

Flash quotes

As of FRI 13 SEP 2024

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY**Carina PAIM (POR)****400m Women - T20 - 2nd - 58,70**

We just came back from the Paralympics in Paris and we are all a little bit tired. Also it's quite cold here and that's probably also why I didn't run my best race. Still I'm very happy to be here and to participate for the first time at a Diamond League competition. I think and hope that we will get the opportunity to participate more often. We showed in Paris that we all reach a high level that is worthy to take part in these bigger events.

13.09.2024 19:23

**Marcel BOETTGER (GER)****100m Men - T11/12 - Winner 11.29**

This is the perfect end of the season on this fast track. It was a bit scary with that false start, because you have to find the right tension again in the blocks. With para-athletics you have to be very quiet during the start, like during the Paralympics. But the crowd was so enthusiastic, but the support was awesome.

13.09.2024 19:39

**Sydney McLAUGHLIN-LEVRONE (USA)****400m Women Invitational - Winner - 49.11**

Running the 400m at the end of the season definitely hurts a little bit more and I felt the cramping. That is why I chose to run with long pants, just to be safe. But I felt strong during the race. Now we're gonna go home, rest a bit and decide tomorrow to run the 200m or not.

13.09.2024 20:15



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**Daniel SEGERS (BEL)****400m Men Invitational - Winner - 45.**

It felt great after a heavy season with that injury at the Europeans to run today in front of a crowd this big. I never did that before, so that was new. My season started a bit later than planned, so I still have a lot to show and I proved that today with a new PB. Unfortunately the season is over, so now it's back to work.

13.09.2024 20:22

**Kimberley ALKEMADE (NED)****100m Women - T64 - Winner - 12.62**

It was really great to run here tonight and to close my season with a win. I wasn't expecting to take the win today. It was a big but nice surprise and I am just so happy to close my season like this. This has been my best year ever, two world records, paralympic champion on 200m and silver medallist on the 100m. I am really happy.

13.09.2024 20:25

**Valarie ALLMAN (USA)****Discus Throw Women - Winner-68m47**

I feel so happy, I really dreamed of a season like this, I really didn't think it would be possible to have an undefeated season. I just fought really hard and I have such an amazing team and we just made the most of every opportunity. I just have so many great memories of this season. Brussels was the last one and it was the hardest one to prepare for, you know the Diamond League is a set of competitions that we really focus on and value and I got my fourth trophy and I'm just so happy. I knew the competition would be intense being only six competitors. And now off season! I really can't wait for your fries, waffles and chocolate!

13.09.2024 20:27

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**Marileidy PAULINO (DOM)****400m Women - Winner - 49,45**

I ran a decent race at the end of a very long season. Of course I would have loved to run faster and closer to my personal best, but it was really, really cold tonight. This season was fantastic for me. With the golden medal in Paris, I can say now that I won all the titles that I could win. Still that doesn't mean that I don't have any goals left for the next seasons. I want to become better and still win medals at the major championships.

13.09.2024 20:31

**Ackeem BLAKE (JAM)****100m Men - Winner - 9,93**

For me it was a surprise to win here today. It was a very competitive field and it was also my first DL final. This really means a lot to me. It was rather cold to sprint tonight, but I still ran a time pretty close to my personal best. I've been working very hard this season and I kept motivated. That's why I am so strong at the end of this season. I know what I am capable of and I know that this is only the beginning. There's much more to come in the next years.

13.09.2024 20:37

**Tajay GAYLE (JAM)****Long Jump Men - Winner 8.28**

I put everything in the first two attempts because of the cold weather and it worked out. A jump around 8.30 was my goal today, so I just missed out on that. But I know that the cold would become a factor during the competition, so I'm happy that I was able to make it work in that first two attempts because my nose and chest were getting very cold.

