

Flash quotes

As of SUN 2 JUN 2024

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Alexis HOLMES (USA)

400m Women - Winner 51.18

It was great out there today especially the weather and a lot of people already here in this beautiful stadium watching. I was confident going into today but I am also ready to go home now and rest as there has been a lot of travel over the last four weeks. I have three weeks before the US trials so I will rest a bit and then be doing more of what I have been doing and getting my mind right. I feel confident and excited going into Paris. My ambition is of course is to leave with a medal but that is the same for everyone so it will be tough.

02.06.2024 17:41

Yupun ABEYKOON (SRI)

100m Men national - Winner 10.22

This is my second time here and it is a pleasure to run under the flag of my country. Now, I need to get some rest before the A race because I am also running it. It was a little bit windy here but it was a good run. I am the only athlete from Sri Lanka here and I am proud to represent my country on such a high level. I believe that I can run faster in the main competition

02.06.2024 18:11

Quincy HALL (USA)

400m Men - Winner - 44.68 SB

That was a close finish race, I have had a hell of a week with Oslo three days ago. But I was pushing through it and I am just playing the game. Since Oslo I have done more reps and I don't give up. I might lose but as long as I don't quit I can always win. Next up are the Olympic trials end of June and I am going to do my best there. I don't need to change anything right now, I just keep going with my training. I have started my season late, it's just my fourth race and I am dropping half a second each race, so all is going according to plan.

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Robert FARKEN (GER)

1500m Men - Winner - 3:33.53

The whole race I was thinking that Luke looked in great shape, I have never seen him that good in training before. So I decided to just stick to him. I felt really good at the right moment, so 500m before the finish I decided that I am going to help him too, because he had done the job behind the pacer for the first km. Luke is not only my trainings partner at OAC Europe but we are also close friends, so obviously we work together during a race. Before the race we told each other that we are going to win that race today whatever pace it was and it worked out pretty well. I am happy that I have built and timed this season so that each race I become a little better and that not like last year open the season with a huge time and then break in and get injured. I am just as planned where I should be before Rome. The goal in Rome is to do my home work and get to the final and then we know that everything is possible. But first of all I need to get a bit fresh again. Even in such a beautiful stadium, standing on the starting lane my head was a bit empty. I am not yet used to all this Diamond League circus and Oslo cost me some mental strength. But so I am even happier with my result here in Stockholm. So in the next days, I am going to do a lot of easy runs and sleep a lot.

02.06.2024 18:45

Jemma REEKIE (GBR)

800m Women - Winner 1:57:79

It was good to run a 1:57 from the front and know that I had another one in me. It probably felt too comfortable so my coach may watch it back and tell me I should have pushed it more. But it is a long season so there is plenty time for more. It is a good way to start the season and run consistent 1:57s and know that there is a bit more in there. We still have a long time until the Olympics and a month until trials so it is all about staying healthy and consistent. I am going to Rome to do the 1500m and I always start on any start line to win but I know that those 1500m girls are going to make it tough for me so it would be amazing to run away with a medal. It is a good mental training for me because it is "over distance" and I always come off well from doing the longer stuff.

02.06.2024 18:51

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Luke McCANN (IRL)

1500m Men - Second 3:33:66 PB

It is a bittersweet one as I came in with my team-mate, Robert Farken who got the Olympic standard in Oslo so of course that was my aim today. I pushed it hard and wanted to attack it and know as I left the track that I had given it everything. At the bell I was running faster than I ever have so I was a bit scared I guess but I held on and Robert pulled me through that last lap but with a 100 to go my legs just came from under me so it is gutting to miss it by 0.1 of a second which is like just a click of the finger. But it shows I am on a good track and it a big PB so I know I have it in me. I will go again in New York on 9 June to go again and try and crack it. There is the points option of course but it is a lot easier to sleep at night knowing you have the standard but I have to be happy tonight to be so close.

02.06.2024 19:00

CJ ALLEN (USA)

400m Hurdles Men - Third - 48.12 SB

I executed exactly how I wanted to. Coming from a bad performance in Oslo I just wanted to come out and run my stride pattern perfectly, which I did. I had a really busy week with Eugene, Oslo and now Stockholm and I was actually moving the week before Oslo too. I also had a really bad sickness tooth, my body was just fighting it. I had some Swedish sauna it revived me. I just have to start my peak process now. We trained a lot longer and a lot harder this season. Now just focus on the speed aspect and coming off volume a little bit.

