

Flash Quotes**Josef PROROK (CZE)****400m Hurdles Men - 2nd**

Dufal som v čas pod 50 sekund a aj keď mi chýbalo 25 stotín, som vzhľadom na počasie spokojný. Na prvej rovinke veľmi fukalo, čo mi na zobralo sily, ktoré mi chýbali v zaveru. Okrem toho som musel ešte upravovať rytmus, v poslednej medzere som pridal krok a to ma možno stalo čas pod 50 sekund.

25.05.2012 17:08

Brent LARUE (USA)**400m Hurdles Men - 1st place**

I have to say that there is a little mistake, I am actually already competing as Slovenian, not for the USA. This is my personal best and that is great result, first time in Ostrava for me and such a good run. I love the atmosphere here, the audience is awesome. My next competition will be in two days in Dubnica.

Musim ríct, že sa stala malá chyba, už nestartuji za Spojené štáty americké, ale za Slovinsko. Zabehl jsem si osobní rekord a to je skvěle! Je to můj první start tady v Ostrave a moc s emi tu líbí, je tu skvělá atmosféra, diváci jsou úžasní. Dalsím závodem pro me bude mítink v Dubnici, za dva dny.

25.05.2012 17:09

Mariya ABAKUMOVA (RUS)**Javelin Women - 2nd**

Nie som veľmi spokojná s výkonom, fyzicky som sa necítila najlepšie. Ako keby mi chýbali sily. Bara Spotakova však dnes hádzala výborne, predviedla aj perfektnú sériu. Nerobím si z prehry ťazku hlavu, tréner vraví, že hlavne je, aby som bola v ideálnej forme v auguste. Aj keď som v Ostrave prvý raz prehrala, mám z pretekov dobrý pocit: zazila som výbornú atmosféru.

I am not very satisfied with my performance. Physically I did not feel very good like I have a lack of energy. Barbora Spotakova were throwing very well, she showed some good throws. I am not worried about this. My coach said for me the most important is to be in great shape in august. Even if I lost the competition in Ostrava for the first time, I have a good feeling from it: the atmosphere was unforgettable.

25.05.2012 18:35

Flash Quotes**Barbora ŠPOTÁKOVÁ (CZE)****Javelin Women - 1st, WL, MR**

Je to krásny pocit, toto som si presne priała, navyše vyhrať vo výkone roku a rekorde mitingu... Splnila som vlastne všetky úlohy. Nechala som si ešte pár metrov navyše na ďalšie mitingy. Vietor tu bol dnes trochu zahadný, ale som rada, že to takto vyšlo. Mala som trochu ťažšie začiatok, ale domáce publikum ma výborne nabudilo. Po prvom pokuse som išla za trénerom Janom Zelezným. Povedal mi, že si mám posunúť rozbeh. Tento rok je to úplne iná pesnička čo sa týka môjho pocitu z pretekov, ale dúfam, že ešte pridám pár metrov navyše a trochu dravosti. Dúfam, že som ostravským divákom spravila víťazstvom radosť. Pre mňa je Zlatá tretra jedným z najlepších pretekov na svete.

It is a wonderful feeling. I was hoping to win here, but to achieve also the world leading and meeting record is fantastic. I fulfilled all my goals. Hope some meters more left for other meetings. The wind was a bit unpredictable. I had a harder start, but the home crowd helped me a lot. I went to my coach Jan Zelezny after the first attempt. He told me to do a longer run up. This year I have a total different feeling from athletics. But I hope to be more ambitious and throw some more meters. I hope I made the fans in Ostrava happy with the victory. For me, the Golden Spike meeting is one of the best in the world.