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**Simon EHAMMER (SUI)****Long Jump Men - 2nd - 8m16**

The competition was really good and I really enjoyed the crowd. It was also nice to get the attention of the public, because normally our competition is a little bit in the background. Tonight there were not much races going on during our final. I'm really satisfied with 8m16 for the last competition of the year. The conditions weren't ideal, but as a Swiss athlete I am used to much colder temperatures. I'm really proud of my season. I always finished in the top 3 this season, except for the Olympics, where I finished 4th. At the beginning it was mentally hard to accept that, but the other three were just better that day. I learned a lot of this season and I am motivated and I just want to work really hard for the next Olympics and try to win a medal there.

13.09.2024 20:42

**Sasha ZHOYA (FRA)****110m Hurdles Men - Winner-13.16**

It wasn't my best race, a bit difficult in the beginning but the goal was to take the win this evening, so for that I'm happy. I was aiming for a good time but that will have to wait. I am already happy about winning my races and to perform well. In the beginning of the season I suffered from an injury so I was still trying to show what I am capable off. I'm doing really great on training so I was hoping to get a better time. But, for now, I run painfree and I hope to have an injuryfree season next year. But for now, it's holiday's and rest! I will take a little break but afterwards it's full focus on for the next season.

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**Alexis HOLMES (USA)****400m Women - 2nd - 50,32**

I always want to win, so that makes that I have some mixed feelings, but in the end I know that I just ran a good race today. I had a strong finish, but it just wasn't good enough to win. Running 50,32 at the end of a long season is nothing you can be mad about.

It was my first time in the Diamond League Final and my first time in Brussels: I really felt the energy of the crowd and it really helped me in the last 100 meters.

13.09.2024 20:50

**Lorenzo Ndele SIMONELLI (ITA)****110m Hurdles Men - 2nd-13.22**

Second place today, just a little bit behind Sacha Zhoya, I wanted to win but I'm very happy to perform like this at the end of the season. I had to mentally prepare myself as it has been a long season so far, I'm at the end of my energy. But the crowd today and everything really helped to find the right energy. It wasn't too cold here, I did a good warm-up and afterwards I was just in the zone. My season was really great, my first year like this and for the next year I hope to perform even better.

13.09.2024 20:51

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**Yaimé PÉREZ (CUB)****Discus Throw Women - 3rd - 66m96**

It was a good competition, but I didn't get the result that I wanted. Now I have to get back to training and try to be even stronger and better next season. It was really sad that I couldn't participate in the Olympics, because I was in excellent shape and I knew that I could get a good result there. Unfortunately it was out of my hands and I couldn't do anything about it. Mentally it wasn't easy, but hopefully I will be able to be at the Olympics in LA. My next goal is now the World Championships next year and after that we will see.

13.09.2024 20:54

**Fred KERLEY (USA)****100m Men - 3d-10.01**

I am only satisfied if I win and today I didn't win unfortunately. But it has been a great season so I really can't complain. I felt good throughout the season which is important. The fans today were good and for now I will have some rest.

13.09.2024 20:57

**Sarah MITTON (CAN)****Shot Put Women - Winner-20m25**

It was a really good competition, it was really hectic down there and I think that's what produced my performance today. There were a lot of frustrations and emotions going around and it worked in my favor but it isn't always like that, but overall a really good competition. I think I could have gone further but I am happy with the win! Overall I am really happy with my season I had some ups and downs but I won a title in March and now the Diamond League title, so this is really great. I am just going to keep going and do better next season. But for now a few weeks of rest!

13.09.2024 21:01

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**Freddie CRITTENDEN (USA)****110m Hurdles Men - 3rd - 13,24**

I had a couple of injuries this season, so I'm actually really happy that I made it into this DL final. I love running here in Brussels. I was here in 2019 for the last time and this is a great meeting for hurdlers. It was a bit chilly tonight, but it was a great night to run. Now it's time for me to go home and to spend some time with my baby girl, who's only 8 weeks old.