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Sarah MITTON (CAN)

Shot Put Women - Second - 19.98

The competition was good, it started out pretty strong. There was some really good throwing by a couple of the girls. It was fun but I was just hoping to get over that 20m line, but to be that close is good given that it's still pretty early in the season. I am just looking forward to getting some more training in, to be able to be always kind of consistently over that line and looking forward to some other close battles with Chase. Indoors felt like I made some bigger jumps, but I think it is just now that I won the World Indoor title that my expectations are obviously higher. There is a lot to be grateful for in my throwing life, so I am just trying to focus on everything as a little bit of a positive. The last time I was in Stockholm I threw 19m90, so it's 8cm better, it's all about progress. Now I am going to New York and then we have a little series of meets in Canada, which I am looking forward to competing on home soil. I am trying to clean up my finish a little bit and trying to put the pieces together, I come up a bit early and my throws are very high. So working on that so that hopefully I get that nailed down.

02.06.2024 19:24

Alison dos SANTOS (BRA)

400m Hurdles Men - Winner 47.01

When I compare these last two races in Oslo and Stockholm, I would say that the biggest difference is the feeling you have at these stadiums. Here, I feel like I am home, everybody is like screaming for me. In Norway, I know that they cheer for Warholm. So that is kind of a difference between these two. But I love both. I feel like I belong to this place but at the same time, I like going there and just show up. It was a good race - 47.01, I think we are just proving that we are in a good shape. I am excited for this results back to back and I am also looking forward to coming back to the training right now. I am going back to Florida now, will talk to my coach and will work on what I need to work on. We have like whole group of athletes who are really doing well at the 400m hurdles. Probably, I will still do Monaco, Paris, London - one of those, just to see where we are and to be ready before the Olympics. I never get tired. Never ever. I am always ready.

02.06.2024 19:31

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Laura MUIR (GBR)

1500m Women

I am pleased to get my best season opener last week and then another solid performance tonight. I have to bear in mind we are only at the end of May, start of June and it is all about August this year. That is when I need to be at my best. To be running what I am now and knowing that I have a couple more months of training before the Olympics is very exciting going forward. I am not doing Rome (Euro Champs) because of the championship format and lots of rounds plus it will be very hot. I want to put everything I have into the Olympics. The champs would take too much out of training and I want to put all I can into the next two months of training as it is all about August this year. It is not about now, it is about August. So it is back to Manchester for a block of training and the British Champs which I can stay at home for now which is nice.

02.06.2024 19:37

Kyron McMASTER (IVB)

400m Hurdles Men - Second 48.05 SB

I did not feel much during the race and just tried to stay focused and execute. I am catching up. I have been battling some injuries when coming up to the season. So I am just trying to execute and stay healthy. I still have got a few more races. Most definitely, I have been dropping my times every race so I just need to improve on that.

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Chase JACKSON (USA)

Shot Put Women - Winner 20.00

Going into the first rounds, I think we were setting up pretty good competition on. But going into the final, we had a couple of technical things going on so there was a lot of waiting. It cooled us down a little. I think both of us with Sarah could have thrown further. It was a really good competition and it kind of showed what is coming up at the Olympics. I am pretty excited. I am training through all these meets and focusing on my technique. Today, I am a little sore but the main point is the Olympics. The main thing is that I am still throwing the m but the main thing is that I need to be ready for the OLympics. It could be anyone - all these girls are so talented. You never know - me and Sarah could not even be there in the top three but at the moment, she is the one I look up to the most. You cannot really plan anything. Technique-wise, I am glad with my trows. If I can get a little bit more energy in my throws, it will be set. It is coming soon so I am excited - now training in the UK a bit and then home for the trials.

02.06.2024 19:43

Edinah JEBITOK (KEN)

1500m Women - Second 3:58.88 PB

I did not expect to run my PB but I did my best and I tried. I was very surprised to come out second. God helped me so much and I am just very glad. I train in Eldored and this is my main event. My dream is the Olympic Games.

02.06.2024 19:50

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Nicola OLYSLAGERS (AUS)

High Jump Women - Fourth - 1.94.