25.05.2012 18:37

Zuzana HEJNOVÁ (CZE)**400m Hurdles Women - 2nd**

Som spokojná, ale čakala som v prvom štarte na prekážkach v sezóne lepšie výkon. Bol to skorý boj s vetrom a vlastnými silami ako so superkami. Kvôli vetru som musela v medzerách pridávať kroky. Chcela som vyhrať, ale Stambolovova bola lepšia. Možno nabuduce. Bulharka bola ďaleko pred mnou. Verila som si na čas o sekundu lepšie, približne 54,20 - 54,30. Citím sa na začiatku sezóny lepšie ako vlani. Limit ma teší, ukludnil ma, ale moje ciele sú vyššie.

25.05.2012 18:48



51th Ostrava Golden Spike 2012

Městský stadión

25./26.05.2012



Flash Quotes

Vania STAMBOLOVA (BUL)

400m Hurdles Women - 1st WL

I believed I could win over Demus. Of course I did not know in what shape she is but I performed a really good run here. It was not technically OK because of the strong head wind. It was hard to catch a pace. In summer season I focus on 400 m hurdles. So for the Olympics I chose this event.

25.05.2012 18:52

Veronica CAMPBELL-BROWN (JAM)

200m Women - 1st, SB

Som so svojim vykonom spokojna a vďacna za tento vysledok. Nebol to rekord mitingu, ale mozno nabuduce pokorim aj rekord Jarmily Kratochvilovej. V porovnaní s minulým rokom, keď som si tu zabehla osobný rekord na 100 metrov, boli úplne ine veterne podmienky a výsledok ovplyvnil protivietor. Často myslievam na blížiacu sa olympiádu, kde získať tretie zlato bude ozajstny boj. Je však ešte len začiatok sezóny a všetci tvrdo trenujeme. Je ťažko povedať, kto bude mojou najväčšou superkou.

I am happy and gratefull about this victory. It is a good result, season best. Maybe next time I can even break the meeting record of Jarmila Kratochvilova. Comparing to the last year, when I ran the PB at 100 m here, there was negative wind today. I have been thinking a lot about the London Olympics, to win the third gold medal in a row will be a big fight. It is hard to say who will be my biggest opponent. It is just a begiining of the season and we all train hard to fight for the medals.

25.05.2012 19:09



Flash Quotes**Dexter FAULK (USA)****110m Hurdles Men Final A - 1st**

Prisel jsem sem s jedinim cílem-zvítězit. Čas me nezajimal. Mam vsak z vyrovnani osobního rekordu 13.13 obrovskou radost, i ten předchozí jsem si zaběhl tady na Zlaté třetře v roce 2009, tehdy jsem skončil druhý za Roblesem. V tomto roce se cítím ve vyborné formě, chci se na Trials kvalifikovat do týmu USA pro Olympiádu. Bude to vsah velmi těžké. Kdybych se do Londýna probojoval, můj sen je získat zlato. A to říkám úplně vážně.

I came here with only one goal - win. I did not care about the time. I am very happy that I equalled my PB, I made my last PB here in Ostrava as well. It was in 2009 and I finished in second place, behind Robles. I feel in a very good shape this year and in TRIALS I want to qualify myself into the team of USA for the Olympics. It will be a hard one though. If I made it for London, it is my dream to win gold medal there. I seriously mean it.

25.05.2012 19:10

Dylan ARMSTRONG (CAN)**Shot Put Men - 1st SB**

I am very satisfied, I had a slower start in this season because of the injury after indoors. I am very happy with SB. I think I am on the right track progressing London. Daegu, Shanghai, Turnov and Ostrava in 10 days - I am tired but I need to compete. It is like a training for me. I am focusing for Olympics, I want to be in the best shape of my life and hope to win gold.

Som veľmi spokojný, lebo úvod sezóny som nemal najlepší v dôsledku zranenia po halovej sezóne. Z tohtoročného maxima mam radost. Myslim si, ze som na správnej ceste smerom do Londýna. Daegu, Sanghaj, Turno a Ostrava - to všetko som absolvoval za 10 dní. Cítim sa unavený ale potrebujem sutaziť. Sustredim sa vsak najma na olympiádu, prave tam chcem byt v najlepšej forme mojho života a dúfam, ze získam zlato.

