

**Flash Quotes**

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**Meselech MELKAMU (ETH)****10000m Women - 1st place**

It was very windy today comparing with last year. Pacemakers did a great job. I am very happy to win here again because it was not easy for me to win here. Thank you for a great audience.

V porovani s minulorocnym vitazstvom tu viac fukal vietor. Vodicky odviedli dobru pracu. Som velmi stastna, ze som tu opat vyhrala. Musela som si vitazstvo teraz vybojovat v tuhom suboji. Dakujem divakom za skvelu atmosferu.

31.05.2011 17:19

**Mariya ABAKUMOVA (RUS)****Javelin Women - 1st place**

Som spokojna s vitazstvom, ale chcela som hodit dalej. Citila som sa dobre a vyborni boli aj divaci, ktorí mi v siestom pokuse pomohli este k zlepšeniu a to som odhadzovala ostep asi dva metre pred ciarou. Po prvom pokuse som zacala mat problemy s rozbehom, ale neviem preco. Odhadzovala som ostep dokonca az 4 metre pred ciarou, nevychadzal mi rozbeh. Som rada, ze som znovu vyhrala v Ostrave, kde je Bara Spotakova ako doma. Vitazstvu nad nou vsak nepripisujem nejaky specialny vyznam. Mojim cieľom je vzdy vyhrat a je jedno, ci nad Spotakovou, Ratejovou alebo Oberfgollovou.

I am very satisfied with the victory but I wanted to throw much further. I felt good and the amazing audience pushed me to get better in my sixth attempt. I had some problems after my first attempt with running. But I dont know why. I very happy to win in Ostrava again - first time it was in 2009 - where Bara Spotakova is the home star. But I dont feel any special to win against her. My goal is always to win and it does not matter against who - if it is Spotakova, Ratej or Oberfgoll.

31.05.2011 17:22

**Flash Quotes**

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**Barbora ŠPOTÁKOVÁ (CZE)****Javelin Women - 2nd place**

Druhé miesto, už celkovo štvrté v Ostrave, je pekne, no Ostrava za moju prehru nemože. Veľmi by som chcel urobiť radosť domácemu publiku, ale na začiatku sezóny sa ťažko dostávam do súťažného rytmu. Je možné, že som dosť cítila tlak aj zodpovednosť, ale rozhodujúci faktor pre môj výsledok bol termín Zlatej tretry a pre mňa je ešte príliš skoro. Prvý pokus som prerušila preto, lebo mi nevysielal poriadne rozbeh.

The second place, fourth time in Ostrava, is very nice. But Ostrava is not responsible for my loss. I would love to make the crowd in Ostrava happy today, but at the beginning of the season it is hard to get into my competitive rhythm. It is possible that I also felt some kind of pressure, but the determining factor is the date of Golden Spike meeting at the beginning of the season. It is too early for me. I stopped the first attempt because I had some problems with my running.

31.05.2011 17:26

**Paul KIPSIELE KOECH (KEN)****3000m Steeplechase Men - 1st place**

Teší ma, že som konečne zlepšil rekord mitingu, o ktorý som sa pokúšal v Ostrave už viackrát, ale vyšlo to až na piaty pokus. Podarilo sa to predovšetkým vďaka dobremu vodičovi, Nganga odviezol kvalitnú prácu, bezal presne podľa dohodnutého tempa. Mrzí ma, že mi tesne usiel svetový výkon roka, ale verím, že už 4. júna na Diamantovej lige v Eugene ho prekonám. Potesil by ma tam čas pod 8 minút. Pre mňa nebolo veľmi teplo, počasie bolo vynikajúce.

I am happy that I finally broke the meeting record here. I was trying to break this record in Ostrava many times before but finally did it on fifth attempt. I am thankful to good pacemaker Nganga, he ran exactly according to a planned pace. I am sorry for missing the WL only by hundreds of seconds. But I believe that I will break it on 4th of June in Eugene at Diamond League. I would be happy for any time under 8 minutes. The weather was perfect for me today.

31.05.2011 17:55

**Flash Quotes**

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**Silke SPIEGELBURG (GER)****Pole Vault Women - 1st place**

I am very happy for my SB 460, because I was missing some trainings due sickness during the preparation period. Today I finally had the feeling from the indoor season where I got silver medal at EICH in Paris. I believed I can go over 472 and improve my PB. I was thinking too much and was not fully concentrated on the first attempt on this high. And the problem for the last one on 472 that it was little bit windy. My goal for this sesason is to get a medal from the WCH.

