

Flash quotes

As of SUN 28 MAY 2023

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Shamier LITTLE (USA)

400m Hurdles Women - 1st - SB

I am so happy even though it's not my personal best but glad about breaking the seasonal best. For the coming competitions, I will just execute better and be the best to win the World Championships. The weather was in my favour. I loved the organization, it was wonderful how they treated us well.

28.05.2023 19:05

Emmanuel WANYONYI (KEN)

800m Men - Winner

I feel very happy about my performance today here in Rabat though the race was tough. Running against Kipkurui was not easy at all. The crowd was fabulous, the atmosphere was incredible. Today's race was a great preparation for the upcoming competitions especially the World Championships in Budapest.

28.05.2023 19:22

Rasheed BROADBELL (JAM)

110m Hurdles Men

I am happy about how I performed today. I am pleased to get this win. I managed to get this victory by being focused during the race. My goal this year is to execute well. I would like to thank the crowd here for being supportive and fantastic. I am getting ready for the World Championships by staying healthy and in good shape.

28.05.2023 20:10

Flash quotes

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Steven GARDINER (BAH)

400m Men - 1st

I am delighted for achieving the first place. The race was very quick and highly competitive. The audience was fabulous. I am happy to be in Rabat I liked the weather and everthing was up to the expectations, and I am definitely coming back. I will keep training hard to get ready for the next meetings, and mainly for the World Championships in Budapest.

28.05.2023 20:20

Auriol DONGMO (POR)

Shot Put Women - Winner - SB

I am happy with the victory, but not so much about the performance. I expected much. With my training at this moment, I can do more than 20 meters. But something in my technique was not right today, that explains this performance. I need to go back to training and try to improve again. I will compete next week in Netherlands, then in Paris in Diamond League on June 9th.

28.05.2023 20:37

Kristjan CEH (SLO)

Discus Throw Men - 1st

It is great to be again here in Rabat and meet this beautiful crowd. I will keep training hard for the World Championships and break the world record. I know it's not going to be easy for me. It feels wonderful to compete with great competitors.

28.05.2023 20:42

Flash quotes

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Grant HOLLOWAY (USA)

110m Hurdles Men - 2nd

I am not happy about my performance today. My goal was the first place. The crowd was very loud and they got me distracted. I'll work harder now to get ready for the upcoming competitions especially the World Championships where my goal is to achieve the gold medal.

28.05.2023 20:45

Yaroslava MAHUCHIKH (UKR)

1st MR & WL

I am extremely happy for jumping 2.01 metres and achieving the meeting record and the world lead. It's definitely a boost for me to keep up and achieve more victories. I am happy to be in Rabat, this is my second time in a row here. It's a great place especially the crowd was phenomenal and the weather was beautiful. Great job for such great organization.

28.05.2023 21:00

Shericka JACKSON (JAM)

200m Women - 1st - MR

I am happy about my victory and it is not going to be my last though it was a little bit breezy at the start. It was competitive at first but it was OK for me because I was well prepared. The crowd was a little bit noisy, it's something that happens in every competition, but I got used to it. Rabat is a good place, I liked everything especially the organization. I would definitely work harder to get more wins and hit world record in the next upcoming Championships.

28.05.2023 21:02

Flash quotes

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Gudaf TSEGAY (ETH)

Winner / Meeting record

It was my first outdoor competition of the season, so I am more than happy by the result, the time and the victory. The race was what I planned. Not easy but great in the execution. I am already in a great shape, I am injury free. So far, all is perfect. About the next, I do not know what race I will do at the World Championships. 1 500 m, 5 000 m, 10 000 m... I am ready for every distances. My coach will decide.

28.05.2023 21:07

Soufiane EL BAKKALI (MAR)

3000m Steeplechase Men - 1st - MR - PB - WL

I can't describe my happiness for achieving the meeting record, personal best, and world lead. My aim was to break the world record but I got tired in the last lap. Now I will rest to get ready for the upcoming competitions and especially for the World Championships where my aim is to keep my title. I would like to seize this opportunity to thank the President of the Federation and our King for his constant help and support for the athletes. I am also grateful for the fabulous support of the audience which was a great motivator to finish strong.

28.05.2023 21:12

Fred KERLEY (USA)

100m Men - 1st- MR

I can't describe my happiness for winning this race and hitting the meeting record today. This is the result that I was expecting and I will keep up to achieve and reach the World Championships in the best shape ever. The crowd was amazing and the atmosphere was incredible especially the weather here in Rabat. I would definitely keep the same record for the next competitions.

28.05.2023 21:32

Flash quotes

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Jakob INGEBRIGTSEN (NOR)

1500m Men - Winner- SB

I am happy about my performance. I felt good. I could run faster but it was a bit difficult in the last turn because of the wind. I won the race as I was feeling good and thanks to the training I have had. I hope the other athletes had a good race. I am trying to get ready for the upcoming competitions. I was surprised at the atmosphere and at the support of the crowd.

28.05.2023 21:43

Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women

I am pleased to be in the first position and get this win. This is my second participation in this meeting. I performed well because I had a good training. It was a lot of fun out here. The organisation and the atmosphere were so good. I am ready for the next competitions and for the World Championships.

28.05.2023 22:03

Mary MORAA (KEN)

800m Women - Winner

Tonight was my second outdoor race of the season after a first one at home in Nairobi. So, I am of course very pleased by my result. Time is great but to be honest it is the result I expected. I knew I had the shape to accomplish this kind of race tonight in Rabat. At the end, I felt a lot of lactics in my legs, that is why I needed some time to recover. But I have no injury, all is good. After running in Paris on June 9th, I will travel back to Kenya for training. At the World Championships in Budapest, my goal is to get a medal. Being on a podium would be great, there are many girls but only three medals.

28.05.2023 22:06