

Flash quotes

As of FRI 30 JUN 2023

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Sarah ATCHO (SUI)

200m Women - 3rd

I felt good in this race, but I'm not very happy with my time. Yesterday was very hot and today it's a bit more chilly, the weather contrast affected me and it had an impact on my race. I will run in Chaux-de-Fond next and my main goal is reaching the World Championships.

30.06.2023 19:15

Tasa JIYA (NED)

200m Women - 1st

This was the first time that I run 200m after several shorter races. I'm very satisfied with the results.

Tonight, even if it was much harder than I expected, I run according to the training plan that I prepared with my coach.

My next race is on Sunday in Stockholm where I will run again 200m.

I enjoyed so much visiting Lausanne. I'm disappointed that I didn't have the time to visit the city but I look forward to coming again next year!

30.06.2023 19:17

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Pascal MANCINI (SUI)

100m Men B Race - 1st

I felt okay in this race, the start was good but I've been training with a new technique recently and I'm still uncomfortable with it which made me lose speed by the end of the race. This race was more of a training for me, but my next one in Finland is important because it will contribute in me getting my points to go to the World Championships.

30.06.2023 19:21

Leungo SCOTCH (BOT)

400m Men - 1st place

I'm not very happy about my time, I was expecting more, but I'm very happy to be here in Lausanne, the atmosphere was great. My goal now is to get to the World Championships in Budapest.

30.06.2023 20:02

Keely HODGKINSON (GBR)

800m Women - 2nd Place

I wasn't very happy about this race, I was in great shape, but I guess today was not my day. Mary was better. My plans for the season will not change. I really liked being here, running in a full stadium with a great crowd.

30.06.2023 20:14



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Mary MORAA (KEN)

800m Women - 1st

It was a very challenging race and I felt completely empty at the end of it. The weather was particularly difficult for me. My mentor would have been extremely proud of my achievements tonight.

30.06.2023 20:21

Shunsuke IZUMIYA (JPN)

110m Hurdles Men - 1st Place

I am delighted with the win tonight. Great atmosphere in the stadium. I must admit, I am a bit surprised with the result but I am very happy. You can see my smile.

30.06.2023 20:25

Shunsuke IZUMIYA (JPN)

110m Hurdles Men - 1st Place

I am delighted with the win tonight. Great atmosphere in the stadium. I must admit, I am a bit surprised with the result but I am very happy. You can see my smile.

30.06.2023 20:25

Haruka KITAGUCHI (JPN)

Javelin Throw Women - 2nd Place

Beautiful race, however disappointed as noone attempted hit. I just came back from the Ostrava Golden Spike in Czech Republic, so I was expecting better from this race to be honest with you. The atmosphere was great!

30.06.2023 20:29

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Mackenzie LITTLE (AUS)

Javelin Throw Women - 1st Place

I am pleasantly surprised but I am very happy that I can jump off a plane and throw 65 meters. I feel I am in the right frame of mind and have found a balance that is helping me enjoy and get best results.

30.06.2023 20:37

Jason JOSEPH (SUI)

110m Hurdles Men - 2nd Place

I am very disappointed with my race. The conditions were great, the track in Lausanne is fast, there was little to no wind and I was feeling in great shape; yet I did not perform as wanted. My head was all over the place and I kept hitting hurdles. My next race is the Swiss National championships, and my goal is to run under 13 seconds at the World Championships in Budapest.

30.06.2023 20:37

Tom WALSH (NZL)

Shot Put Men - 2nd

I feel quite frustrated tonight as I didn't get the job done. I didn't nail it as I was hoping I would.

What I love about coming to Athletissima in Lausanne is that the tracks are so close to the public and you get carried away by their applause. It's a good crowd and they also involve lots of children. There's a feeling of closeness to the public that is great. This is my 7th or 8th time in Lausanne and I hope to keep coming back.

30.06.2023 20:44



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Ryan CROUSER (USA)

Shot Put Men - 1st Place

To be a honest, I am a tad disappointed. I felt great and the potential for a really big throw was there and that's why I am not entirely happy. Nevertheless a win is a win.

I have had a quite good season so far and I am very positive about what can be achieved this year.

30.06.2023 20:44

Daryll NEITA (GBR)

100m Women - 2nd

Tonight, it didn't feel great. My timing was 11.07 and I was hoping that I would stay below the 11 mark, but it's okay after all even though it was not my best performance. The crowd is amazing, the location is amazing.

30.06.2023 20:51

Marie-Josée TA LOU (CIV)

100m Women - 1st Place

I was happy with my race, but not really with my time. I will have to work as usual with my coach. The conditions weren't ideal, it was cold for me. But I'm happy at least I ran under the 11 seconds barrier.

30.06.2023 20:53



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Mujinga KAMBUNDJI (SUI)

100m Women - 8

I was very frustrated after injuring myself as I had to postpone all my competitions. I know that I'm coming back from an injury but still, I have mix feelings about my performance tonight. On one hand I'm really happy to be back on the track with the public and to be able to run instead of watching the race from television. On the other hand, I was still expecting to be doing better. I felt good during the race except the last 40 meters where I struggled. I will now focus on recover in full and to get back to the results that I expect.

30.06.2023 21:00

Joshua CHEPTEGEI (UGA)

5000m Men - 2nd Place

My goal is to get back to the form I was before, getting faster race by race and tonight is the proof of that. I still have a lot to improve on, a lot to work on, but if I believe in myself, I will reach my objectives.

30.06.2023 21:11

Berihu AREGAWI (ETH)

5000m Men - 1st

I am delighted to be here and to win against Joshua. It was a great atmosphere. I enjoyed this race. Thank you Lausanne.

