

Flash quotes

As of SUN 2 JUL 2023

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## Jessica SCHILDER (NED)

### Shot Put Women - 2nd 19.03 SB

The goal for today was to qualify for the Olympic Games, and I did. The first throw I just focused on relaxed throwing. I have never competed before in such rainy conditions, so I knew that the first throw had to be good. Now we also understand better what we have to work on in the next weeks. I had one good throw, which was invalid unfortunately, but that's part of the game. Now on to the next one. The start of this outdoor season was a little bit difficult for me. During the indoor season I fell on the board and injured my forearm, the one I throw with. In the end it turned out not to be too bad, but I had to get rid of the fear of throwing with my injured arm. I am wearing a sleeve and that gives me much more confidence. Now we are going to focus on relaxed throwing.

02.07.2023 15:36

## Daniel THOMAS-DODD (JAM)

### Shot Put Women - 1st 19.04

We did what we could do with these conditions. I am just so proud of these ladies - we knew it was not going to be in our favour with the weather but I am glad for the ladies to come up and showing we can put a good competition. I do not think I have ever competed in such rain. For us, rotational throwers it is a little bit harder - we have to do so many movements so it was all about to make sure we execute the technique well and not necessarily go too crazy. Most of the time, you just need to keep the body dry. It is always harder to be mentally ready until the last throws, especially when you know you are in a good shape, to come out when the weather is not in your favour, to be able to put the big pants on and in the last throw - to put one out there and if it is further, it is further. If it is not, it is not.. At least you walk away from the competition healthy. So that was my main focus for today but of course, I am glad I am leaving as a winner.

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## Jimmy GRESSIER (FRA)

### 3000m Men - 3rd 7:40.21 PB

I lead nearly the whole race so at one point I asked them to take over because I felt that I was slowing down. I finished very well the last 300m, perhaps too well, because at 200m I hit the wall. An atypical and amazing race, with Swedish weather and a great stadium. Just for that I will come back. Even if the conditions are not good you have to learn to run in those conditions, because if this happens at championships you need to be ready. Running in the rain gives me an extra mental force. I tell myself to be better than the others in those conditions, so that I can prove my position and that there are no excuses and that you have always to give your best.

This season I did a lot of 1500m races in order to get faster for the upcoming 5000m races, with my first one in Monaco. I still consider myself a 5000m runner though. The level in the 1500m is extraordinary in France at the moment. Everyone just wants to perform well this season with the eyes on next year's Olympics in Paris. The wavelight also plays a big role, because it's present at nearly all races in France.

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## Worknesh MESELE (ETH)

800m Women - 1st 2:00.05

It was a tough race today - obviously, the conditions were very bad and the rain was very strong. The track, the stadium, my opponents, everything was good. I also feel in shape. But the rain made it very difficult and affected the race. It was slower than I wanted. The victory is very precious to me. I am planning to run 1500m in Monaco, I believe. I hope we will have sun when I run next time.

02.07.2023 16:59

## Eveliina MÄÄTTÄNEN (FIN)

800m Women - 2nd 2:01.50

The second place at the Diamond League - I take it. But the pace was a bit slower because of the rain. The conditions were not optimal. But my season is going well so far - I am planning two more competitions next week in Finland and I want to try to run the 1500m for the first time. So I am excited. The main goal is the World Championships this year. I am glad I have a good support here with me as my coach and my boyfriend came too.

02.07.2023 17:02

## Emmanuel BAMIDELE (NGR)

400m Men - 2nd 45.48

The race would have been much better without the wind. It's my first first Diamond League and the first race in Europe this season. I still struggle with the time difference, it's really difficult to sleep at night. I just need some time to get used to it. I arrived in Europe one week ago and I am based in Lisbon. Hopefully, I can run another Diamond League and then focus on the World Championships in Budapest, and let's see what is going to happen there.

