



Flash Quotes

TIMING, RESULTS SERVICE &
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Thomas YOUNG (GBR)

100m Men T12/36/38/46/47/64

WINNER - 11.19

The performance was okay. The wind was interesting and looking towards the games that will be quite exciting.

So far the season has been really exciting as I won at the recent European Championships and being able to come here and race people like Zach Shaw means we are always going to push each other. I know that both of us will run quick.

Tokyo will be exciting and I want to go out there and win the gold.

13/07/2021 17:30

Olivia BREEN (GBR)

SECOND - 13.24

It felt great to be out there performing at the first Diamond League of the year and the sunshine really made it. I didn't get a great start but I made up for it through the race so now I know I need to work on that. It's onwards and upwards from here.

I'm just waiting on the selections on Monday and then the dream would be an individual medal of any colour in Tokyo. I would be lying if didn't say I was dreaming of Gold.

13/07/2021 17:30





Flash Quotes

Zac SHAW (GBR)

100m Men T12/36/38/46/47/64

SECOND - 11.25

Things are coming together for me. You can be in the best shape of your life but you need to be able to deal with it mentally too. Selection is on Monday.

It's a good group and Leon (coach Leon Baptiste) is having a great year with his athletes. I hope I can join Sophie (Hahn) on the plane to Tokyo.

13/07/2021 17:47

Sophie HAHN (GBR)

100m Women T35/38/44/64

WINNER - 12.70

I was happy with my start. I love running in the sun and it's always nice when there's no wind. I feel like I'm quite consistent with the 12.70s.

I've got one more comp on Saturday (in Bedford) then I'm back into training for some final preparations before I leave for the Paralympic Games holding camp.

13/07/2021 17:47



Flash Quotes

Ethan KIRBY (GBR)

400m Men T20/38/47

SECOND - 51.09

It was the second best time and I'm happy with it and then it's just working through the season to get better times.

I've had personal bests in the 100m, 200m and 400m so I am happy with my season so far.

I'm not really aiming for times and it's more technique. It's a good atmosphere here in Gateshead.

13/07/2021 17:48

Columba BLANGO (GBR)

400m Men T20/38/47

WINNER - 48.43

I've been consistent with my times so far leading up to this race, so I was just going with the flow and using the process to get stronger race by race.

I just want to keep everything sweet on the way to Tokyo and I think I will do well leading up to it and when I get there. I'm really just looking to focus on that consistency and the results will come.

Leading up to Tokyo I just want to keep enjoying what I'm doing and producing results. I'm loving it at the moment and I want to continue moving forward.

13/07/2021 17:50

Flash Quotes

Zoey CLARK (GBR)

400m Women B Race

SECOND - 52.13

I felt quite relaxed the whole race. I wanted to make sure I was strong in the home straight and I think I was. I think I maybe could have wound it up a little bit earlier, there's always stuff to learn, but I'm relatively happy. I'm just feeling it out again.

13/07/2021 18:04

Emily DIAMOND (GBR)

400m Women B Race

WINNER - 51.89

I'm really pleased with my performance and especially being on the outside lane as it's more challenging and you have to be super confident with your race plan.

I feel like I messed my race plan up at the Olympic Trials so it was nice to better that today. Being placed seventh in Manchester shows the strength in depth we've got this year.

It was a lovely crowd and great conditions. 400m running for the women this year, I mean I haven't seen anything like it and it's so exciting in the relay.

13/07/2021 18:09

Josephus LYLES (USA)

100m Men B Race

SECOND - 10.29

I think the end was really good, the first part of the race I was really out of it, I didn't have a good start at all. It was an opportunity for me to stick to my race plan and let nothing actually stop or distract me. I was happy with my ability to come through at the end.

13/07/2021 18:14

Flash Quotes

Reece PRESCOD (GBR)

100m Men B Race

WINNER - 10.13

It was a relief to go out and run a season's best. I've been struggling this year with finding my form and returning to the UK mid-season so my body has not felt quite there.

To come out here and put together a great race and not panic gives me great confidence going in to Tokyo. Two weeks ago I was running 10.39 at the British Champs and now I've put down that time today so I'm really pleased with it.

I didn't panic so I was able to get a good finish. My coach told me to not panic and just keep pushing so that's what I did. He said that once I got up I needed to push hard and run away and that's what I did so now things are falling into place for Tokyo.