Z tohtosezonneho maxima 460 cm mam radost lebo pre choroby som musela zredukovat niektore svoje treningy v pripravnom období. Dnes som mala konecne znovu pocit ako v halovej sezone, kde sa mi darilo a ziskala som striebro na halovych ME v Parizi. Dufala som, ze tych 472 dnes prekonam a zlepším si osobny rekord. V prvom pokuse som asi velmi chcela a prilis som premyslala o tomto vykone, preto som asi nebola uplne sustredena. Probelm v tretom pokuse na 472 bol asi trochu silnejši vietor. Moj cieľ v roku 2011 je ziskat medailu aj na majstrovstvach sveta.

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31.05.2011 18:44

**LJ VAN ZYL (RSA)****400m Hurdles Men - 1st place**

It was pretty easy for me today. Great weather, no wind, no rivals. I am happy that I won again this year, fifth start - fith victory. I hope this streak will continue. I trained very hard before this season and that's why I have good results so far. I hope that I will stay in good shape until the WCH and become a new world champion this year.

Neuveritelne lahke preteky - skvele počasie, bezvetrie a co ma najviac prekvapilo, ani nijaki superi. Tesi ma, ze moja vitazna seria v tomto roku pokracuje. Piaty start, piate vitazstvo. Dufam, ze tato moja vitazna snura bude pokracovat. Na tuto sezonu som sa pripravoval velmi tvrdo a dufam, ze tato spickova forma mi vydrzi az do majstrovstiev sveta, kde by som chcel zvitazit.

31.05.2011 18:49

**Flash Quotes**

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**Marvin ANDERSON (JAM)****200m Men - 1st place**

When I was running into the curve I felt enough of power and I wanted to fight for 1st place with Blake. But first of all I was focusing of myself because this meeting is just a stepping stone to the WCH in Daegu. I know that I am right direction. My race in Ostrava was a good preparation for Jamaican Championships in June. This track is very good and fast, the atmosphere is motivating and I am ready to come back next year.

Ked som vbiehal do zakruty, citil som este dost sil na to, aby som bojoval s Blakom o vitazstvo. V prvom rade som sa vsak dnes sustredil na seba, lebo tento miting je dalsi krok smerom k majstrovstvam sveta v Daegu. Teraz viem, ze som na spravnej ceste. Tieto preteky boli aj dobrou pripravou na junove (cerven) majstrovstva Jamajky. Ostravska draha je kvalitna a rychla, atmosfera bola motivujuca a som pripraveny vratit sa aj na buduci rok.

31.05.2011 18:58

**Jermaine GONZALES (JAM)****400m Men - 1st place**

My main goal was to break my SB and I made it! I feel very good here, great weather conditions and the audience reminds me my country Jamaica - I love it here! And about my rivals? Nice to know I beat Chris Brown, first time in my career - feels good. I am preparing for WCH step by step, first I need to be successfull at Jamaican championship and then I could focus on WCH.

Moj hlavny ciel dnes bol zlepšit si tohtosezonne maximum a to sa mi podarilo. Citil som sa velmi dobre, podmienky boli vynikajúce a atmosféra, ktorú vytvorili diváci, mi pripomínala jamajku. Citil som sa tu skvele. A moji superi? Je vyborne, ze som zdolal Chrisa Browna, prvokrat v mojej kariere. Na MS sa pripravujem krok za krokom, teraz musim zvladnut jamajsky sampionat. Potom sa sustredim uz len na majstrovstva sveta.

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31.05.2011 19:12

**Flash Quotes**

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**Oscar PISTORIUS (RSA)****400m Men - 6th place**

It was a great meeting with an amazing atmosphere but unfortunately my time was not good and I cannot be satisfied with the placement. But I know what to improve and I expect better results in Eugene and New York. I have to work on the second half of the race and my endurance a bit. I appreciate being here and it was a nice experience with this Ostrava crowd.