25.05.2012 19:28

Flash Quotes**Tiffany PORTER (GBR)****100m Hurdles Women Final A - 1st =MR**

I was focused on winning and I did not watch the time, of course I was happy when I saw I equalled the meeting record and of course I am happy about the time, it is great! We ran with tail wind so we caught it well . I chose to compete for Britain, because I support them and I thought I could do better in their team. My husband was second in his run 110m hurdlers so in our marriage competition I am the queen now. And of course I was watching his performnce. He did a great job.

Soustredila jsem se tu na to, abych vyhrala a nesledovala jsem čas. Když jsem pak viděla, že jsem vyrovnala rekord mítinku, byla jsem šťastná. A samozřejmě je to skvělý čas! Bezely jsme s větrem v zádech, takže nám to vyšlo pěkně. Rozhodla jsem se, že budu závodit za Velkou Británií, protože je velmi podporuji. Můj manžel dobehl druhý na 110m překážek, takže v našem manželském souboji jsem teď královnou. Sledovala jsem jeho běh a vedl si skvěle!

25.05.2012 19:29

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

Necítil som sa úplne v pohode, no aj tak dakujem divakom za podporu. Nebol soim nervozný. Nie, vobec som nebol nervozný, ale vyzera to na prvý pohľad tak, že som asi dnes nemal svoj deň. V tejto chvíli si este neviem vysvetliť, čo sa stalo. Musím si o tom pohovoriť s trénerom a pozrieť si môj beh zo záznamu. POčasie a protivietor nemali väčší vplyv na môj výkon a nezenrovnal ma ani uliaty prvý štart. Som naozaj prekvapený, asi rovnako ako vy všetci. Môžem zatiaľ povedať iba toľko, že som necítil takú vybusnosť ako obvyčajne. Príšiel som sem zabehnúť kvalitný čas, ale dnes to nevyšlo.

I did not feel very comfortable but anyway thanks to all of the audience for the support. I wasn't nervous, but it obviously wasn't the right day today. I can not experience what happened, I have to talk to my coach and look on the tape. The weather didn't affect me much. The false start didn't bother me also. I'm really surprised, as you maybe are. I can just say, I wasn't so explosive as I should be and as I normally feel. I was coming here to achieve a good time, but not this day.

25.05.2012 19:49



51th Ostrava Golden Spike 2012

Městský stadión

25./26.05.2012



Flash Quotes

Sanya RICHARDS-ROSS (USA)

400m Women - 1st

This race was a test for the american TRIALS and I will have another one next week in Eugene. I am satisfied with the time and as I said I feel to be in great shape and I confirmed that with this time. The wind was a distraction because it was hard to keep up my pace. I sometimes train with my husband, we lift weight together in fall.

Tento závod pro me byl testem na americké TRIALS a tím dalsim bude muj dalsi závod, pristi tyden v Eugene. Jsem spokojena s casem, a jak jsem rekla, citim, ze mam velkou formu a to se mi dnes potvrdilo. Nebylo jednoduche bezet v takovem vetru, hodne se tu toci, bylo tezke udrzet tempo. Nekdy take trenuji se svym muzem, hlavne na podzim, kdyz spolu trenujeme v posilovne.

25.05.2012 20:06

Wallace SPEARMON (USA)

200m Men - 1st

I am very happy about victory but I hoped to get quicker than 20.14. I definitely thought to overcome Bolt's meet record 19.83. But today was not the right day. But I definitely love the crowd here in Ostrava. It is a perfect atmosphere. I have to concentrate on the US Trials. I think time under 19.8 will be enough to qualify to London. I think I am capable run that time.

