

Flash quotes

As of SUN 17 SEP 2023

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Haruka KITAGUCHI (JPN)

Javelin Throw Women - Winner

I'm so happy about this win and also World Championships win; it's really amazing. I'm really happy to come back here. Everyone's cheering every athlete, so it's really good. I have more competitions in Japan. (about her welcome back to Japan) I don't go back after World Championships, so now it's first time, so I can't imagine it. (about World Championships in 2025) I hope to the Tokyo stadium also crowded and everyone cheering every athlete.

16.09.2023 14:19

Victoria HUDSON (AUT)

Javelin Throw Women - 6th

Not the perfect end to the season but I'm here at the diamond league final which wasn't at all in my plans for this season, so that's a positive surprise. I had a really good season. I've made big steps this year, a lot of things have changed, my coach situation is a bit different than it was last year, so I'm pretty happy with the development and really looking forward to the off season. A lot of stability, probably self confidence in competing internationally, with all the other strong javelin women. I'm not so intimidated, of course it's intimidating to throw at big competitions, but I feel more comfortable in this surrounding and my technique's just a lot more stable. I've been throwing over 64 a few years now, but I think it just takes some time to learn the javelin technique to get it down. Obviously I'm not there yet, you're never really there in javelin. You can learn it forever and improve.

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JuVaughn HARRISON (USA)

High Jump Men - 3rd

Energy was great out here, it's always great coming out to TrackTown USA to compete. I'm burnt out, I'm ready to go home. (About what he's going to do when he gets home) Get a four-piece from Popeyes. My legs felt dead the whole day. I don't make excuses, a lot went on this morning that I'm not gonna talk about, but I don't make excuses. There were two better men on the day, and that's just how the cookie crumbled today.

16.09.2023 14:20

Rai BENJAMIN (USA)

400m Hurdles Men - Winner

Being a sprinter, that's what I am. Went back to my old race model, because my second half is just amazing. Just tried to channel that today and I feel like I did a really good job. I came out here with no expectation, just to have fun and close out the season. (on his rivalry with Warholm) It's definitely is a good rivalry...I'm not really too caught up in this win. What matters is winning at major championships and I haven't done that yet so I need to do that.

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Flash quotes

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Karsten WARHOLM (NOR)

400m Hurdles Men - 2nd

Of course I'm tired, it's the end of the season and it's tough and I think most people are tired. But at the same time pulling out one of the best times I've had this season, so with the time I'm happy but of course I don't like being beaten - makes me pissed off. Over the last hurdle I was feeling good. I thought I had it, but when he comes to the side you know that he's gonna pass you because he has higher speed over the last hurdle. It's never fun to experience but I guess that's how people sometimes feel racing against me as well. That's sports, but I don't like to lose. (about his rivalry with Benjamin) It's a big rivalry of course, but at the same time there's some respect in the bottom of that. It's very important I think, both of us knows what it takes to be good, what it takes to perform at the level that we do. Of course there's rivalry and both of us want to win, and now that both of us are on this level it's crazy. I need to go back home training.

16.09.2023 14:22

Kirani JAMES (GRN)

400m Men - Winner

Just try to run my own race. I had a little bit of a knee issue coming in, so just kinda test it out, see how far it would take me. Didn't feel anything much first 200, so last 200 I just kind of put everything on the line. I think it's just consistency. You know, getting a good, consistent race in. With that, and just balancing my emotions. (about the recent loss of his coach) It's a bit up and down. I was contemplating whether I should run at the Championships, but thinking of how he is, he would have wanted me to compete. Just try to finish the season strong. Everything for the rest of the season is pretty much dedicated to him. (about racing at Hayward) It's always special, always.

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Jakub VADLEJCH (CZE)

Javelin Throw Men - Winner

It's always tough competing with Neeraj, but victory is for me, very valuable. I'm still dreaming. I felt very well. Actually one throw I had over 85 meters, over 86, but it was a centimeter false. It was very good. It's very difficult, especially in my age, I'm almost 33 years old, so it's difficult but javelin throw is my life, so I love it. This is end of season, and now rest and rest. Tomorrow, maybe day after tomorrow I will fly to Prague and then I will lie on bed and nothing more.