13.09.2024 21:02

**Isaac KIMELI (BEL)****5000m Men - 6th-12:58.16**

I am really happy actually, ending 6th in a Diamond League Final is a good result. It was a bit cold this evening but I tried to follow the first guys. But ending again under 13 minutes is an amazing result so I am happy. I was a bit sick the last few days so my goal was to do my best and to enjoy my season end.

13.09.2024 21:06

**Berihu AREGAWI (ETH)****5000m Men - Winner -**

The crowd was amazing, so I'm thankful for the support today. It was cold, very cold. But losing was not an option today, so very happy with the win here in Brussels.

13.09.2024 21:11

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**Christian COLEMAN (USA)****100m Men - 2nd-10.00**

This race was alright I am working on some new things this season, it would have been better to take the win but I am really satisfied with my race today. This summer I had a new coach, new environment, ... and a lot of things are happening. I feel like it has just been a transitional summer for me. I know what to do next year. I know what needs improvement. The line between me and where I want to be is so close, so I gotta keep working. And now, for off season I'm going to spend some time with my family and just clear my mind.

13.09.2024 21:11

**Marie-Josée TA LOU-SMITH (CIV)****100m Women - 3rd - 11,05**

I'm happy with the result. It was really cold to sprint, but didn't expect to run faster tonight. This season was really complicated for me with the injury that I had. Mentally it wasn't easy to come back, but I managed to do it. I'm always happy to run here in Brussels with the amazing crowd. How do I manage to stay at this level for so many years? I owe it all to my faith and the hard work that I did over the years.

13.09.2024 21:12

**Chase JACKSON (USA)****Shot Put Women - 2nd - 19,90**

It wasn't a really good competition. The pole vault guys were too close and there was a lot of yelling: Still my performance in these circumstances was ok. I thought that I could throw further, but it didn't happen. It's the end of the season and I'm really tired. I'm going to take a break now and just do nothing.

13.09.2024 21:18



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**Julien ALFRED (LCA)****100m Women - Winner-10.88**

I am so happy, it feels amazing to finish my season on a good note and to take the win. I am just so proud of myself. My preparation was a bit difficult, it was really hard for me after Zurich. But I think that actually prepared me for Brussels. That gave me the energy to do so good today. And during the race I tried to relax and to enjoy the last race of my season. But I think losing kind of put me up again, I had to perform. I wanted to prove to myself that I deserve to be here and that I am not a one time thing. Because after Zurich I watched the race on YouTube to analyze my race and I read some comments that said I was a one time thing and that's really not nice to say. But I was here to prove to myself that I can win. But sometimes those comments can be very hard. And now I am going back to Saint Lucia and to Aruba! Last year I stayed in Austin but not this year.

13.09.2024 21:20

**Miltiadis TENTOGLOU (GRE)****Long Jump Men**

I lost today, but I'm not mad. I wasn't feeling my legs today and the cold is not for me. It's impressive that Tajay Gayle was able to jump that far in these conditions, so I'm not mad that I lost from him. But Simon Ehammer, he is a great athlete but a decathlete. So it hurts to lose from a multi-eventer. Now we start the preparations for the indoor season, unless the change the rules about the board. If so, then I'm quitting long jumping.

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**Amos SEREM (KEN)****3000m Steeplechase Men - Winner-8:06.90**

Today, the race was so good. I was competing against the Olympic champion El Bakkali, and I won. I felt really great today, I believed I could but I didn't expect it. But I am so happy to close my season like this and to hopefully come back next year. I will prepare for next year and try to be even better!

13.09.2024 21:29

**Hanne CLAES (BEL)****400m Women Invitational - 5th - 52.03**

It felt double today, because I knew it was the last time that I was putting on my spikes. But I still wanted to focus to run a good race in front of my home crowd. Sydney had a great start, so I felt like I was behind right after the start and that made it hard to run my own race. During the last metres I was thinking, come on, it's the last time. But performing in this strong international field is the perfect way to close it off.

