

Flash quotes

As of SUN 23 JUL 2023

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## Owen MILLER (GBR)

**1500m Men Ambulant - 2nd 3:55.54**

It was great to compete in the London Stadium. I was disappointed with my performance in Paris so it was good to come here and have a good performance. I have a few more 5000 events this season so it is back to training now.

23.07.2023 13:47

## Ben SANDILANDS (GBR)

**1500m Men Ambulant - 1ST - 3:52.95**

It was special running at the London Stadium. It was a tough race to start with but it picked up. I started a bit slow but I'm really happy with my time, my plan was to stay behind and kick on with a hundred to go.

It feels really good to be World Champion. I got a few sessions in after Paris, just easy ones as it was so close to this event.

23.07.2023 13:47

## Owen MILLER (GBR)

**2nd 3:55.54**

I wanted to come out today and show what para sport is doing - I'm so proud to be part of it. A few years ago we were all running T11, but we've all pushed each other on over the years, and we're in such a strong place.

23.07.2023 13:47

Flash quotes

As of SUN 23 JUL 2023

**Kevin SANTOS (GBR)****100m Men Ambulant - 1st 10.78 NR**

This is the biggest crowd I have ran before, everyone cheering and clapping it is a little bit overwhelming. Walking into this stadium I have never experienced anything like it. I put pressure on myself to run a race I wanted to be proud of, and I did that today. Coming from World Championships in Paris last week, where the race I put together I wasn't happy with. Getting bronze I can't complain about it, but today I executed a better race. To execute the races I want I will have to put the work in ready for the Paralympics next year. I would like to do a relay for my club and a 200m to prepare for next year.

23.07.2023 13:59

**Zachary SHAW (GBR)****100m Men Ambulant - 2nd - 10.88**

I wanted to come out today and show what para sport is doing - I'm so proud to be part of it. A few years ago we were all running T11, but we've all pushed each other on over the years, and we're in such a strong place.

23.07.2023 14:04

**Sophie HAHN (GBR)****100m Women Ambulant - 1st 12.51 PB**

The London Stadium is incredible, thank you so much to everyone who's bought a ticket you guys really get behind us and we've put down some good times. I felt nervous because this is the biggest crowd since London 2017, so I tried to find myself some calm and the rest would follow. I absolutely loved it and it's so nice to be back here. I've got two more races left, so I'll continue training for a bit and then take some time off ahead of the big year next year.

23.07.2023 14:07

Flash quotes

As of SUN 23 JUL 2023

**Victoria LEVITT (GBR)****100m Women Ambulant - 2nd - 13.11 =PB**

It was great conditions, couldn't ask for better conditions than what we've got today. I got off a bit slow but managed to just hold on at the end, I know I've got some really good competition and I could see them out of my eye so I had to just focus and get to the line, which I did, so I'm chuffed. I've never run in the London Stadium before, this was my first time and it's absolutely amazing. What an atmosphere, I think I just held on to get to the end. I would have liked to better my PB but matching it shows I'm on the right track, you can't always go out and better it but I'm happy to finish off the season strong.

23.07.2023 14:16

**Sammi KINGHORN (GBR)****800m Wheelchair Women - 1st - 1:46.57**

It was good, being on the start line and getting my name called was amazing to start with. We went out fairly hard and I didn't really want to be at the front of the first lap, I got in second but that wasn't quite my plan. I just held it, she pushed so hard and I managed to get round her on the back straight. I thought I was going to have to leave it until the last minute and hope I had enough in the tank but thankfully I did in the end and that was nice. I don't usually race against the girls in World Champs or majors but I do in domestic races around Britain in our different classifications, there was a nice spread of us that's quite nice and shows us off. After about 400m, 800 and above there's not much difference between us all so it's nice to be able to race all together. Paris was incredible, coming away with three silver medals and a gold medal and becoming World Champion in 100 m is just crazy. I'm definitely tired and I was a little bit worried coming into this that I would feel tired in myself but it was nice to come out and take the win today. Being World Champion in the 100 is very different to the 800 so I just knew that I had to put myself in the race and if there was a sprint finish then that's where my 100 would come out and show, and that's what it came down to.

