

Flash quotes

As of THU 5 SEP 2024

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## Isabel POSCH (AUT)

### 100m Women Heat B - Winner 11.56

It wasn't the best weather today, but it's always great to compete here in Zürich. I feel very good and happy with my performance. As an heptathlete taking part in the 100, it is great to have these many people cheering for you, and you can do so much more competitions compared to other athletes who only do one event. To convince Diamond League organisers to include the multieventers in the meets, I would just show them Gotzis. I think Gotzis is so great with the people so close to you, and the multieventers are a family so we could be a family with the people around us. If I were to choose maybe three events to be featured in a two-hour Diamond League meet, I would probably choose the 100, Long Jump and the 200 or maybe the hurdles.

05.09.2024 19:06

## Julia HENRIKSSON (SWE)

### 100m Women Heat A - Winner 11.23

I felt very strong today and was super motivated. I wanted to run a national record. But my start was quite slow, it was not that good. But I finished really strong. What a fantastic race. I feel like I am in a really good shape. After the Paris Olympic Games I mostly rested and also trained a bit. I ran a good time at a Grand Prix race in Sweden.

05.09.2024 19:12

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## Jacob KROP (KEN)

**3000m Men - Winner 7:34.80**

First of all, it is very important to me to get this win today. Honestly, I did not expect such cold weather but I managed it well. We decided our plan before the race and I did what I supposed to do. This is not my first time here, I have run here several times so I am glad to go away with a win. At this point, I feel like the season is getting to an end and I want to close it with style. I want to run something special in Brussels and finish the season with style on the 5000m.

05.09.2024 19:27

## Susanne GOGL-WALLI (AUT)

**400m Women - 2nd 50.60 NR PB**

I have been chasing that record for years, so I am super happy. It is funny that it happened under these under conditions, but I'm super happy to run that fast at the end of the season. I knew that my last training sessions were very good, but then I saw the weather and I was thinking it wouldn't be possible today - I am just super happy. It's super cool to compete here in Zurich. The atmosphere is amazing, and it was really important because I have never been in a real Diamond League meet, but today it felt like it. I really enjoyed it, I could hear the crowd at the end - it is such a difference between having a crowd or an empty stadium. For the 400 this is really cool. I am fan of all the events, so I am going to get changed now and watch the rest of the show until the very end.

05.09.2024 19:39

## Henriette JÆGER (NOR)

**400m Women - Winner 50.49**

It was a little bit difficult to race here, it is the end of the season and I am a bit tired. But I achieved a decent time and I won, I cannot complain. This season has been crazy for me. At the beginning I did not think that I could make it to the Olympic final and run under 50s. One reason is that I was never sick or injured before or during the season. After Paris I took a good rest. Now I will still run in Zagreb and after that I am planning a holiday in Spain.

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## Lionel SPITZ (SUI)

### 400m Men - Winner 45.30

Taking this win here at Letzigrund stadium is just amazing, unbelievable. With this weather I did not expect to run such a good time. I felt really good, I had Haydock-Wilson running behind me and I knew that he starts very fast, so when he was next to me I adopted his rhythm knowing that on the last 100m I am stronger than him. I planned my race like this and it went like I had planned it. I did not notice the rain so much. Now I am looking forward to my honorary lap with the Swiss flag in front of my home crowd - that is just mega.

05.09.2024 20:05

## Nicola OLYSLAGERS (AUS)

### High Jump Women - 2nd 1.93

At every jump I was trying to get that intensity. When it rains, the hardest thing a high jumper wants to do is to change their technique to adapt to the rain, so I was quite good mentally until the 1.93. Then, at 1.96 not having quite that intensity and with the rain and the winds now coming into play, it was a little bit harder. Overall, I was very happy with what I did. I was trying to write down in my book, I even have a good pen, but with the rain, the ink was going through the page ok - but it made me realise I can't read my book today because it would get destroyed. I had a quick look, closed it and tried to picture it. The book is a good thing but I don't rely on it. The rain is actually something I quite enjoy competing in, because it takes everyone out of their routines, and it becomes a more pure thing. I mean, for me, when I compete in the rain it reminds me of my wedding day. It poured down, much bigger than this, and all the plans we did that day had to be adjusted yet it is still the best day ever - when I come to a competition and it is raining, it takes me back to that day. If your plans don't go the way you thought they would, it is still an opportunity to adapt - for me, I look back, and the days that it was raining, that's when I learnt the most. You know what, God is in charge of the rain, He knows what is going on, so for me 1.96 is something I want to get in Brussels and get back to over 2 metres but I am happy with 1.93 today.