13.09.2024 21:30

**Armand DUPLANTIS (SWE)****Pole Vault Men - Winner - 6m11**

My legs felt terrible tonight and I'm just really tired. It's been a crazy couple of weeks: the race against Karsten and then I had to jump the day after. That took a lot more from my body than I expected. With 6m11 I got a good result, but the world record wasn't meant to be tonight. It's not easy to do better each time. Everything needs to come together. I had some good jumps tonight and I'm really happy about that. Now it's time to celebrate my beautiful season: I will drink some good Belgian beers tonight for sure.

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**Michael OBASUYI (BEL)****110m Hurdles Men - 5th - 13.31**

I'm running consistently around that 13.30, even though I missed my reaction after the start a bit today. But after all a good way to end the season. And a 5th place in a Diamond League Final isn't bad. I feel that I made progression this season, so that gives a lot of confidence for next year. I know what I have to work on, but that's between me and my coach.

13.09.2024 21:40

**Matthew DENNY (AUS)****Discus Throw Men - Winner-69m97**

It's nice to go back to back and take the win again today, it feels really great. I am in great shape so I knew something great was going to happen but I knew I had to give it my all to win from this guys today. I am just super happy. It's been a long year and then to finish with a national record and just a few cm's short of 70m. And first win of the year in this field also honestly, these guys really brought the best out of me. After Paris I went home for two weeks, back to Australia and just enjoy time there with my wife and family. I came back two days before Rome and trained in Montpellier, then in Zagreb I noticed some progress and the last days I was in Cologne and took the train here. A lot of athletes suffered from the cold but for me personally, it was okay, normally Australians hate the cold but I grew up in Queensland, so I am used to cold winters and I crave it and obviously showed that tonight. For now, I have to take two weeks off, just a bit of resting. Next year will be a long year so it's important to start well rested. The men's discus isn't going to get any less competitive. Next year I am really aiming for 70m, I wasn't far off this evening. I really had fun this evening, I think that helped as well, Brussels is just a fun meeting.

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## Cole HOCKER (USA)

1500m Men - 3rd - 3.30.94

The goal is always to win, but after the Olympics I didn't have time to process everything. I haven't been back to the States yet, so I'm looking forward to seeing everyone back. This was my third race after Paris and I knew it was going to be a lot. But I'm happy with how I ran today and it's good preparing for next season because I almost became the olympic champion overnight. So it felt like a baptisme by fire, but I dreamed of it for so long, so happy every race to follow.

13.09.2024 21:50

## Kirani JAMES (GRN)

400m Men - 2nd - 44,63

When I came into the home straight I thought that I was going to win, but Charles Dobson finished really strong. Congratulations to him.

Considering the weather and the fact that it's the end of the season, I'm satisfied with the result I got tonight. At the end of the season it's always a little bit difficult to keep the focus, but I always find a way to stay motivated. Now it's time to rest and not to think about track and field.

13.09.2024 22:00

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**Shanika RICKETTS (JAM)****Triple Jump Women - 2nd - 14m22**

My performance tonight was not the best. I was hoping to jump further, but still to finish 2nd in the Diamond League final is a good result and a huge accomplishment. It was really cold and that made it difficult to keep going during the competition. I was happy that I could hold on to my second place. It was a long season and I felt every muscle and joint in my body. Noy I will get some rest and go to the beach for a while.

13.09.2024 22:06

**Charles DOBSON (GBR)****400m Men - Winner-44.49**

The race went really well I was really able to push myself tonight. I could have never imagined to have won tonight I am so happy. I just tried to run my own race and to enjoy myself so this is really promising for next year!

13.09.2024 22:08

**Jakob INGEBRIGTSEN (NOR)****1500m Men - Winner-3:30.37**

This is my fourth trophy, or only my fourth trophy, I hope to win many more. My race went really good, the goal was obviously to finish first and I did that. For the whole season, I had some good races and some bad races so I hope to perform better next year. I still have some improvements to do and to just keep working hard. And for now, off season starts and I'm going to spend some time with my family.

