

Flash Quotes

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Jacob PAUL (GBR)

400m Hurdles Men national - WINNER 49.80

My main aim was to get out strong and I felt I did that but I need to run the bend harder. I committed early and now I need to get that time down by staying in the race longer.

My big goal is the European Championships and I feel I can do really well there but I need to get that qualifying time first. I am getting consistent around 49.6-49.8. I just need the right race.

I feel confident I can get it, just got to execute my strategy. I probably changed down a stride too early tonight so there's more to come and learning to be done from today.

30/06/2022 17:57

Eveliina MÄÄTTÄNEN (FIN)

800m Women national - WINNER 2:01.14 PB

The pace was optimal for a PB run, the pacemaker passed in 59.60 at the 400m. Now I will take a little break before heading to Eugene for the World Championships. After that there are the Finnish nationals. It's a special timing, especially with the long and stressful travels to the United States before. At the Europeans anything can happen. But I am aiming to be on my best.

30/06/2022 18:10

Flash Quotes

Ben PATTISON (GBR)

800m Men national - WINNER 1:46.06

I really wanted to bounce back as I felt I let myself down at the weekend (British Champs). I settled in behind the pacer although he was a little slow but I relaxed on the back straight then pushed it from 500m. I didn't want to do any damage as it was a bit windy again so I knew it wouldn't be too fast but I pushed again to take it comfortably.

I am really looking forward to the Commonwealths. I am sharing a room with Matt Stonier here and we are like two little kids, so excited as we have never been to a major champs before. I am going to get a block of training in now and hopefully I can do a lot better than this weekend. I have learned a lot from that experience.

30/06/2022 18:19

Liz CLAY (AUS)

100m Hurdles Women national - WINNER 13.031

My warming-up was so great, but I felt a little niggle in my leg during the practice start, so I took it steady. I am not satisfied with the time, but I didn't want to take any risk with the World Championships coming up. We are heading directly to the training camp in Seattle. And then I will do everything to reach the final there.

30/06/2022 18:35

Flash Quotes

Chase EALEY (USA)

Shot Put Women - WINNER 20.48

I feel really amazing as I had two good throws today. I felt very confident and comfortable in the circle.

The worlds are coming up... I feel that I am building my self confidence more and more by throwing over

20m regularly. When I keep winning this competitions and throwing over 20m, my confidence is growing

up. It is easier to relax and to focus on what to do next. I knew it was coming and I was very excited when

I threw over 20m for the first time.

I feel like my final three throws were good like all my Diamond league meets I have had so far this year. I

want to get a medal, preferably gold when I get to the World Championships. I do not have really any

rivals in here, we are all friends. I just want to keep throwing and keep loving it.

I always said Look good, throw good. To put all this make up, it is just a part of my routine. It makes me

feel better and it really represents me.

30/06/2022 18:46

Flash Quotes

Paolo Camossi Coach Lamont Marcell Jacobs

Coach

Coach Paolo Camossi on the withdrawal of Olympic Champion Lamont Marcell Jacobs in the 100m:
The situation is under control. He has a little pain in his glute muscle. It would have been too risky to run today, that's why we decided to withdraw him from the 100m. We are really upset not to run in Stockholm, because last year it was a good race before the Olympics in Tokyo. But the risk is just too high with the eye on the World Championships in Eugene next month

30/06/2022 18:56

Ellie BAKER (GBR)

1500m Women - 5th -4:08.63

I have had an emotional few days and also physically drained from last weekend but I really wanted to chase that European standard to keep my options open. But I think in the end my legs weren't there. It was maybe a step too far. My legs were probably not fresh enough. I am still waiting to hear once other federations declare regarding Oregon but I was focussed out there and gave it my best.

30/06/2022 19:09

Flash Quotes

Linden HALL (AUS)

1500m Women - Winner 4:02.65

I would have liked the pace makers run a bit faster because the plan was to run a bit quicker. I was definitely running a bit scared in the last 300m because I was in the front and there were the quick girls behind me. But this gives me a really good self confidence coming to the World champs and the Commonwealth Games.

I was sick during the Olympics last year so I would love to do better than that. I always got an eye on the podium. It is all coming together and hopefully the timing is perfect. You never know how it goes with the 1500m... We train to be ready for anything. Last year, it was a really fast final at the Olympics. I am ready for that and if it is slow, I am ready for that too.

Now, off to America tomorrow. We have a training camp in Seattle. I am looking forward to finally seeing my coach who is in Australia now.

30/06/2022 19:12

Flash Quotes

Matthew STONIER (GBR)

1500m Men - 2nd: 3:36.60

This is best atmosphere, biggest stadium and most prestigious event I have competed at so far so it was amazing out there. I pushed to the end and only got pipped on the line. Eight weeks ago I never thought I'd be here at all. It has been such a rollercoaster since I won the Emsley Carr mile. I am excited for the Commonwealth Games now. Ben (Pattison) and I are roommates here and we are loving it. But seriously it makes a difference having someone to chat to, eat with and train with. I now intend to have a training block before Birmingham which will be good as I have not had the chance with so many races lately. I am home from university so it gives me a chance to be at home and relax too.