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## Yaroslava MAHUCHIKH (UKR)

### High Jump Women - Winne 1.96

This was the first time, when I actually tested my new run-up in rainy conditions. But I am pleased to be here because the atmosphere at this stadium is always really great. The people cheer for us and it adds up motivation to us to jump higher - it helped especially with my jump at 1.96. I wanted them to clap for me and I did it. So this time, I am glad that I come with the win. I think that it has been a long time since I was worried about my jumps because I used to jump everything with the first attempts. I believe my family and my friends will tell me: You are crazy. I still have some more competitions so I wanted to make sure I finish this one well and I will be ready for the next one. Why 201 - because it is five cm higher so I said: Why not. I always want to bring these victories for my nation back in Ukraine. I am looking forward to the next competition and I hope we will have a little bit better conditions in the final.

05.09.2024 20:22

## Georgia BELL (GBR)

### 800m Women - 2nd 1:57.94

I was in lane one, so I knew I had to get out hard. I tried to be in the front group and then I walked my way through at the end. I am very satisfied with my race style and my second place. I wanted to win a DL and I have had a few second places, also today, so I really hope to take a win in Brussels. After Paris I took a couple of days off, saw family and friends and showed my Olympic medal to my grandmother. After my last race I will see where it the hottest place in Europe and then I will go on a holiday there. I had a fantastic season, I am so proud of what I achieved.

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## Roshawn CLARKE (JAM)

### 400m Hurdles Men - Winner 47.49 SB

I came out with the mindset that this is a race than anybody could win and I wanted to come out on top and that is what I did today. The season is very long but I still could go. I only have two weeks left until I go and rest for the nest season so I just keep in my mind that it is only two weeks left and I will go and get it. We will probably go to the beach together with the team, when it is over, to have some fun and celebrate the season. We have been very succesfull in many events. The conditions were not the best today because yesterday, it was very warm and today it switched completely and we got very cold rain. But I just have to keep myself cool as everybody have the same conditions and we have to face the same weather. So did what I had to do. This victiry is very important to me because I tried to the Dimaond League final and I ws 9th in the standing and these points will put me into Brussels. My biggest motivation for me is the disappointment from Paris and to finish the season well and keep going

05.09.2024 20:34

## Mary MORAA (KEN)

### 800m Women - Winner 1:57.08

My plan is to finish my season in a good way, but I leave everything to God. After Paris, the training has not been running well because after each two days you are running another event so it´s hard. The training that I did over the last 7 months it is the one that I am using. I am training together with my sister and with the same coach, so I am very proud that she won a gold medal at the World U20 Championships. I have been mentoring her so she can follow my footsepts. My dream is to be able to be in a race with her in the big stage.

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## Sha'Carri RICHARDSON (USA)

### 100m Women - Winner 10.84

I already did it [that same finish Mondo did in the 100], but Mondo put a little twist on it, he looked to the side and run, that's the Mondo flavour. To me it was an amazing race. [About the last 20 metres] I am training and executing because I know the race is not going to take care of itself.

05.09.2024 20:43

## Sasha ZHOYA (FRA)

### 110m Hurdles Men - 2nd 13.10 PB

I was injured at the beginning of the season, my left achilles tendon. And two weeks before the Paris Olympic Games I tore my groin. So, now I am catching up. In a race with this weather and at the end of the season, achieving a PB is just amazing. I touched the last hurdle, so there is still potential for a better time. I have two more races, in Brussels and Bellinzona. The atmosphere here is crazy, unbelievable. When there are so many people like here in Zurich that helps a lot. This race felt just good.

05.09.2024 20:47

## Julien ALFRED (LCA)

### 100m Women - 2nd 10.88

This race, it felt good. I am just having fun. I am trying to finish strong. I really have not had the chance to take my medal in. After Paris I went back to Texas, did some training. It has been up and down, I am still working on the fine tuning. In Brussels I will not run the double, just the 100m. My aim is nothing in particular, just to finish strong. I am looking forward to go to Santa Lucia, just to celebrate with my country.

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## Grant HOLLOWAY (USA)

### 110m Hurdles Men - Winner 12.99

I did not react well to the gun but that is track and field so I had to accelerate in the finish. The main thing for me was to run the most sub 13 and I did that so it is surreal. Nobody had ever done that many sub 13, ever. And now, I am on the top of that list so I am pleased. That was something I wanted to accomplish this season. I just kept trying and trying and trying for so long. So to run 12.99 just feels great. We will see what happens about Brussels. I am looking forward to it. Lets see what is next to come but right now, I am very excited about this one. The crowd here is remarkable. And to run 99in these conditions, it is great. I follow the stats, I think that is what keeps me motivated. I have to keep that mindset that I still have something to achieve. It has been a great year and I want to thank my team what stands behind me.

