

## Flash quotes

As of SUN 25 MAY 2025

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



### Tobi AMUSAN (NGR)

#### 100m Hurdles Women - 1st 12.45 MR SB

I was surprised, the beginning of the season was a little bit rough for me. But I just kept the head down and trusted the process. I just wanted to execute a clean race, so I am happy with the victory. I don't know what I did but it went well. Since the Chinese Wanda Diamond Leagues I put a lot of practice in, especially sprinting. Two weeks in I can feel the difference in my speed. I was here in 2019 for the African Games and I won, so it was like coming home, I was really excited.

25.05.2025 19:46

### Nadine VISSER (NED)

#### 100m Hurdles Women - 2nd 12.67 SB

This is a good start of the Diamond League season, although I am not completely happy with how I executed the race. The middle part of the race went really well, but my start can use some improvement. However, I am not worried about that. It was more the last part of the race that needs some extra attention. The other girls came closer and closer but luckily for me the gap was big enough to hold them off. That I can still run such a good time is really promising for my next competitions. I am now going on a training camp. My next competition will be the FBK Games in Hengelo.

25.05.2025 19:48

### Nelly CHEPCHIRCHIR (KEN)

#### 1500m Women - 1st 3:58.04 SB

I was excited to race again after my win in Doha. I came prepared and I am happy that I could win once again and run a season best. For now, I have no idea where my next competition will be.

25.05.2025 19:59

## Flash quotes

As of SUN 25 MAY 2025

### Femke BOL (NED)

#### 400m Hurdles Women - 1st 52.46 MR SB

I am happy to add this meeting record to my achievements and yes, there are still some meeting records in the Diamond League circuit that I have to chase down. I felt good in training but a real race is always different. It feels good to compete again after such a long time and be able to test myself. I said to myself this morning that I have to enjoy every moment, and that's what I did. The stadium was packed, the weather was good, the competitors were strong and the result was good. I changed my step rhythm between the hurdles and that actually went well during the race. It felt pretty smooth but my coach will probably have seen areas for improvement, like maybe on the fifth and sixth hurdles. I felt the lactic everywhere, but that's nothing new for me in a season opener. I get just a little more used to it every race. My next competition will be the FBK games in Hengelo.

25.05.2025 20:05

### Andrenette KNIGHT (JAM)

#### 400m Hurdles Women - 2nd 53.90 SB

It was okay, there are still some things we need to work on. It's just a work in progress, I am happy with the season best. I need to work on my whole set up, the race pattern. I try different things every race and just go back and see what has to be done. Next race the goal is to go even faster. It's my first time here in Rabat, the crowd is amazing and the track is good.

25.05.2025 20:08

### Ferdinand OMANYALA (KEN)

#### 100m Men - 2nd 10.05

The race was very good and I am happy for achieving the second place, however, I still need to improve to achieve better results. My next race will be in Kenya and I will try to do better than here. This is my second time in Rabat and each time the atmosphere is fantastic and I also enjoyed the cheering of the crowd and I will definitely come back again.

25.05.2025 20:24

Flash quotes

As of SUN 25 MAY 2025

**Tshepiso MSALELA (BOT)**

**800m Men - 1st 1:42.70 WL MR PB**

It was good, I want to thank myself today. When I went for it, I got it done. I am so proud of myself. Before the race I wanted just to make sure that whatever happens I can take it on. I started good, I followed the pace maker and then I went and took the win. I changed a lot from last year, my coach has been favoring so many things. I need to call him. Maybe I will be racing end of June but first my coach is gonna kill me now for a couple of sessions.

25.05.2025 20:36

**Akani SIMBINE (RSA)**

**100m Men - 1st 9.95**

I feel great, I feel confident, I am happy that I could take the win today and that I can finish this month strong and healthy. Another sub 10 in the bag, so slowly we go down in time which is really great. I am looking forward to the rest of the season and go back to training in Italy to get ready for the next Diamond League. It's amazing to have this kind of competitions in Africa. I wish we had so much more of them. Look at the stands, people love watching sports. It's really great to run on this continent, showcasing African talent and show the world that we can host great meets.