I'm excited.

13/07/2021 18:16

Ajla DEL PONTE (SUI)

100m Women

WINNER - 11.19

I'm not really happy with my start but it's good I could do well in the second part of the race and although I was hoping for a little bit better I'm sure we'll get there in a few weeks in Tokyo.

It's the last test before Tokyo and it's good to see where I stand.

The strength in depth is amazing and inspiring for everyone and it makes you want to run faster and you have to step up your game.

13/07/2021 18:22

Flash Quotes

Khamica BINGHAM (CAN)

100m Women

SECOND - 11.23

I really just wanted to focus on executing. It was a little chilly out there but a great competition and a lot of fun and I've got my legs ready and warm for the relay!

I think it was one of my better races. I was a little shaky at the start but I'm happy that I recovered and that I finished strong and healthy and ready for Tokyo.

13/07/2021 18:22

Nicklas BAKER (GBR)

400m Men

WINNER - 46.24

It was an interesting race and the last time I was here was at English Schools ten years ago. It's the first race since the British champs and I'm happy that I've backed it up.

After the champs I was a bit messed up and it's good to get mentally ready again.

13/07/2021 18:36

Joseph BRIER (GBR)

400m Men

SECOND - 46.34

The race felt really good today. I got out pretty well, set up on the back straight and then finished strong how I wanted to.

I'm feeling good and it was a great race out there today in the sunshine. I put it all out there on the track.

13/07/2021 18:46

Flash Quotes

Jake HEYWARD (GBR)

1 Mile Men Emsley Carr Mile

SECOND - 3:52.50

I 100% expected that (the performance). My coach is obviously getting me ready for the Olympics and for the British trials I hadn't really done any top end work - I was just wanting to get strong and ready to peak five weeks later. I expected to be in PB shape and everything is moving in the right direction. I'm finally healthy and I'm really enjoying running right now. The fitness is a bonus.

I'm not going to lie, I'd have liked to have won. I finished strongly and I felt like I was going to get him but I just ran out of room.

13/07/2021 18:50

Martyn ROONEY (GBR)

400m Men

SEVENTH - 47.74

It's a lovely day and I would have liked to have run a lot better but I think I enjoyed the fact it was in Gateshead and it's a superb crowd where I've got lots of friends.

It's the last big race for me and I would have loved to have seen the crowd full like Wimbledon or Wembley but I've enjoyed it.

Thanks for all the people who have pushed me along in my career, even if it has been negative, and they have kept me honest and all the support has just driven me on.

13/07/2021 18:51

Flash Quotes

Jake WIGHTMAN (GBR)

1 Mile Men Emsley Carr Mile

FOURTH - 3:55.78

From my point of view that race was shocking. My body just didn't feel very good and with a lap to go I thought I'd be in trouble.

It's not the outcome I wanted at all and I should've won that and run quick but it's just a big block of altitude that just hit me.

Jake and Elliot ran well and they keep me on my toes.

13/07/2021 18:57

Elliot GILES (GBR)

1 Mile Men Emsley Carr Mile

WINNER - 3:52.49

It was great and really comfy actually. It felt much better than I thought it would and I didn't have to go too deep.

I thought it would have been a lot harder and quicker but maybe I was just having a really good day.

I didn't realise Jake was closing on me so much and then I saw he was coming up behind me so that was a really rookie error on my behalf, but luckily I managed to push through and grab that win.

There's such an impressive group and depth of GB talent it always pushes me and it's amazing to see.

I feel like I'm definitely heading in the right direction now.

13/07/2021 18:58

Flash Quotes

Pedro PICHARDO (POR)

Triple Jump Men

WINNER - 17.50

It was good, I'm very happy. It was good preparation for the Olympic Games in Tokyo.

13/07/2021 19:06

Shamier LITTLE (USA)

400m Hurdles Women

SECOND - 54.53

I'm excited by the battle between me and Femke Bol and she's a very good competitor. I wish the best of luck to these ladies in Tokyo and they're all great competitors.

I'm just excited that 400m hurdles is in such a healthy state and it's good for the sport that it's now a premiere event and it's an amazing thing.

13/07/2021 19:09

Tobia BOCCHI (ITA)

Triple Jump Men

SECOND - 17.04m

I'm really happy as it's my second time going over the 17m barrier. The last time I did that was at the Italian national championships where I hit the Olympic standard and today was a great simulation of what the standard in Tokyo will be.