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## Akani SIMBINE (RSA)

### 100m Men - 1st 10.03

It seems like a good season. Towards the World Championships, I am satisfied with the results and the training so far. I just wanted the win here and I got it so glad at the moment and let's go building up on it. In such conditions, I think the time was fast. If the conditions are ideal, it means it could be a very very fast time - somewhere around my PB but we leave that for the World Championships. I have a two weeks break now, I go back to training and then get ready for the Silesia DL. I do not like rain, I was cold. I just went there and ran.

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**Sandra PERKOVIC (CRO)**  
**Discus Throw Women - 1st 64.49**



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This victory means a lot for me because it's my 70th Diamond League and 46th win and 67th on the podium.

After 13 years I am still here winning Diamond Leagues. I have all those numbers in mind, of course, because in athletics everything is about numbers. Stockholm is always special for me and I want to thank the amazing crowd because without them it wouldn't have been possible to have so many good throws. It's too bad that I miss out on the Olympic standard by 1cm but that's for Budapest then, because this has been my last competition before the World Championships. I actually had a throw that could have been 66m, but I fell.

After so many years on the circuit I am getting cautious about everything. So of course I had like four towels in my bag and lots of magnesium. But the most important thing is to believe in yourself. It doesn't matter what the weather is. To find that energy with the audience is important. The speaker said that the Diamond Queen is coming to the circle so I needed to show something. So I am really proud about this performance.

I needed to win a Diamond League this year, because I got engaged, it only took twelve years.

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## Emil DANIELSSON (SWE)

### 3000m Men - 1st 7:39.70 PB

I did not expect to win; I came into the race trying to be towards the front and finish as high as possible but to win, no not expected. Maybe top-3. So I gave it my all and on the home straight I just really went for it so I am super happy.

I am not born and raised in Stockholm but I have lived here for nearly ten years so I consider it home now and I ran tonight in the club vest of the city with my friends and family all here so it is very special. I train here very week all year round. The new track is super nice and the stadium is a beautiful arena to train and compete in. For me now the Swedish champs next weekend then I need to build up some base again as I have competed a lot in the last few weeks so I now prepare for Budapest.

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## Thomas CARMOY (BEL)

### High Jump Men - 2nd 2.20

I didn't expect to be on the podium here, given that it's only my second Diamond League. In Belgium we are used to those weather conditions. But it was difficult to approach the competition because it was very cold, you land once on the mat and the whole kit is soaked wet. It was difficult for everyone and maybe even more for the other athletes. It proves that I am in shape, 2m20 in those conditions is good. Now I have scored some points for the Diamond League Final too. Everyone was destabilized by the weather, but I knew my capacities and just had fun. I stayed relaxed, but concentrated for my jumps.

Last week I jumped an outdoor PB of 2m29, so the next big goal is 2m30. I just need a little bit of luck in the right circumstances at the right time. The track in Silesia was really good and no wind at all with a temperature between 20 and 25°C. It's the first time since two years that I jump over 2m27 outdoors, so I am really happy about the shape I am currently in, and that early in the season.

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## Jessica HULL (AUS)

### 5000m Women - 5th 14:44.24 SB

The race was a little bit different to what I thought it was going to be, a bit faster. It just felt like we slowed down a bit, but there is a lot to learn from it. I love the 5000m and I hadn't really ran a big one since 2020, so I wanted to try and see if I can double in Budapest. I just needed to run the standard and I did, so I am very happy. This year I am based in London, I am pretty familiar with this area. I bring a training partner with me and am lucky to have my brother visit and my husband here at the moment. They keep coming to me, which makes it feel like home.

02.07.2023 18:08

## Zakithi NENE (RSA)

### 400m Men - 1st 45.30I

I came into the race after a couple of days of sickness so that was very unexpected. To win my first Diamond League is very exciting in front of my friends and family. I am not sure what will be next as I need to sit down with my coach after today and analyse the race. I have been consistently running 45 lows which is great especially when the weather is bad like today. It was really terrible out there and quite tricky but I am from Durban so I am used to it; this is what I train in so maybe that helped me a bit.