Today was my first competition outside of Australia this outdoor season and it was a challenge for me to get my rhythm on the track but the atmosphere was wonderful, and to be jumping with Yaroslava is my favourite. I felt that my feet were getting sore so I decided after the 1.94 clearance that it was good enough before getting to 2m. I was quite happy with the attempts at 2m. Now that I am in Europe I can just relax and train hard and hopefully have climatized for the next Diamond Leagues and jump high again. Every part of my jump needs some improvement, but especially the last part of my jump: the lean into the curve, the take off and over the bar. Usually these are my strong points, so I knew already from the first attempt that there were some things missing. In order to fix that it takes more training. My coach just arrived from Australia one hour ago, we will try to get the feeling back I had some months ago. I will be in Sweden for a big part of the training block before the Olympics, it's one of my favorite places to train.

02.06.2024 19:57

Gina Mariam BASS BITTAYE (GAM)

100m Women - Winner 11.15

The weather was perfect for me to today and the people of Stockholm were very welcoming and have come out to support us. I am in top form and I was confident when I came out today that I could show my talent. My next step is to go home to train until the Olympics because I want to reach that Olympic final. I am lucky that in my country I do not have to do trials so I can concentrate on my training and preparation. I have done lots of racing so it is time for a break now to prepare well.

02.06.2024 20:04

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Yaroslava MAHUCHIKH (UKR)

High Jump Women - Winner 2.00

I am very excited about this competition because it was my first competition of this season in this important year. But I opened with the 2m so it is not excellent, but it is good for the start. I am looking forward to competing in Rome where I will defend my European title and I want to show a better result there. This was my first ever competition with my new run-up so I tried it but I need more practice and I am sure in Rome it will be better. In the first attempt over 203, my shoulder were still low above bar so it was failt attempt but in the second I felt well and I think I can do it. But I retired from the competiton because I started to feel a bit of pain in my hamstring so I decided to stop to stay heathly for Rome. I really believe I am ready for better jumps than 2 metres in Rome because I am really well prepared and in good shape, but my target height is a secret.

02.06.2024 20:10

Narve Gilje NORDÅS (NOR)

3000m Men - Winner 7:33:49

It was a very small PB but it is still a PB so I am happy to take it of course especially so soon after a tough race in Oslo on Thursday, my home track, where I lost a shoe. I knew I had some good races in me but you have to come out and prove it so it is great to have my first Diamond League victory. The 1500m in Oslo does not take too much toll on the body, it is more like a hard training event for me and this race is like a longer training race. It is also great preparation for the European Champs because of the rounds there and because I am running in 1500 and 5000m. It gives me great confidence before Rome. I go to Rome tomorrow on a pre-camp which should be about getting used to the heat but actually Stockholm is hotter than Rome right now! This is good heat acclimatisation for me. The 5000m is first then heats for 1500 then hopefully finals so this gives me good expereince of a build up.

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Emmanuel ESEME (CMR)

100m Men - Winner - 10.16

I just told myself to stick to the guys during the first part of the race, and I am really happy to come back with a second Diamond League victory this season. My season has gone pretty well so far thanks to my training setting in Portugal. Compared to last year I worked on my acceleration part and it paid off. Next up are the African Championships where I want to perform well.

02.06.2024 20:19

Andreas ALMGREN (SWE)

3000m Men - Fourth - 7:34.28 NR

I was still quite tired after the race in Oslo. I felt during the warm-up that my legs weren't where I wanted them to be. So I didn't really care about the wavelights today, I just wanted to get the best placement possible. It was nice with the atmosphere it helped me to push myself. I got goosebumps during the presentation. It's a new situation for me but I am really enjoying it. I had a few tough years in my career, so when everything suddenly falls into place it's special. I switched my training in 2019/2020 with a lot of high mileage and low intensity. It's the type of training where you have to build a foundation throughout the years and now everything just falls into place. At the Europeans I am just running the 10.000m so today was kind of a sprint for me. After that I will go to altitude camp in St. Moritz where I will be preparing for the Olympics. In Paris I will double the 5.000m and 10.000m.

02.06.2024 20:23

Shanika RICKETTS (JAM)

Triple Jump Women - Second 14.40m

It was a little bit breezy out there this afternoon so I decided to forego my second three jumps as I did not want risk anything. I need to go back to training now and work on a few things from today that did not go quite to plan. I was confident going into today but there were a few technical bits for me to sort out. I felt a bit rusty today but I am sure it will come together in time for Paris.

