, ze se v hlavě nedokazala pripustit, ze by to ubehla na draze az do konce a to se pak projevilo zdravotnimi problémy. Kdyby se to bezelo na silnici, nevzdala by. Je ted dost zklamana, promluvim s ni pozdeji az se trosku uklidni.

17 Jun 2014 16:12

### Martina Ratej (SLO)

1st place - 64.45

#### Javelin Throw 600g W

It is a pity that Barbora Spotakova could not attend the competition. Of course, that my chances to win have risen up, but I felt more sorry for her and her health problems. I beat her in 2010 at this very stadium and I was looking forward to compete against here again. It was way easier to win when she was not in start list. I had some troubles with my technique, so I am satisfied with only one of my attempts in which I almost reached 65 metres.

Je velka skoda, ze nemohla startovat Barbora Spotakova. Samozrejme, moje sance na vitezstvi vzrostly, ale mnohem vic mi bylo lito, ze ma tato souperka zdravotni problem. V roce 2010 jsem ji na tomto stadionu porazila a tesila jsem na souboj i tentokrat. Bez ni to bylo mnohem jedodussi vitezstvi. Mela jsem ale trochu problemy s technikou, takže spokojena jsem vlastne jen s jednim vykonem, kterym jsem se priblizila 65 metrum.

17 Jun 2014 17:12

### Tomasz Majewski (POL)

1st place - 20.90

#### Shot Put 7,26kg M

I just wanted to throw over 21 metres, which I didn't pass. So I am not satisfied with the result so much. I had a little problems with technique. But not so big as my colleague from the team Pawel Fajdek yesterday. But I could thrw far away for sure. The competitions had very great atmosphere, I pretty love this pitch. Shot put sector is without any fall and moreover I saw many polish fans in the tribunes.

Chtel jsem prekonat 21 metru, coz se mi nepovedlo. Takze s vykonem nejsem uplne spokojen. Mel jsem trochu problemy s technikou. Ne tak velke jako muj kolega z reprezentace kladivar Pawel Fajdek, ale urcite jsem mohl hodit dal. Zavod mel dobrou atmosferu, ja tenhle stadion miluji. Koularsky sektor nema chybu a navíc jsem na tribunach videl spoustu polskych fanousku.

17 Jun 2014 17:16

## Jan Marcell (CZE)

2nd place - 20.74 (SB)

Shot Put 7,26kg M

Well, I felt pretty fine from the first attempt and moreover I felt very relaxed. So I tried to be better and better and I did it. The publicum was great and helped me a lot. The atmosphere is fantastic here. Actually, I am going to the European team championship this week, where I will throw the discus. And then I am going to train again for the European championship in August in Zurich.

Od prvního pokusu jsem se cítil super a navíc jsem byl nadherne uvolněný. Cítil jsem se znázil zlepšovat a vyšlo to. Diváci mi k tomu velmi pomohli, ta atmosféra je tady super. Teď jedu o víkend na ME družstev, kde budu házet disk. A pak začnu opět trénovat na ME v Curychu.

17 Jun 2014 17:22

## Jepkemoi Hyvin (KEN)

1st place - 09:22.58 (SB)

3000 Metres Steeplechase W

The race wasn't so hard for me, because the peace of the peacemakers was fine. They helped me the same way as fantastic fans. I am glad for the season best result.

Závod pro mě nebyl ani tak těžký, neboť mi tempo vodíček velmi pomohlo, stejně jako diváci, kteří skvěle fandili. Za výkon roku jsem ráda.

17 Jun 2014 18:19

## Niall Flannery (GBR)

1st place - 48.80 (PB)

400 m Hurdles M

I needed a good run to beat Ashton today. The conditions, the weather was helping me because the slight wind could hold me back off the hurdles and then I could push it to the finish. I am very pleased with the personal best and also it is always good to beat the world class athlete like Ashton. He is doing so well in this event, it is awesome to beat him.

Potreboval jsem si zaběhnout dobrý závod, tak jsem moc rád, že mi to dnes vyšlo. Podmínky a počasí byly skvělé. Jemný vítr mi pomáhal držet se za překážkami a pak jsem měl dost sil na to, abych to ještě potlačil do cíle. Skalp Ashtona je cenný, je vždy super, když porazíte takového elitního atleta. Ashton si vede letos v jeho nové disciplíně velice dobře. O to cennejší je dnes pro mě jeho skalp dnes.

17 Jun 2014 18:31

## Nickiesha Wilson (JAM)

1st place - 55.22 (SB)

400 m Hurdles W

I executed the race the way I wanted to. I was coming here from the US and luckily I did not feel any tiredness. That is a good sign. My next competition will be the Jamaican National Championships.