30/06/2022 19:36

Flash Quotes

Filip SASÍNEK (CZE)

1500m Men - WINNER 3:36.56

My first victory in the Diamond League. In fact, I won the 800m in Zurich but it was just the young diamonds in 2016 and I am glad that I managed to face the best runners within the Diamond League now. And it was even better because of the result.

The pace should not be too fast but nobody accepted the pace makers too much. My aim was to watch the top three positions and I managed it well. Still, I had enough power in the finish and I can fly to Eugene with full self confidence.

The time was OK but I am still hoping in a new PB and the races are not so fast yet this season. So I am hoping for even more in the close future.

30/06/2022 19:44

Flash Quotes

Miltiadis TENTOGLOU (GRE)

Long Jump Men - WINNER 8.31

I am very pleased with what I did - 8.31, but we started really bad, to be honest. The wind was crazy. It was changing all the time - minus 2, plus 2... I was here alone - my coach was not with me so it also did not help me with my self confidence. I had to find my run up but it was OK in the end.

When the conditions are difficult, my coach is always there to help me - he tells me what to do. When I was alone, like now, I missed the confidence in my jumps. I pushed my run up 30cm back and told myself that it was going to be OK. But still, I think it could be further. I want to fight for the gold in Eugene.

30/06/2022 19:53

Ama PIPI (GBR)

400m Women - 3rd:51.80

It was better today than the trials and another good race experience. I need more races but that is it now until Oregon and I am looking forward to the camp to focus on a few race details. Today was a great experience prior to Oregon in a big stadium with a good crowd.

30/06/2022 19:54

Flash Quotes

Anna KIELBASINSKA (POL)

400m Women - WINNER 50.60

I am really happy to be among the best in Europe. I don't want to stop and think about it because I still have a lot of goals this season. But I am enjoying it and trying to put some steps forward. I wanted a PB but the 400m is really tough and I can't improve every race. But 50.60 is still good. I would really love to get in the final at the World Championships. I will also run two relays, the mixed and the 4x400m. That will be a lot of races. It is a good training for the Europeans. Because they remain my main goal. You can suspect what I want to achieve there.

30/06/2022 20:01

Femke BOL (NED)

400m Hurdles Women - WINNER 52.27 DLR MR SB

I am very glad to come back to this stadium which I really love and I am glad I managed to win again. I am still hoping to do something very special also in Eugene. It was a good race today but not perfect. In the end, I am very glad for this time.

I do not remember everything from the race but I think the first five - six hurdles went really nice but I hit the last hurdle, I am used to that by now, so I can be happy I can still finish like this.

I am so excited before Eugene. When you see the results from the Hayward, I am so excited to go there and I have some great competitors out there. I am looking forward to competing in Eugene.

30/06/2022 20:10

Flash Quotes

Reece PRESCOD (GBR)

100m Men - 2nd: 10.15

It was hard after a big weekend at the (British) Champs in my legs. I have done a lot of races over the last few months so I need to rest up now and get ready for the worlds. The conditions were good today and the stadium atmosphere was great but I was tired. I have a big few weeks now so I will rest and recover and be ready to go in Oregon.

30/06/2022 20:17

Akani SIMBINE (RSA)

100m Men - WINNER 10.02 SB

I came for the victory so I am happy with the win, it's an important victory before the World Championships. Winning here with a SB means that everything we do is working. It's great for the confidence. I am looking forward to Oregon. There I want to be the best I can and represent Africa and South Africa. I want to put them on the podium and do great for them. I just need to get a little sharper before the Worlds. We will do the last adjustments during the training camp in San Diego.

30/06/2022 20:23

Flash Quotes

Anderson PETERS (GRN)

Javelin Throw Men - WINNER 90.31 MR

Flash Quotes

I am not really in a great shape - I have suffered a back injury. It is still getting better but I hope to be back in a really good shape soon. Getting the 90m throw was really good, I was very much motivated by Neeraj to get a 90m throw because he started the competition with a PB and a NR and that was pretty good for the start.

I am thinking about it - not having the minor injuries and I hope when I am like 100 percent fit, I want to see what the result would be. When I am able to get the technique, to get the rhythm, and my body would be 100 percent ready, I really want to see the result.

The javelin throw community is really good and I am enjoying every competition. We always motivate each other, we want to make sure that everybody is doing ok. We want everybody to perform well. So doing competitions with those guys means a lot to me. The more I compete, the better I become.

In Eugene, it will be anybody's game.