16.09.2023 14:23

Neeraj CHOPRA (IND)

Javelin Throw Men - 2nd

I still have one more competition, Asian Games in China. (about his influence on track and field in India) After Olympic gold, they also believe that we can also win. I was there in Budapest, I won gold there, and it will also change something in Indian Athletics. In big competition I think always it's about mindset; in big competition we don't need to prepare ourself. When we enter into the stadium, our mind is ready and body will be ready for the competition. I really like to compete with these guys, all are good friends and we're all competing in a very good way.

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Winfred Mutile YAVI (BRN)

3000m Steeplechase Women - Winner

Today I didn't expect I did the second fastest time. I'm so happy, I'm excited at the same time. I think this year has been precious, it has been so far good to me this year. Behind the scenes I've been working hard secretly, I've been sacrificning a lot, training hard, doing a lot, doing a lot of strength training. I used to do a lot, something different than last year, so I think I got a big improvement this year. Behind the scene I have been working hard. (about Chepkoech behind her) It gives me more power, like I can do better than this. To see the world record holder behind me I feel like I can even do the same thing like her.

16.09.2023 14:24

Faith KIPYEGON (KEN)

Winner

I didn't watch the clock, I was just running my race and see what will happen at the finish line. So it was amazing, to run a meeting record, just fantastic. I didn't worry about anything, I was just going and not looking back who is following me, just go to the tape and see what I was going to run. This was amazing, starting with the World Record and now winning the trophy. It has been a fantastic year for me and I really thank God for that. Now I go back home to enjoy a little bit. My mind is to defend my title over the 1500, so we'll see what will happen.

16.09.2023 14:24



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Christian COLEMAN (USA)

100m Men - Winner

I feel like I could have executed the start a little bit better, but I feel like I was able to just put all my experiences throughout the year during the race.

In races like that I usually might get tight or just not execute the back end, but I was able to just find a sense of confidence and believe in myself, like I knew I was supposed to win this race and so I was able to stay composed and put out a win at the end. You just got to stay consistent, find your race pattern, and when you find it you hold on to it. This year I feel like I had a mental breakthrough to where I'm able to just find my stride and stick to it. And I feel like next year I'll be able to capitalize. Just relax, just fill my cup back up.

16.09.2023 14:25



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Noah LYLES (USA)

2nd

I've been having great block starts, this is my second fastest time of the year. Of course I want the win, but more importantly is that the crowd got to come out here and I got to be in front of them. After a World Championship win, I know that's what they really wanted to see. I was able to do a victory lap, even though I didn't win the victory, but they were just as excited. When you don't win and they still know your name and they're excited to see you, they want you to come back. I had told people I was ending my season and they were so sad because they wanted me to come to Pre. And I was like, you know what I got to give it to them, I'm a guy who loves competition and if they want it that bad then I'll come back, as long as I'm healthy for it. I'm very glad I came back out.

By having a better one next year. World records and Olympic medals. Once the track season starts it's all business, but while it's not I'm gonna go have fun. I'm a do non-track things, I'm a go on late-night TV shows, I'm a go walk in some fashion shows, I'm a go on some Sunday night football, I'm a go on vacation, I'm a go to Jamaica. I'm gonna have some fun.

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Elaine THOMPSON-HERAH (JAM)

100m Women - 3rd

I think I executed a good job to close off. To close off with a decent time, I'm grateful. This was a tough one.

16.09.2023 14:25

Sha'Carri RICHARDSON (USA)

100m Women - 4th Place

What matters is being whole with myself as an athlete, being a great competitor, executing what it is that I know I can after having an amazing season. I am not mad at all about the time that I did today. I always give her a big hug, I love her. Today was amazing, a great end to the season. It just gives me stuff to work on, prepare for Olympics next year. We've had the men run for a while, but it's our time now and we're here to stay. We got fresh, beautiful women and that's gonna take over the entire game. Watch. Expect me to continue to be Not I'm back. I'm better.