Z víťazstva mam radost, ale dúfal som v lepsi cas ako 20.14. Naozaj som mal v umysle prekonať Boltov rekord mitingu 19.83, bohuzial, dnes na to nebol spravny den. V kazdom pripade vsak ocenujem skvele ostravske publikum, utvorilo vybornu atmosferu. Teraz sa chcem sustredit na americku kvalifikáciu na olympijske hry. Myslim si, ze cas pod 19.80 bude na miesto v time USA stacit, aby som sa dostal do Londyna. Mam na takyto vykon.

25.05.2012 20:07

Flash Quotes**Renaud LAVILLENIE (FRA)****Pole Vault Men - 1st MR WL**

I am happy with my performance today. It was great start into the season. First competition and I have already done WL. Although I felt little bit tired. It was a little bit difficult to jump because of wind. It was blowing around. I believed I can jump 6 metres because I felt very good on 5.90. It was a small problem for me that I stayed alone in the competition. It was the first time when my younger brother Valentin was competing with me on international competition. He gave me some advice and it was very exciting. I hope we will compete together more times in the future.

Z výkonu mam radosť, bol to sekvaly start do letnej sezony. Prve preteky a hneď som zlepšil svetový výkon roka. Cítil som sa trochu unavený. Neskakalo sa jednoducho, lebo vietor sa stále točil. Myslel som si, že dnes skocím aj 6 metrov. Na 5.90 som mal veľmi dobré skoky a cítil som, že mám na viac. Nevyslo to možno preto, lebo som už nemal supera a ďalšiu motiváciu. Prvý raz so mnou sutazil na medzinarodnom mítingu aj mladší brat Valentin. Pčas závodov mi radil, bolo to perfektné. Dufam, že budeme spolu skakať na veľkých pretekoch v budúcnosti častejšie.

25.05.2012 20:13

Pamela JELIMO (KEN)**800m Women - 1st**

The race was OK although the pacemaker was a bit slower (57.65 - 400 m). But I am satisfied with the result anyway. Many athletes complain about wind here and of course everybody wants to do the best because it is so close to the Olympics. The conditions were the same for everyone. I do not run against anybody, including Caster. I just focused on myself. I want to try to do even better next week.

Preteky mi vyšli dobre, aj keď vodička bola trochu pomalšia, ako som predpokladala (57.65 - 400 m). Napriek tomu som spokojná s výsledkom. Mnohí atleti sa dnes stazovali na vietor. Samozrejme, každý chce dosiahnuť čo najlepší výkon, pretože sa olympiáda blíži. Podmienky však mali dnes všetci rovnaké. Dnes som nebezala proti nijakej superke, ani proti Caster. Sustredila som sa len na seba. Už o týždeň však chcem bežať ešte rýchlejšie.

25.05.2012 20:26

Flash Quotes**Oscar PISTORIUS (RSA)****400m Men - 8th**

This time 47,66 is so bad, when I woke up today, I never thought I would run so slowly. Not in my dreams. I don't run such time in my practise sessions. The start wasn't actually bad, but the first 20 meters were slow. I have no idea what happened. A bad day today, but I can blame just myself, nobody else. I have to run two more meetings and than train in my training base in Italy. I have to concentrate on myself, maybe work more on the start, and hope this time can be forgotten.

Cas 47,66 je taky zly, ze ani vo sne by sa mi nezdalo, ze pobezim tak pomaly. Takyto slaby cas nebehavam ani v treningovych pretekoch. Start nebol ani taky zly, ale uvodnych 20 metrov bolo pomalych. Netusim, co sa stalo. Zly den, ale hnevat sa mozem iba sam na seba. Cakaju ma este dva mitingy a potom trening na mojej zakladni v Taliansku. Musim sa koncentrovat na seba, mozno popracovat na starte a dufam, ze dnesny pomaly cas bude zabudnuty.

25.05.2012 20:30

Isiah KOECH (KEN)**3000m Men - 1st**

Na letnu sezonu som sa pripravoval velmi tvrdo, chcem startovat na olympijskych hrach v Londyne. Kenska kvalifikacia do Londyna bude velmi tazka, ovela tazsia ako dnesne preteky. Moj ciel bol v Ostrave vyhrat, nemal som nijaky ciel ohladne casu.

