

Flash quotes

As of FRI 8 SEP 2023

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Chase EALEY (USA)

Shot Put Women - 1st 20.05

It took me a while to get going, but you know it only takes one throw. The beginning of the season was a little rough, then I focused on the world championships. After that I've just found it kind of hard to find the motivation. I think this meet has gotten me ready for my last competition, the Diamond League Final in Eugene. I am just trying to keep the ball rolling, trying to get through the last meet and go to vacation. Probably in Australia to visit some friends. City events are my favorites, we have all the attention, that feels good. I like to not worry whether they are showing us on TV or not. I just kind of wing the make-up every time. I had some butterflies on, but I sweat them off at the warm-up and they got stuck to Fanny's shoes. It's part of my process to get ready for my competition.

08.09.2023 17:21

Sarah MITTON (CAN)

Shot Put Women - 2nd 19.76

The competition was good, I had a really good series of throwing. I think like all my throws were 19+ and I had a couple of fouls. Coming off of Worlds is a big emotional drain so building back that consistency is nice. So I am excited to go to Eugene and hope to put out a bigger performance there. It is in there somewhere. City events are amazing, I have only thrown outside of the stadium once before and it was super amazing to have all the crowd so close to the shot put. It gives the fans a different kind of interaction. There were on the mic the whole time hyping us, that is amazing. This year really improved my bottom level, so my consistency has been really high and I have seen that with the world silver, my highlight so far. I am really looking forward to next year and add a little bit more too it to get some bigger throws.

08.09.2023 17:22



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Bashir ABDI (BEL)

10000m Men - DNF

This sucks. It was a really nice opportunity to run here in front of a homecrowd but it did not turn out well for me. I never trained on spikes and with the hard track the feeling just wasn't there. I could not find the right rhythm. It was not easy to make the decision to step out the race but it made no sense to finish. The training sessions went really well and I feel great. But the spikes and the heat made it too hard for me. During the warm-up, I had a headache. I had hoped to build up my rhythm here for Chicago marathon. I wasn't able to achieve that.

08.09.2023 19:14

Jimmy GRESSIER (FRA)

10000m Men - 2nd 27:25.48 SB

The conditions were hard today and I've been a little ill at the beginning of this week. Besides that, I'm satisfied with the race that I ran. I think the French national record (27'17") is possible, but that will be for next year.

08.09.2023 19:30

Daniel Simiu EBENYO (KEN)

10000m Men - 1st 26:57.80 PB

It feels so good to win here tonight. The crowd was very good tonight and that definitely helped me. It was very hot and a lot of athletes suffered but I felt very good and this is where I train for.

I am so thankful and I thank God that I finally ran such a good time.

08.09.2023 19:35

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Amandine BROSSIER (FRA)

400m Women B Race - 1st 51.40 SB

My race was very good, I'm especially happy with the feeling I had during the race. When you're in the outside lane you really have to focus on yourself and you need to start fast.

I ran another race this week where I started in lane 7 and today lane 8. I was very focused on myself today.

Today the weather was very good for a 400m. I didn't feel a very big advantage with the curves I try to always run them as fast as possible.

08.09.2023 19:56

Isayah BOERS (NED)

400m Men B Race - 1st 45.47

My plan was to finish the season in Bellinzona. I made the last minute decision to come here. I had heard of the new track - and it's much better than the old one - the circumstances would be great and the crowd is always amazing, so why not. It ran my third time ever so I am really happy. The pressure was off my shoulders. I had nothing to prove anymore. Maybe that is why I performed that well. The season is almost finished. Tomorrow there is a small meet in Rotterdam where I will run a 100m and 300m. I don't know how I will feel after today but we will see. I ran a PB this season but could not bring it together at the World Champs, but overall I am happy with my season.

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Imke VERVAET (BEL)

400m Women B Race - 2nd 52.00

I'd rather see 51.99 on the screen, but I'm satisfied with the result. Last year I wasn't able to run at my level here in Brussels, but today it felt good. Physically I felt fresh, but mentally it was hard. It was a long season and in July I had to deal with a minor injury.

The new track felt really good and fast. It is always a pleasure to finish the season here in Brussels in front of the home crowd.