02.07.2023 18:12

## Tobi AMUSAN (NGR)

### 100m Hurdles Women - 1st 12.52

I am excited to be out here competing and it is great to get the win on the back of Lausanne. The rain stopped but it was still very cold. I am not very happy with where I am but I trust in the process even when it is not necessarily processing right. I trust in my coach and God and myself. I didn't get especially well warmed up out there as it was so cold but I got through and I am running consistently so that is good. I will go away and get ready for the championships now.

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## Sarah LAVIN (IRL)

### 100m Hurdles Women - 2nd 12.73 PB

A PB, a Diamond League and second place in a big stadium, I am so happy I might just cry. I did not even know I was in this race until after I won the earlier race so it is really like a champs experience with semi and final. I spent the hour in between in the bathroom trying to dry my clothers from earlier. I still can't believe it and I think I hit the last hurdle too! I am going to race in the home champs in Dublin next which is my first race at home this season. It will be even more exciting now - I may target the Irish record which is looming over me now and for which I have been chasing since I was a child. My big goal for the year is the World Championships in Budapest of course but this is such a great stepping stone to that.

02.07.2023 18:20

## Reece PRESCOD (GBR)

### 100m Men - 2nd 10.14

I am focussing on my technique and my race model and I wanted to get another race in before trials next week so I could be race sharp. Simbine is always a good person to measure myself against so that was a great opportunity to ensure I am ready for next weeeeknd. I will focus on the 100m, I have the qualification time so now it is all about the race. Obviously we have a lot of good runners with Zharnel (Hughes) breaking the British record last week it is going to be a super tough event. It gives me inspiration and I am running consistency so that is good. I did want a bit more today but it was ok in the conditions.

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## Soufiane EL BAKKALI (MAR)

### 3000m Steeplechase Men - 1st 8:09.84

In 2017 I came the first time to Stockholm, and I was only 20 years old. At that time I had only won the Diamond League in Rabat, so it meant a lot for me to have my second Diamond League win in Stockholm. Since then I have won a lot of other races. Unfortunately, the men's steeplechase hasn't been on the program at the Bauhasgalan anymore, so I am even more happy to be back winning here. It's only my second race this season and I feel good. Now I have to see with my coach how to adapt the trainings. In Rabat I was close to the world record in good conditions, and today there was wind and rain, so why not attempt to break the world record. But the main goal this season remains to extend my world title in Budapest. I have won the World Championships in Eugene last year and the Olympic Games in Tokyo, so I really want to win my first world title in Europe. Budapest is a really beautiful city and through social media I have already gotten a lot of messages telling me that they are coming to Budapest to cheer me on during my races.

02.07.2023 18:31

## Freweyni HAILU (ETH)

### 1500m Women - 1st 4:02.31

I am very grateful for this victory and also for my compatriots finishing so well. The victory is great but the competition was not ideal due to the weather. But we have to adapt to all conditions. I do not know where is my next start yet. I believe in more victories to come this season.

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## Ciara MAGEEAN (IRL)

**1500m Women - 4th 4:03.46**

That was such a messy race; it is testament that we all stayed standing to be honest. But it was good practice for championships as it was like a championship race - no-one including me really went with the pacers for whatever reason. I am delighted with my finish but it wasn't a very fast race but I will take the positives from it for sure. Coming into the last 100 I found something from somewhere as we were all so close together. I have been practising that turn of speed or turbo to pick up when running fast. It was slower than I wanted today but it was messy which is really good practice. Sometimes people just don't go with the pacing, maybe because of the conditions. Today was proper racing and that is what is great about athletics. We will go to camp now and preapre for Monaco Diamond League next.