I go home now and I want to get some good workouts done before Tokyo.

Pichardo is a great jumper and it's an honour to jump with him and I want to get to his level.

13/07/2021 19:12

Flash Quotes

Femke BOL (NED)

400m Hurdles Women

WINNER - 53.24

It was nice that this time I was out in front of Shamier (Little) so it was mentally different because the other two times I have been chasing. So that was a really good exercise especially with Tokyo on my mind.

I am really happy to run that time and, of course, I will take the win against such a strong group of girls.

I couldn't have had a better preparation for Tokyo and I cannot wait now.

I am so excited I can finally go.

13/07/2021 19:16

Marco FASSINOTTI (ITA)

High Jump Men

SECOND - 2.25m

It's just good to be back on the Diamond League circuit and performing a little bit better than the last couple of years.

The atmosphere was amazing and the sun even came out which was unexpected so it was brilliant conditions to jump.

13/07/2021 19:21

Flash Quotes

Donald THOMAS (BAH)

High Jump Men

WINNER - 2.25

I'm just glad to be here and thank god I can prepare for Tokyo.

It's a privilege to be jumping and I want to say thanks for the invite. My preparation is going good and I'm looking forward to Tokyo.

13/07/2021 19:22

Elaine THOMPSON-HERAH (JAM)

200m Women

WINNER - 22.43

It helps me to build my confidence to get that win on the board. It may not be my fastest time but I'm still pleased with that.

I need to get the work in to get that curve as quick as possible and keep pushing forward.

Tokyo will be my second Olympics and I'm pretty excited now. I've been there and I know what it feels like and even though there are no crowds I will hope to put on a show.

13/07/2021 19:25

Flash Quotes

Chijindu UJAH (GBR)

100m Men

SECOND - 10.10

I didn't see much, but I'll get it right through the rounds at the Olympics. I feel like I got out ahead, but I just didn't know, I couldn't see, but that's part and parcel and I know that through the rounds I'll get warm and I'll be ready.

I've run consistently through the Diamond Leagues (10.10). It's about being healthy and I'm happy in terms of how it was competitive, but I definitely need to go a lot faster to compete with what Trayvon did out there today.

13/07/2021 19:31

Omar McLEOD (JAM)

110m Hurdles Men

SECOND - 13.42

It was a good race seeing as I haven't trained very hard since my Jamaican trials. I am a bit out of it but happy to finish healthy.

Now I'm just going to try and finish the season well and keep putting in the performances. I've got to get some quality work in and then we can see where we go from there.

13/07/2021 19:43

Flash Quotes

Ronald LEVY (JAM)

110m Hurdles Men

WINNER - 13.22

I just came out here to execute. I fell short at the start but I picked it up at the end.

I had some complications in Hungary but I didn't let that get me down. I came out here to execute and win and I'm happy.

13/07/2021 19:45

Trayvon BROMELL (USA)

100m Men

WINNER - 9.98

I'll take that win and I really want to get back into training, get my body under wraps, recover and get ready for Tokyo. I want to be healthy and I'm blessed for that.

I respect everybody in the competition as they all put in the work and I just focus on my lane at the end of the day.

I just hope I'm making everybody proud and not just in chasing medals but in the sense of teaching people to keep fighting even when things are rough.

13/07/2021 19:47

Flash Quotes

Payton CHADWICK (USA)

100m Hurdles Women

SECOND - 12.75

After trials it's been a little bit rough getting my feet back under me from all the emotion of running two personal bests, so I'm happy with that and I'm getting more comfortable with races overseas.

This is definitely building my confidence because at the beginning of the year I was injured. I'm finally running fast times and I'm excited.

13/07/2021 19:51

Cindy SEMBER (GBR)

100m Hurdles Women

WINNER - 12.69

It was a good competitive race and I was so happy the weather was so great out there. My legs definitely felt better than last time I was here and I was so happy to run fast against a tough field.

Things feel like they are coming together nicely. This was definitely a race to get my confidence up and get me excited for Tokyo and I definitely did that.

Tokyo will be my second Olympic Games and it will be quite a different experience, but I get to go with my sister so it's amazing to have here there. I'm really excited.

