

Flash Quotes

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Lieke KLAVER (NED)

400m Women - Winner 50.98s PB

The race was amazing, I won the race and achieved a new PB. Plus, I did it on the last race of the season. That is soo cool. At one point I thought after the race: Did I do it? But on the other had, I am very proud of myself. It is like a puzzle that comed together today. This season I guess I turned from a girl to a young women because I am more serious now and I found a balance between my studies and the sport. This year with Covid 19 is weird, but it made me also relaxed. Everyone has to show the best version of themselves and so did I. As for next year, I have no idea, I have to see because I also run the 200.

17/09/2020 18:54

Yuliya LEVCHENKO (UKR)

High Jump Women - Winner

This was a very strange atmosphere without an audience because we really need the public support to perform well, but we are still very thankful for having the chance to compete, so thank you very much to the organisers for this opportunity. During the time without athletics I kept on doing my training at home, especially doing sit ups and working on my abs, maybe this is something I should continue to do next year since it worked reallly well this season.

17/09/2020 18:59

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Flash Quotes

Anna RYZHYKOVA (UKR)

400m Hurdles Women - Second 54.54s SB

I am very satisfied because I wanted to achieve a SB today. Well, I also wanted to achieve a PB today because I always dream big. I had a good shape all season, it was a strange season. I could not run well in the previous races because of wind or mistakes. But today I was concentrated, the stadium is good and there was no wind. Italy is my favorite country to go to. I would like to say thank you all who organised this competition. It is a huge job you made. I really appreciate that. And I hope to meet everyone again next year.

17/09/2020 19:05

Femke BOL (NED)

400m Hurdles Women - Winner

Competing at senior level is still crazy for me. Being able to take part in a Diamond League event is something I have always dreamt about. This year I have been able to do it, and on top of that do it with amazing times, so I'm just really about it all. When you have a good training group like we do, for example with Lieke Klaver - we help each other, and we want each other do the best we can - of course I want to beat her, but I'm also happy when she does well. Next year, my goal is to train hard, work on my technique so I can improve it and make it to the Olympics.

17/09/2020 19:07

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Flash Quotes

Agnė ŠERKŠNIENE (LTU)

400m Women - Second

I didn't expect anything coming before coming here because it was such a strange season for everyone, especially for me because I just recovered from injury. I started the season with 53:30, so I am really happy to have it with this time today. Now that I've recovered, I know I can compete at this level. The goal is to go to the Olympics next year.

17/09/2020 19:16

Ludvy VAILLANT (FRA)

400m Hurdles Men - Second

I'm really happy because I managed to run under 49 seconds today. It was my goal for this last 400m Hurdle race of the season, so this is good - it was what I expected and came here for. Now, I am going to focus on my next race, which is the 400m in Doha, so no holiday for me just yet.

17/09/2020 19:20

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Flash Quotes

Karsten WARHOLM (NOR)**400m Hurdles Men - Winner 47.07s MR**

Of course, I am satisfied. This is my third best time ever. I ran really low 47ers on a regular basis this year. I am very happy. This season has been a good experience for me. It is good fun for me coming here to Rome with the warm weather and no winds - unlike back home in Norway where it is cold now and rainy. The World record? I am quite used to talk about it and I love it because it shows that I am in the right pace, that I am close. This year, I am getting a lot of MRs, my average time it getting really good. I am really satisfied with being on that level. It feels good. Covid 19? Despite everything, I feel we got a lot of good things out of this season. My focus was and always is: becoming better, staying injury-free and loving what I do. This is sports, it is a tough world.

17/09/2020 19:22

Jakob INGEBRIGTSEN (NOR)**3000m Men - Second (NR)**

Today was all about breaking the 7:30 barrier, so I am really happy with the result. I know that if I continue for one more year with this distance, I know I can run the 3K even faster. All in all it was a great experience today. It has been a very a vey unusual season, even though I have had a couple of good races, looking back this has been a horrible year but a good season - I have a new PB, and have been able to develop compared to last year, so I hope I can continue to improve nexx year. I'm really looking forward to that.

17/09/2020 19:46

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Edoardo SCOTTI (ITA)

400m Men - Winner (PB)

I am very pleased today's with today's race. The sensations during the warm-up were very good. Despite a slightly slower start than usual, I gave it my all coming out of the last bend. I was feeling really motivated and hit my personal best.

17/09/2020 19:47

Nadine VISSER (NED)

100m Hurdles Women - Winner 12.72s

I feel really good, this was the last race of the season and I feel how my body is tired. Of course I had hoped to improve my PB, but it is still ok. Everything was uncertain at the beginning of the season: We could not train on the track and we did not know about the Olympics. But we kept training. Then the Olympics were postponed. Later, we were allowed to do competitions again. I had a really long season and did competitions at places I had never been before. My goals are to stay excited and to stay fit. This start today was not as good as at the last race, but then I was able to accelerate well and could keep the speed well. On the 9th I got out of balance which might have cost me the SB.

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Flash Quotes

Andrew POZZI (GBR)

110m Hurdles Men - Winner

I live in Italy now - have moved here almost two years ago to train here - this has only been made possible because of some incredible people, especially in Formi where I live. Rome has always been a special Diamond League event for me - even before I moved here. I think this was one my first Diamond League meet or one of the first international ones. To win here has always been the one I wanted to win, so I am really happy. I am really proud because the people in Formi will be watching tonight. I am really proud to have made this my home for training. I didn't feel more pressure to win this time, I actually really enjoyed it. If you look at my results over the years, I ahve always performed well at the UK based Diamond League events - it definitely feels different when it feels like home, and you want to do well. For me that's always a positive, rather than a negative - I don't really feel pressure, but rather excited instead. I drove here from my house yesterday - it just feels much easier for me now, and I'm really happy.