08.09.2023 20:10

Ivana VULETA (SRB)

Long Jump Women - 1st 6.74

It was such a lovely competition tonight. The last time I was here was in 2017 so I'm obviously very happy to be back here. The atmosphere in the stadium was incredible, everyone was loudly cheering for all the athletes. And I'm especially happy for Fleur Jong and her WR. Witnessing it in person is so special. We planned to jump here together this evening and I'm sure she will be a very big athlete and win many more competitions. My next competition will be in Eugene where I hope to jump close to 7m again. I hope to jump more than 6m97 and to win trophy number 5! But this has already been a very big season for me so I'm very happy.

08.09.2023 20:15

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Laura MUIR (GBR)

1500m Women - 1st 3:55.34

It was a close race with Ciara [Magean]. I know her very well and she always gets me in the last 100m. Today I kept an eye on her and I was able to give that extra bit of gear in the final part of the race. I felt a little disappointed after the world championships. I was in great shape, but unfortunately I had not my best day at the most important race of the year. That's sport and those things happen. I'm really happy that today I was able to show the form that I'm really in. I've ran here already several times and it's always a pleasure. The new track is really, really nice.

08.09.2023 20:28

Fleur JONG (NED)

Long Jump Women - 2nd 6.74 WR

In June I already jumped a WR, but Brussels is a special competition for me. We almost never have the chance to compete as a paralympic athlete in the same field as the athletes who compete at the DL, so I worked hard to be here at my best. It is a great example for the young athletes and the whole world. We are definitely capable to compete with them. It gave me an incredible boost to have four world class athletes around me. That was a big challenge for me. In the callroom I presented myself for the whole field because I was not sure they would know who I am. I don't think I can improve myself this season. It was a huge jump for me. But I could not be any happier with my season.

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Cynthia BOLINGO (BEL)**400m Women - 1st 50.09**

My first DL and immediately a win and more importantly in front of a home crowd, it is just incredible. Last year I was third and I felt the atmosphere already but right now winning at home is just incredible. After a period of injuries this feels very good and gives me a lot of confidence. And after overcoming all these injuries I said to myself everything is possible and I kept believing in myself. This season really showed what I am capable of and all of my hard work showed off. The big difference is that this season I didn't have any big injuries and I was very consistent with my training. It's thanks to this consistency that I am able to run this fast in competitions. My next goals are to stay healthy and to stay consistent with my training. Next year is a very big and important year with the Olympics and the European Championships and there I want to be in my best shape.

08.09.2023 20:40

Dina ASHER-SMITH (GBR)**100m Women - 3rd 10.97**

It was a bit of a frustrating season for me. I started really well and I ran 10.85 in London, which was really special for me. I felt really confident for the world championships, but unfortunately I didn't deliver there. But that's how it goes. I was really keen on finishing this season at high level and I'm really satisfied with the result today. I know that I'm in good place and I know what I'm capable of, so I'm really excited to run fast in Eugene next week.

08.09.2023 20:42

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Kenneth BEDNAREK (USA)

200m Men - 1st 19.79 SB

I am very happy with a SB today. It felt really great, the atmosphere, the crowd, the weather, ... it all whined up and I already knew that if tonight I ran a perfect race that I was gonna get the win and I did. I wasn't sure about the time but I'm happy with the performance. Today my turn was very good, and normally I'm really good at that but the injury messed up a few things here and there and I felt a bit rusty but what happened at the World Championships was just bad timing. I already knew I was in good shape and I just needed to execute it. Right now I'm still focused for the finals in Eugene, I'm ready to go and go for the win in Eugene.

08.09.2023 20:51

Elaine THOMPSON-HERAH (JAM)

100m Women - 1st 10.84

It was a tough season, but I'm glad that I'm back in my sprinting form. A couple of nights ago I ran 10.92 in Bellinzona and I'm happy to improve that result tonight.

I feel healthy and in tonight's race I was able to keep swinging and punching until the finish line. With the shape that I'm in I hope to get a good result next week as well.