23.07.2023 14:22

Flash quotes

As of SUN 23 JUL 2023

**Nathan MAGUIRE (GBR)****1500m Wheelchair Men - 1st 3:14.01**

The last 100m was a hold on for dear life and a sprint as fast as I could! Kudos to Danny, he pushed me all the way to the line. It's the way British wheelchair racing is going at the moment - at the World Champs last week he got me and today I got him. To get the win here today in front of a British crowd was absolutely incredible and I could hear the roar all the way down the home straight which was so special. I'll be racing at the Zurich Diamond League at the end of August so another opportunity to get back on a fast track and to race against the best in the world.

23.07.2023 14:23

**Ben PATTISON (GBR)****800m Men - 2nd - 1:44.02 PB**

I had the option to race in Madrid last night but a home crowd at the London Stadium, 800m record track, you can't say no to that opportunity so shoutout to British Athletics for putting an 800 on, they didn't have to do that and hopefully it's got me and Max on the plane so I can't complain. I've not thought beyond this deadline, I'll wait for the phonecall and hopefully it's good news then I'll sit down with my coach and see what the plan is - a bit of rest and maybe a training camp, we'll see.

23.07.2023 14:38

**Men Japan (JPN)****4x100m Relay Men - 1st 37.80**

We are so happy that we met the world qualification for Budapest in three weeks time. Our plan is just to enjoy it and perform our best as a team again!

23.07.2023 14:45

Flash quotes

As of SUN 23 JUL 2023

**Max BURGIN (GBR)****800m Men - 1st - 1:43.85 SB**

It feels brilliant to be going to the World Champs, I didn't quite know where I was. The British Champs a few weeks ago was the first race of the season, I didn't get the standard and I came third so I was wondering how much two weeks could really do fitness wise. But a combination of things came together - the two weeks of training, a pacemaker of 55.5 and this track, this stadium - the track surface quality, the sheltering from the wind and the atmosphere just elevates the performance. The strategy for this race was even simpler because we knew the pacemaker was going so far, so just following and holding on, trying to run better pacing than I did before. I'm really happy to have a seasons best, I feel like I've got a lot more to come training wise so to be within a few tenths of my PB is a massive confidence booster. I want to get a few more races in before Budapest, maybe run a bit differently to help me prepare.

23.07.2023 14:45

**Men Great Britain 1 (GBR)****4x100m Relay Men - 2nd 38.00 SB**

Jeremiah on behalf of the team

That was amazing to start the team off, it was a blessing in front of a home crowd, I've never experienced London before. It's a shame there's not a guest race for us guys to go back out there, this is what we do it for - to entertain the crowd so it's amazing to get to do it with the guys. Obviously you always want to win at home, but to come second, it was an amazing race. I think we've done well to come out and do that time. I think we can go out and win it in Budapest, 100%. When there's something on the line like that everyone's performance elevates, we know the GB guys can roll 37 low so it would be amazing to be a part of that.

23.07.2023 14:59

Flash quotes

As of SUN 23 JUL 2023

## Women Great Britain 1 (GBR)

### 4x100m Relay Women - 42.59

(Bianca Williams) We're absolutely ecstatic - we had camps this week so we knew what we were capable of and it's nice to come out there and get a solid time going into Budapest. I love coming to London, whether it's individual or relay, because the crowd is insane! It was so loud that I couldn't even hear, but I trusted myself and the team I'm with. I'd like to do one more race before Budapest but if not, it will be back to hard training for the 200m there!

23.07.2023 15:02

## Daniel STÅHL (SWE)

### Discus Throw Men - 1st - 67.03

It wasn't the best performance but it was amazing to be here in London and get the win in front of a packed stadium. The UK is the best atmosphere in the world for track and field, so it was an amazing day. I didn't perform so well but my goal was to do my best and I got the win so I'm very happy still. I have the Swedish championships next week, then two more meets before Budapest then I'll have a pre-camp before I head down to Hungary.

23.07.2023 15:08

## Women Netherlands (NED)

### 4x100m Relay Women - 1st 42.38

We run very well under this pressure! The atmosphere was crazy and you can't even hear anything until you've passed on the baton. We weren't in the lead starting the fourth leg but by the last 30m, no one was ahead of us and we knew they wouldn't catch up! It was so exciting and we are so proud of our team for winning.

