

**2010 Big 12 Outdoor Championships**  
**Columbia, Mo.**  
**Day One – May 14, 2010**  
**Meet Quotes**

**Women's 10,000m Champion Lisa Koll, Iowa State**

*On how it feels to be a Big 12 Champion...*

It feels great. I have done it four times now and to go out my senior season and win as well makes it that much sweeter.

*On being the only four-time winner at the Big 12 Outdoor Championships...*

It is nice to have that to my name. I hope that it says a lot about what comes next for me. I have worked really hard for four years and it is just nice to go out this way.

*On her race strategy...*

I just wanted to go out and have a strong first four miles and then kick from there. I just wanted to make it a total team effort and I thought we did that because we had a lot of people score in the race.

**Men's 10,000m Champion John Kosgei, Oklahoma State**

*On his first 10,000m run...*

Yes, that was my first 10,000m run. That was my best time ever; I'm very proud of it. I've been running the 5k all season and today I just went for the 10,000m. I just went with the flow and competed for the title

*On Sunday's competition...*

The 5,000m run is my better race and I will compete in that on Sunday. I [didn't extend myself]; I was saving something for Sunday.

*On the last lap...*

I didn't know I was so close to winning, but I'm so happy about it.

**Men's Hammer Throw Champion KP Singh, Oklahoma**

*On winning the outdoor Big 12 Championship...*

It feels great to finally have the indoor and outdoor titles. Last year, I redshirted, so I didn't compete at all. This year, I had more meets and was able to improve my skills throughout the season.

*On his preparations for the conference championship...*

Since last week, we've been taking it easy in practice to get ready for the meet. My last throw actually felt really good and it was a PR.

*On his approach to the rest of this meet...*

I'm just going to get ready for Sunday and try to score some more points in the discus now.

**Men's Javelin Champion Sam Humphrey's, Texas A&M**

*On winning the outdoor Big 12 Championship...*

It was awesome. I was in quite the battle there with Wolkins, but I had just enough to win the event. It feels great to win as a freshman in my first Big 12 meet.

*On how he felt coming into the competition...*

I felt good coming in. I had a month off so I felt pretty refreshed. It was nice to feel that way at the championships and I think it really helped me today.

**Women's Hammer Champion Alena Krechyk, Kansas**

*On winning the hammer throw...*

I am very happy. I won during the indoor meet and now the outdoor hammer, so this is great. The competition today was great and I really enjoyed it.

*On how the performance stacks up...*

I thought I did well. In the Big 12, the competition is always tough so I just wanted to come out and do my best. I felt that I was pushed and I was able to go out and have a big throw. I am just very happy.