Bezal som prvý raz na skvelom mitingu v elektrizujúcej atmosfére. Bohužiaľ, s časom nie som spokojný a ani umiestnenie nie je podľa mojich predstáv. Ale dolezite je, že viem, čo mam zlepšiť a dúfam, že na mitingoch Diamantovej ligy v Eugene a New Yorku budem oveľa rýchlejší. Musím popracovať na vytrvalosti v druhej časti behu, tam mi dochádzali sily. Som rád, že som mohol zažiť výbornú ostravskú atmosféru a skvelých divákov.

31.05.2011 19:18

**Francena MCCORORY (USA)****400m Women - 1st place**

I am really tired but I am happy with my performance today. The weather was perfect, I really liked the crowd and the stadium. The goal is to maintain hard work and get the gold medal in the World Championships.

Navzdory unave jsem velice spokojena dnes se svym vykonem. Fanousci byli skveli, pocasi idealni, mam tento stadion velice rada. Cilem je pokracovat v tvrde priprave a pokusit se o zlato na mistrovstvi sveta.

31.05.2011 19:27

**Flash Quotes**

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**Denisa ROSLOVÁ (CZE)****400m Women - 2nd place**

Na zaciatku som sa dost bala, aj ked som vedela, ze som na tom vykonnostne dobre. Predsa len to bola moja prva stvorstovke v letnej sezone. Potvrdilo sa, ze formu naozaj mam. Z osobneho rekordu mam radost a tesi ma aj sposob, ako som bezala. Citim, ze mam este na viac a dokazem bezat este rychlejsie. Cenim si, ze som ziskala skalp Sanye Richardsovej-Rossovej. Atmosfera bola vyborna, no na druhej strane som citila zo strany fanusikov tlak. Doma je doma. Ak pridem o rok, rada by som si zlepšila osobny rekord, ale omnoho vyraznejsie.

Despite of knowing that I am in a good shape I was little bit afraid at the beginning of the race. It was my first 400m in this summer season but I showed that I can still run good times. I am so happy to achieve a new PB and even better that it happened in my home land - Czech Republic. If I came next year I would like to approve my PB even more. I appreciate I beat World Champion Sanya Richards-Ross. The atmosphere was great but on the other hand I felt pressure from my fans. %0A

31.05.2011 19:29

**Ivan UKHOV (RUS)****High Jump Men - 1st place**

Nie som spokojny s vykon, aj ked to boli iba moje prve preteky v letnej sezone. Chcel som skocit ovela viac. Kolko? To neprehradim! V Ostrave som skakal na Zlatej tretre prvý raz, bola tu vyborna atmosfera. V pretekoch som mal jeden dost velky problem. Dorskocisko bolo polozone prilis nizko a nam tazsim vyskarom to sposobovalo problemy. O mojich cieloch v suvislosti s majstrovstvami sveta nechcem hovorit. Prepacte.

I am not satisfied with my today's result despite of that it was my first competition in the outdoor season. I wanted to jump higher. How much? I will not tell! It is my first Golden Spike meeting in my career. I like the audience here. I had a one problem in the competition, the mat (pit) was too low and for more heavier jumpers it makes some problems. I don't want to talk about my goals about WCH. I appologize. %0A

31.05.2011 19:44

**Flash Quotes**

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**Petr FRYDRYCH (CZE)****Javelin Men - 3rd place**

Boli to zvlastne zavody. Do poslednej chvile som cakal, ze mi to uleti, ale nestalo sa. Nie som spokojny s vykonom, urcite som dnes myslel minimalne na svoje tohtosezonne maximum. Priznavam, chcel som zvitazit. To, co sa nepodarilo mne, vyslo v siestom pokuse De Zordovi. Mal viac stastia...

31.05.2011 20:03

**Matthias DE ZORDO (GER)****Javelin Men - 1st place**

Tesim sa z vitazstva. Hlavne ked ide o podujatie, na ktorom kedysi dominoval velikan Jan Zelezny. Bol som velmi rad, ze ma sem organizatori pozvali. Na zaciatku sa mi nezdalo, ze to bude taky dobry vykon, o to viac som stastny, ze v poslednom hode som zurocil pracu v treningu. Tohtorocne maximum som si zlepstil o 3 metre, co je super. Netreba podcenovat vyhodu domaceho publika pre ceskych osteparov, ale nebol som vobec nervozny. Som prekvapeny a rad, ze to tak v silnej konkurencii dopadlo.