25.05.2025 20:41

Flash quotes

As of SUN 25 MAY 2025

**Payton OTTERDAHL (USA)**

**Shot Put Men - 1st 21.97 WL**

I keep improving throughout the competitions, it was the third competition of the year and I got better every time. I have a few more to do in Europe before I head to the US, so I have to keep improving. I am now heading to Bydgoszcz in Poland, heading over to Italy and then Rome Diamond League. I just need the technical queues to set in, we were having good practices, so we just need to show in competition. We are getting closer. The crowd was awesome, we filled the stadium, we like to see fans coming out for track. We talked to locals earlier and they said that it's not such a big sport here, so we are happy to see the big crowd being exposed to it. Hopefully they are enjoying themselves and having a good time and continue watching our sport in the future.

25.05.2025 20:47

**Maia McCOY (LBR)**

**100m Women - 2nd 11.08**

The race was very good and I am delighted for being second though my objective was the 1st place. I will be competing next in Nairobi hoping to get better results. I am happy to be again in Rabat, the weather was nice and the crowd was incredible. I am always happy to race in a full stadium as it motivates me to give my best.

25.05.2025 20:49

**Shericka JACKSON (JAM)**

**100m Women - 1st 11.04 SB**

It was my first 100m since the Jamaican trials last year in June and I am happy with the result. I am healthy and that's the most important thing. I did a lot of stuff good, but there are a lot of things that I can improve. But it was a good race so I leave this competition with only happy feelings.

25.05.2025 20:53

Flash quotes

As of SUN 25 MAY 2025

**Jacory PATTERSON (USA)**

**400m Men - 1st 44.37**

It feels great to be the fastest man of the year and to race in this circuit because it was my first Diamond League race ever. If you would have asked me a year ago if I would be doing this, I would have said no. I am just blessed to be here. The atmosphere is electric, shoutout to the fans for coming out and watching us. This is crazy. I have worked hard, just as everyone else, that's it. There is no other explanation than that for the progress I have made. For sure I can go much faster. It's still early in the season and I don't wanna peak right now, but I can tell there is much more in the tank.

25.05.2025 20:58

**Reynold CHERUIYOT (KEN)**

**1500m Men - 2nd 3:31.78 SB**

The race was a bit tough. Last weekend I ran 5.000m in Doha and today I went down in distance. I am competing in all distances, the 800m to find the speed and the 5.000m for endurance. But my main event remains the 1500m. I am planning to run at the Diamond League in Rome. I enjoy the crowd, the stadium was full. It's great to have a Diamond League in Africa, I hope that one day we will have one in Kenya.

25.05.2025 21:02

**Zakithi NENE (RSA)**

**400m Men - 2nd 44.46**

When I come out to compete, I always want to win. But my time is still good, I can take it. The temperature was slightly cooler, but I loved the track and the atmosphere. I definitely want to come back to Rabat again.

25.05.2025 21:05

Flash quotes

As of SUN 25 MAY 2025

**Rajindra CAMPBELL (JAM)**

**Shot Put Men - 2nd 21.95 SB**

It was a good competition. The circumstances were good, the atmosphere was nice, the stadium was packed so it was fun to compete. This is my second meet of the year so everything still feels rusty, but I am pleased with the result. We have the Diamond League in Rome in about a week so onto the next. It was my first time in Morocco and the African continent. I am very happy to be here.

25.05.2025 21:09

**Jonah KOECH (USA)**

**1500m Men - 1st 3:31.43s PB**

I am very pleased for being in the first place tonight and for achieving the Meeting Record and Personal Best as this was my objective. The pace of the race was quick and very tight. This victory is a great preparation for the upcoming events. My primary focus this year is to improve my speed and competitiveness. Finally, I would like to thank the crowd for their support, they were absolutely amazing. They really pushed me to give the maximum in this race.

25.05.2025 21:15

**Hamish KERR (NZL)**

**High Jump Men - 1st 2.25**

It is always amazing to win a Diamond League and I am very grateful for that. I am also very happy with how my technique and season is progressing. There is still a lot more to come but for now where we are today is very good. Since Doha it was all about building speed, my first couple of competitions are always quite slow, I come off early heavy strength work and that's why. This week we were really building on that confidence through my run-up and making sure that I was building speed. It was nice because I was able to do it and now I am just getting a bit more impatient with my take off. I guess you fix one thing and something else breaks so I need to work on that. Rome is next, I have ten more days to work on that speed. Then I go home for a few weeks to move house before coming back to Monaco.