05.09.2024 20:52

## Leonardo FABBRI (ITA)

### Shot Put Men - 2nd 21.86

I am 100 per cent more satisfied than I was in Rome. My competition was much better today. From the warm-up, I understood that it was going to be tough. It was raining, it was cold, I felt a little bit tired from the long season, but I wanted to show myself that I can still perform. The 21.86 is impressive. So three more competitions and I want to perform well. I like competing. My last competition with the wet circle was actually in Paris. So today, I wanted to make sure that I can throw also with the rain and tough conditions. I am also impressed by the performance of Ryan Crouser. He shows something amazing. The crowd is beautiful - it was nice that many people were cheering for me. We need to perform well and achieve medals to attract more crowds in Italy. Unfortunately, they just follow soccer and they watch athletics only during the Olympics. But things are changing a little bit and we just need to perform well at the world championships, and I am sure that the stadium will be full again.

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## WARHOLM, Karsten (NOR)

### Shot Put Men - DNS

I am actually a bit sad about that I could not run. I would have loved to be in this race. But I felt my hamstring a little bit after the race yesterday. I tried to do a little bit of a warm-up today but I did not sprint properly and then it is not worth to risk. I am going to go home and check but despite the fact that it does not feel well today, I donot think it is a serious thing. We just need to check it and see what it is. So for now, maybe it was the last race of the season but we will see. I hope the bet is done by now. I will wear this jersey (Sweden) and people will take pictures and make fun of me. But I hope that I can leave this behind me. Because I do not want to make a fool of myself twice.

05.09.2024 21:10

## Beatrice CHEBET (KEN)

### 5000m Women - Winner 14:09.52 WL, MR

I ran WL time, the weather is not favorable for a WR. It was good to run, I just want to thank God. I really wanted to run the WR, but I missed it, this is due to the weather. And the pacemaker was supposed to pace until 3000m. But she dropped of earlier. I used a lot of energy to push. It was not easy. Today, I just want to say thank you to the audience and to the fans. I am over the moon that I ran a WL time. I was not tired in the second half of the race. I got somebody's spikes onto my leg at the beginning of the race, now it is bleeding. I will do Brussels, I will have to talk to my coach about another attempt for the WR. I guess I do not have the WR in my legs anymore for 2024. Next year.

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## Ryan CROUSER (USA)

### Shot Put Men - Winner 22.66l'm i

I'm bigger than most some of these runners so I could spend more time outside here. The fans have been so good - if anyone wanted a photo or a signature, they got it. It's mostly kids that come down, and I remember being six or seven years old and having a signed bib - I still have it, but it is illegible so I can't remember whose it is. It is just a scribble, but I know what it means for young kids. They came out here to support us in the rain, so it is the least I could do. Tough conditions, a lot of rain, but I am very happy with my performance. It was probably one of my best meets this year. Technically, making changes in the rain is tough, so I was very pleased. You get a little bit unbalanced, and I couldn't be as aggressive so tried to get some good positions instead. Technique was spot on today, so I am excited to finish the season like this. It was a good preparation for Brussels where it is looking it might rain there - but growing up in Oregon, if I didn't throw in the rain, I would not throw at all. Here you never know though. The field is extremely deep, with Joe [KOVACS], [Leonardo] FABBRI and Payton [OTTERDHAL], at any time they could still pass me, so I was pleased with my performance. No one really liked the final three throws, it was hit and miss, and there are probably other changes that we could still make. My view on coaching is different than a lot of coaches, not to say that for them it is not self-serving for the athletes, but if I work with athletes my dream is for them to not need outside influence, so they have to be prepared - it is much more hands off for me with the goal of preparing them for that moment. When you step on an event like this or a World Champs or the Olympics, there is no replacement for the body awareness and the position and technique that the athlete feels. So, to make those adjustments is such a skill to have and I think it is showing well with Roje [STONA] and myself too.

05.09.2024 21:17

## Armand DUPLANTIS (SWE)

### Pole Vault Men - Winner 5.82

Mentally, I felt kind of good today. But my body felt wrecked after yesterday's race. Plus, the weather was really cold. So that was a bad combination. The sprint yesterday was very impressive. For both of us it was a great experience. It was super amazing. I think we built a super event, it was very new and innovative. And for just being a pre-event show for today. I do not see why there could not be more events like this. Today, it was really fun.

