

Flash quotes

As of SUN 25 AUG 2024

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



## Rasheed BROADBELL (JAM)

### 110m Hurdles Men - 2nd 13.05 SB

I got close but I started to feel my groin. No, it is not good.

25.08.2024 14:57

## Grant HOLLOWAY (USA)

### 110m Hurdles Men - Winner

The pressure is off my shoulders now that I am the Olympic champion, so I just want to go out there and have fun. I had a way better race here than I did in Lausanne, I got some feedback after that race and knew what I had to work on. It has been a long season, but I still think I can attack the world record. The track here is unbelievable. It is one of my favourite stadiums and I want to keep coming back here.

25.08.2024 14:57

## Pia SKRZYSZOWSKA (POL)

### 100m Hurdles Women Heat B - 6th

Again I am just a step away from a goal, this time I was the first to miss the final. But the time is OK, I am satisfied with it. Training after the big championship event is exhausting, physically and mentally. The atmosphere here is incredible, I had goosebumps at the start line. It is a shame I will not be able to race for a second time in front of this crowd, but at least I get more time for giving out autographs and pictures with fans. It has been a good season overall, starting with the indoors, and together with my dad we know what to work on before the next.

25.08.2024 15:24

Flash quotes

As of SUN 25 AUG 2024

## Ethan KATZBERG (CAN)

### Hammer Throw Men - Winner 80.03

It is hot out here. It is good for the competition and the body - it stays warm, but I am sweating a lot. I feel like I should be used to it by now, Paris was obviously also very hot. It felt good, it took a bit to get back to the circle and get in the competition mood. So I was really happy to find my rhythm and build on it. I have got one more competition in Zagreb, Croatia, and then I am going home. After Paris, I was based in Trnava, Slovakia. It was great and I was there with Libor Charfreitag, the legend of hammer throw there. He was very welcoming for me and my coach and it was a great training. Good food over there and I enjoyed it. It was not far from Poland. I am coming back for a training camp some day as we also have some competitions in Banska Bystrica so I will be back in Slovakia. The Olympics take a lot from you. I have never experienced that - going to a major championships and then going to another training camp and another competitions. The celebrations at home are still waiting and I am looking forward to it.

25.08.2024 15:31

## Brooke ANDERSEN (USA)

### Hammer Throw Women - Winner

Obviously missing the Olympics was hard. Frankly, it was a bummer. But I wanted to end the season on a high and this gave me the chance to do it in my last competition of the year. The atmosphere is great. It is my fourth time here and the third win. I definitely want to come back next year, as long as I get invited.

25.08.2024 15:32

## Nelly CHEPCHIRCHIR (KEN)

### 1000m Women - Winner

It was the first 1000 metre race of my career. But I believe it is a good distance for me because I can run both the 800 and 1500. I looked at the startlist before the race and I knew there were some great runners here, but I had more strength in the end than the 800 specialists.

25.08.2024 15:54

Flash quotes

As of SUN 25 AUG 2024

## Ryan CROUSER (USA)

### Shot Put Men - 2nd

It is frustrating to lose by such a small margin, but this was a really bad day for me. I came in from the US and yesterday was my first full day in Europe. I was jetlagged and did not sleep well. I totally missed the first throw, had to do a safety throw in the second round, then missed again, so it was essentially a three-throw competition for me. Still, it is encouraging that I can still do 22 metres on a bad day. I still have more competitions coming up and I know I can only go up from here. I still feel good physically, I just could not execute today.

25.08.2024 15:56

## Karsten WARHOLM (NOR)

### 400m Hurdles Men - Winner 46.95 MR

I wanted to do this race well before the Diamond League final so it feels nice to come out and to see the momentum going after the Olympics. It has been tough getting up after such a big competition but today felt good. After Olympics, it is even worse if you get a gold medal - I have done that before as well. So many things happen afterwards, but I am starting to get used to it. To me, it is getting back to the rhythm quite fast. My highs and lows are much more stable now. I do not go really high and I do not go really low. So it is easier when you are getting older. I would rather have the silver than the bronze or fourth or fifth place, so it was the second best option. It was not my best race in Paris and Rai had a really good one. So the best man got it that day, but I know I can match that time so it is of course a bit of disappointment. But still, I did not have it in me in the most important day of the year. We need to go back to work and to make sure it does not happen again. As long as I have the fire in me, which is still burning right now, I will keep on going.