02.07.2023 18:36

## Daryll NEITA (GBR)

**200m Women - 1st 22.50**

I had a fantastic warm-up, it's a shame with the weather, but we were good vibes and the sunshine came out when we started warming up. I am in great shape and it feels great to win my first ever Diamond League. I have worked so hard with my coach Marco to be in this position. We know that I am a contender for the medals in Budapest. It gives me a lot of confidence to know that I am good in the 200m as well. Gold is what we dream of, to come away from here as number one. My job is done, the coach will be happy. The time doesn't reflect my shape. It's a great in preparation for Budapest, the performance of today shows me that I can win.

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## Beatrice CHEBET (KEN)

### 5000m Women - 1st 14:36.52 SB

I was the only Kenyan in the race and you know, the Ethiopians are strong and help each other so I had to fight for this win. The first thing was to get the win today and the second was to fight with these conditions. Yes, the weather was not really good but you need to run in any conditions. It was not easy to finish the race. My main goal now is the new PB at 5000m so maybe in London, if the conditions are good, I can try to do it. I feel in a good shape so anything is possible. I am already thinking about Budapest where my main target is to get on the podium at 5000m.

02.07.2023 19:01

## Larissa IAPICHINO (ITA)

### Long Jump Women - 1st 6.69

It was difficult today because I have never competed in such bad weather. It was an experience. I thought that my competition would be really bad but in the end, I am glad I managed some decent jumps. It is a part of the process, so maybe next time, I can run into it faster than I did today. I can mess up sometimes but now I can manage this difficult situations. I will take it positively and learn from it, how to get out of the difficult situation, so the next time it happens, I can manage it even better than today. I wanted to jump as good as possible despite the fact that you feel uneasy.

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## Hamish KERR (NZL)

### High Jump Men - 1st 2.24

It is tough conditions but I am in a really good form at the moment and I was hoping to jump really high today. I did not do that but I managed to jump higher than anyone else. So I definitely take the win. The rain does not help but you have to fix it especially mentally because it is not so cold. At the end, it was a little bit colder so I stopped - my legs were feeling a little bit too cold to continue. I think I am in a PB shape - was ready to try for the 233. I had a really good indoors but a slow start of the outdoor season. To jump 2.30 today - probably it was not so responsible in these conditions. I was just thinking that stopping at 2.24 was a little bit low so it was nice to try something higher as it was at the back of my mind. If I had not tried it, I would probably not sleep thinking - Ah, I should have tried it. You can think of one negative thing or you can take all the positives, so I knew it was going to be rainy, we cannot change that but at the same time, I am very grateful to compete here and that I am healthy and that my family at home loves me and these are the things I really hold on to. I have a good life and some nice stuff so that is what I think of.

02.07.2023 19:08

## Kristjan CEH (SLO)

### Discus Throw Men - 1st 69.83

The rain did not bother me because I have a really good discus grip, my technique was also almost perfect and I really had the power today to throw over 70. I got two times 69 so it shows a really good consistency. It was a little bit tough but the contact with the discus was really good also in the rain so I cannot complain, it was almost like normal. This year, it is like a crazy discus year - 5 men over 70m and also today, they are here so it was a tough field and everybody did the best they could. I must say I do not feel any pressure. I just want to feel good in the circle with a good technique and just enjoy throwing really far. I just need to throw further than them. I knew Daniel was competing on the home soil and he wanted to throw the best he could. But I feel I am in a 70m shape.

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## Djamel SEDJATI (ALG)

**800m Men - 1st 1:44.59**

Today was a good competition for me, but the weather conditions disturbed me a lot. But the most important is that I won. Next up is Monaco. I am ready for Budapest and my main goal is to win gold at the World Championships.

02.07.2023 19:16

## Gabriel TUAL (FRA)

**800m Men - 3rd 1:44.85 SB**

I did 1.45.78 last week in Ostrava and now I took another second off. I get better and better, my technique and tactics are coming back again. It was a particular race in tough conditions, but you still need to prove that you can be among the best. It's a good sign for the upcoming races. The goal for the remaining is season is to run the qualifying standard for the World Championships and the Olympic Games and then run a final in Budapest. I was a little bit late in my preparation because of a fracture in my shoulder.