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Femke BOL (NED)

400m Hurdles Women - Winner - 53.07 SB

It was really fun, Stockholm is really a wonderful place and especially if I can run during Mondo's world record attempts, then the crowd is really amazing. I could execute my stride pattern exactly like planned, there are still some points to improve but that is always the case for a season opener. My first two hurdles can be a bit better, it was a bit slow and the clearing of the hurdles was not that good. But it's my fastest season opener, so I can't complain too much. I started my season a bit later than usual because I had a busy indoor season followed by the World Relays. I wanted to put in a good training block to be as fresh as possible for the Olympic Games, and given that the Europeans are inbetween too, this seemed to be the best plan for us. Compared to last season, hurdle seven is much better now, we have worked a lot on this with technique training and also on the clearance of the hurdles with my bad leg.

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Shericka JACKSON (JAM)

200m Women - Winner 22:69 SB

Sometimes you have to have a mishap to sort out where you are. Oslo was a bit hurtful but it was also a lesson for me and today I ran a seasons best and that was good. I have always had confidence as I feel in good shape but this is good for me now. I am a couple of weeks away from the Jamaican championships and I have been in Europe for a while so it is good to be able to bounce back from the Oslo disappointment before I go home. I was not ever going to beat myself up as I know I am training well and things will come together and this has shown today. After such a good season last year you would think it would be easy to be motivated but, for me, I think I lost who I was as a person and I was going to training and just going through the motions. I think therefore Oslo was a blessing for me. It gave me that realisation that I do still want to be winning. Sometimes I struggle a bit menatilly and at Oslo I lost a bit of who I am but now I am back and this was important for me.

02.06.2024 21:07

Djamel SEDJATI (ALG)

800m Men - Winner - 1:43.23 WL

I am very happy with today's world lead in Stockholm, especially after my world lead in Ostrava some days ago. I have only raced twice this season in order to be ready for the Olympic Games in Paris in August. My goal for the next weeks is to run a new Personal Best and break the 1:43 barrier. Before the Olympics I will only race the Diamond League in Paris and maybe Nice later this month.

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Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women - Winner 14.67m

I am feeling really well, it is my first time in this wonderful country and the experience was amazing. I am not absolutley satisfied with my performance becasue I came here to jump further and I could have done it well but I made some technical mistakes, mostly on the third part of the jump. I will still have to work on this third part of the jump especially to get 15m which is my goal. I will keep working and I hope to fix these mistakes before Monaco Diamond League. My goal is to get to Paris in the best possible shape.

02.06.2024 21:19

Thea LAFOND (DMA)

Triple Jump Women - Third - 14.26

The competition wasn't great, it's not acceptable. It's my fourth weekend competing in a row and I think it is catching up a bit on me. I know what I need to fix, I have to work on the board accuracy that we have been working on the past two weeks, I need to get back to the rhythm of my run and I need to work on getting slow big phases again. I, and the world, know that it's not the best version of myself and I am looking forward to showing them my best version pretty soon. Becoming a World Indoor Champion felt great but I am still approaching the competitions the same as I did before. I knew that I could do that, but now the world could finally see it too. It's a box checked on the to do list, and there is another one that needs to be checked in Paris. We have an even bigger goal coming up now. I will leave tomorrow to train back in the United States and stay there quite a while before competing in Monaco.

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Mykolas ALEKNA (LTU)

Discus Throw Men - Winner 68.64m

I am happy with the victory but maybe not with my performance. I am probably a bit tired as I competed in Oslo just a couple of days ago. It is my first time competing in back to back Diamond Leagues so it is a good experience for me. It is all about the experience rather than the table but of course I would like to win the Diamond League. I love the fans here because they support every athlete it does not matter which country you are from so that is special. I feel like I know the stadium well and the weather was good here. It was a little windy. I will go to Rome and hope to defend my title there.

02.06.2024 21:25

Daniel STÅHL (SWE)

Discus Throw Men - Third 66.10m

It felt ok out there as the sun was shining and it is my home track and my home fans so I always love throwing here of course. It was a lot of fun today and I love being here. I have a few things to work on before Rome but I will work on these in the next few days before I head there.