13/07/2021 19:57

Flash Quotes

Wyclife KINYAMAL (KEN)

800m Men

SECOND - 1:44.91

The race was good. I was hoping to run faster but I suffered from lactic towards the end.

For now I'm back to camp in Kenya for training and then I'm competing in the next Diamond League in Eugene.

To be an athlete it is not easy but we train our best to get the best performance.

13/07/2021 20:00

Isaiah HARRIS (USA)

800m Men

WINNER - 1:44.76

I was happy with that. I kinda wanted to PR but to get a win is just as good. It was a really good field and I'm happy with how I competed.

I wanted to get out a little bit harder, but I feel like I positioned myself well; I moved up and made confident and strong moves and I executed a good race plan.

13/07/2021 20:07

Flash Quotes

Katie SNOWDEN (GBR)

1 Mile Women Millicent Fawcett Mile

SECOND - 4:28.04

I think today I wasn't as concerned about my time. I just wanted to position myself well in what was a pretty strong field. Looking at Tokyo in a few weeks it will be really important to navigate my way through the rounds and pace myself well and I think this was a great practice for that.

It was a nice change from that horrendous weather last time too so that definitely had a positive effect on performances.

My Tokyo preparations are going really well at the moment. I've been altitude training for the last 10 days and I'll head back there tomorrow until I fly out on Thursday.

Fingers crossed I can keep this momentum going into the Games.

13/07/2021 20:11

Kate GRACE (USA)

1 Mile Women Millicent Fawcett Mile

WINNER - 4:27.20

I always appreciate being able to perform with the best in the world and I felt great. It makes me want to run the mile and the 1500m later on in the season.

It's been wonderful to race four times in the past few weeks and right now it's looking forward to the Diamond League final.

13/07/2021 20:12

Flash Quotes

Jodie WILLIAMS (GBR)

400m Women

SECOND - 50.94

Tonight has been great. This year I've really just been trying to put myself in uncomfortable positions. I did it all through winter, all through indoors. I've tried to double up wherever I can and really push myself because I know when I'm standing on a final start line at the Olympic Games it's going to be uncomfortable.

I'm seeing the results really paying off, coming out here and competing in world class fields and coming in top positions. I'm really happy with how things are turning out.

It's rare that I say that I'm proud of myself honestly, but this year has been a massive turning point for me. I've been an athlete that's been in every situation; I've been a winner, I've been someone that doesn't perform when they were supposed to. I've learnt so many lessons so now when I stand on a start line I feel like I'm prepared for anything that's thrown at me. I feel like I'm a mature athlete now and it's quite nice.

13/07/2021 20:26



Flash Quotes

Julian WEBER (GER)

Javelin Throw Men

SECOND - 81.07

I felt really good but there was something about the surface that wasn't right. Normally everybody can throw much further and there was something going on that meant we couldn't and we weren't very happy.

I need more throws before competition and we haven't been able to have lots of throws so that hasn't been good for my competition. I need to look at the running up and the rhythm and get a better feeling in my action.

It's full focus on the Olympics now and I need to put some more time into technical things. The Olympics will be better and I am very excited.

Today was probably the luckiest second place so I can't complain. I am good with that.

The dream is an Olympic medal for sure and there is definitely a chance for me.

13/07/2021 20:41

Stephenie Ann McPHERSON (JAM)

400m Women

WINNER - 50.44

It's been a hard two weeks in training and I came out here to Gateshead to work on my technique and other areas.

Now the preparation begins and watch out for Stephenie McPherson.

13/07/2021 20:42

Flash Quotes

Johannes VETTER (GER)

Javelin Throw Men

WINNER - 85.25m

It was a really difficult competition and I'm really disappointed as conditions were not good at all. The surface was really slippery and the conditions were really unprofessional.

I was throwing the first five throws about six or seven metres before the line and the last one was all in which was the 85m. I'm back in Germany before Tokyo and I want to throw 90m again.

The world record is possible in Tokyo. You can't plan throws though and if it happens it happens.

The first goal is staying healthy, getting the gold medal and then I think about the world record.

13/07/2021 20:46

Sandi MORRIS (USA)

Pole Vault Women

WINNER - 4.76m

I jumped on my own poles today! It's the struggle of every international pole vaulter! It's just so hard to get around the world with poles and it's getting significantly more difficult each year but I'm very fortunate that they finally made it today and the weather held out, the sun came out and it ended up being a beautiful day.