17/09/2020 20:03

Jemma REEKIE (GBR)

800m Women - Winner 1:59.76 Min

It was a really good race. It was fun. I am happy to finish the season on a one. I would have liked to achieve a new SB or a PB, but I tried something new. Plus, the pace was too slow. I felt safe the whole time. This was the last race of the season. I will go home to Scotland and spend my holidays there with friends and family. And then I am trying to work hard and strong. I need to qualify for the trials and then we will see. I have been to Rome before - on holiday. This is my first race in the Olympic stadium, I love it, especially the warm-up stadium.

17/09/2020 20:08

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Flash Quotes

Elaine THOMPSON-HERAH (JAM)

100m Women - Winner (WL)

I leave here with the World leading time, I'm super excited. This tells me where I am at the end of this season, and tells me how I can prepare for next year - I am super excited. This year required more adjusting, and my goal was to push back and to motivate myself. I am a double Olympic champion, and I know wants to well next year, so I want to be in my top for next season. We had some competitions in Jamaica, but obviously the field was not as strong as it is here.

17/09/2020 20:21

Andriy PROTSENKO (UKR)

High Jump Men - Winner (SB)

The start of the competition wasn't so good for me - it was very slow but I managed to come on top at the end. Gianamrco Tamberi was definitely a very strong opponent today.

17/09/2020 20:36

Ben BROEDERS (BEL)

Pole Vault Men - Second (NR)

I got the indoor National Record earlier this year, now I achieved the outdoor National Record, so the balance of 2020 is pretty positive. It started looking like it was going to be like an opportunity for training over the Summer - a very bizarre year - but I managed to take part in many competitions, and step on the big stage a couple of times. I'm quite happy how it turned out.

17/09/2020 20:44

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Flash Quotes

Jacob KIPLIMO (UGA)

3000m Men - Winner 7:26.64 Min NR, WL, PB, DLR

I would like to thank the Diamond League organizers from Golden Gala for bringing me here. I am over the moon. I did not expect such a great time, I thought that I could run around 7.30 Min. The pacemaker was fantastic. I stayed in Brescia for one week before coming here. Now I will go back home to Uganda to prepare for One Love marathon on October 7th.

17/09/2020 20:47

Akani SIMBINE (RSA)

100m Men - Winner 9.96s

I feel good. I executed this race really well. The last two races I struggled with my start, but not here in Rome. Finishing my season like this is great. I am really happy. I am grateful that they are letting us compete here, that they are making this effort.

This covid year was stupid-crazy for me. We stopped training on track in March and I only got back on track in Europe. So I always hoped to get into races. We had to leave South Africa on an evacuation flight mid-August. When I go back home now I will not be go on holiday because I will have to quarantine for two weeks.

And after that I will start to train again.

17/09/2020 20:49

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Yemaneberhan CRIPPA (ITA)

3000m Men - Fourth (NR)

My goal was to come here and do what it takes to run a National Record. I didn't announce this, because I wanted to remain calm and avoid putting pressure on myself. In the last lap, I thought I wouldn't make it, but I managed to find the strength to have a new National Record. Even if I there had been some fans in the stadium, I don't think I would have done anything differently. I am sure they were cheering from home and this was enough to run this race the best I could.

17/09/2020 20:55

Luminosa BOGLIOLO (ITA)

100m Hurdles Women - Second

I'm quite pleased with this race. I really wanted to put on a good performance here at home, and although it didn't turn out as I had hoped for, I'm still quite pleased with what I did.

17/09/2020 20:56

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Flash Quotes

Armand DUPLANTIS (SWE)

Pole Vault Men - Winner 6.15m NR, WR, WL, PB, DLR,

World record - well, I would not say that I am used to it. It is crazy. It was a really strong competition for me, so long. In the last two jumps I found my rhythm again. Maybe I will party a bit, just hang out with the guys, but trying to stay a little focused because I have one last meeting in Doha in one week. I will stay in Rome until I fly to Doha. After this last meeting in Doha, I can really party and chill.

How I achieved this result? It has been a long time coming. Coming into the season we did not know if we were able to do any competition at all. This World record is really unexpected and I am very grateful.

World record - finally! It is so cool. I wanted to get over these 6.15m so badly.

Everybody kept talking about it, it was a big chip on my shoulder and I feel I had to do it to have people stop asking me this question. When I did it, it was more relief than joy. My mum and dad were not here today. Usually one of them is with me. I am a bit disappointed about that. My dad has never been with me when I jumped a WR.

17/09/2020 20:58

Filippo TORTU (ITA)

Third

It was a good race, the second best of the season and with this I close the season with a smile on my face. I could have probably run faster, but my start wasn't great even if I run well after that. This result will definitely help me to prepare next season with more determination than ever.

17/09/2020 20:59

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Nick PONZIO (USA)

Shot Put Men - Winner 21.09m am

I am on cloud nine! A win is a win, no matter if it is not a SB. It makes me feel amazing: This is my first Diamond League meeting and it is my first victory. I switched coaches, now I train with Ryan Whiting. I owe him everything.

It is my first competition in Italy - it made a lot of sense to me to compete here. Hopefully I will get Italian citizenship. My mum and dad are Italian. Given the hard competition in men's shot put in the US, I really would love to compete for Italy in the future. But I will continue to train in the US with my coach.

17/09/2020 20:59

Gianmarco TAMBERI (ITA)

High Jump Men - Second 2.27m

It was a complicated competition. The first jumps were obscene, it seemed like I would stop at 2.15m. Then I managed to get something out of it and arrived at 2.27m in a decent competition. It is the merit of the Golden Gala. I am only sorry for a season in which I was obviously looking for other goals and other results. However, I am fine and this is important for the future.

17/09/2020 21:06

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