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Femke BOL (NED)

400m Hurdles Women - 1st 52.11 MR

My first Brussels DL and I loved it so much. The crowd was amazing. So loud. It was like being at home. They even gave me a Kinder Bueno, my favorite cheat snack. I think I ate my last one definitely 6 months ago. My time is pretty good for the end of a season, knowing that my first few hurdles did not went that great. It is my second best performance in a DL this year and my third fastest time. I am super happy about this. I feel that physically my body is more rested again. The DL final in Eugene is the most important competition outside the championships so I am excited about this one. I have to admit that I am also looking forward to my off season. It so cool that I can inspire other people, but I am still not used to all the attention my performances bring with it.

08.09.2023 20:58

Ciara MAGEEAN (IRL)

1500m Women - 2nd 3:55.87 NR

I am very happy with my PB and NR! I went out very hard and deep today and obviously I'm very happy with that. I had a very good World Championships and I really tried to stay on that high and to stay motivated. That wasn't very easy which makes this second place even better. My season overall went very good thus far. I trained very hard this season and was able to stay consistent and just very happy. Being happy really helps! Right now I'm staying focused on Eugene and I hope to run a good race there. But I'm also looking forward to a well deserved vacation after Eugene.

08.09.2023 20:59

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Zharnel HUGHES (GBR)

200m Men - 2nd 19.82

First of all the atmosphere for this race was amazing. I love the crowd, they were so loud and it really is just a massive crowd here. I am actually very happy with my second place today, I came really close, but to be honest I'm just very happy. I'm still recovering from the flu this week. I still don't feel 100% so I'm happy I was able to run today. I wasn't sure this week I would be able to run here. But I'm definitely going to go to Eugene and give it my best. I hope to win there!

08.09.2023 21:06

Jakob INGEBRIGTSEN (NOR)

2000m Men - 1st 4:43.13 WR

It's always fun to break a record. This one qualifies as a world record and not as a world's best. I know I was able to break this one, but I had some kind of virus ten days ago and I didn't really know how I would be feeling today. However I felt really good and ran a good race. To be honest this records wasn't a difficult one for me. Sure, when you have to do it alone, it's really tough, but I got great help from the pacemakes. Actually they were able to help me more than I expected.

08.09.2023 21:13

Haruka KITAGUCHI (JPN)

Javelin Throw Women - 1st 67.38 NR WL

I could throw a new NR so I am very happy about my performances today. The crowd here was really good. They pushed me to do my best. I still have some goals to chase this season. I hope to throw over 68m. Maybe at the DL final. I will do my best to achieve it there.

08.09.2023 21:14

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Lieke KLAVER (NED)

400m Women - 2nd 50.16

I came very close, but I am ok with the second place. I did my best. I knew Cynthia Bolingo would perform well here in Brussels. Competing in front of a home crowd always brings out a little extra. After the World Championships, I was deeply disappointed. To consider this season a success, I would say I need to run a new PB. But if I think about it, I actually can be already proud of all the great things I achieved this season. Hopefully, I can take some sort of revenge in the DL final. Even if I finish last in Eugene, but with a revenge mindset, I will still be satisfied.

08.09.2023 21:20

Shericka JACKSON (JAM)

200m Women - 1st 21.48 DLR MR

Running here today was very good. I am very happy with my race. For me personally it is just to show up and especially in front of such an amazing crowd. You just have to put in your best and that's what I did today. It felt really good tonight, I definitely feel like I'm getting there, closer to that record. But it's also important to have some fun and I really had fun tonight. It's amazing to run against such a strong field and everyone did good tonight but for me personally it's important to have fun. And you know the crowd was just really loud and supportive and I really love that. It helps with the sprinting and I'm really enjoying the sprinting. Life recently is very good for me and I had the same feeling this evening. I am loving it here, I run here since 2016 I think and I enjoy it everytime! Even if I didn't win. It has been a good season and I hope to get one more win and to get closer to that record.

08.09.2023 21:20

Djamel SEDJATI (ALG)

800m Men - 1st 1:43,60

I'm really grateful for this race in Brussels. I felt really in control during the race and this is one of the most prestigious victories of my career so far.

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Reynold Kipkorir CHERUIYOT (KEN)

2000m Men - 2nd 4:18.14 NR

Today was very good. I ran a PB and a NR. It was a tough race and I tried to follow the best. The race was not ideal for me but I was still able to follow and to run a personal record. The stadium was very good, the crowd was loud so that really helped. I only have one race left, the final in Eugene. I'm already looking forward to it and hope to run close to this time again.