23.07.2023 15:18

Flash quotes

As of SUN 23 JUL 2023

**Janieve RUSSELL (JAM)****400m Hurdles Women - 2nd 53.75**

It was a pretty good race, I messed up towards the end, wanted to go faster either 53 low or match my personal best but my last part needs some tightening up. I've got a couple of weeks before the World Championship to work on it and hopefully come out with a personal best or a podium finish. I trust in God, he brought me here for a reason and he has blessed me with this talent for a reason, I'm just doing it by his grace. I trust my programme and I trust in myself. The pace didn't feel that harsh to me, it was just the latter part I messed up. I try to focus on my own race and that's what helped me stay so composed today. I've got no more races planned before the World Championships so I can really focus on training and making those improvements on the last part of my race.

23.07.2023 15:18

**Tom WALSH (NZL)****Shot Put Men - 2nd 22.58**

I'm starting to really find my timing with my throws now and I'm pretty happy with the performance. I was the stadium record holder before this but records are made to be broken - I'll take it back next time! I love competing in the London Stadium, the crowd has always been amazing here since I was 16 or 17, the fans are awesome! Next up, I'm staying in Loughborough for ten days and then down to the south of France for another training camp ahead of Budapest.

23.07.2023 15:26

Flash quotes

As of SUN 23 JUL 2023

**Neil GOURLEY (GBR)****1500m Men - 3rd 3:30.60 PB**

It was an odd race, I felt like I kept trying to move but kept getting blocked so I gave myself too much to do, but I'm happy with how I closed. I made too many mistakes, I could've turned it around and won it but it's better to make the mistakes now than in Budapest. Some of the people I've beaten today bodes well, I'm beating more and more people as the season goes on so it's looking good for in a few weeks time. Now it's time to unearth it in training and get it right tactically. I'm looking forward to the World Championships, I'd be selling myself short if I said I didn't want to go there and win a medal. It's going to be incredibly difficult but I feel like I'm coming round at the right time, I feel like I've timed this season really well so I'm excited about my chances.

23.07.2023 15:29

**Ryan CROUSER (USA)****Shot Put Men - 1st 23.07**

It was a fantastic atmosphere with a great crowd in a beautiful stadium. I was a bit concerned with us being a bit early on in the programme, but the crowd filled so many seats and really cheered us on throughout. It's great to have the Diamond League back in London again and witness such great support - it means the world to us as athletes. I felt my performance was very consistent today - the fifth round was my best throw and a really good indicator for the World Champs which will be my next competition.

23.07.2023 15:34

**Femke BOL (NED)****400m Hurdles Women - 1st 51.45 MR AR PB**

Amazing, I cannot believe it yet. To be honest I felt really good at some points in the race, I tried not to think about the goal. I felt so strong coming over the last hurdle so I'm really happy. I've been wanting to run a 51 ever since Tokyo, I had a feeling I could do it but I still can't believe I've done it. I hope we can put up a great race at the World Championships and put on a great show, I hope I'm in even better shape than I am now. There's always room to improve but for now I'm going to enjoy this.

23.07.2023 15:36

Flash quotes

As of SUN 23 JUL 2023

**Yared NUGUSE (USA)****1500m Men - 1st 3:30.44**

The first half of the race I was trying to stay relaxed and connected and by the end I managed to keep it up. Next, I'll be training for the Worlds in St Moritz then off to Budapest where I am hoping to medal. It will be my first time at a World Championships! I know I have the potential so now I've just got to do it.

23.07.2023 15:43

**Beatrice CHEBET (KEN)****5000m Women - 2nd 14:12.92 PB**

I'm so happy but very confused, I didn't expect it. 14:12 from 14:34 is an amazing result, my target was to come and run my personal best. I'm happy to be on the podium and but it's even better to have a personal best, I knew it was going to be hard so I'm incredibly happy. The crowd was so motivating and encouraging, it made me even happier. My next race will be in Budapest so I have some time to train and prepare ahead of that.

23.07.2023 15:51

**Gudaf TSEGAY (ETH)****5000m Women - 14:12.29**

Today it was all about my time. At the champs it is about the position. Today my coach wanted to look at my 5000m speed. We will decide about the World Champs 5000 or 10,000 nearer the time. My coach will decide about which or both to do.

23.07.2023 15:52

Flash quotes

As of SUN 23 JUL 2023

**Megan KEITH (GBR)****5000m Women - 14:56.98**

Today was a win for me and my performance completely surpassed my expectations! I knew I could do it, but it means even more to beat my PB on a day like today when it really counts. I have a few more races in England this week and if more opportunities come up, I'm going to take them!