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## Shiann SALMON (JAM)

### 400m Hurdles Women - Winner 52.97 PB

I came into this race with a strategy to come out, keep it up until the home straight and then finish strong. I did that and I came with the victory so I am grateful. It was not something new, it was just executed well tonight. I really wanted to end up the season with the 52 and I did it. The crowd is amazing and they made this race so nice. I am really glad that I had got the chance to do it today. I cannot wait until I lay down on the beach. I had the goal to run the 52 seconds and that was my main motivation to run so well. And we have two Jamaican wins, that is great.

05.09.2024 21:29

## Cole HOCKER (USA)

### 1500m Men - 3rd 3:30.46

Tactically, it is always more difficult when you have a pacer, but it makes it interesting nevertheless. In races like this, with such a field, it makes you appreciate even more when you win or do well.

05.09.2024 21:39

## Wayne PINNOCK (JAM)

### Long Jump Men - Winner 8.18

My result today shows what I can do. My victory today is not like a revenge. I came out here with my best, that is all. I have one more year in college but after the NCAA season I signed professional. So I will finish my finance studies online and get my degree. I really want to do long jump on a professional level. I think I will be in Brussels. Recently I have been a bit lazy with my jumps. Today my coach told me to feel the energy from the back, and it was as easy as that to achieve 8.18m in that weather. Jamaican field events have been doing great in recent years.

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## Letsile TEBOGO (BOT)

**200m Men - Winner 19.55**

I mean, that's the mentality that I've got, I always dig deep for the races and for everything, so, for me it means a lot. Even though it was not my one-hundred percent, I think that at the finals it is something that you will see. I still have two weeks to prepare for that, so can't just be without doing anything. What was different [between this race and the Olympics] was the curve. Today, I did not run the curve, I only ran the home straight - but with the Olympic final I ran throughout the whole race. That is something I will do at the Diamond League final because there is still more inside me. I mean, it is all about taking risks. Without risks there are no rewards, so I am taking all the risks that I have got. As long as I finish the season healthy, then I am good to go. After the Olympics, I don't see or feel any changes in me. Unless people start telling me that I changed, I need to look into that. My goal is always to be as grounded as possible. Also, I didn't have any time to celebrate that gold medal because there were only 8 days until my next Diamond League event, so I had to stay as grounded as possible and do everything I could do to be able to perform at the remaining Diamond League meets.

05.09.2024 21:41

## Yared NUGUSE (USA)

**1500m Men - Winner 3:29.21**

This race was so highly anticipated and I knew that it was going to be quick in the end. Everyone could have won this race. I am glad I was still able to win. From the beginning, I just tried like not to do any wrong move and to be where I wanted to be. And then you need to be ready for the end. It is definitely a lot less stressful. The Olympics were like a huge milestone and when you got over it, it just felt like fun racing. It is so much more fun running with these guys today. I will hopefully have the Brussels Diamond League final, and I cannot wait to go home to see my family, my friends, and I will go for vacation. After today, I will hopefully go for another win. I really want this Diamond League trophy. After the Olympics, I think my life will change for the better. Getting the medal at the Olympics just gave me more self-confidence in who I am and now I know what I can achieve. I mean, nothing has really changed but the way how I feel about myself has changed. So definitely it is a positive thing.

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## Miltiadis TENTOGLOU (GRE)

### Long Jump Men - 2nd 8.02

I had zero motivation to jump today. It has been a long season and in these conditions, it was hard. I have nothing to prove - I am the Olympic champion, I do not need points, I do not need anything, so what I needed is a good result, if there are good conditions. But coming here, I knew it was going to be like this. So zero motivation for me. If anybody beats me now, I am like: I do not care. At least, I am pleased with the 8m jump - I did not miss my series. Like for two years now, I always jump at least 8m in the competition. So at least, I did not lose that. About Brussels, I will see. I do not know now. I do not care about the money. Today, it was raining and I had to wait ten minutes because they told me that there is no camera and I had to wait. I should have jumped but had to wait like ten minutes in these conditions.

05.09.2024 21:55

## Cyréna SAMBA-MAYELA (FRA)

### 100m Hurdles Women - 2nd 12.40

My plan coming in was just to execute, but lately it has been hard just to do that - but every race is the same goal which is to be able to execute. I think there is still more progress to do, but, technically, I feel that it started to come out so I am quite satisfied more or less. I wouldn't say two worlds apart [comparing Rome European Championships with current performance], because athletes are constantly changing. Our bodies are always changing at different stages, but I would say that I am less fresh than I was in Rome which is normal as this season has been long. At the end of the day, the goal for the rest of the season is to make sure to keep some quality and keeping the shape I had at the Olympics. It has been hard to manage because we have so much to do after the competition, also doing the media, it is kind of a duty that continues after the races. To be honest, I did not take any time with my family or with myself to digest things. I am trying to make things work, and to manage things, but I am not going to lie - I want to continue the rest of the season and enjoy it, but I can feel that my body and my mind are tired - although I trust my team and I know they make sure my body can recover as quickly as it can. Without them I couldn't do what I do.