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Jakob INGEBRIGTSEN (NOR)

1 Mile Men Bowerman Mile - Winner

He does a very good race, obviously he's in a good enough shape to run what he does, but at the same time today I wanted to race where I could challenge myself to really set out at a decent pace, somewhat conservative, and then I go as hard as I could the last two laps to try to run as fast as I could. So it was very good. Everything is possible. It's like every other race. There's no difference between September and June. It's all about what you do in your preparation. If you stop training in May, obviously it's difficult to stay on top in September, but for some people that's not the case. Obviously I was here to run the mile. I'm jumping in the 3k because I got the opportunity. But now it's all about getting back home to the hotel, eat, sleep, try to prepare as good as I can and we'll see tomorrow. (about being done for the year). Not quite. Hopefully getting married next weekend, so I think I have to prepare for that as well.

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Yared NUGUSE (USA)

1 Mile Men Bowerman Mile - 2nd Place

I feel like a 3:44, 45 felt reasonable, but 43 is the same second as the world record which is absolutely insane that we were able to do that today, but still a great race (about Ingebrigtsen) “This is gonna be my last chance for a while to beat him, I might as well just pour my whole heart into it. It was the perfect race because I just felt very unbothered the entire time, so it was all just really gritting it out and seeing who could run faster. But you know, definitely tough competitor but still felt really good about it. Definitely that third lap, I feel like having that crowd just going nuts was really huge. I could just feel they’re all cheering for me for once, when I feel like in Europe they’re mostly cheering for him. It was still just a really amazing crowd, I always love hearing a big roar, especially here in Eugene. I think he pushes all of us to be better, and that’s really huge. To have someone like this at the time same time that I’ve come to my peak is just really big, to make me catch things that I didn’t think were possible, like running 3:43. He wished me good luck before this race. I’m just gonna have a ton of fun tonight, not think about running for a month.

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Chase EALEY (USA)

Shot Put Women - Winner

(about the national record) That was something really important to me this season, and to do it in the last meet - I held it off, didn't I -- but I've been wanting to do it all season and I told my coach I was gonna do it this meet. And so I felt really good about it, I was so excited. I have good people around me and I think that's really important. It's really made my throwing a lot better and everything better as a whole. I think with all that I can go through the lows and not feel so bad. I was able to get through the rough injury at the beginning of the year and come out on top at the end when it mattered. There's something about this stadium that brings it out of me. I love this stadium. It kind of feels good to do it here and bring it home all the time.

16.09.2023 14:55

Keely HODGKINSON (GBR)

800m Women - 2nd Place

I'm actually really proud of myself...I'm happy, a national record and a huge PB, so it's a really good way to end the season. It's a different result every time we run, so it's good to be a part of it. There's not really much pressure today, so just come here, I wanted to commit. (about 2024 Olympics). If I can just stay health between now and then, be consistent like I have been over the last few years, and hopefully this time we'll come out on top, but we'll see.

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Matthew DENNY (AUS)

Discus Throw Men - Winner

I had a lot of energy in me, I was pretty twitchy and I was just ready to compete. I knew that I could potentially put something together. I thought we could be on for a PB here. I wasn't gonna count Daniel or Kristjan out. I'm just so happy to finish on such a high note for this season because it's been a great season and I wanted to finish it the right way. So to do it on the final throw is pretty good. I've always gone to the majors with the goal to win. This really cements my point that I can be the best and that's my goal for next year and that's my goal for Paris. So if I can convert this into some better throws for next year and keep improving -- because 68's not gonna win the Olympics, I think it's gonna be a 70, 71 again -- so just making sure I continue to improve is the main thing. That's the goal and this gives me great confidence going into next year.

17.09.2023 13:12

Noah MALONE (USA)

100m Men Para Athletics - Winner

It's electric. I love running here. Even though it's my first time, I already have a connection with this field, this atmosphere, the crowd. It's amazing. The time could always be better. The opportunity to come out here and have this platform for all of us, it really can't get better than that. A great way to cap off the season. The goal was to win. I tried to execute as best I could. I for sure could clean it up a lot, but next year at the Paralympic Games in Paris is the main goal. This is just a stepping stone, a great stepping stone at that. I love the experience so far and I'm taking it all in.

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Fleur JONG (NED)

100m Women Para Athletics - Winner

I actually felt a little bit pressured, it's my last race of the year and I haven't raced in 6 weeks. So I had no idea what I was up to today but I'm glad I snatched a win on the line, that's the most important. That's been so much, winning two titles, it's been a whole experience and then I just needed a little bit of a break. Like mentally, physically, and then four weeks ago I started proper training again for the Diamond Leagues. I am super excited. And I think we had the best dress rehearsal in Paris so I'm ready to get on next year.