23.07.2023 16:02

**Tade OJORA (GBR)****110m Hurdles Men - 5th 13.27**

It felt good but I was in lane 8 so it was kind of tough to judge where I was, it was terrible to have to run everyone down but it is what it is, you learn a lesson from it. I knew I had to try and get a good start, I shouldn't have to judge my start off of anyone else but ultimately it does make a bit of a difference so I didn't really know where I was in the beginning. The atmosphere is amazing, being a British athlete running in the London Stadium when they called my name and I could just hear the roars, I really appreciated that. It really boosted me and I know it boosted Josh (Joshua Zeller) too, so I was really happy about that. I'm going back to LA to train with my coach and my camp and then I'll come back to England and go with the British camp ready for Worlds.

23.07.2023 16:02

**Grant HOLLOWAY (USA)****110m Hurdles Men - 1st 13.01**

It feels good to be in London - the crowd was absolutely amazing! It's made me really excited for Budapest and now I just have to stay consistent. I got off the plane two days ago so I've been working through jet lag and just so proud of myself for today's performance.

23.07.2023 16:11

Flash quotes

As of SUN 23 JUL 2023

## Aimee PRATT (GBR)

### 3000m Steeplechase Women - 9:16.10

I'm so happy to have qualified for Worlds today! I knew I could do it but this was my last opportunity to qualify so the pressure was on. I just want to keep on improving year on year and the UK always have the best crowds to support us through it.

23.07.2023 16:25

## Beatrice CHEPKOECH (KEN)

### 3000m Steeplechase Women - 2nd 9:04.34 SB

It was a quick race. I enjoy racing in London, but I'm disappointed with my time. I'll be at the Worlds in Budapest, I want to focus on my speed before then.

23.07.2023 16:26

## Jackline CHEPKOECH (KEN)

### 3000m Steeplechase Women - 1st 8:57.35

I really didn't expect to today! Beating the meeting record feels incredible and such an achievement to finish it in under 9 minutes.

23.07.2023 16:31

Flash quotes

As of SUN 23 JUL 2023

**Bryce DEADMON (USA)****400m Men - 2nd 44.40**

I feel good, it's not my best race but it's been good for me being over here in Europe for a week and a half now. It was a good time for me to put in right before the World Championships. I try to tune everything out and not think too much, when I start hurting I dig down and tune everything out until I cross the finish line. I try to pick up around the 100m mark, for my final kick and it came through today so I can't complain. I'm happy with my time, now I want to rest and recover, do whatever my coach needs me to do for the next three weeks before Budapest.

23.07.2023 16:34

**Wilma MURTO (FIN)****Pole Vault Women - 1st 4.80**

I was on a new pole today so it was a bit experimental but I'm very happy with my performance. I have Nationals next weekend so step by step working towards the World Championships in Budapest. In terms of being in London, this is the stadium I have always dreamed of competing at! I was in the team for 2017 but was injured so couldn't compete - I'm so happy I have been able to finally do it today and perform my very best!

23.07.2023 16:44

**Zharnel HUGHES (GBR)****200m Men - 3rd 19.73 NR PB**

I did it again - I predicted it I wrote it down that exact time this morning, at about 9.30am. I wanted to get the British record here on home soil and I did it. I don't care about winning, as long as I execute the time that my coach wanted and get the British record. We've got things I can work on but I executed my race and that was to get to 60m as fast as possible then just maintain from there. I think Noah (Lyles) was playing off me slightly; he was ready to chase me down!

23.07.2023 16:44

Flash quotes

As of SUN 23 JUL 2023

**Katie MOON (USA)****Pole Vault Women - 2nd 4.80**

I feel pretty good considering the conditions weren't great for pole vault in the wind. All these women will be competing at Budapest so it's been great preparation for that, as well as the conditions. Once I pick up my pole and go, I just focus on exactly what I'm trying to execute and it has really paid off today. The atmosphere was amazing and almost felt homely to me - overall it's been a fantastic day. I'm going back to train in Atlanta and maybe squeeze in a small meeting but if not, Budapest is up next for me.