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## Karsten WARHOLM (NOR)

### 400m Hurdles Men - 1st 47.57

I felt very good before the start but the conditions make it a little bit more challenging, but I felt I had to get in and got to post another good time, so I am very pleased. I am 100 percent exactly where I want to be, I am in a good position now, I am running fast times so I think I actually have never felt better in my career. So we continue. To run the records - that is something I want to do. Of course I want to hold the world record. I want to break it myself a couple of times. But it is going to be tough because the time that I ran in Tokyo is really good but I think I can really do better. I have to say thanks to all the people coming out there tonight because it has been a really rainy day. It is awesome that the people are coming out there and that was also the reason I wanted to put a good performance. For me, it is going to be now about continuing to stay injury free, to be able to train well and post these good times. I hope I will be able to stabilize on even higher level of the race. I am looking forward to all the races and hopefully to defend my title.

02.07.2023 19:44

## Daniel STÅHL (SWE)

### Discus Throw Men - 2nd 67.57

I am always happy to compete here in Stockholm, in my home town and my home stadium so it was a lot of fun out there and I am ok with the result tonight. The conditions were ok - so long as the ring is dry it is ok and we can keep the discus itself dry so I was fine out there even in the rain. Next week I compete in another event, a grand prix here in Sweden, a four hour drive from here so I hope we can keep progressing well. The crowd were amazing as ever here in Stockholm.

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## Dina ASHER-SMITH (GBR)

### 200m Women - 2nd 22.58

My spies said it wouldn't rain for us today and they were right. It stopped just before my race. I feel like I am in pretty good shape right now although I would have liked a quicker time. I need to get a faster time to get a better seeding at the world champs. But I am feeling good but it really wasn't the day for quicker times. I will need to talk with my coach now about the British Champs and which to go for, I was thinking of just 100 but I still need to find that quicker 200 so we will see what he says.

02.07.2023 20:05

## Malaika MIHAMBO (GER)

### Long Jump Women - 2nd 6.66

The conditions were really tough out there today so I am pleased with my performance. The fact I have already qualified for the world championships doesn't really affect my build up; I still need to stay focussed. There are a lot of girls jumping very well and the competition is wide open so I need to prepare well.

02.07.2023 20:10

## Pål Haugen LILLEFOSSE (NOR)

### Pole Vault Men - 3rd 5.72 =SB

It was a weird competition to be honest, it was delayed for several hours. We had to wait and do the whole warm-up thing twice. But very happy about my place in this field. Still wanted to jump the Olympic qualifier in my first competition but it is coming really soon. There were good vibes and a lot of people watching. I am from Bergen, Norway, the rainiest city in Europe, so I know rain better than anyone in the field. So I have been there, but in a Diamond League it stays special. But we are happy they delayed it because otherwise it would have been a "pity show" for everybody. Next week-end I am jumping at the nationals and then hopefully another Diamond League. Last year I jumped 5m80 for 9th at the World Championships, so in Budapest I want to jump higher and finish on a better rank.

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## Armand DUPLANTIS (SWE)

### Pole Vault Men - 1st 6.05l

I found some rhythm on the runway despite the cold. It was not the weather we wanted of course but I always want to jump well every meet but especially here as this is the most important meet, outside the world champs, for me in the year. Mentally I felt I was there and in with a chance of the world record which is why I wanted to go for it as well as for the people that had stayed so long into the evening to see me. I wanted to get closer to it but maybe the conditions and tiredness caught up with me in the end there. I used the biggest pole I had in my bag. I was really fired up and felt I could conquer the world. The crowd were amazing to stay like that and it says so much about their passion for watching athletics and I will always be grateful for that.

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