30.06.2023 21:13



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Beatrice CHEPKOECH (KEN)

3000m Steeplechase Women - 1st Place

I'm really happy about today's race, I feel so good tonight! This is my first time in Lausanne and I just loved running here, the atmosphere was amazing. My goal is now to get to Budapest and do the best I can.

30.06.2023 21:18

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Tobi AMUSAN (NGR)

100m Hurdles Women - 2nd Place

I was executing what I have been doing, however I came short tonight.

I am always setting my own goals along with my coach, I dont work on outside pressures.

We hurdlers compete against each other all the time, it's almost a dress rehearsal for majors like worlds or

the games. We thrive in the midst of such competition. I will keep doing my best and accept wherever I

finish at the end of the season.

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Ditaji KAMBUNDJI (SUI)

100m Hurdles Women - 5th Place

The race today was good, but I just hit a hurdle at the end, but I'm happy with my ranking in the Diamond league and being able to perform here in Lausanne is an enjoyable experience. In this season there were ups and downs, but I'm still able to perform and that's good.

30.06.2023 21:22

Letsile TEBOGO (BOT)

200m Men - 2nd

It felt great tonight. You have to trust the process and then everything will fall into place just as it's supposed to be. This was my second time here in Lausanne, there is really a special feel. The crowd is unbelievable. Last year I was 3rd, so I performed much better this year. I'm now aiming for the 1st place next year at Athletissima.

30.06.2023 21:25

Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women - 1st

It felt great but I also know on what I need to work on. I've been racing a lot lately, so I have not been able to work on what I want to work on. For now, I just want to have fun, enjoy the races, stay focused, calm and do the best that I can as I trust that everything will be taking care of itself. I like Lausanne very much and the stadium's atmosphere is spectacular, being so close to the public gives you an incredible energy.

30.06.2023 21:31

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Femke BOL (NED)

400m Hurdles Women - 1st place

Today my race plan was to go fast in the first 200, wich I did even though I knew that the last 100m would be painful. But it's good that I confronted myself to it, so that I can work on it in my training, so that I will be able to reach my goals in Budapest.

30.06.2023 21:38

Viivi LEHIKONEN (FIN)

400m Hurdles Women - 2nd Place

I was focussing on the first hurdle, wanted to start well. I know if I go out fast I can keep that. I expected a better timing today but I am content. It is the second best time of the season for me.

I and Femke are in the same training group. She starts really quick. We enjoy competing against each other and I feel we are all peaking at the right time.

30.06.2023 21:39



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LaQuan NAIRN (BAH)

Long Jump Men - 1st place

I've been preparing for this competition for 2 weeks. Last year I came last in the Oslo Diamond League, so it's amazing for me to be able to come first. Before the competition I had my whole mindset changed and that helped me to jump further. I will continue working hard for the Budapest World Championships and I aim to get a medal there.

30.06.2023 21:47

LaQuan NAIRN (BAH)

Long Jump Men - 1st place

I've been preparing for this competition for 2 weeks. Last year I came last in the Oslo Diamond League, so it's amazing for me to be able to come first. Before the competition I had my whole mindset changed and that helped me to jump further. I will continue working hard for the Budapest World Championships and I aim to get a medal there.

30.06.2023 21:47

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Jakob INGEBRIGTSEN (NOR)

1500m Men - 1st Place

I have had to make some adjustments with my stratgey, I have been putting in extra miles in the last couple

of weeks. It's all to get myself in the best shape possible for the Worlds. I am competing in Poland next.

I did not win in Oregon and I am looking to address that in Budapest.

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Julian WEBER (GER)

Javelin Throw Men - 2nd

I feel really good even though I know that I can give so much more of myself. I'm in fantastic shape and there's still a lot to achieve and to perform better. I'm a bit disappointed because I could have given more, but still I made it to the 2nd place so it's great!

I love the Swiss audience, the Swiss are really into athletics which is great. This is my first time in Lausanne but I experienced the same great atmosphere and great crowd than in Zurich in the past.

30.06.2023 22:03

Neeraj CHOPRA (IND)

Javelin Throw Men - 1st Place

I was feeling a bit nervous coming back from an injury. It was a bit cold here tonight. I am still far from my best, but I feel it is getting better. I am relieved it's coming together well for me.

A win is a win and I will take that happily.

30.06.2023 22:07

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Women Switzerland (SUI)

4x100m Relay Women

The crowd was absolutely fantastic, it's something out of the world running here. The feeling running in La Pontaise in Lausanne is just incredible. The energy they give you is unbelievable. They literally carry you away!

30.06.2023 22:15

Miltiadis TENTOGLOU (GRE)

Long Jump Men - 2nd place

I'm gutted. Not happy with my results, it was not what I expected. The weather was terrible. I'm not trying to make excuses.

30.06.2023 22:21

Neeraj CHOPRA (IND)

1st place

I wanted to win so I'm super happy with the results but I also want to go back to training and fix some of the things that I noticed and that are going to make me stronger. Lausanne always treats me well. Last year I won and this year too, so I look forward to coming again next year and win again! The next competition, Budapest, will be a big one for me!

30.06.2023 22:27



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Katie MOON (USA)
Pole Vault Women - 1st place

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I love to compete. As much as one could train but there is nothing like the adrenalin of an actual competition.

A WL performance a week ahead of the US trials is amazing. Although I do not have usual pressure that we

feel ahead of the US trials as I am already qualified but it's the US trials and it is always competitive.

The focus is on Budapest, generally I am completely exhasued after a major event but I feel good this year

and I will try to keep going and compete at DLs after Budapest.

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30.06.2023 22:41

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