

Flash quotes

As of FRI 21 JUL 2023

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Niels LAROS (NED)

800m Men B Race - 1st 1:44.78 PB

This is a magic place to run a PB. My schedule is pretty busy - I have nationals next week, then the U20 championships in Jerusalem and then Budapest. I know it is going to be a challenge but I am ready for whatever so let's do it. Consistant training, great team around me and the form at the right time - that is my recipe to run fast. I do not check the statistics and I have no idea what are the records because I just focus on my running.

21.07.2023 19:33

Larissa IAPICHINO (ITA)

Long Jump Women - PB 6.95

I am very hapy because it is a competition where I had to manage all the conditions. I was not feeling in at the begining maybe it was because of the heat, it was very hot and then I managed everything and I'am very happy. I've tried to confrontate myself without my coach because he was not here so it was a bit difficult but it end very good. It is wonderful competing at the same level as these magnificent competitors so I really enjoyed the moment. For the moment ahead of the World Championships it is a bit stressful because of all these travels I am a bit tired but I will try to rest as much as possible for the competition, we all want to do our best so it will be difficult but it is gonna to be fun.

21.07.2023 20:09

Alison dos SANTOS (BRA)

400m Hurdles Men - 2nd 47:66 SB

Monaco Herculis EBS Diamond League was the perfect opporrtunity for me to come back to run. I am realy gratefull to be able to run again. The meeting is amazing, I have always liked to be here, the track is fast. Now I will get ready for Budapest, to be able to win my World champion title again.

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Natalia KACZMAREK (POL)**400m Women - 1st 46.93**

This victory is a really good sign for me before the World Championships in Budapest - it shows me that I can keep myself in the front position and to be able to fight with the strong runners like I did today. Of course, I was sad that Sydney McLaughlin-Levrone was not running but it would be definitely harder to fight for the victory. But on the other hand, I would love to have one more strong opponent in the field. My main target for Budapest is the final and then I am ready for anything. The heat does not bother me because we also had a very hot weather in Chorzow so I am getting used to it. I like the way I was running today especially because I managed to fight until the finish.

21.07.2023 20:21

Karsten WARHOLM (NOR)**400m Hurdles Men - 1st 46.51 WL DLR**

It was really nice to do this again - that 0.01 sec of the Diamond League record and also the track record, it is really good. I had a very good warm-up so I was ready to do what I do and to play hard. Conditions were very good, a little wind and warm. So I was just going out hard and my goal is always to fight until the end. With this heat, the difficult part is the warm-up. My last race was in the 17 degrees and rain, both in the Norwegian championships and in Stockholm Diamond League. So it is nice to do this as well. Seeing that things are still working and I can go faster and faster everytime, that means a lot. This is a nice timing as the World Championships is just around the corner. Since I was injured last year, I enjoyed the racing more. Now I know how is it to be sitting on the outside of the race so I enjoyed it, to be honest. It is very important in this stage of my career. I won everything and I have the record so I have to enjoy it because there is not other reason to do it. The goal is always to get the win.

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Wyclife KINYAMAL (KEN)

1st 1:43:22 WL

I am not sure I will go to the world championships because we will have the national trials in Kenya but I am looking forward to make good races. I am hoping to run my PB really soon.

It was my second time running at this meeting, I ran here last year. I really love this meeting.

21.07.2023 20:34

Slimane MOULA (ALG)

800m Men - 2 1:43:40

It was a fast race and I am second with a really good chrono 1.43.40 so it is a good motivation to prepare for the World Championships in Budapest next month.

Last year I was 5th at the World Championships in Eugene, I do not have a lot of experience, but this year I hope to be on the podium. So this year the main objective is the World Championships in Budapest but the main one for me is the 2024 Olympic Games in Paris.

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Julian WEBER (GER)

Javelin Throw Men - 2nd 84.23

The competition wasn't really powerful today. I think everyone is a little bit tired, it's kind of in the middle

of the season. We all have nationals coming up, and we are also all working hard for the World

Championships. I am happy with my second place but of course I wanted more. I wanted to win today.

It was my first time in Monaco and it was really nice. The crowd was amazing, I loved the stadium. It was

pretty hot today. I will stay here one more day to discover the city.

I did track and field in the youth categories but then I focused on handball and I was pretty good. But then,

when I was 16, my former coach asked me if I wanted to try javelin again. Two years later I was European

U20 champion. I think the preparation I had from playing handball helped me with getting good

performances.