25.05.2025 21:26

Website: [rabat.diamondleague.com](http://rabat.diamondleague.com)

Page 6 of 11

printed at SUN 25 MAY 2025 22:19



PRÉFET DE LA RÉGION  
DE LA GUYANE  
M. BENOÎT LAMBERT



الجامعة العربية  
مجلس جامعة الرباط



Flash quotes

As of SUN 25 MAY 2025

**Beatrice CHEBET (KEN)**

**3000m Women - 1st 8:11.56 MR AR WL DLR**

I am so so happy. I was not preparing a world record attempt. I just came to run my personal best and I succeeded. I just have to believe in myself and then maybe after some months or years, that world record will come. It is just a matter of time and I don't want to rush things. After a few laps I realised I was on my own, but I kept pushing myself as I wanted to show everyone what I can do. I really like this distance. It's nothing like a 5.000 or 10.000m, it's something completely different and I am also good at it. Timewise I don't have a big goal on the horizon. My main focus and goal are the World Championships in Tokyo.

25.05.2025 21:28

**Max BURGIN (GBR)**

**800m Men - 2nd 1:43.34 PB**

Well, for once I didn't want to go in the front but of course it's exactly what happened. It slowed up a little bit, so I was assessing and I tried to win, I hit on pretty well. I knew that I was capable of running a personal best. Last year not everything was going well with training, so with all we have done so far in training I knew that I could do it.

25.05.2025 21:34

**Tsige DUGUMA (ETH)**

**800m Women - 1st 1:57.42**

It was a good race and it wasn't that hard to take the win here today. I am happy. My next competition will be in June.

25.05.2025 21:40



Flash quotes

As of SUN 25 MAY 2025

**Nadia BATTOCLETTI (ITA)**

**3000m Women - 2nd 8:26.27 NR**

It's my first track race of the season after some road races. It was a really strong field and I ran a lot of laps on my own so it's amazing to finish in second place. My goal was to run fast but I was not focused on that national record. My mom's family is from Morocco and they are all here in the stadium. The tape on my calves is precaution. I use it in training and I feel more confident in it. Today, I also wanted to raise attention to breast cancer. That's why I have that black ribbon on my competition kit. Last week, one of my friends died because of that illness so this race is for him.

25.05.2025 21:43

**Courtney LINDSEY (USA)**

**200m Men - 1st 20:04 SB**

I am feeling great for this victory and for achieving my Season Best though my objective was to get better timing. The race was fast but I was expecting it to be faster. After the meeting of today, I will go back home to prepare for my next meeting in Rome where my goal is to get the first position and achieve better timing. I would like to thank the crowd for their support, they were super loud and very supportive. Also, the stadium is beautiful and atmosphere is fantastic.

25.05.2025 21:47

**Marco FASSINOTTI (ITA)**

**2nd 2.25 SB**

I love the Diamond League, I love Rabat and it was very enjoyable tonight. For me, this result is not unexpected. I know I am 36 years old but I know I am still good. We have Donald Thomas in the field who is 40 years old and is still jumping so why should I not believe in myself? Last year I was injured and I didn't make it to the Olympics. I actually thought about quitting the sport, but I love jumping so much. My personal best is from 2016. I just need to find that extra bit of confidence again to attempt the higher bars. Today was a good test because I got to make attempts at 2.28.

25.05.2025 21:59

Website: [rabat.diamondleague.com](http://rabat.diamondleague.com)

Page 8 of 11

printed at SUN 25 MAY 2025 22:19





Flash quotes

As of SUN 25 MAY 2025

**Elina TZENGKO (GRE)**

**Javelin Throw Women - 1st 64.60**

It was amazing today, I enjoyed every moment of this competition. The crowd and atmosphere were amazing, the stadium was full and the crowd was great. Today I was very focused, I have so much energy. I tried to focus on the technique. That is the second Diamond League victory this season and it's amazing. I have one more Diamond League in Oslo and the goal is to win again.