17.09.2023 13:13

Emmanuel WANYONYI (KEN)

800m Men - winner

I tried my best.

17.09.2023 13:14

Gudaf TSEGAY (ETH)

5000m Women - winner

My focus today is world record. Because I'm so hungry [for the] World Championship, my focus to on a World Champion, but I miss 5000 for injury, my leg is problem. I'm not sleep, I'm very hungry in my mind. But today is very happy. (about running under 14 minutes next year) Yes, I try.

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Armand DUPLANTIS (SWE)

Pole Vault Men - winner

The limit is very high, and I hope that I can continue to jump well and keep jumping higher than I did today, but for now I'm not really thinking about anything except enjoying this moment and enjoying what I just did. For me, I just try to jump high. I love pole vaulting so much and I've loved it ever since I was just a little kid. If I'm able to take pole vaulting to another level and I can get as much eyes as possible watching it by jumping really high and doing some cool things, then that's a job well done by me. I like where I'm at, I'm gonna try to keep building on this. For me it's very nice because it's a lot shorter competition and I think that it's a lot easier to be fresh at that world record height. And so I think the format of the Diamond League final is super nice for me to go out and attempt world record and in this case break it. I've been jumping pretty well here, though. And especially the new stadium, I'm two for two right now on world records coming here to Hayward. I think it's just a combination of everything -- it has absolutely everything. It has the history, it has the modern touch. The track is really fast, the crowd and energy is fantastic. Everything just building up to what I need to be able to break world record.

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Femke BOL (NED)

400m Hurdles Women - winner

I tried to go out a bit fast but when I get tired this is hard for me. But I had a really strong finish again and my strides worked like I wanted, and finishing in 51 and the Diamond League trophy win is all I can ask for. My season was great. I made a lot of progress, I changed some things like my strides. You never know if it's gonna pay off immediately, we're looking mostly at Paris next year, but it really paid off quite a lot this year. I've had an amazing season, amazing races on the Diamond League circuit and then when I come here it's the Diamond League final and it's where the Worlds were last year. It's an amazing crowd so I really want to do well and I'm just really happy I could finish it off so strong and in front of this crowd it's really amazing. Before the tournament I didn't race as much as usually for my doing. We knew at Worlds if I was healthy then I would race a lot, and I was healthy so I think it's just about having a good basis in the winter, working on all the small stuff. Because we always have pains in the season and next season we try to make it much stronger and just enjoy it and do my best. Racing is a lot of stuff for the body but also for the mind, and if you're mentally ready for it, it's also easier for the body.

17.09.2023 15:24

Jakob INGEBRIGTSEN (NOR)

3000m Men - winner

(about his upcoming wedding) I'm lucky to have a fiance that's putting in a lot of hard work. Now I'm looking forward to that. Now I'm finishing off the season and I'm happy with that. A lot of great memories, so it's obviously a great time coming back and obviously hoping to perform good every time. It's always a great experience so I'm very happy to finish off my season here. I'm just focusing on myself and trying to run as fast as I can, and if it was a goal to break the records in any events, I would probably do things differently. But I think I'm definitely going to improve in the future if I continue doing what it takes in my training and obviously believing in my work and in myself. I think times will come when I run faster in everything.

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Yomif KEJELCHA (ETH)

3000m Men - 2nd place

It was a very good race, I think I made a mistake in the World Championships. I corrected that, I'm improved myself and very well target today. I should have gone out with 7 or 5 laps to go because I was in a very good condition, but I didn't make that. That's a very big mistake. I'm not prefer for the course to be changing from 5000 to 3000 meters because I was doing my preparation considering it will be a 5000 meter. All of a sudden, they say that it's going to be 3000 meter. I was not ready for 3000 meter, so it makes everything not normal.