13.09.2024 22:15

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## Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women - Winner - 14m37

For me this victory was a little unexpected. It was already really special for me to get into the Diamond League final and to be able to win it, is really special. I'm lost for words.

The conditions weren't ideal for triple jump. I wasn't expecting such cold weather here in Brussels, but it was the same for all the other athletes.

13.09.2024 22:16

## Dina ASHER-SMITH (GBR)

100m Women - 2nd - 10.92

I'm really happy for Julien, she's continuing her journey as the champion that she is. At the end of the day, you always want to run fast. Doesn't matter if it's the first or the last race of the season. But this performances gives me a lot of courage for next year. And I'm used to the European weather, but still, it was cold today.

13.09.2024 22:21

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**Emmanouil KARALIS (GRE)****Pole Vault Men - 2nd - 5m82**

With Mondo as the usual and expected winner, I'm really happy to finish 2nd tonight. Jumping 5m82 at the end of a season is a really good performance. This is the first season that I'm completely healthy and that means a lot. Also this season has been a breakthrough for me as I won medals at every championship that I participated in. I trained really well this season and I was really enjoying myself during the competitions. I'm 24 years old and hopefully I'm still good for ten more years of pole vaulting at high level. It was special this summer to be on the podium with Mondo. We have the same age and we were already on an international podium as youth athletes. It would really be beautiful if we could still be together on the podium in our 30's.

13.09.2024 22:21

**Kévin BORLÉE (BEL)****400m Men Invitational - 6th - 47.18**

The previous times, I knew I was going to have some time off. But now, I'm gonna have more than just some time off. No more track for me, so I'm gonna take my time to reflect on the past year. It was heavy on my body and it was hard during the race. But I had to run today for the last time. I'll be back next year watching the younger generation.

13.09.2024 22:26

**Yaroslava MAHUCHIKH (UKR)****High Jump Women - Winner - 1.97**

Finally the season is over, I'm exhausted. But I have my diamond and it was important for me and my country that I won today so that I can take the diamond back home to Ukraine. I felt a lot of support and energy from my home country this season and with the results, it couldn't have been better. But now I'm ready to go back home.

13.09.2024 22:29

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**Nicola OLYSLAGERS (AUS)****High Jump Women - 2nd-1m97**

I decided to skip 1m99 because she would jump over 1m99 so my outcomes wouldn't really change. So I said let's put the bar on 2 meters and then we both missed the 2m01. This is the first time I have ever done it and I was really inspired by Mahuchikh in Zurich, she skipped her height and then she got it. That was so courageous and I love that. I want to be able to do something like that and she was just willing to take the guess, and she won. I think it's quite nice we have a great friendship. Everytime someone jumps higher it really lifts the game and it pushes us to jump higher as well. That's exactly what we need to jump records. What I noticed over the years is really the relationship between the high jumpers, we are really close now. That culture is really amazing and necessary to perform.

13.09.2024 22:29

**Mary MORAA (KEN)****800m Women - Winner - 1:56.56 SB**

I'm so happy to get the trophy back after I lost it last year. It was a hard competition, so I'm proud of myself for getting the Diamond back.

13.09.2024 22:33

**Jonathan SACOOR (BEL)****400m Men - 6th - 45.93**

I ran a perfect 300m, but didn't have enough for that last 100m. The circumstances weren't perfect, running in lane 1 and the cold weather. But I'm so proud after an amazing season and thankful for that great Olympic Games.

13.09.2024 22:38



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**Iryna GERASHCHENKO (UKR)****High Jump Women - 3d-1m92**

This was a really important competition, the final of a Diamond League is very impressive and I'm very happy to end third. I ended my winter season with an injury and right now I am just painfree and had a wonderful season. I'm really looking forward to return to my country Ukraine and to spend some time with my family. I felt the support of the Belgian fans and that made me so happy. I cannot wait to come back and to compete here again, it felt a bit like home. But of course, without the support of my team it would not have been possible, so I have to thank them for all their work and support.