23.07.2023 17:02

**Wayde van NIEKERK (RSA)****400m Men - 1st 44.36**

To an extent I wanted to replicate the result I had here six years ago. Last time I ran here I was so much more in control of the 400m than this year, there's a bit more of a fight needed from me so I'm glad that I could put down a fight today and show myself that I can fight through difficult days too and get a victory. Physically I'm ticking all the right boxes, so hopefully I can just use this for myself as a reference moving forward to just constantly improve and grow. Then, when I get to Budapest I can compete for medals. It's still a love/hate relationship, 400m has never been my favourite event but it has definitely been the most rewarding. I need to honour the sport that's got me where I am today and hopefully I can finish top. I'm top three in the world now so in Budapest I'll be fighting for a medal and I know I have the abilities to grow and improve by then.

23.07.2023 17:03

**Marie-Josée TA LOU (CIV)****100m Women - 1st 10.75**

Today has been so great - I was not feeling my best at first, but I've been listening to everything my coach has told me and I won. I hope to go back and train even harder for Budapest because I know it will take more to win there, so I'll just fix up on a few small things. I know my finish is strong but my start could be better and I need to improve it to make sure I can achieve my goal of winning gold.

23.07.2023 17:08

Flash quotes

As of SUN 23 JUL 2023

**Jemma REEKIE (GBR)****800m Women - 1st 1:57.30 MR SB**

I wanted to give it my all today and I just decided to front run it instead. I was disappointed Keely (Hodgkinson) wasn't in the race but I tried to just focus on myself. I think I'm in the best place I could be, happiness and training wise so I think there's nothing to lose in Budapest now, I'll be going there to chase a medal. I'm back to where I should be so I'm definitely going there to try and medal. I know I can go in and shake things up a bit, I've got a little bit less pressure as I didn't medal last year so I'll just go out there and try to get one. My training has changed completely to more 800m specific, of course I miss training with Laura (Muir) but I'm loving the set-up and it's really positive. I'm coached by Jon Bigg, I've known him for a long time already and I've always had a good relationship with him so it's been a really smooth transition and it's going well already.

23.07.2023 17:12

**JuVaughn HARRISON (USA)****High Jump Men - 1st 2.35**

I felt good coming into the competition and it was fun to battle with Essa (Mutaz Barshim); he's a great competitor. My hopes are to win in Budapest and get a PB which I feel confident that I can do it because I'm having a great season. I'll be heading back to the US tomorrow to get some more training in and hopefully a little bit of rest!

23.07.2023 17:17

**Mutaz Essa BARSHIM (QAT)****High Jump Men - 2nd 2.33**

I think I had a good performance today, solid jumping and I'm happy about it. I didn't get that 2.35 today but in general I'm really happy. The Worlds are around the corner so I've got to go and fix what needs to be fixed and come back. I'm used to not having long between competing so being in Monaco a few days ago is nothing new to me, sometimes the body isn't as fresh as you want it to be but I plan on focusing on recovery and training between now and Budapest.

23.07.2023 17:21

Flash quotes

As of SUN 23 JUL 2023

## Brooke BUSCHKUEHL (AUS)

### Long Jump Women - 2nd 6.72

It was a good competition and I was pretty tired as I've done two competitions in the last six days. It was such an amazing atmosphere so staying relaxed on the runway was important for the performance, especially given the size of this crowd! I'm looking forward to recovering from today and getting some solid training in before I compete at the Worlds in Budapest.

23.07.2023 17:27

## Quanesha BURKS (USA)

### Long Jump Women - 1st 6.98 PB

It feels amazing, especially when just the other day we were in Monaco and I missed the finals by one spot. This just shows with this sport if you can be physically ready and mentally ready, because it was really bad missing the final but coming back a day later, coming to London with a personal best and a win at the London Diamond League - it just goes to show like wow. My first jump I just let go of the past and understand that I belong here and it doesn't matter what I did in the past it's about right now. I just let the pressure go and understand that the next jump is going to be a brand new jump. I never let each jump define my next one, I reset and want to progress each jump. Building from here for Budapest, I'm not far off 7m so I just need to mentally prepare and lock in for the World Championships.

23.07.2023 17:27

## Natoya GOULE-TOPPIN (JAM)

### 800m Women - 2nd 1:57.61

It was good and I'm happy to get my season best! I wanted to run a little bit faster but as I turned the corner, I heard the crowd roar which was so encouraging. I'll try to find a 1500m between now and Budapest, but I'll only be focussing on the 800m at the Worlds.

23.07.2023 17:33