Povedlo se mi tempo rozvrhnout tak, jak jsem chtěla. Přestože jsem sem letěla ze Spojených států, necítila jsem únavu, takže se mi podařilo běžet to, co jsem si stanovila. Mým dalším startem bude mistrovství Jamajky.

17 Jun 2014 18:38

## Allyson Felix (USA)

1st place - 22.75

### 200 Metres W

It is a bit wierd for me to reach a perfect shape after my injury from the last year. The wind here disturbed me a bit, but fantastic fans helped me a lot so I have to say thank to them. I am for the first time here in Ostrava and I like it a lot here.

Po navratu ze zraneni se do formy dostavam tak trochu rozpacite. Trosku mi vadil vitr na stadione, ale skveli fanousci mi pomohli k vitezstvi a za to jim dekuji. V Ostrave jsem poprve a moc se mi tu libi.

17 Jun 2014 18:51

## Renaud Lavillenie (FRA)

1st place - 5.83

### Pole Vault M

I could not jump higher today because the wind was very strong. It was changing every minute, sometimes I had to sit for a while and wait when it calms down a bit. Therefore I am satisfied with what I have jumped. The crowd helped me a lot, fans were great!

Dnes to výš nešlo, protože nás limitoval silný vítr. Hondě se měnil, chvíli foukalo z boku, chvíli proti. Párkrát jsem si musel na chvíli sednout a počkat až přestane. S těmi podmínkami jaké byly dnes jsem s výkonem spokojený. A publikum bylo skvělé!

17 Jun 2014 18:53

## Caleb Ndiku (KEN)

1st place - 07:31.66 (WL, MR)

### 3000 Metres M

When the meeting manager invited me here, I promised to break the meeting record, so I reached my target and I am very glad for it. Of course, the time was a bit affected with the wind and maybe it could have been even faster but still it is the world leading time. I knew that Ostrava has a good stadium and fast track from my brother Jonathan, who ran here a couple of years ago. So, I was looking forward and I liked Ostrava very much.

Kdyz me sem manazer mitinku pozval, slibil jsem mu, ze vylepsim rekord mitinku, takže jsem spokojen, ze se mi to podarilo. Jasne, ze beh byl trochu poznamenany silnym vetrem a cas tedy mohl byt jeste i rychlejsi. Ale stale je to svetovy vykon roku, coz je skvele. Znal jsem tento stadion z povidani meho bratra Jonathana, ktery zde jiz bezel a rekl mi, ze je tu velmi rychla draha a dobry stadion. Moc jsem si to uzil a rad se sem vratim.

17 Jun 2014 19:01

## Winnie Nanyondo (UGA)

1st place - 1:59.27 (NR)

### 800 Metres W

It was hard race for me and I am very tired. I am happy for our national record, because I am very young. It was just my second competition in Europe and I have to say, that I like it here.

Zavod byl pro me velmi tezky a jsem velmi unavena. Za narodni rekord jsem moc rada., jsem totiz velmi mlada. Dnes to byl teprve muj druhy zavod v Evrope a libi se mit tu.

17 Jun 2014 19:10

## Hansle Parchment (JAM)

1st place - 13.18

110 m Hurdles M RA

I am glad, that I gave myself such a nice birthday present and fast track helped me a lot with that. Of course, that the publicum was awesome. I had a bit respect from my rivals and it helped me to reach such this good result. I like very much this meeting, the atmosphere is absolutely great.

Jsem rad, že jsem si k narozeninám nadelil takový hezký dárek a pomohla mi k tomu zejména rychlá dráha a skvělí diváci. Samozřejmě, že jsem měl respekt ze soupeři, ale díky tomu jsem se dostal na takový čas. Tento mítink se mi velmi líbí, atmosféra je naprosto úžasná.

17 Jun 2014 19:34

## Ilham Tanui Özbilen (TUR)

1st place - 2:15.08 (WL, MR, NR, PB)

1000 Metres M R

I did not feel ready for the race and yet I won. I was in Ostrava in 2011 and at that time I ran 2:17, I do not know what my time is today. 2:15,08? That is my NR, great! The weather really suited me, it is nicely warm and the crowd is so nice.

Prislo mi, že na tom nejsem moc dobře, když jsem šel na start a přitom jsem vyhrál. Při mém posledním startu tady v roce 2011 jsem bezel čas 2:17 a ani nevím kolik jsem bezel dnes. 2:15,08? To je národní rekord Turecka, to je dobře. Je dnes dobře počasí, hezký teplo a taky publikum mi pomáhalo.

17 Jun 2014 19:42

## Bogdan Bondarenko (UKR)

1st place - 2.33 (MR)

High Jump M

I am happy, that I won, of course, but I was looking forward, that I am going to jump very high. I am glad with meeting record, but I think, that I could beat 240. I was missing the power and emphases in my jump. I felt tired from my long journey from New York. But I don't hesitate, it was good decision to come to Ostrava. The meeting has a great atmosphere, the weather was much better than the last year, so I enjoyed the competitions. And the world record? Against my opinion it is not a fantasy. I have to try it and when I target the competition, the world record can fall down.