I'm very happy about my win here in Ostrava, the home meeting of such a famous javelin thrower as Jan Zelezny is. I was glad to get the invitation from the organizers. On the beginning of the competiton it didn't seem I can achieve a good result, but I'm happy to reach everything in the last throw and experience all my work in the practice. I pushed my season best by 3 meters, what is perfect. You should never underestimate the strenght of the home crowd for the czech javelin throwers, but I wasn't nervous at all. I am surprised and glad, that in the strong field I could achieve the win.

31.05.2011 20:04

**Veronica CAMPBELL-BROWN (JAM)****100m Women Final - 1st place**

God bless that I am here in Ostrava, I feel very good. Lovely crowd! PB did not surprise me because I feel I can improve it. I am very happy that could run meeting record for these wonderful fans. Thanks for invitation!

Dakujem Bohu, ze som tu v Ostrave. Citim sa velmi dobre. Uzasni fanusikovia! Prekonanie osobneho rekordu ma neprekvapilo, myslim si, ze sa mozem stale zlepsovat. Som velmi stastna, ze som tu mohla bezat a zabehnut pre vas a pre fanusikov rekord mitingu. Dakujem za pozvanie!

31.05.2011 20:15

**Flash Quotes****Jeff RISELEY (AUS)****1000m Men - 1st place**

I am really happy with my race today. I am second time here and I am glad that I won. During the warm-up i could feel already it could be a great race for me.

Som veľmi stastny z toho, ako som bezal. V Ostrave som druhy raz a vitazstvo ma tesi. Uz pocas rozcvicky som citil, ze to pre mna budu dnes perfektne preteky.

31.05.2011 20:20

**Usain BOLT (JAM)****100m Men Final A - 1st place****NEW VERSION**

Cas 9,91 nie je zly, ale mohlo to byt lepsie. Cakal som lepsi cas. Ospravedlnujem sa, ze som nebezal rychlejsie ako v Rime, aj ked som to slubil. S mojim dnesnym behom som spokojny, technicky som urobil vela veci omnoho lepsie ako v Rime. Pytate sa ma na krizu? Aka kriza?! OK, start mam slabsi, ale potom som sa dostal do tempa, predbehol som vsetkych a vyhral som. Po Diamantovej lige v Oslo sa vraciam naspat na Jamajku, budem dalej tvrdo pracovat a sustredim sa predovsetkym na zlepšenie mojho startu. Casy teraz nie su dolezite, ved stale vitazim. Najdolezitejsie bude obhajit moje tituly v Daegu. V Ostrave sa citim ako doma, bol som tu patkrat, patkrat som zvitazil a urcite pridem aj o rok s umyslom vyhrat siestykrat.

My time 9.91 is not bad but it could by better. I expected faster time. I apologize I could not run faster than in Rome even though I promised it. But I am satisfied with my run tonight. I executed today's 100 metres technically much better than in Rome. It is no crisis. OK, I did not have a good start but then I picked-up the pace and passed the others and I won. After Diamond League in Oslo I am going back to Jamaica and keep the hard work and focus on my starts. The times are not as important, I am still winning and the most important is to defend my titles in Daegu. In Ostrava I feel like at home. I have been here five times already, I won five times and I will be here definitely next year.

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31.05.2011 20:26



**Flash Quotes**

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**Dayron ROBLES (CUB)****110m Hurdles Men Final A - 1st place**

I feel tired but on the other side I am happy because I competed here five times and I won forth time in a row now. It is a special feeling to be in Ostrava, feels like at home. We are trying to make a great show at 110m hurdles, almost the same as Usain Bolt and Asafa Powell at 100metres used to make at the meetings when they meet. I am also focusing on WCH. It's goona to be a good show and the best man will win. Who? We will see, the best man deserves to win. Mayby me, maybe somebody else.

Citim sa trochu unaveny, ale na druhej strane som stastny, lebo z piatich startov v Ostrave som vyhral uz stvrtykrat v rade. V Ostrave sa citim vzdy ako doma. Aj my prekazkari sa snazime robit pre divakov show, nieco podobne ako ked sa stretnu Usain Bolt a Asafa Powell. Cela moja priprava smeruje k majstrovstvam sveta, kde by sme mohli predviest nasu show a najlepsi z nas zvitazi. Kto? Uvidime! Zlato ziska najlepsi - mozno ja, mozno niekto iny.

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31.05.2011 20:28