I've had a really tough time this last month. I've had a couple of bad meets and my confidence was lacking a bit so I really needed today. I decided that I'd have no expectations and just have fun and anytime I jump for fun I always jump high.

It's amazing how you can have five bad meets and one good meet and your world flips back to normal.

13/07/2021 20:49

Flash Quotes

Holly BRADSHAW (GBR)

Pole Vault Women

SECOND - 4.71m

I have been struggling the last couple of weeks off the back of that 4.90 - not mentally, but I've lost my way a bit with some technical elements. Because it is such a technical event you really need to be firing on all cylinders. Stockholm was a battle and Monaco was a bit of a battle and I almost got a bit lazy.

I was chasing some big poles and trying to get over a big bar but we brought it back to basics today and went for smaller poles like I would in training. I've really learnt a lot and I started jumping really well towards the end so I am pleased with that and how things are looking going forward.

I needed this confidence boost and I needed some reps under the belt to help me feel my jump. I can now go and train with confidence for the next couple of weeks and really get those jumps down.

It can be very stressful as an athlete when it comes to travel and it has actually been playing on my mind a lot and I want to just get past that bit, get out there, and focus on my event.

13/07/2021 20:59

Malaika MIHAMBO (GER)

Long Jump Women

SECOND - 6.65m

I was just tired as I had four competitions in two weeks. It was okay but like I said I was tired and not at my full strength and it was without a board.

I was struggling with my performance a bit and I didn't run as fast.

If you saw my performance in Stockholm then effectively the jump was 7.16m with the board situation so let's see what happens in Tokyo.

13/07/2021 21:02

Flash Quotes

Maryna BEKH-ROMANCHUK (UKR)

Long Jump Women

WINNER - 6.77m

I'm happy. 6.77m is not bad and I won so I'm happy.

This season I have more competition and it's consistent and now we look to Tokyo and I hope my jump in Tokyo is better than tonight.

I feel the support and I hope it will help me even though there is no crowd in Tokyo.

13/07/2021 21:06

Stewart McSWEYN (AUS)

3000m Men

SECOND - 7:28.94

I am really happy with that performance. I felt that once the pacemaker dropped out I really picked it up. I was trying pretty hard to shake Katir and thought maybe I could drift out a bit but he was too strong in that last lap.

The effort was there and it was close to my PB so I'm not too unhappy with that.

Now I'm heading to altitude training and try and get that fitness to the best level I can. I've had three quick races at the last Diamond Leagues so I am feeling quite confident with my performances at the moment.

In those three races I've had two personal bests and just off another so it shows I am building momentum at the right time. But I still need to go back and build the base a bit more if I'm really going to be able to go to Tokyo and compete for those medals.

13/07/2021 21:07

Flash Quotes

Mohamed KATIR (ESP)

3000m Men

WINNER - 7:27.64

I had a dream to be part of the Olympic Games. I've worked very hard to achieve this goal and this performance is the consequence of working hard and training in the mountains.

The first time I won in Gateshead it gave me a lot of confidence and positive energy and I thought 'hey, I can make it'. Of course I will respect all the other athletes that are much better than I am (in Tokyo), but I'll fight as much as I can to make the podium. First of all I have to get to the final and with all the respect for the other participants.

13/07/2021 21:10

Katarina JOHNSON-THOMPSON (GBR)

Long Jump Women

EIGHTH - 6.10

That proves that I'm 100% fit. I only got one no jump. It's proved I've made big strides and that I can come out and do the full five jumps off my full approach and hopefully over the coming weeks I can work on my technique a bit more and the distance will come in Tokyo I'm sure.

13/07/2021 21:15

Women Netherlands (NED)

4x100m Relay Women

WINNERS - 42.84

We made some small mistakes but in the end we need to run with each other and there's nothing better than a competition. We're really happy with the win and that was the goal for today. I think it was ok.

13/07/2021 21:19



Flash Quotes

Men Great Britain & NI (GBR)

4x100m Relay Men

WINNERS - 38.27

It was amazing, especially coming out with the team. We haven't got together for two years now. This is my home track so to come out here with the lads, set a world lead and beat some of our main competitors it was unbelievable. It felt good. The changeovers were all very safe but the main thing was we got the lead. We'll step up massively in Tokyo.

13/07/2021 21:21