17.09.2023 15:25

Grant FISHER (USA)

3000m Men - 3rd Place

Usually at this point, you're kind of tapering down, you're getting tired. I was hurt in the middle of the year, not the best timing, but it gave me an opportunity to do something cool, to end on a positive note and feel good. Now it's time to downcycle and get ready for the big one next year. I had a stress reaction in my femur. It wasn't fully cracked or anything, so that was good. Had to take about a month off running, and then slowly built back up. Managed to keep a lot more fitness than I expected cross training. I expected just to get a few races in at the end and try to feel like myself again, but it turned out way better than I expected it. I wouldn't say it was a blessing in disguise because I really wish I was better at USAs and could make it to Worlds, but I'm pretty happy with how I rolled with the punches and the team around me helped me get back on my feet." You gotta be ready to compete with the big dogs. Each of these Diamond League meets I do, I feel more comfortable around those guys. I was third in my last Diamond League, third today, and that's where the medals are won, top three. A lot of things gotta go right, but one step at a time. A lot of things clicked at the end here. Coming home, back in familiar territory, got some friends and family here, good home crowd, and finish it off with an American record. It doesn't get much better than that, so I'm happy.

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Hansle PARCHMENT (JAM)

110m Hurdles Men - winner

The start wasn't perfect, I was really thinking a lot about getting a better start to really be a little bit more competitive. I think I still put it together mostly. Got the PR, got the win, so I'm very happy about that.

We're tired, we've been competing for months now, it's really brilliant to be able to carry this season up until the end. We try to enjoy ourselves as well, it's a friendly rivalry, we try to push each other every time we go there. He has a massive, ridiculous start. I try to learn from that every time I see him run. He looks up to me as well because I've been competing for many years before he started. So I think it's a good rivalry and really helps us to make the event more competitive.

17.09.2023 15:26

Grant HOLLOWAY (USA)

110m Hurdles Men - 2nd Place

The main thing was to just come out here and try to keep peak form. I trained just to peak at Worlds and I ran my sub-13 performance there. Obviously Hansle ended out the year for an amazing PR and an amazing world lead. Just make a couple changes, figure out what we can do best, and go out there and go compete. You just gotta be really sharp. He's been running this whole season, start off a little slow but it's just like everything else, you finish strong.

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Tobi AMUSAN (NGR)

100m Hurdles Women - winner

I'm just grateful to God, that's all I can say this season. This win is not about me, it's for my coach, my family, for everyone who supported me throughout this year. It's been a rough one and I'm just thankful. I came out here...and said it's my race to lose, and I give my all. I said it's 200 or nothing, because 100% I not winning today. So I came out here and I told God to give me the strength. Right now I just want to rest. I said this is God's track...I came here I'm like, 'this is my track, I'm gonna dominate,' and God did just that.

17.09.2023 15:27

Ryan CROUSER (USA)

Shot Put Men - 2nd Place

Super happy with the season. Had a lot of adversity this year that really wasn't planned -- not that it ever is. Wasn't expecting the issues that I had but I feel like I battled through it really well. I was overall really happy today with my performance. Coming in, 22.90 would get second, I never would have guessed that. Hats off to Joe, he threw really really well, especially considering he's been traveling and stuff. Really impressive performance today by Joe but happy with my consistency and really solid series today. Left it all out there for the last meet of the year. We've been going back and forth for seven years now. He's a great competitor and phenomenal at his age to still be at his all-time best, so Joe's a super impressive athlete, just the longevity of his career and the consistency is really second to none. If I'm going to lose to somebody, I'm glad it was a fellow teammate on Team USA. Really, really good comp out there. I threw as I possible could have hoped for, Joe just had a little more in the tank today. (about his fishing plans after the season) "I always joke that the more fishing I'm doing, the better I'm throwing. It'll be nice to get some fishing in, start back training, and pick up where I left off.

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Leonardo FABBRI (ITA)

Shot Put Men - 4th Place

I'm so glad that I'm still able to throw far because this season has been so long. I'm so so so happy, I'm really happy. And proud of myself. (about catching Crouser's world record) One day. My goal is going over 22.91, which is Italian record, so I'm gonna work on that. That's my dream. I love shot put, I love spend my life doing shot put, so I'm gonna try for sure. I got silver at Worlds but I didn't celebrate. I would like to stand on the beach, drinking, eating. And then one week off and then start thinking about 2024.

