

## Flash Quotes

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### Tajay GAYLE (JAM)

#### Long Jump Men - 1st

Yeah I'm very pleased and this was a reminder for the future that I can get into those regions, where I was and maybe even better. Q: What are your hopes for the remainder of the season, you must be very confident going into the remainder of the year? A: I was always confident to be honest with you. I'm settled in the Europe circuit and have been travelling for 3 or 4 years now. I'm surprised I jumped that far because my feet have not really been responding and I was tired after the golden meet in Brussels. But I'm very very pleased and very happy with the result.

04.07.2021 16:23

### Thobias MONTLER (SWE)

#### Long Jump Men - 3

The jumping was great today, a PB is always good but I think there is more to go! Maybe there will be one more competition in Monaco but if not that one, the Olympics will be next.

04.07.2021 16:30

### Valerie ADAMS (NZL)

#### Shot Put Women

This was my first diamond league since 2018, and since 2018 I've had 2 kids so I'm very happy.

04.07.2021 16:33

Flash Quotes

**Femke BOL (NED)**

**400m Hurdles Women**

I'm amazed, I'm so happy! I was 1 second off my PB, and I'm already running PBs. I think running PBs is going to stop for now, but I hope to keep on getting close to this time - I can't believe it! In 2 days I have another competition in Hungary with the same field so it will be exciting.

04.07.2021 16:36

**Kirani JAMES (GRN)**

**400m Men**

I feel pretty good. The race was alright, I wanted to do something more special, but with the circumstances, travel, etc, I'm still happy. The conditons were perfect.

04.07.2021 16:41

**Fanny ROOS (SWE)**

**Shot Put Women - 5**

It was ok today, 18.96 is ok for me, it was very fun, it is a beautiful day here today with the sun and the crowd. I have one more competition before the Olympics, then we go to precamp. I feel good and I'm excited [about going to the Olympics].

04.07.2021 16:42

Flash Quotes

## Ronnie BAKER (USA)

### 100m Men - winner

As an athlete I think you always expect to run faster. I'm pleased with it though, I'm happy to get out here, it was first time in 3 years. I'm pleased to be able to run and compete and beat these guys. As long as I win then I've had a good day. I'd have to go back and look at the start. I don't think I was as aggressive as I need to be in the first 30m but I think I was in the right position. That will be my conversation with my coach tonight and figure out where I need to improve. There's a lot of guys running fast and some of the top guys are coming out of America but ultimately I try not to focus on my competition and focus on what I'm doing and get better each and every race and time I step out on the track. You know in my eyes I don't really have any competition, the only competition is with myself. AS long as I continue to perform well and I know what I'm capable of.

04.07.2021 16:45

## Chijindu UJAH (GBR)

### 100m Men - 3rd

Bit tired, fresh off the back of trials. 10.10 I'll take it though. I would have liked to have seen a bit more, when I came up those guys were on the far side. I would have liked to be in a bit more. It's nice to be here and get competitive before the Olympic games. I've got one more in Gateshead, I'm looking forward to it. I think I'm rounding into good shape, so I'm not too bothered about that tired legs. With a bit of recovery behind me I should be good. It's nice to actually have, and not discrediting anyone but people next to me or thereabouts, so I can be pushing myself. it's definitely good.

04.07.2021 16:52

Flash Quotes

## Marco AROP (CAN)

### 800m Men - 2

I felt alright, it wasn't a bad race, I just had to be stronger at the end there. The competition was really good out there, Rotich is really experienced, he knows how to kick really well, yeah, he got me. I love it here in Stockholm, I had a great competition here last year, and now that there are fans, it is even better. Next, I will be racing in Monaco, hoping for a fast race there.

04.07.2021 16:56

## Elliot GILES (GBR)

### 800m Men - 3rd

It was good, I just didn't have that kick at the end - I almost had it. But Rotich is a vet isn't he and he's strong so I couldn't quite get there. I was a bit scatty, I was in a good position but I was a bit surgy trying to get the inside lane. Next it's Budapest and then Monaco.

04.07.2021 16:58

## Nicola McDERMOTT (AUS)

### High Jump Women - 2nd

Today was amazing. To be jumping with Yaroslava and Eleanor, all of the high jump women are incredible and it lifts me up over those heights. Today I wasn't feeling 100% but I knew that even if I wasn't feeling 100% it doesn't mean it was not possible to go over 2m, so to do this today is really a gift. I've got a good system and a good routine and I have faith that really allows me to jump much higher than my body is capable of so I'm not going to say it's impossible to get a medal, I'll be aiming and I think 2.01 will maybe get me in the medals so I'm aiming and training for that and believing that I can do it.

04.07.2021 17:02

Flash Quotes

**Hyvin KIYENG (KEN)**

**3000m Steeplechase Women - Winner**

I feel good and to get through a race is good on the way to the Olympics. The race was OK, the body is not bad and I feel OK. Maybe I will go to Monaco and then to Tokyo. The olympics is not easy and there is a lot of work there.

04.07.2021 17:12

**Yaroslava MAHUCHIKH (UKR)**

**High Jump Women - Winner**

I'm very happy because 2.03 is a season best and I tried 2.07 and I was so close but not today. I have one more competition before the Olympics, the European Championship on the 23rd and I think I can jump this high again. I'm very excited about the Olympics it's just one month now. The competition will be interesting because all the girls jump higher than 2 metres. I hope I can get a medal, all sportsmen want one at the Olympics.

04.07.2021 17:17

**Gesa Felicitas KRAUSE (GER)**

**3000m Steeplechase Women - 2nd**

I feel really happy and satisfied with my race today especially the middle part where I usually feel pretty bad and leave a big gap to the front but this time was the first race for a long time where I felt I could catch up again. That's a very satisfying feeling and I feel like I'm in good way towards the Olympic Games. I still have one month to go to train for it and I have one more race in Monaco next Friday. I'm just excited to race and leave it all out there. I'm really happy that it's finally happening. We waited for this for so long and I'm so excited to finally race.