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Sam KENDRICKS (USA)

Pole Vault Men - Second - 5.90

I have been in Stockholm six times, I have probably jumped here as many times as Mondo has. I won in 2018, in 2019 I got beaten by Mondo. We had dinner with Mondo last night and had a look at his apartment, there is nothing on the wall, no signals of the championships, no trophy room, he is humble that's why I love him. He comes here and is sitting at the back of the runway and he doesn't look like he is having a good time, he seems too focused until he jumps the World Record and everyone is happy about that. It's difficult this year because he is not as charged up as he used to be. At my place the laurels are everywhere, in each corner of my house you have a new story, because it doesn't last forever. If you don't cherish those moments than you just let the media grind you up. I have been in the sport for more than ten years and I am really looking forward to seeing flourish my friends in the next years. I don't want to leave the circuit because then all of a sudden I am not around my friends anymore.

02.06.2024 21:52

Armand DUPLANTIS (SWE)

Pole Vault Men - Winner 6.00

This is more than I would have imagined when I was younger. But it still has that feeling. I am living so much in a present and I do not think that much in the future. I know I am in a good shape at the moment and I am feeling good. I know that there is some more to do and I am just trying to gather as much information as possible from my jumping. If I jump above the 6m and I feel I have a good shot, I give it a try at the world record level. I am just trying to put together the best jump that I possibly can. I know what it is at this point what it is to get a good jump and it is a beautiful thing. It is a great thing that pole vault gets so much attention. I really love pole vaulting and it is all about the experience. When you put yourself in all kinds of situations, you just get better from it. In front of the home crowd, I am glad that I can come away with the win. I do not think it is difficult to see all these fans cheering. It is a positive thing and you take the energy from that crowds. We do not usually get that feeling like on the football matches. I get this feeling everytime I am competing here. European championships have always a little extra feeling and in Rome, I have jumped well last time so I am looking forward to it. I guess we all just replaced that sausage and pretzel with pasta.

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Rushell CLAYTON (JAM)

400m Hurdles Women - Second - 53.78

The aim is always to execute and to win the moment I step on the line, so it doesn't matter if it's Femke or any other competitor. It was a little windy, I stuttered a bit as I approached the hurdle. The mental part is 80%, the physical is just that other 20%. Today I never felt mentally strong at all. But it's a job and I love what I do, therefore I will always give it my best shot. The goal now is to get on that Olympic team, it will be tough but I like when it's hard.

02.06.2024 21:57

Marie-Josée TA LOU-SMITH (CIV)

100m Women - Second - 11.16

I am not very satisfied with my race, I need to discuss the result with my coach, but overall it was okay. The goal was to run a Season Best. Next up are the African Championships in Cameroon, the coach will decide in the next days if it's in the 100m or 200m or in both. We didn't race a lot this season because I had some niggles in the foot. The main focus was to stay in shape and remain healthy. I only felt the foot a little bit today so that's a promising sign.

02.06.2024 21:58

Maboundou KONÉ (CIV)

100m Women national - Winner - 11.33

The two races didn't go as expected. I only raced the 100m because I haven't run it in a long time and I wanted to know where I am at. I am far from my Personal Best, but I also started the season very late, because I couldn't face it financially given that I have no sponsor. It's very disappointing to see those times now and not being able to reproduce my best times, because the Olympics are just around the corner. We have a lot of work to do in the next weeks and we will try to be back in shape at the African Championships.

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Lamecha GIRMA (ETH)

3000m Steeplechase Men - Winner 8:01.63 WL

This competition was very nice - the track, the stadium, all is very nice and I am pleased with this competition. This time is very good, fast and good time so my tactics worked well. Also, we had a great conditions today so I enjoyed it and I want to come back next time.

02.06.2024 22:06

Julia HENRIKSSON (SWE)

200m Women - Second 22.89 PB

No I did not expect this resut and it was a very good competition, I am just enjoying the ride. I have my friends and family out here so it is an extra support, I am speechless. Now, before Rome, it is the right kick and I am super excited. I want to reach two finals in Rome.

02.06.2024 22:08

Bryce HOPPEL (USA)

800m Men - Second 1:44:29

These guys are class so it was tough. I have come to Europe for just the one meeting. I wanted to win a Diamond League . But I head back to the US ready for the trials there. We have a lot of very strong guys in the States so it will be very tough for me but I am confident and this has really set me up well.

02.06.2024 22:09