08.09.2023 21:34

Yanis MEZIANE (FRA)

800m Men - 2nd 1:43:94

I was looking for a time under 1:44 and I succeeded. I'm really happy with this, although I didn't run the race that I had in mind. I started way too fast, but I was able to keep it until the finish.

I had an unbelievable season. My main goal was the European Championship U23, which I was able to win.

Then I finished 10th in the World Championship: And now I was able to qualify for the final of the Diamond League: This is like a dream.

For next year there's of course the Olympics in Paris, but I don't want to skip any steps, so I also look first at the European championship and then the Olympics.

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Robin VANDERBEMDEN (BEL)

400m Men B Race - 2nd 45.51 PB

It was a good race today and the environment here at the Allianz Memorial Van Damme is always great. To end the season this way is just really good and gives a lot of confidence. I'm already looking forward to next season. The goal is to stay consistent and to keep improving. I hope to get some good results with the 4x400m team and also individually.

08.09.2023 21:39

Lilian Kasait RENGERUK (KEN)

5000m Women - 1st 14:26:46

I am very happy with my win today. The crowd was so loud I found it hilarious and really helpful during my race. I'm just happy it felt good and I hope to get the win in Eugene.

08.09.2023 21:48

Janieve RUSSELL (JAM)

400m Hurdles Women - 2nd 53.80

It was a pretty solid race today. I have still some technical things to work on but I am grateful to just finish healthy. The main thing is I know what my issues are and I know I can still improve so that really is something to look forward to next season. I hope to show what's left in me in Eugene during the DL final. I hope to finish with a SB and to just finish healthy so I can build on that going in to next season. This was my second time in Brussels and I always love it, the crowd is so loud and supportive. The weather is perfect and this time I really felt the atmosphere.

08.09.2023 21:51

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Yaroslava MAHUCHIKH (UKR)**High Jump Women - 1st 2.00**

No PB. That is a bit disappointing, but I am happy that I cleared 2.00 in my first attempt. To jump 2.00 is always a good result but of course I wanted it to be higher. I made a mistake at 1.91 and 1.94. I wanted to jump all heights at my first attempt to keep my power for the higher bars. It was not for today. I almost succeeded 2.04 in my first two attempts. I like Brussels. The Allianz Memorial Van Damme always supports me, also in training. I hope to come back next year. Yesterday I did not go for a shake out but I did some shopping. I live in a small city and we don't have a city mall. I still have the DL final left where I expect a good result and win the trophée for a second time. After the DL final, I will go back to Ukraine. It is true that I am a little star at home. I find it great that they know me as an international athlete and that I can represent them at an international level.

08.09.2023 21:52

Rusheen McDONALD (JAM)**400m Men - 1st 44.84**

I felt a little tired today, because I also ran a race in Italy two days ago. It was a good field today and I'm happy to take the win, but I could have ran a faster time. The main thing is that I can run in Eugene the Diamond League final next week. I hope to be at my best there and hopefully I can take the diamond.

08.09.2023 22:06

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Angelina TOPIC (SRB)

High Jump Women - 2nd 1.97 =NR =PB

I am more than pleased with my result. I am really happy to see that I can jump this height at the end of the season because I have to admit that I am very tired from all the competitions this year. I am curious to see what I can do after I get some rest. It was very hard to be in my best physical shape at the European U20 and World Championships. One of the most important thing was to keep it around the same heights in every competition. I did that. I have one competition left and that is the DL final in Eugene. I don't know what to expect because like I said, I am really tired. I would be really happy to keep it around this level, but what happens, happens. I am already proud of my season but I am most proud with the double in Jerusalem. I was scared to combine the high and long jump. Not because of the pressure on my shoulders. It is not hard to deal with all the pressure when you have a good team around you.