13.09.2024 22:39

**Soufiane EL BAKKALI (MAR)****3000m Steeplechase Men - 2nd - 8:08.60**

It was the last outing of the year so I was really tired. After the Olympics, where you were 100% focused on, it's difficult to keep that same energy. I came to win, but the race was tough especially the last lap. But I am really happy with the whole season, I have done a good job, especially with the injury. Now, I will go back home and take some days off before getting back to training, because next year is very important with the World Championships too.

13.09.2024 22:42

**Ackelia SMITH (JAM)****Triple Jump Women - 3d-14m11**

This feels wonderful, it's the end of the season and it feels so good to end it on a good note and to perform like this. This was my first season going pro and ended up in both finals: the Olympic final and the Diamond League final so I really can't complain. I'm really satisfied with my season. This was the end of my season but no vacation for me I'm going right back to school. But I might try some waffles to treat myself!

13.09.2024 22:45

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**Mykolas ALEKNA (LTU)****Discus Throw Men - 2nd 68.86**

It was a really nice competition, maybe a little bit too cold. I am happy with the season, even though I was second I enjoyed every second. It was the best season I ever had so far, I hope that next year I can do even better. Now, I will take a break, go to school and get back to studying in the States.

13.09.2024 22:46

**Georgia BELL (GBR)****800m Women - 2nd - 1:57.50**

I tried to give myself the best shot of racing Mary but you know she is finishing so strong. The track is so fast and am happy that we are still running in 1:57 this late in the season. Honestly, this season has been incredible. I have never done a Diamond League before May. I just know that there is so much going on behind the scenes. One year ago, I would have never believed to finish second here. A lot has changed in the last six months. Just keep going, even if it's an unconventional path, doesn't mean it's impossible, you just keep working and will get there. I am glad that I didn't give up. I will be back tomorrow for the 1500m.

13.09.2024 22:49

**Salwa Eid NASER (BRN)****400m Women - DQ**

(Interview was before the DQ) My race felt really good, it was really hard to push myself mentally to perform, I lacked motivation. I still have one race left in New York but I'm really happy with the results of my season. Running in Brussels was amazing with a lot of nice fans but the cold was really hard. I am not used to it!

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**Natoya GOULE-TOPPIN (JAM)****800m Women - 3rd - 1,58,94**

I think I ran a good race: I could probably run a bit faster, but it was just too cold. My season was a little bit in ups and downs, but overall I'm really satisfied.

In our event we are all friends and we all look out for each other. That makes competing against each other so much fun.

13.09.2024 22:54

**Timothy CHERUIYOT (KEN)****1500m Men - 2nd - 3,30,93**

Today was a good race. I was expecting to run well and I also was in a good position during the race. However, Jakob was better today. So congratulations to him. Now it's time for a break and I will spend some time with my family.

13.09.2024 23:00

**Ben BROEDERS (BEL)****Pole Vault Men - 3rd - 5.82**

Thanks to the home crowd, it's five degrees warmer for me. But in the end, the cold got to me as well. On my attempts on 5.92 I felt some cramps. But after my performance today, I'm not gonna complain.

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## Jochem VERMEULEN (BEL)

1500m Men - 5th - 3:32.15

I didn't have a lot of confidence in my sprint, but this season proved me wrong. I knew I could do it and I'm happy that it worked out during the race. We found the right balance for my body this season that paid off. It was great because you never get used to running these big meetings.

13.09.2024 23:05

## Philip MILANOV (BEL)

Discus Throw Men - 6th - 62.21

I had a great training yesterday, so I was looking forward to it. But I'm a bit disappointed with my performance. But still, it was a strong field and I'm happy with my place. Next year will be my last season, so hopefully I'll have a good winter because I'm already looking forward to next year.

13.09.2024 23:11