

**2010 Big 12 Outdoor Championships**  
**Columbia, Mo.**  
**Day Three – May 16, 2010**  
**Meet Quotes**

**Men's 3000m Steeplechase Winner Hilary Bor, Iowa State**

*On becoming a Big 12 Champion...*

“It feels good. I've been the runner up for the past two years in a row so there was no room for error. I tried to move away from the field with three laps to go and be comfortable with the lead.”

*On the race...*

“The conditions aren't good. The first four laps were oaky and I realized there was no one. I had to adjust to take the lead and make the move for one lap. I feel really comfortable when no one runs around me.”

**Women's 100m Hurdles Winner Natasha Ruddock, Texas A&M**

*On how the weather conditions affected the hurdles...*

“It wasn't really hard. I'm prepared for any weather. I just wanted to keep focused and stick to the plan that my coach told me to do.”

*On earning a Big 12 Title...*

“It feels very good. It's my first year so it's been pretty good and I'm very happy.”

**Men's 110m Hurdles Winner Ronnie Ash, Oklahoma**

*On the win...*

“I really needed it. Coming out here today, it was fun out here, raining, not the best of weather, but I did really need that time.”

*On running against Nebraska's Lehann Fourie...*

“(Lehann) Fourie was right there to the left of me. He got out really fast. It was a great race.”

**Women's 400m Winner Jessica Beard, Texas A&M**

*On the 400 meter race...*

“I started well, but I didn't feel like I finished as strong as I normally do. I'm happy I contributed as many points as I could to my team.”

*On what a National Championship would mean...*

“It would mean so much because we are ranked No. 1 right now. We just want to come out here and prove that we can do it again. It would mean so much to us.”

*On becoming Big 12 Champion...*

“It means a lot to me. Just because I can help my team out and do the best that I can do. It really just feels like a blessing so I'm just happy about it.”

**Men's 400m Winner Tabarie Henry, Texas A&M**

*What it feels like to be the Big 12 Champion...*

"It feels good. I wish I could get better weather, but I just had to deal with it."

*On how the weather affected him...*

"The weather always bothers me. If it rains, I don't run well, that's just the way it is."

**Women's 100m Winner Jeneba Tarmoh, Texas A&M**

*On what it feels like to be the Big 12 championship...*

It's a blessing. I'm very happy. I just feel like the whole training season has been very hard but I'm very happy. It's very conducive to my future and I'm going to take it for what I can.

**Men's 100m Winner Gerald Phiri, Texas A&M**

*Thoughts on defending Big 12 title...*

This was definitely the best one. This time there was a little more competition than in the recent years. As time has gone by the guys have been working harder to beat Gerald Phiri and they really showed that today. I could see guys in my peripheral and usually I come to these championships and there's absolutely no one. Yesterday I kind of learned that and honestly I've kind of been underestimating the guys in the big 12 so I guess I have to apologize for that sincerely and from now on you'll see me run through the line.

**Men's 800m Winner Blake Irwin, Missouri**

*What it feels like to win...*

I don't know, I got to the 600 and was going to try and pass them (the leaders) or they were going to take off, so I went when I could just hoped that I could hold them off at the end. I don't remember anything that happened in that race. I just kind of zoned out and focused on the finish line. If they passed me they did and if they didn't they didn't, so it worked out in my favor.

*On what it means to win on home track...*

It's great. There have been a lot of guys running 800s here that have had amazing times like Derek Peterson who won 8 in a row in indoor and outdoor. It's just great to bring the title back to Mizzou and it feels good to be the one to do it. It's a great feeling.

**Women's 400m Hurdles Winner Kianna Elahi, Iowa State**

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

Well it was my best by almost a second so it felt really good. My stride progression was on and I felt like I had to dig deep there at the end. But one of my strong points is my finish and it was again today. It just feels really good.

*On representing Iowa State...*

I'm so proud. Iowa State is up-and-coming as a team and we are growing stronger now and it feels great to represent them well. It was a huge honor for me to run and win for Iowa State today.

### **Men's 400m Hurdles Winner Bryce Brown, Texas Tech**

*On the race...*

I just tried to get out and attack the first three hurdles and tried to relax a bit and kick it at the end.

*What it means to represent the Red Raiders with the win...*

It feels real good. I have really good training partners so it pushed us everyday in practice, so when we come out to a meet we can run the best that we can.

### **Women's 200m Winner Jeneba Tarmoh, Texas A&M**

*Thoughts on winning the 200m...*

"Coming into this meet I just thought about running fast and not about placing or anything."

*On gaining confidence for this race from winning the 100m...*

"It gave me confidence knowing that I can hang with them (her teammates). Porscha is really fast and I was just thinking 'Porscha please help me get home.'"

*On the points gained to help to another Big 12 title...*

"I love my teammates. They're talented. I love them and that's all I can say. They're the best."

### **Men's 200m Winner Curtis Mitchell, Texas A&M**

*Thoughts on winning...*

"It's just a blessing. I've been battling a few leg injuries the past couple weeks and haven't gotten that many 200s in. To be able to come and I know that my training partner (Phiri) is going to push me every time I race, he pushes me everyday in practice. Not only is he my teammate, but he's my mentor and I just love training with him. He just told me just to execute and push and I came out with the win."

### **Women's 5000m Run Winner Lisa Koll, Iowa State**

*On winning the Big 12 title and setting the new conference record...*

"It feels great. It's my last one (conference championship) so it was a great effort. I'm actually really happy with the time. I'm surprised I ran that fast having won a 10k two days ago. It felt really good and is a confidence booster. I mean it's the Big 12 and this is what it's all about. It's exciting, it's a community and unlike other meets we go to where you see some school and another school but the whole team came here together, we know all the other teams and it's like a little family. It means a lot to me to come away with the 10000m and the 5000m and to do it with such a great group of girls. We went 1-2-3 in the 10000m and 1-2-3 in the 5000m, you couldn't ask for better."

**Men's 5,000m Run Winner John Kosgei, Oklahoma State**

*On winning the 5,000m run and 10,000m...*

I'm so happy. Winning both events feels really good. I saved a lot of energy from the 10,000m run so I could run well today. So, in the last 100 meters or so, I really had a lot left so I just made up mind that I would really kick in that last part.

*On how hard it is to win both events...*

It's very hard and it takes a lot of courage, but for me it was all about going out and scoring points for my team. I love my team so I did everything that I could to score points for them.