Mám samozřejmě radost z toho, že jsem závod vyhrál, ale mnohem víc jsem se těšil, že opět skočím hodně vysoko. Rekord mítinku mě těší, jenže já si myslím, že jsem mohl zdolat i 240 cm. Scházela mi však síla při odraze. Cítil jsem se unaven z dlouhé cesty z New Yorku. Ale nelituji, bylo to správné rozhodnutí přijet do Ostravy. Mítink má skvělou atmosféru, bylo mnohem lepší počasí, než minulý rok, takže jsem si závod užil. A světový rekord? Podle mě, není v rovině fantazie. Musím to zkusit a když mi závod sedne, může padnout i tento rekord.

17 Jun 2014 19:47

## Lashawn Merritt (USA)

1st place - 44.16 (MR)

### 400 Metres M

I tried to beat the meeting record two years ago. I didn't know, how much is the record today. So I was surprised, when I did it. Fortunately I went well with the wild transport from New York. Thanks to good food, couple of massages and the rest I put myself into the shape. And the crowds, which I was hearing during the race helped me to reach this result.

Před dvěma lety jsem se tady pokoušel o rekord mitinku. Letos jsem ani nevedel, kolik rekord cini. Takže me překvapilo jeho zdolani. Nastesti jsem se uspesne vyrovnal s divokym presunem z New Yorku. Díky dobremu jidlu, masazi, spanku jsem se dostal do pohody a skveli divaci, ktere jsem slysel za svymi zady mi dopomohli k tomuto vykonu.

17 Jun 2014 20:13

## Dmitriy Tarabin (RUS)

3rd place - 85.92 (SB)

### Javelin Throw 800g M

(He was third in todays comeptition but it was a special start for him, his two baby daughters were born today) It was a race with an extraordinary spirit for Dmitriy Tarabin. His two baby daughters were born at 12.58 this morning in Moscow. Them and his wife Maria Abakumova are doing good.

Of course, that this message influenced my attempts today. It was hard to concentrate, so the third place is not bad after all. But when I digest the information and get to see my baby daughters my whole career and life is going to get into a totally different dimension. My family is very important for me and this is a life change. Kids will give me energy and motivation. I will have to adjust my following program of competitions, but I want to train as much as possible for the upcoming European championships. And what will be next? I might talk to Barbora Spotakova and discuss that with her, because she knows what it is like to have a baby and do javelin.

(V závode skoncil sice treti, ale mel velky duvod k radosti. Dnes se mu narodila dvojčata.)

Holcicky se narodily dnes ve 12.58 hodin moskevského casu. Obe jsou zdrave a Maria (jeho ženou je Maria Abakumová) taky.

Byla to pochopitelne informace, ktera ovlivnila muj dnesni závod. Soustredit se na vykon bylo hodne tezke. Takze nakonec treti misto neni tak spatne. Ale az se z te radostne zpravy trochu vzpamatuji a uvidím sve dcery, dostane moje kariera novy rozmer. Rodina je pro mne velmi dulezita a je jasne, ze tohle je pro mne zivotni zmena. Deti mi dodaji motivaci i energii. Budu muset urcite prizpusobit svuj dalsi zavodni program, ale na hlavni podnik sezony, tedy mistrovství Evropy, se chci pripravit co nejlepe. A co bude dal? No, mozna se poradim s Barou Spotakovou, ktera se po narozeni syna vratila uspesne do zavodu.

17 Jun 2014 20:17

## Justin Gatlin (USA)

1st place - 09.86 (WL)

### 100 Metres M

Ostrava has for me a special good luck charm, so I am glad, that I came back. This is my second victory and I can feel big excitement. I almost broke the meeting record, but I didn't care much about the time. I always run as fast as possible and moreover I am wiser now. I would be glad to reach 9,70 this season. Now I go back to the USA, take a rest and I hope, I will show some special time this year. When it comes to 200 metres, I like to run it again and again, and we also prepare for it with my couch.

Ostrava ma pro me kouzlo osobnosti, proto jsem rad, ze jsem se sem vrátil. Je to moje druhe vitezstvi zde a prozivam velke vzruseni. Malem jsem prekonal rekord mitinku, ale o cas jsem se vyslovene nestaral. Vzdycky beham naplno a navic jsem ted vice chytrejsi. Rad bych se na konci sezony dostal az k 9,70. Ted pojedu zpet do USA, budu trochu odpocivat a doufam, ze letos zabehnu vyjimecny cas. A co se tyce dvoustovky, rad se k ni vracim, s koucem na ni rovnouz tvrde trenujeme.

17 Jun 2014 20:39