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Faith KIPYEGON (KEN)

1 Mile Women - 1st 4:07.64 WR

It was a blessing to do this with these ladies. I can see that they are all happy for me and it is so emotional. It is a blessing, it just does not happen everytime you run. I have to say thanks god for this. I really enjoyed the race. I came for that, I wanted to chase the world record and thanks god, it was amazing. And just before the World Championships. I was really looking forward to running here. I have done good training so far and I just came for it. The time - yes, it was really good because the race was well planned. It just went smoothly and to accomplish the world record - that is amazing. What will be the next - I do not know, it is in the god's hands. I do not know how I am doing this because it just keeps going really in a good way. I was feeling healthy and just focusing myself for this world record. When I started this season, my goal was to just break the 1500 WR. It was still in my head and in my mind. Thank God I did also the 1 mile and the 5000. So many. I want to defend my world title at 1500m in Hungary but I am going to double also with 5000 in Budapest.

21.07.2023 21:03

Jakub VADLEJCH (CZE)

Javelin Throw Men - 1st 85.95

I am sweated like hell. So it is really perfect... But I like hot weather. So I have it complete this year - 1,2,3 at the Diamond League. The first throw was really smooth - I always try to make it safe in the first round to set the bar high. But I have to admit, that I was getting more and more tired during the competition. It was not the ideal one - it was way too long thanks to some technical issues and starts of other events. But I am glad for what I showed today and my mindset is still the same - I am confident about my shape and I want to sell this form in Budapest. I still have the national championships ahead of me next week and then more training before the championships.

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Ciara MAGEEAN (IRL)

1 Mile Women - 2nd 4:14:58 NR PB



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To be honest I think it's been my best season yet. I have opened it strong and have stayed consistent.

Today I ran an Irish Record over the mile. I am really proud of myself for that. I feel I am in a really good place

to go the World Championships.

Sometimes when you know you are in a good shape, it's a bit more scary because you really know that you

can achieve your goals. I was very nervous but I knew that if I managed to push away all these worries, and

just focused on my race I could do it. I am really glad I didn't fail.

It was my 3rd time in Monaco and I really love it, it's so beautiful. It's one of the fastest tracks in the world,

even if it was a little too warm for an Irish person.

Last year was a big summer for me because I won a silver medal at the Commonwealth Games and another

silver medal at the European Championships. They were my two first outdoor international medals. This

summer I want to get to the World Final.



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21.07.2023 21:05

Nia ALI (USA)

100m Hurdles Women - 1 PB MR WL 12.30

I feel amazing, it was a PB for me it is the first time I win in a Diamond League I cannot believe it and it is lovely to have won here in Monaco, it is a beautiful place and I really enjoy myself here, I am so happy I was able to give the best of myself here today. I started very fast and then in the middle of the race I told myself "do not fall asleep" I really fight for it because I felt myself a bit behind at the last hurdle, but then I have just attacked the finish line and win my best win.

My objectives now for the rest of the season is to stay healthy and try to improve my technique. I know that Budapest will be a very strong competition and a very fast race so I am looking for it to be a challenge.

21.07.2023 21:08

Hagos GEBRHIWET (ETH)

5000m Men - 1st 12:42.18 PB

Today, I am very glad for my performance because 42 - that is a huge improvement for me. The race was very good and I am also glad for my compatriots - we are not training in the same training groups, we have different coaches but we helped each other in the race. We are friends, but on the other hand, we are also opponents. In Budapest, I will run 5000m, and I want to show a good time again.

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Mohamed KATIR (ESP)

5000m Men - 4th 12:45:01

The other athletes were very strong, but I am also strong right now, so I tried winning until the last metres.

My goal was actually winning the European record, so I'm really happy with it, even if I didn't get the World Lead. It's my second European record. I got the 1st one in 3000m at the Meeting of Lievin.

My next goal is getting qualified for Budapest at the national Championships, but my biggest uncoming goal is the World Championships obviously.

21.07.2023 21:23

Shericka JACKSON (JAM)

200m Women - 1st 21.86

It was great for me today. Last time, I was second here, so to come here and take the win, it is really really good. I have three competition in a week so it is a bit hard for me. One more coming up, it will be London. Oh, my execution, I do not think that the curve was as good as I wanted but I managed to go until the finish so it was good. I have one more coming up so I am glad I finished this one healthy. I did that on the home straight I think so I am grateful. This season I focus on myself and I just stay in my lane.

The atmosphere is good - people cheering, I like it here. I am here, I keep training and keep competing... I had a hard training session yesterday and still I was able to run 21 so that is good. I want to make sure I am on the top of my shape in Budapest. Honestly, the curve was hard enough... I have to go back to the training for this. I am healthy and I am happy to be here and I enjoy running.

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Julien ALFRED (LCA)

200m Women - 2nd 22.08

I am very satisfied because I wanted to see where I am at and I know it now. And now, time to come back to the training. I was just focusing on running not beating anyone. It was a bit rusty to be honest but I am still in the preparation for the Worlds . This is my last competition so I will make sure to be ready for Budapest.

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Jimmy GRESSIER (FRA)

5000m Men - 9th 12:56:09 NR

As I told it before, my goal at the meeting was to get a National Record. It went really well for me. When I saw that the red light was next to me on the last lap I knew that I will get to do it.