25.05.2025 22:06

**Adriana VILAGOŠ (SRB)**

**Javelin Throw Women - 2nd 63.25**

I did not deliver the result that I expected. I wanted to throw over 65 or 66m and I definitely have it in me but not today and that's okay. It's part of the sport. Sometimes you can't put it together. I am just gonna focus on the next competition, which will be next weekend. I want to congratulate Elina for her competition. She threw excellently.

25.05.2025 22:08

**Katie MOON (USA)**

**Pole Vault Women - 1st 4.73**

It was even better than in Doha. We are still training through right now and trying to compete. We properly build up fatigue, but honestly it's good and I felt better than in Doha. I am more focused and able to do better on the runway. Of course I would have loved to jump higher because training goes really well. But I had some really good jumps today and I am executing better than ever in competition. I will take that, cause it means that higher heights are waiting. There are so many variables and it takes some more competition rhythm to get back in to it. I will go home for the next few weeks because of how long the season is. I want to break it up, I will come back for Paris and probably London. We are gonna space it out, strategically. But I am excited to go back home and be with my puppy and husband.

25.05.2025 22:11

## Flash quotes

As of SUN 25 MAY 2025

### Frederik RUPPERT (GER)

#### 3000m Steeplechase Men - 2nd 8:01.49 NR

Amazing, I can't believe it. I felt good so I wanted to go out fast. I was happy that I was in position 2 so I could easily go in the front pack. I felt that step by step the other athletes were slowing down. I felt great so I started picking up one by one. The last km I realized that I only needed a slow last km to finish around 8:09, which would have already been amazing. But I kept pushing and ended running 8:01. The crowd was incredible, it is the second best atmosphere I have ever experienced after Paris Olympics. The fact to have Soufiane El Bakkali as local hero in the race definitely pushed me running that fast. I had the German Record of 8:09 in the back of my mind but I would have never thought to run that fast. What? Just one second of the European Record. Oh my god, I would have never thought that. 2023 I changed coach and last year I realized already that I was running more consistently around 8:15, but that one peak was just missing. So I knew that two years into the new coaching setting I could run even faster and I have felt that during training too. But I would have never dreamt of that, probably I won't be able to fall asleep tonight. Next week I will run in Karlsruhe a 1500m and then in Turku my next steeple race.

25.05.2025 22:17

### Joseph FAHNBULLEH (LBR)

#### 200m Men - 2nd 20.12

I have been working on some things in practice and I was just trying to do that in the race. Today was a good step, each race you take is one more step towards the main goal. Progress is not in a steady line, you have good races and bad races and all are part of the progress. If the race was perfect I would have run 19.19. I am glad that everyday I have something to work on. Next are Nairobi, Stockholm and Oslo. It's great to have a Diamond League in Africa, it's always a good thing to come back home. The stadium was packed out, it's a good start because the stadium is not overly big and the track is very nice and also the practice track. Everything is very good, I feel that in a few years I would be a solid meet.

25.05.2025 22:28

## Flash quotes

As of SUN 25 MAY 2025

### Prudence SEKGODISO (RSA)

2nd 1:57.52 SB

The crowd here is amazing, I can say the same thing about the new track. My race went well. I am happy that I could execute my coach his race plan. My result and my second place show that I have a lot in me for the next races, which will be the Diamond League in Stockholm. It's amazing how this season is going. If I have changed something compared to previous years? We reduced the amount of races until the World Championships. However, I still do a lot of races in my home country. For me it is really important to inspire the local kids and motivate them.

25.05.2025 22:29

### Soufiane EL BAKKALI (MAR)

3000m Steeplechase Men - 1st 8:00.70 WL

I am extremely happy to celebrate this victory in my country and in front of my fellow Moroccans. Their support today was outstanding. I really want to thank them very much. Achieving the World Lead makes the moment even more special. I dedicate this victory first and foremost to His Majesty our King Mohamed 6, who is always supporting us, to my family, my coaching staff and to all the Moroccans. I must also take a moment to acknowledge this incredible stadium, it is world class and reflects the progress Morocco is making in hosting big events. My future objective is achieving more victories in the upcoming Diamond League meetings and to diligently prepare for the World Championships in September in Tokyo where my ultimate goal is to win the gold medal.

25.05.2025 22:44