17.09.2023 15:27

Athing MU (USA)

800m Women - winner

Just happy with how I felt out here, just completely. I felt really new and refreshed, and I'm just happy -- I wasn't even hoping for the American Record, I was just hoping for a PR, but I knew I could do something fast if I could just relax and compete. Besides thinking about the competition, I really was just thinking about my own self and what I could do. I wanted to make sure that I ran to the best of my abilities and actually put effort out there, because the last few races that wasn't the case. Of course we're gonna have great competition, but I think it goes deep down to me and what I'm doing and what effort I put out there. So I just wanted to make sure I just did my best to compete with the best, and put as much effort as they were putting out there so I could get the results that I wanted. It's always nice to have these incredible athletes, and just pushing the barrier for especially the women's 800, which has really been happening in the past couple years with numerous athletes, not just one. So it's awesome, I hope for this competitive field for the next couple years that we're doing it.

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Joe KOVACS (USA)

Shot Put Men - winner

This whole season's been tough. First time being a dad, especially with twins, it was a crazy year and I'm glad to finish strong. The whole year I feel like I've been foul-tipping and missing everything, and I'm glad to come today and finally get behind the ball and make it go a little farther. I think there's more there but it's a great way to go into the off-season. I'm kind of hungry. Ryan's always gonna be in shape. Ryan knew I was in shape the whole year but my form hasn't been perfect just because I haven't had the reps - haven't had the sleep -- but I think he knew I was ready in those warm ups. I'm never gonna count Ryan out, I thought he might have got me in the last throw but I've been ready to come back too. I'm in pretty good shape right now. This is the third Diamond League trophy so it's always fun to put something next to the other two on the shelf.

17.09.2023 15:31

Shericka JACKSON (JAM)

200m Women - winner

Funny enough last year one of my goals I wrote that how I wanted to get two trophies. I didn't get two trophies last year and I rewrote that again, that I wanted two trophies this year. I got it and I'm grateful. The end of the season. I'm healthy and I ran some fast times. So I'm definitely grateful.

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Yaroslava MAHUCHIKH (UKR)

High Jump Women - winner

I'm so happy to compete and I'm happy that I have the opportunity to compete and show all the world that we are strongest, we are from Ukraine. It's really pleasure to compete here again. Now it's extra important because it's precious that I have the opportunity to represent my country and show all the world that in my country continue...and we are fighting and all our people fighting in different sphere. I'm fighting on track and after this I have opportunity to talk to journalists so I talk and spread all news to all the world. I have hope and belief that next year it's finally over.

17.09.2023 15:35

Simon EHAMMER (SUI)

Long Jump Men - winner

It was a great, great competition. A lot of good jumps from me, end the season with a high level and I think I did pretty well. Last year I won here the bronze medal at Worlds, so I have pretty pretty close and good feeling here to Eugene. And I think that's also for today. I will start competing next at the multis and the long jump. This year I had some problems in the shoulder so I had to decide which event I will do, also for the Worlds. But next season I hope to compete in both events at the Olympics. It will be tough but I prepare hard in the winter.

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Andre De GRASSE (CAN)

200m Men - winner

It's been a challenging season, but I gotta finish strong, give it my best I got, and try to come away with something I can learn going into next year. Next year's a big year obviously with the Olympics, so I wanted to try to just give it all to try to see where I'm at going into next season. For me, it's really just staying healthy. I know what I'm capable of if I'm healthy. Obviously I had some challenges this year with my health, and just trying to get back into my fitness and my speed. I see it coming back now, so I just have to remember to tell myself: "stay patient, keep working hard, keep grinding, just keep going every single time. (about his Diamond League trophy) "It's my first one, so I'm pretty grateful for that, to be able to get one, put it up in my trophy case with all my medals. Definitely looking forward to getting more in the future, but this one feels great to get my first one.

17.09.2023 15:38

Ivana VULETA (SRB)

Long Jump Women - winner

I feel amazing. I'm really happy that I could come here, first of all, because of all of the pain and the thing I'm struggling with my Achilles during this whole season. I really wanted to finish this season as I planned, so I'm really really happy with this trophy. Fifth one, so it's crazy. I'm working with incredible people who is helping me a lot also with my physical shape also with my mental shape. When we know our goals and when we know who is doing what and when we are cautious enough, but I'm free to manage my trainings normally. I feel much more secure that it's okay for me to proceed. In any point, we didn't want to risk anything. If I'm going to compete, I will go to compete if I'm 100% ready, which I was, so now I just need some time to rest and focus for Paris next year. I have more than one whole month off, so I have plenty of time to organize my time with my friends, family.

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