I already had a national record, but it wasn't a "true" one I would say, because I had got it at road events.

Now I am really happy because I got this "real" track national record. I think I can announce that my next

goal after the World Championships is to get the 10 000m national record in Brussels. When I was seeing all

these famous american athletes beating all their national records, I really wanted to do the same for France,

and now I got to do it.

Now I will focus on the national championships. I have to get 1st to qualify for the World Championships.

Then, at the World Championships, I will try to get closer to 12:50. It would be a really good performance.

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Armand DUPLANTIS (SWE)

Pole Vault Men - 4.5.72

Today did not go as planned and this is my last competition before the World Championships in Budapest, so I will try to be careful, rest well and try to work on my left side but I think it was just a bad day and I will be back in full shape in Budapest.

21.07.2023 22:11

Kendra HARRISON (USA)

100m Hurdles Women - 2nd 12.31

I keep loosing by 0.01 seconds so it does not make me too happy. But on the other hand, everything may be different at the Worlds. In fact, to run this time and the seson best and to take the second place, it is all I can ask for. It was a long time ago where I was running here winning my race so yes, I like it here and I will be back when the hurldes are back on the schedule. I still have a few things to work on. The field is full of strong opponents, it is good for our event. I am looking forward to Budapest.

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Christopher NILSEN (USA)

Pole Vault Men - 1 SB 5:92

I feel great! This is my second Diamond League win, I had some struggles at the beginning of the season but now I feel more comfortable.

The World Championships will be a completely different day, we have now a month to be fully prepared and a lot of things can happen, but now I feel really comfortable with my athleticism and fitness right now. My main goal is to stay in the same shape I have right now. Last year during the World Championships in Eugene I had a kind of physical and mental drop because I wanted to gain some medals and I was like "it is mission accomplished" so I have to make sure that not just because I won a Diamond League does not mean I have to rest on my laurels so I have to stay mentally focused and maintain my physical conditions.

The crowd and atmosphere in Monaco is so good, it is one of my favourite meet, because everyone is so in the pole vault, everyone knew who we were. It was just really a honour and experience, I am so blessed my dad could come out here with my friends, not my competitors but my friends and do this all the time.

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Ferdinand OMANYALA (KEN)

100m Men - 1st 9.92

I will be the next world champion. There are no doubts about it. I am ready to do it. Tonight, I just confirmed what I am capable of. I would not call it a perfect race but I am ready. It was a blessing to win here. I wanted a faster time but win is a win.. Start was a bit ish ish - but we need to make sure we will correct that. Win is a win.

21.07.2023 22:21

Jaydon HIBBERT (JAM)

Triple Jump Men - 2nd 17.66

It was a rough competition. I got a little cramps but I came into my zone and I was OK. I was second but I was super grateful at the same time. To represent my country is always a pleasure. But I am very tired now. I am ready to go home right now.

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Hugues Fabrice ZANGO (BUR)

Triple Jump Men - 1st 17.70

It was really hard for me to jump far today. I started with 17.15. I couldn't feel my body. My legs were really heavy. But then I tried to fix some things with my coach, and I am really happy with my progression during the competition. I did the job, and I'm really happy with this performance. I am really confident for the World Championships now, even I will try to jump far at my 1st attempt, because jumping far at the end of the competition was so stressfull. I think I could make it to the competition with 17.70 actually, even if I think I will be in a better shape. I hope I will get to jump further.

My coach Teddy Tamgho is back at practice. His first goal is to get in a good shape. Then, if he manages to do it, he will try to qualify for international competitions. At practice, there's always been a competition between us, even when he was only my coach. Now, as he is back, we both push each other. When he jumps, I am the one giving him advices, and when I jump, he's the coach.

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Nicola OLYSLAGERS (AUS)**High Jump Women - 1 1.99**

Today I felt it a bit difficult because all my other contestants were so good but I have tried to relax. You always want to do your best so it was an amazing balance between a certain peace and this anger, so I have found this kind of balance.

It was my last competition before the World Championships in Budapest and I felt the season has just been amazing and now I feel that I am going down to training hard to be ready for it, I will give my best and try to jump higher and higher!

21.07.2023 22:38

Yaroslava MAHUCHIKH (UKR)**High Jump Women - 3rd 1.96**

I expected to jump a bit higher today. But it was just a few difficult days before the competition. I missed my flight to Chorzow, then I had some other problems, so I am happy to be here and compete in front of this great crowd. I saw all these children cheering for us and it made me feel so emotional. Let's keep working. This is my last competition before Budapest and I know I have a lot of things to work on. I do not know where I will train but probably I will have a training camp in Belgium, where we live now, or in Estonia. Without mistakes, we cannot improve so I am ready to work on them to be ready for Budapest.

21.07.2023 22:45