25.08.2024 16:00

Flash quotes

As of SUN 25 AUG 2024

## Fred KERLEY (USA)

### 100m Men - Winner 9.87 =MR

I really cannot complain. I had some ups and downs this year. Winning that bronze medal in Paris really means a gold to me. So I continue the works and trying to be the best athlete in the world. Up to the next one. The 400m, it is very competitive and I love all these guys. It is definitely one of the most competitive events. The venue is nice. I came here last year and the conditions are even better now and I came ou with the win, I was second last time. So I cannot complain. The W is always good. I am all way to the end of the season but feel like my season has not started yet. I ran 81 a couple of weeks ago. But Paris right? It is done. Hopefully, I can end a season with a PB.

25.08.2024 16:10

## Femke BOL (NED)

### 400m Hurdles Women - Winner

The meeting is amazing, the crowd is so loud. I love coming here. The Olympics were tough, of course, but I was happy to go back to training afterwards and I still feel pretty good. I would have like to run a 51 today, but it is a win and a meeting record, so I have to be happy with the race. The hot weather today did not bother me too much. It was actually not as bad on the track as it is here in the stands. It also meant I did not need as much warmup as usual. I have two more races to go before the end of the season, then it is time for a vacation. We will also reflect on the season with my coach and decide on what to do to improve next year.

25.08.2024 16:20

Flash quotes

As of SUN 25 AUG 2024

## Lamont Marcell JACOBS (ITA)

### 100m Men - 4th 9.93

I am back and healthy. I am there, with the best ones in the world. I am one of the bests in the world. So for now, I am very glad about this time because after Olympics, I felt a bit down. You know, when you work for many years on something and it did not happen, after the 100m and relay, I was very tired. So I am happy to come here and achieve 9.93. I really did not expect it and I just wanted to come here and try to run but after this result, I am very happy because the shape is there and the work has been done well. Now, I have two more races before the end of the season. I liked the tension because it is the adrenaline which makes you run fast and I know, that next year will be my year again. This year was a difficult one after all changes I made. But next year can be a really good one. I liked to be a part of the movie. I like when the people from outside of the track try to understand us. I like that people start to understand, that we are also humans, that we have families, we have to work a lot, we have a lot of problems, that we also have haters. So it is important for the people to understand us. This is one of the best moves for the track and field.

25.08.2024 16:20

## Joe KOVACS (USA)

### Shot Put Men - Winner 22.14

This is one of my favourite meets especially because the Polish people know the throws and the field events - there is such a history here. It is really one of the best places to throw because when the ball lands on the 22m, people in the stands know what it means thanks to the history. So I am glad I got the 22m throw, pushed Ryan (Crouser) back and forth. I have my family here with me, my twin babies, they are going to be two years in October, so it is certainly challenging but it just makes me feel it is worth it and I am glad to be here. We are going to stay here one extra day and then heading to the Rome Diamond League. We are trying to make a fun trip, looking for the things that kids can enjoy, so it is kind of a holiday but it is still a work trip. I feel like I am doing better when I am enjoying my life and when having the kids with me. In Paris, it was definitely weird to me because I felt like I underperformed. I thought I could have won and that was actually my first Olympics when I realized that they could be my last Games. I felt the emotions. In Rio, it was logistically overwhelming, Tokyo with no fans, so this time, to see my wife in the stands, to have my family there - it was the Olympic experience I have always dreamed of.

25.08.2024 16:32



Flash quotes

As of SUN 25 AUG 2024

## Jemma REEKIE (GBR)

2nd 2:32.56

It was a bit slower than I expected but in overall, it went quite well. Of course, everyone is tired after Olympics and I had to get my head back to training quite quickly and aiming towards the end of the season and the Diamond League final. At the Olympics, I was not happy about my performance but I have to move forward and make sure that it does not happen again. I think, as a team, we have done an amazing job. Many athletes managed to get medals and it is very inspiring for us all. Now, I am at the Zurich Diamond League after this.