Flash Quotes

30/06/2022 20:33

Keely HODGKINSON (GBR)

800m Women - 2nd: 1:58.18

The race was a bit messy and I obviously don't like losing but it is all good experience. I got a bit boxed in on the backstraight but that's 800m racing for you. I got out of trouble but couldn't quite get it together today. Mary (Moraa) got the better of me today. I did come here on the back of racing at the weekend but that is good practice for the Champs with all the rounds. I am looking forward to the World Champs now with a block of training between now and then. I need to be on top form with three championships coming up so no resting just more hard work. It is probably the biggest crowd I have raced in front of so great experience for me.

30/06/2022 20:34

Neeraj CHOPRA (IND)

Javelin Throw Men - 2nd 89.94 NR PB

Today, I feel good and after the first throw, I thought I could throw even over the 90m today. But it is OK as I have more competitions coming this year. I am close to 90m now and I can throw it this year.

Despite the fact that I did not win tonight, I feel very good because I did my best.

30/06/2022 20:40

Mary MORAA (KEN)

800m Women - WINNER 1:57.68

I am very happy with the win and the way I ran. I came here to win, but it wasn't easy. I am looking forward to running with medallists at the World Championships. I qualified for both the 400m and the 800m. I have to discuss with my coach whether I will double or not. It's only my second season on the 800m. I decided to focus on the 800m because we don't have enough facilities to train.

30/06/2022 20:42

Flash Quotes

Eleanor PATTERSON (AUS)

High Jump Women - Winner: 1.96 SB

It wasn't my best preparation for today with a bit of a niggle picked up in the warm up at a previous Diamond League event so I have started my season late but to come away with the win on my season opener is great especially given I made it difficult for myself by taking three jumps to clear 1.93. I really wanted to get a competition under my belt and what better place than Stockholm - I love it here. I fly to America now for a training base in Seattle with the Australian team to acclimatise. As Australians we are away from home for a long time during the year which is why I decided to make a later start to my season. I can fly there with confidence now after this evening. After Oregon I have the Commonwealth Games which I love as that was my first international competition. I then will return to the Diamond League aiming to make the finals - that will be difficult because of starting late but the Diamond League is where it's at!

30/06/2022 20:53

Domnic Lokinyomo LOBALU (ART)

3000m Men - WINNER 7:29.48 WL

It was the first time ever that I competed. At the start I was a little bit scared. At the end I started to pick up the athletes and the last 100m I thought that I could win. I believed in it all the time. Never give up. So I am very happy with the victory. I really wanted to be the first refugee to win. I want to motivate other refugees too. It is a big thing to start like that. I started working for my goals and always believed in myself. I had to fight to be here. I grew up in Sudan and started running as a 15 year old. We did football and running at school and my teacher told me that my legs could change my life. In 2017 I became a refugee and landed in Geneva, Switzerland, where I met my coach. I am grateful that I can work with him.

30/06/2022 21:01

Flash Quotes

Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women - WINNER 12.46

I take the win but I feel a bit under the weather. But coming to the stadium, I knew what I had to do today, despite the feelings. I think the hurdles 4 to 8 was a little slappy. I do not know but I know it could have been even better.

In this race, I did not see much improvement. I just wanted to make it through safely, that is all. The worlds is another championships, so I go back, start the training, and I am looking forward to it. It is not too far away so I do not have to travel too far.

The world record would mean a lot to me. When it happens, it happens. It hopefully happens this year but if not, I still have years to go.

30/06/2022 21:05

Daisy JEPKEMEI (KAZ)

3000m Steeplechase Women - Winner: 9:15.77

I found it hard work but happy to take the win with good competition out there. There will be a lot of competition in the World Championships so I will try my best but it will be hard with so many good women. I will go to Monaco Diamond League after the worlds. Today I have really enjoyed being here - it is my second time.

30/06/2022 21:19

Flash Quotes

Alice FINOT (FRA)

3000m Steeplechase Women - 2nd 9:19.59 NR

The race went really well till the three last laps. I had to speed it up a little bit. Because I came to show the best version of myself. I could have finished more comfortably, but that's not the game. I beat my own NR by two seconds. I am happy with the regularity I show. I ran three races within 12 days. Still performing well shows that I have a good base. This is promising for the World Championships. I compete in 16 days so I still have the time to rest. I hope to make it to the final. I will give it my all.

Since beginning of the year I don't work anymore. I worked as an engineer in the car industry. It is a tough environment with a lot of deadlines. I made a lot of overhours. Two years ago I went down to part time. But after my medal at the European Indoors last year I got injured again. I knew that it was a matter of recuperation. So I decided to take unpaid holidays. Now I enjoy all the happiness, the emotions and I can travel with my friends, family and my coach. I live life to the fullest.