My training for the outdoor season was very hard. My dream is to start on the Olympics in London. Kenyan Trials will be tough, much more harder than today's victory. My goal for this meeting was to win, I did not set any time to beat.

25.05.2012 20:48



51th Ostrava Golden Spike 2012

Městský stadión

25./26.05.2012



Flash Quotes

Lashawn MERRITT (USA)

400m Men - 1st

Som spokojny s tym, co som predviedol. Citil som sa dobre, ale dost fukalo a oproti predchadzajucim dnom bolo aj chladnejsie. Veril som, ze mozem prekonat rekord mitingu, ale pocasie moje plany skomplikovalo. Rad sa do Ostravy na buduci rok vratim a dufam, ze ho prekonam. Uz je najvyssi cas. Pred americkou kvalifikaciou som vo vybornej forme a verim, ze v Londyne nebudem chybat. Tam chcem zabojovat o medailu - najcennejsiu.

I am satisfied with my performance here. I felt very well, but it was a bit windy and compared to last few days also the weather was colder. I beleived that I could beat the meeting record but the weather had made my plans more complicated. I would like to come back to Ostrava next year and I hope to beat the record then. I am in a great shape before the US TRIALS and I hope I won't be missing in London. There I want to fight for the medal - the golden one.

25.05.2012 20:54

Flash Quotes**Vítězslav VESELÝ (CZE)****Javelin Men - 1st SB**

Skvely zacatek sezony, snad jsem svoji formu stabilizoval a mohl bych takhle hazet casteji. Doufam, ze bude moje forma stoupat vzhuru jak se bude blizit olympiada. Pred zavodem jsem byl hodne nervozni, ale jakmile jsem nastoupil na stadion, spadlo to ze me. Mrzi me, ze mi to dneska neuletlo, veril jsem tomu, a tak jsem absolvoval i posledni pokus, i kdyz uz moje vitezstvi nikdo nemohl ohrozit. Chytaly me trochu krece do lytek, protoze jsem si zapomnel vzit magnesium. Ostrava je pro me specialni zavod, moc jsme si to tady uzil. Neznam v Cechach lepsi mitink. Pred zavodem jsem se v televizi dival na Barboru Spotakovou a stihl jsem vsechny pokusy, ale pak jsem musel hodne spechat na rozcvicovací stadion. Jsem moc rad, ze prolomila to domaci prokleti. Na oslavy cas moc nebude, uz ve ctvrtek letim na dalsi zavody.

Great start of the season, hopefully I managed to keep my shape. I could throw this way more often. I hope that my shape will grow up as the Olympics come closer. Before the competition I was very nervous, but as soon as I walked into the stadium it fell down. I regret a bit that I did not throw any extraordinary lenght. I believed I could, so I attempted the last attemp eventhough I did not have to, because nobody could go over me anymore. I was having some cramps in my calf, because I forgot to take magnesium before the competition. Ostrava is a special meeting for me, I don't know any better one in the Czech Republic. Before my performance I watched Barbora Spotakova's competition and I could see all of her attempts but then I had to hurry up into the warming-up area. I am so glad that she broke her bad luck here in Ostrava. There won't be much time for celebration, next Thursday I go for another Diamond League meeting.

25.05.2012 21:02

Adam KSZCZOT (POL)**800m Men Final A - 1st**

It was my first race in this season. It was very difficult, as evey first meeting for me. But the pace was wonderfull, we had good split at 400 (50.93). The last 250 meters were very difficult for me. But the crowd was fantastic as every time, so I could overcome it.

Boli to moje prve preteky v sezone. Tie su pre mna tradicne vzdy velmi tazke. Tempo bolo vyborne, mali sme dobry medzicas na 400 m (50.93). Poslednych 250 metrov bolo vsak velmi namahavych. Zvladol som ich vdaka fantastickym divakom.

25.05.2012 21:06