25.08.2024 16:46

## Markus REHM (GER)

Long Jump Men Paralympic - Winner 8.03

Today, the competition was not going exactly as I wanted but I have to say that this stadium was a big help. When we walked inside and I saw it, I had a big smile on my face. Just being here today, enjoying the atmosphere, the crowd was amazing today, it was worth it. Unfortunately, we had a little bit of a head wind but I hope that I will keep the big jumps for the Paralympics in Paris. I will fly tomorrow from here and I am looking forward to what comes next.

25.08.2024 17:03

Flash quotes

As of SUN 25 AUG 2024

## Jakob INGEBRIGTSEN (NOR)

### 3000m Men - Winner, World record

It feel special, amazing. I was hoping to challenge the world record here, but based on my training, I can never predict exactly what kind of time I am capable of. I would not have imagined I could run 7:17, though. At the beginning the pace felt really fast, but then I started to feel my way into the race and found a good rhythm. 3000 is a tough distance. After 4-5 laps you feel the lactic acid, but you need to get going. The conditions were difficult with the heat today, but it is the same for everyone. I have a good team. We use ice vests, we make sure I stay hydrated and I am prepared. This meeting is great. The organisers make sure we feel appreciated and are comfortable and that really allows us to perform. Now I want to challenge world records at all distances, but it is one step at a time.

25.08.2024 17:04

## Ackera NUGENT (JAM)

### 100m Hurdles Women Final - Winner

This is my first year of competing as a professional and I feel grateful to just be able to compete against the great ladies. I am just getting used to running on the circuit. Coming here to compete against all the best in the world, on one hand I did not expect to win, on the other, I knew I just have to execute well and do everything that is under my control. I do not know what is to come for me next season, I just want to have confidence in what I am doing and let things take their turn.

25.08.2024 17:12

Flash quotes

As of SUN 25 AUG 2024

## Marco AROP (CAN)

### 1000m Women - Winner 1:41.86 MR

Finally, I get the win. I think this is my first win over Wanyonyi since last year at the World champs, so it was a good race today. Fast track and amazing atmosphere. I managed to run fast - just wanted to see how fast I could go. Pacing was perfect, I stayed in lane 1 this time so that kind of helps a little bit. I am just glad I am able to step on the line and to be able to compete. After the Olympics, I was gathering myself and was ready to race again. It was not that hard, I ran the best race of my life and even thought that I could not win in Paris, I keep my head up and I know I gave it my all. I am going to do 1km in Zagreb and I want to try to break the world record and will be back in Brussels for the Diamond League final. The world record, it is definitely going to go. I think in Brussels. Honestly, all three of us (Sedjati and Wanyonyi) could win the race. It is very possible. So it is very exciting to be a part of the 800m.

25.08.2024 17:23

## Natalia KACZMAREK (POL)

### 400m Women - 3rd

After Paris, it has been tough. I knew I would not be breaking any records here. Physically I am still ok, but mentally I needed a break. The crowd helped me a lot today. I almost cried before the start hearing the noise coming from them. I knew I could not give up and I am satisfied with the result in these circumstances. I do not plan on competing in the Diamond League final, I do not feel up to it. I have two more competitions coming up this season, both in Poland. I felt this was appropriate, as I want to thank the Polish fans for their support.

25.08.2024 17:37



Flash quotes

As of SUN 25 AUG 2024

## Marileidy PAULINO (DOM)

### 400m Women - Winner 48.66 MR

This season, I worked really hard for the Olympic Games, but I still want to win every race until the end of this season. I really did not have much time to recover after the Olympics, but the conditions here are good and the crowd is amazing. I am very pleased with setting the meeting record. Before the race, all I could think of was getting through to the finish line and running a decent time. I love this track in Silesia. Now, I am definitely looking forward to the end of this season so I can start eating a lot of food.

25.08.2024 17:38

## Soufiane EL BAKKALI (MAR)

### 3000m Steeplechase Men - Winner 8:04.29 SB

After the Olympic Games, I am so tired but I am glad for this result and of course, for the win today. The time is good, it is a good sign for the next season. I did not train much after Paris because I was so tired but this stadium and the public helped me a lot. This track is also very good and I think we all showed a nice fight until the finish line.