30/06/2022 21:34

Flash Quotes

Alison dos SANTOS (BRA)

400m Hurdles Men - WINNER 46.80 MR WL

I am so proud about this performance. My preparations went well and this result shows it. Now, I am so excited for the worlds. I just tried to have fun and to run fast. My coach said - Just go there and run. And I just did it. I ran. For myself.

I was expecting such time and I feel ready for the championships now and it will be very exciting in Eugene. I think about the world record every day, every night, I dream of that.

30/06/2022 21:39

Lorraine UGEN (GBR)

Long Jump Women - Winner: 6.81m

I did leave it late today with my fifth jump but that tends to be my way. I do best as I build the pressure on myself as the competition builds. I need to know it is now or never almost. I did not feel any extra pressure on the final jump as I was in the lead although going first is hard.

I am going to get some good training in now before the Worlds and I really think I can get on the podium there. It is great to be going on the back of this win. I am building nicely on my indoor success and feel I can do well in Oregon. After that I have the Commonwealths so it is a busy year. I have not decided about the Europeans as three championships is a lot in one season.

30/06/2022 21:57

Flash Quotes

Thobias MONTLER (SWE)

Long Jump Men - 2nd

It was OK, in the right direction, even though I'm not completely happy with 7.98 or 2nd place. But the feeling was good, already from the first jump. There was a -2.8m headwind, so you have to take that into account. Tentoglou is a very stable jumper, he's a championship jumper. But everything can happen in a championship so we'll see.

30/06/2022 21:59

Slimane MOULA (ALG)

800m Men - WINNER 1:44.60

It was a good race and I am happy to take the victory. There were so many great athletes in this race like the Olympic Champion Emmanuel Korir and the Silver medallist. So I am really delighted with the win. The next goal are the World Championships in Oregon. I will try to get on the podium. I would also like to thank the crowd, they were amazing.

30/06/2022 22:05

Flash Quotes

Armand DUPLANTIS (SWE)

WINNER 6.16 WL

It feels quite OK, I cannot complain. It is extra special - I wanted to come here today and try to do something special. I felt I was in shape and that I have a great support here in Stockholm, where I live now so that means so extra more. I had a huge advantage of competing on my home turf. It is hard to describe it really. You kind of black out out there. I just remember I was trying to focus really hard to not hitting the bar. And once when I did, I was over the bar and then I just started to run like an idiot. I think it was a good timing. This is the time I wanted to be in my best shape. I feel like I am definitely in shape to win my title and maybe to do something special in Eugene.

I am in a great shape and it is all about building to the world champs. I don't really feel the pressure; only the pressure I put on myself. I think I could go high in Oregon and it is important to be in my best shape there. Today was a confirmation that I can do it.

30/06/2022 22:09

Flash Quotes

Mujinga KAMBUNDJI (SUI)

200m Women - 2ND 22.37

Too bad, just 3 thousandths of a second short of the victory. It was not bad, the time is good. I thought that I could catch Dina in the last 5m but I forced a little too much at the end. Next time I will catch her.

Next week we are leaving to the pre-camp. My goal is a final in the 100m, the 200m and the 4x100m. And in the final I want to deliver my best possible race. Indoors I have already shown that I can be at my best during the most important race of the season.

Since autumn 2020 I have been working with the same team and I think this is the secret to my success this season. Before that I had a lot of coaching changes. Each time I learned something new but it was also exhausting because you often had to start from the beginning. With my coaching team now we took the best out of all of them and found the best training plan for me. Moreover, I haven't been injured, I am more at home and I found found some rest. The training is of a better quality now.

30/06/2022 22:14

Flash Quotes

Kristjan CEH (SLO)

Discus Throw Men - WINNER 70.02 MR

It was going great today - good conditions, great crowd - full stadium is always perfect. I stayed focused on my technique to get one in and I got two really far attempts so I am glad for it. I felt and realized that Daniel had a big support in the crowd but it did not disturb me. The first throw was really easy, then I wanted too much and pushed it and missed it but then it was going great.

Actually, this is the first time we were competing together with Alekna. The kid is young and talented. I saw for the first time in my life how he throws and I am impressed. At his age, I was throwing 63 so... This is far away.

30/06/2022 22:23

Flash Quotes

Mykolas ALEKNA (LTU)

Discus Throw Men - 2nd 69.81 PB

I am not sure but I think I just broke the world best mark in my age category - U20. Honestly, I did not expect to throw that far today. It was just perfect. This is a beautiful stadium with a great crowd and it just pushed me forward to throw very far.

This was a great experience for me. I tried to stay calm and enjoyed the moment. It is amazing to compete with such superstars and it was always my dream to compete with the bests - this is a dream come true. I am only 19 so I do not have any big goals and dreams about the world medals. I am just enjoying every moment. On Saturday, I am going to my university in California and then I will be heading to Oregon after 10 days of training.

30/06/2022 22:28