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## Sam KENDRICKS (USA)

### Pole Vault Men - 2nd 5.82

We struggled and spent so much energy at the beginning. Inside our heads, we knew that this was not going to be our best competition. I am really proud of Mondo for holding it together. I was hoping I would sneak over 602 when he was a little bit tired from racing Warholm and maybe will win a Diamond League this year. But I will try again in Brussels. I always say, pole vaulters, we need to cherish him. He pushes the whole sport and gets a lot of attention to it. He does well. He is a good positive boy and I love sharing podium with him. He actually brings the best out of me. Jumping 6m for the second place, that is just crazy this year. Technically speaking, winner buys dinner. So he owns me a dinner tonight. No matter if it is a fallafel across the street, he is going to buy - he owns me a lot of dinners by now.

05.09.2024 22:02

## Kenneth BEDNAREK (USA)

### 200m Men - 2nd 19.57 PB

I am happy for my performance, got a PB and glad for that. I did not think it was going to be that fast in these conditions. All I was trying to think about was how to execute the race and keep going. So the next race, with the better conditions, it should be even better. After Olympics, I had a little flop in Poland, I was a little slow. But I went back to practice and took some rest. After a few days of practice, I got the best race I have ever had. So I know I have got a lot more in me. I love this track. Everytime I step on, the crowd is electrifying and the track is fast, so I am going to be here every single year.

05.09.2024 22:10

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## Jakob INGEBRIGTSEN (NOR)

1500m Men - 2nd 3:29.52

My race was better than I expected it yesterday. I still have not recovered. It was worth it to come here and race. But one more week of recovery would have been better for me and given me more stimulation. Everything is about experience. My gutt feeling is always right. With how I felt yesterday, today's would not have been so fast. I feel I have a good controll of estimating my performance beforehand. I think Brussels will be fun. I will only race the 1500 because there would only be one hour between the 5k and the 1500.

05.09.2024 22:15

## Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women - Winner 12.36

Great, I qualified for the DL final. I did not feel the back wind. I am ok. I am glad I came out with the win. I only got there and I ran like freezed, if I touched a hurdle it did not matter. It is what it is. I kind of hurt myself. I always do this. I realized I ran too sloppy and needed to do a cleaner race. I keep running the same times. I did not run in Rome and had to pull out in Poland. So I keep thinking 'What times would I had if I had run there?' I guess I am just stuck at a certain time. Brussels? I am tired... we will see. The goal for these post-Olympic races is to stay positive, make some money and have some fun. In the box I am always calm and confident. The end of the season is for cash.

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## Julian WEBER (GER)

### Javelin Throw Men - 2nd 85.33

I felt better in Berlin on Sunday, I had a better feeling for the throw. The atmosphere here is fantastic and it is so much fun to throw here. My throws today were really not bad, but they could have been better. I was a bit sick those days, a flu. Plus I hurt my ribs a bit. So with the rainy weather, that was not the best combination. This was my first competition in the rain. I am not used to that. But this was not the main factor why I came second, but I am also capable of throwing the winning result. Next week, in Brussels is really going to be important and I hope to be completely healthy there. The people here are simply amazing, it is great fun throwing here. You feel that they are real fans, they are extremely interested and they want you to do well.

05.09.2024 22:21

## Anderson PETERS (GRN)

### Javelin Throw Men - Winner 85.72

It still feels like I am coming back. After Lausanne, I was sick with the flu so my body is still recovering. I have not been training, just relaxed and tried to recover. So it still feels like my body is on the way to the top competition form. I was looking forward to competing here and seeing what my body can produce. I have got just one more competition for this year and I am done. Definitely, it is Brussels - it is going to be my third time in the Diamond League final. And it will be my shot on the win. About the next year, the world championships is later in the season but I won my world title in Doha which was in October. So that is something we know how to do and it is just a matter of doing it again. The beauty of javelin throw is that it is an unexpected event. One day you throw 90m and another day you throw 80 - it is a little bit unpredictable. But that is why most javelin throwers like it. You never know when you get a good throw or when the world record could be broken. Look at the guy from Pakistan - he came in, he threw Olympic record, 92 meters crazy... That is javelin. I like competing and that keeps me going. That is what I live for. After Paris, I managed to go home for three days so I managed the celebrations already and it was good.

05.09.2024 22:27

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