25.08.2024 17:48

## Gianmarco TAMBERI (ITA)

### High Jump Men - Winner

After the Olympics I felt destroyed. It was like losing somebody dear. For three years I put everything I could into defending my title, only to lose the chance. At least I showed up, even though I was not at my best, I tried to fight. That is always important, not to be scared of losing, even if you are having a bad day. I always try to push my limits, my problem is that sometimes my mind is not there. Even today I had good and bad jumps, and had two misses at 2.18. It will take time to find myself again after Paris, but the fans will help me. They helped a lot here with their warmth and support and in 5 days Rome is coming up. I am sure it will be crazy, just like the European Champs

25.08.2024 17:48

Flash quotes

As of SUN 25 AUG 2024

## Emmanuel WANYONYI (KEN)

**800m Men - 2nd 1:43.23**

The race was good. I am taking race by race, trying to have fun. I am so happy for what I have accomplished because it is sport. Some things can happen, someone can win the race, so I am feeling not that happy for today. My body did not respond well but I have done my best. I do not like when people say that I am going to break the world record. I do not want to say anything about record. Now, I think it is time to go and talk to my coach and to get ready for Brussels to run well.

25.08.2024 17:53

## Letsile TEBOGO (BOT)

**200m Men - Winner**

My momentum was bad bad. That is something I have to work on. At the finish I did not even think I won the race. But it is a good victory. In the Diamond League finals I need to fire on all cylinders. But overall, the season has been amazing. After the Olympics, I wanted to just have fun in the remaining meetings.

25.08.2024 18:11

## Tia CLAYTON (JAM)

**100m Women - Winner**

Going into this race, I just wanted to try my best, without any specific expectations. After the Olympics, I trained even harder than before. I did not go back home, staying in Italy. I am still in great shape and I intend to race a couple more times before the season is over. Again I do not have specific expectations, I simply want to run as well as I can.

25.08.2024 18:15

Flash quotes

As of SUN 25 AUG 2024

## Georgia BELL (GBR)

### 1500m Women - 3rd

It was a good race. I expected it to be a close battle, with some women wanting to make a point after the Olympics. I ran another sub-4 minutes, so I have to be pleased. I never did that before this season, but now I have done it 4 times and it would feel like a disappointment not to do it today. This was my 18th 1500m of the year, which is a lot, but now I am planning to do some 800s before the season is over. The conditions were perfect today. It was hot, but there was shade on the track and a bit of wind, so it was not a problem.

25.08.2024 18:18

## Amos SEREM (KEN)

### 3000m Steeplechase Men - 2nd 8:04.29

I wanted to challenge the field and it worked. Everything was going well today and I felt good. I started to go to the front and wanted to make sure I finish in top position. Running with El Bakkali - he is the Olympic champion, he is always champion. So when I see El Bakkali, I start to fear. But I almost managed to win today. Competing in Poland was very nice, I see many people came to the stadium to support us and I am glad for this race. Poland is the best place to run. My next plan is to prepare for the Diamond League final and I am going back home in Kenya and will get ready for the last 100m because with these guys, you need to be ready. Did you see my body? It is good for the sprints and now I am going to build on it. I will be like Noah Lyles in the last 100m.

25.08.2024 18:18

## Klaudia KAZIMIERSKA (POL)

### 1500m Women - 6th

Finally my first sub-4 minutes! I dipped as hard as I could at the finish line and it worked! The season has been great. Now I need to think everything over and process it all. Tonight is the beginning of my vacation. I am taking at least a week off from training.

25.08.2024 18:22

Flash quotes

As of SUN 25 AUG 2024

## Shanieka RICKETTS (JAM)

### Triple Jump Women - Winner 14.50

It took a while to adjust from Paris because I felt that this was the main target for me this year. I accomplished what I wanted in Paris so training has been hard mentally. But I was able to jump decent distance tonight so I am glad I managed to get the win. I was in Paris before the Olympics and I will stay there until the end of the season. I feel like Parisian now. I would not change anything about Paris. It was the first time when I was jumping with a negative wind at the major competition. Everything went perfect. Today, it just took a while for the legs to come back after the vacation we had between Paris and now and I am just looking forward to finishing strong for this season. I usually have the vacation in Jamaica so that is the place, where I will be going.