08.09.2023 22:06

Maryna BEKH-ROMANCHUK (UKR)

Triple Jump Women - 2nd 14.57

After Budapest I tried to recover as best as possible. I was looking forward to jump again after the World Championships. I had a lot of emotions in Budapest so it was difficult for me to find motivation afterwards. I think it's mainly because of my husband, he's so supportive and a big help for me. But today i'm feeling a little bit better and my jump is a little bit better and that's good but ofcourse I want more. As an athlete you always have to try your best and be ambitious. The environment in the stadium really helped today to go for some big jumps, I really felt the support of the people today. I really enjoyed it this evening. So now only one more competition left this season, the final in Eugene. And I think I want to jump 15m there! I know I have it in me. And after that I will enjoy some time off.

08.09.2023 22:14

Flash quotes

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Shanieka RICKETTS (JAM)

Triple Jump Women - 1st 15.01 PB

It was amazing. I had no idea I was capable to jump this far this night as I competed in Italy only two days ago. To go over 15m... for the first time legally. I am over the moon. The previous times I jumped this far, it was always with too much wind. After jumping my PB I got a bit emotional. That is why I took a break after the third attempt. I enjoyed the meet. The crowd was lovely. I look forward to come back in the future. My last competition this season will be the DL final. I hope to improve today's result.

08.09.2023 22:17

Jenna PRANDINI (USA)

200m Women - 3rd 22.47

I feel good. The crowd was really loud and energetic so it was a fun atmosphere to race in. My goal was to grab some points and hopefully get my spot for the DL final in Eugene. I think I am in now, but I am not sure at this moment. I changed coaches this year so we did a lot of building and drawing. I am really excited to see where things will go next year.

08.09.2023 22:23

Håvard Bentsdal INGVALDSEN (NOR)

400m Men - 3d 45.07

It was very nice to run here today but I felt it in my legs that it has been a long season. Last 100m felt painful but it was a lot of fun to run here today and to end third. The crowd was amazing and very loud, I noticed there were some Norwegian fans as well, which is always really great. The Norwegian athletes are doing great for the moment and I'm happy to be part of that. I hope I qualified for Eugene, ending my season there with a good race would be the best thing to end this very good season.

08.09.2023 22:25

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Nozomi TANAKA (JPN)

5000m Women - 3rd 14:29,18

It was a hard race, but I think I ran in an intelligent way. The fact that I broke the national record means a lot to me. It's one of the biggest achievements of my career.

08.09.2023 22:30

Ruben VERHEYDEN (BEL)

2000m Men - 9th 4:52.37 NR PB

Fantastic. After the World Championships, I said I would go for the NR. My parents were not happy with that statement. They were afraid I would put too much pressure on my shoulders. I knew I could run faster than 4.55. The only question was if I could beat the other Belgians in the race. My plan was to race like I belonged in this field and follow as long as possible. It was the right choice although the last 600m were hard. I was dead, but I knew I was on schedule. Even a last 400m in 62 seconds would be enough to set the NR. I missed the Olympic standard in the 1500m, so I am a bit sad that my season is over. I still feel very good. But on the other side, I was counting down the days until offseason. I was draining mentally. It was by far my best season ever. Everything I wished for at the beginning of the season, I achieved.

08.09.2023 22:30

Armand DUPLANTIS (SWE)

Pole Vault Men - 1st 6m.10

My feelings after this competition? Mixed feelings. The track is really great and I would have loved giving the public the world record ... but to be honest my jumps were kinda shitty today. Even that last attempt on 6m23. It was close, but it wasn't a great jump. I really believe that I should have made it today. I wanted a mark in between with the 6m10 and that took a little bit out of me, maybe even a little bit too much. I had it in me to jump the world record today and I really thought that I was going to do it. It's a shame.

08.09.2023 22:32

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Sam KENDRICKS (USA)

Pole Vault Men - 2nd 5.92

Fast and furious. It was a crazy competition. At this level, every bar is important. There is nothing taking for granted. And if you got behind, you immediately had to be very aggressive trying to get back in the lead. That was what I had to do tonight. I am really proud of guys like my young compatriots. But when you come to the end of the season, the big meets, that is where I really love to shine. Without the speed of the new Mondo track I think I would be done. I could lean on the good conditions of the track and not had to worry about my leg. I go home for two days and then head straight to Eugene and try to beat all these guys. I am gonna give Mondo a show. Now we have maybe four Americans to push against him. We are trying to pressure him.

08.09.2023 22:41