04.07.2021 17:19

Flash Quotes

**Kate GRACE (USA)**

**800m Women - 3rd**

This was my yth race in 10 days and I felt it a little bit, I wasnt quite as smooth as 2 days ago but it was nice it wasnt too fast, I could just follow them and get pulled along. Id love to be able to compete with them in the end, hopefully I can be there next time.

04.07.2021 17:38

**Alison dos SANTOS (BRA)**

**400m Hurdles Men - 1**

I feel so happy about my running, I trained hard for this, I trained hard for the Olympic Games. Next, I go for Monaco, the 9th, another Diamond League. Yes, I'm looking forward to the Olympics, and yes, I think I can get a medal [big smile].

04.07.2021 17:41

**Ivana ŠPANOVIĆ (SRB)**

**Long Jump Women - 1st**

I feel much better, I had some struggles with my timing in Oslo a few days ago so I felt much more like myself with the rhythm and the timing. The result is so so, the focus is on the technical details before Tokyo. I think its going to be crazy in Tokyo, first of all because the qualifications are at 10am in the morning, in those kind of competitions anything can happen so the most important things is to keep our heads.

04.07.2021 17:50

Flash Quotes

**Beth DOBBIN (GBR)**

**200m Women - 4th**

I'm pleased with that, a solid time in a world-class field. That's a fifth place and now a 4th place finish in the Diamond League, that really isn't bad. Hopefully next time it will be one place higher again. Next is Gateshead Diamond League, to me this is just amazing in my first season competing in the Diamond League. I've done the B-races before so this is really great to be racing these girls because they are world-class. Because for me because I'm so late on the scene, I burst through at an older age, I haven't had much experience at racing world-class girls. It's been more domestic races that I've done so when I go to European and World events I find myself a little out of my depth because I'm not used to it. If I'm mixing it with these girls on a regular basis then I'm getting used to it and that's really good for this year the Olympics. I'm ecstatic about going to Tokyo. I kind of came back down to earth because I thought I was going to be so so buzzing and obviously I'm happy but I just want to go there and run well. So yeah I'm pleased about it but it doesn't feel like the job is done until I run well there. If I come away from the olympics with a PB and if that's enough to get me into the final or the semi-final I'll be happy with that. I just want to go there and run quicker than I've ever run before and wherever that gets me I truly truly will be happy with that. I'm backing the British girl Dina Asher-Smith obviously, I fully back her she's world-class.

04.07.2021 17:58

**Ignacio FONTES (ESP)**

**1500m Men - 2nd**

Coming from Oslo I didnt feel that good, today I felt good. I won here in Sweden in the U23 championships, so I have good memories from Sweden. Now its time to go back to Spain and train and get ready for Tokyo. This year 1500 is at a huge level, everyone is good, Europeans, Americans, Australians, its crazy. Im going to need to be at my 100% to have a chance

04.07.2021 18:00

**Yasmani COPELLO (TUR)**

**400m Hurdles Men - 2nd**

Today is good, this year I have done 48, 49, my performance is better today. I go to Budapest next. My target is to get to the final for the Olympic Games

04.07.2021 18:03

Flash Quotes

## Armand DUPLANTIS (SWE)

### Pole Vault Men - 1

I feel good about today, being here with my family and friends, and everybody watching. I think it was really important for me to just kind of go out here and try to get over 6 meters, and then maybe take a few better shots at the world record, but overall 6.02 was a nice jump so I can't complain so much. [Competing at Stadion, Stockholm] Of course, Stockholm is a special place for me, I have had some quite great results here in the past few years, so it's like every time I come here, something good happens, so yeah, I like being here. [Feelings ahead of Olympics] I feel good, really good.

04.07.2021 18:10

## Renaud LAVILLENIE (FRA)

### Pole Vault Men - 3rd

Oslo and Stockholm were both difficult at the beginning because it's my first two competitions and I have to find back the rhythm and manage everything, especially with the conditions were not as good as we could expect with the wind, sometimes it was not that easy. My first attempt today for 5.62 was during 1 minute of bad wind. But I am really working on finding my rhythm between steps and be able to fight at the highest level. It was frustrating in Oslo jumping 5.81 because I was expecting more. Today was better, making 72, 82 first jump and 92 at second is really important, and finishing third today against the best guys in the world was really good. I know I have some work to do before the Olympics. Pole Vault is never easy, but I prefer having some difficulties and then being as good as I can be on the big day in Tokyo. To beat Mondo, maybe you have to hope that he makes one mistake, maybe two, and then to be at the top of the top. Expecting to beat him without jumping 6m is almost impossible but I am working on it and to try and find some 6m jumps. We never know, that's sport, a mistake can happen to anyone and it can increase the pressure. The next battle between us is in Tokyo so I have one more competition next week to try and find some very good heights before the Olympic. If I want to have a chance to beat him I have to jump at least 6.05 I think, it's not going to be easy but you never know.

04.07.2021 18:15



Flash Quotes

**Daniel STÅHL (SWE)**

**Discus Throw Men - 1st**

Today was really fun to throw in my hometown and with the crowd and everyone. It was nice weather, the sun was shining, the Swedish summer. It was really nice to have a home crowd, with 5000 people. I was almost too excited, so I threw with my upper body too much and lost my technique in the first three rounds. But I was throwing pretty far in the warmups. My goal was to win today and to throw far. I travel on the 12th with the Swedish team and I have 2 weeks camp in Fukuoka. Its going to be a lot of fun to go to Japan, Ive never been before.

04.07.2021 18:30