25.08.2024 18:25

## Emmanouil KARALIS (GRE)

### Pole Vault Men - 3rd 6.00 NR PB

I cannot believe I just broke the 6m bar, I jumped unbelievably. I believed that I was one of those guys who can jump it and to actually make it happen today, I am very pleased. I am the guy who, before the season, would believe that I was able to jump the 6m. But I would not believe that I would be able to win a medal at the Olympics and get a medal at every major championships. To finish with a 6m, I am extremely happy about it. Everything was perfect and I am in love with Poland and this stadium. I opened my season here and to be able to jump the 6m here, it is amazing and it will stay in my heart. I train with Piotr Lisek and others, so it is a plus one to do it in Poland. I witnessed almost all Mondo's world records, it is something great. I grew up with Mondo and I hope that one day in the future, I can be even better. Now, I cannot wait to finish the season strong and finally to go home - it is going to be crazy.

25.08.2024 18:34

Flash quotes

As of SUN 25 AUG 2024

## Marie-Josée TA LOU-SMITH (CIV)

### 100m Women - 2nd 10.83

To me, it feels good to get this 10.83. After the Olympics, I felt very disappointed. I was mentally down, but I have a good team, good husband, family and friends who support me and help me to stay grounded. So I am very glad for what I did today and we are going to move forward from this. We will see what I can do at the next competitions. This is what we have in the sprints - you achieve the same result but you finish second. But we just need to continue the work to finish not with the same time, but with the best time. For me, this Sprint era is brutal. It is important not only for me but for all African people, all young people who do not believe in themselves to prove that you can achieve it. It just shows the magic that wherever you are, you can dream big and do what you want to do.

25.08.2024 18:43

## Armand DUPLANTIS (SWE)

### Pole Vault Men - Winner, World record

It almost feels weird and unnatural to get so much love and support from the crowds when I compete. I see that especially in Poland. The energy in this stadium just keeps getting better every year. My first world record also came in Poland, indoors in Torun, so I have great memories from here. The track here is wonderful, the conditions today were perfect, everything just came together to allow me to do this. I know a lot of people came here to see me jump, so I wanted to put in a good showing for them. This year I focused on the Olympics, record just came naturally because I was in good shape. So I am not surprised with the record today, but I am thankful. It is just about being in good shape and believing you can do it. I always want to jump as high as I possibly can and to keep pushing. I have never hit a jump that felt absolutely perfect, so I always feel like I can do better.

25.08.2024 18:46



Flash quotes

As of SUN 25 AUG 2024

## Nikola OGRODNÍKOVÁ (CZE)

### Javelin Throw Women - 3rd 61.84

I was looking forward to coming to this competition because my last race was not going very well. I knew that there is a great surface here and perfect crowd, so I think I did a good job and I am going the right direction. Adriana Vilagos was in a great shape all year round, but I felt sorry for her because she did not manage it well in Paris. I think she was definitely one of the major favourites and she must feel disappointed about that result, But here, she made it up to herself. For her age, she is showing great results. The bronze medal at the Olympic Games means a lot to me but even if I did not manage it, I got great feelings and it helped me a lot with believing in myself.

25.08.2024 18:52

## Adriana VILAGOŠ (SRB)

### Javelin Throw Women - Winner

I had a bad performance at the Olympics, but I knew I was in good shape, so I am very happy I could show it today. It is great to break my national record, even just by 2 cm. I just focused on the technique today. I knew I was able to throw far. In training I was throwing over 60 many times, but I did it in competition only two or three times this year. I need to work on my confidence and just enjoy competing, not get stressed by it. I hope I can become consistent at this level.

25.08.2024 18:54

Flash quotes

As of SUN 25 AUG 2024

## Alexander OGANDO (DOM)

### 200m Men - 2nd 19.86 NR PB

I changed the colour of my hair (to gold) and I believe this new style represents all my emotions and real potential. The hard core fans really get behind this yellow-golden colour, so big thank you to all of them. I feel great about having run sub 19.90, I have to thank God to enabling me to run this pace. Honestly, I am over the moon. In Paris, we did not really achieve what we had worked for, but I am very thankful for this opportunity to compete here and to give it my all. The time is far from being perfect, but here we are again and I am planning both the 100 and 200m in Zurich.

25.08.2024 19:03