

## Flash Quotes

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### Luminosa BOGLIOLO (ITA)

#### 100m Hurdles Women - 1st

It was a bad race because my start was bad - the finish was good but the middle was so so. My next race is the National Championships in Italy, in Padua next week.

23.08.2020 15:39

### Lotta HARALA (FIN)

#### 100m Hurdles Women - 2nd

I was a little bit off, not so happy, but it was decent, OK, but I was hoping for a little bit better. I am competing again in Finland again on Wednesday. It has been a strange season but I have been running the same times all the time, I am waiting for the breakthrough. We don't know what is going to happen next year.

23.08.2020 15:42

### Femke BOL (NED)

#### 400m Hurdles Women - 1st

There was a lot of wind so I felt it a bit. I really wanted to do a fast first 200m, I dont think it was very fast so I'm really happy i could take the win!

For 6 weeks we trained in the forest and on places where we could just do our things... we tried to do as much as we could and the whole team is performing well at the moment.

Travelling has been really tiring because it's the first time I have raced and travelled so much.

Next is nationals 200m!

23.08.2020 16:02

## Flash Quotes

### Anna RYZHYKOVA (UKR)

#### 400m Hurdles Women - 2

I like this stadium so much, the sunshine and the track, so good, the surface. It was perfect, but it is windy today and because of it, it was hard to run, so it was not so good result. But I feel pretty good, but heavy because of the wind the first part of the race, and then the finish is hard to run, you know. But I am so happy to be here, it's incredible, all summer I have been waiting for competition, so when I come here "real life" is back, and I am so happy that this competition are held this season, and I want to say thank you to the organisation. Next I have the nationals in two days, and then I hope some more competition in September.

23.08.2020 16:02

### Wilfried HAPPIO (FRA)

#### 400m Hurdles Men - 2nd

It was very windy out there today. For us Warholm doesn't exist! There is a lot of work to do to improve my times and compete against Warholm. Warholm has been running for 5 weeks so he is a little tired - however today was a good track and good conditions for him.

23.08.2020 16:15

### Marije van HUNENSTIJN (NED)

#### 100m Women - 2nd

Yeah I'm really happy, I've run 11.30 twice so I really wanted to come under 11.30 this time and that's what I did so I'm really did. This is my third official race of the season, I'm really happy to compete again internationally. I have the national championships next week in the Netherlands. It will be interesting to see who's going to run and how it's going to go.

23.08.2020 16:28

## Flash Quotes

### Marco AROP (CAN)

#### 800m Men - 2

Today's competition was fun, Stockholm is such a beautiful place, and it's a really nice stadium, and the conditions were almost perfect, so I had a lot of fun, being here and being able to race, and I loved the crowd, it's an awesome crowd! I am happy [with my performance], second time doing 1.44, it's been a good short season and I'm glad to finish it this way. I think it [this year] has been difficult for a lot of people, I have been very lucky, it hasn't really affected me much, so I have just been training, staying home as much as I can, but I usually do that all the time so it's not really different. [Next] I am going to close the season and focus for next year, hopefully we have the Olympics.

23.08.2020 16:37

### Donavan BRAZIER (USA)

#### 800m Men - 1st

Given the way I felt I'd give myself a good grade, i dont know if my coach would! Since I've been in Europe I've kind of been having problems with my foot, so I'm very pleased with that.

Next is Gothenberg, taking a train after this.

23.08.2020 16:48

### Thobias MONTLER (SWE)

#### Long Jump Men - 2nd

I'm happy with my 4 times over 8m, but I'm not so happy with the competition system!

23.08.2020 16:50

## Flash Quotes

### Thobias MONTLER (SWE)

The race was ok, I'm finding the 400 flats hard as I'm a hurdler, I just don't really know how to run it really.

I'm back at school on the 1st September. I'm going part time, working Mon, Tue, Wed ... I'm class sharing with someone else. It will give me more time to recover and focus on eating and sleeping well.

23.08.2020 16:50

### Jessie KNIGHT (GBR)

The race was ok, I'm finding the 400 flats hard as I'm a hurdler, I just don't really know how to run it really.

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23.08.2020 17:02

### Laura MUIR (GBR)

#### 1st

It went really well, very happy with it! It was really windy.

I felt strong in the last lap and was able to work well into the wind and ultimately come away with a clear win!

My strength is my endurance and I really wanted to run fast today and ultimately I made sure I cut behind the pacers as best I could when I did have them and then tried the best by myself.

23.08.2020 17:12

## Flash Quotes

### Yaroslava MAHUCHIKH (UKR)

#### High Jump Women - 1

Today's competition was good, I am very happy that I jumped 2 meters and it's my season best now. It's a really special year because our season started in August, but before we started in May, and it's so hard to train without competition, but I'm very happy to be back at sports arenas and happy to compete with girls on international level. My goal for this season is a personal best and a new world junior record.

23.08.2020 17:21

### Adam GEMILI (GBR)

#### 200m Men - 1st

It was good, it was nice to get the win. Execution wasn't great and my speed isn't amazing and my speed-endurance isn't amazing at the moment either.

It was nice to come out here and get competitive and a victory is fantastic so I'm really happy!

23.08.2020 17:24

### Wadeline JONATHAS (USA)

#### 400m Women - 1st

I didn't like this race, but I'll take the win!

My body still has to get used to racing again, but I'm getting it back!

23.08.2020 17:26

## Flash Quotes

### Jemma REEKIE (GBR)

#### 800m Women - 1st

I enjoyed it and I like to run fast. My coach said if you have a kick at the end, kick, and I felt good so I did. I don't have a completely set plan because you never know what's going to happen in a race, but it went one of the ways it could have went. We're really fortunate that we (Laura Muir) train together and we're world class athletes and we complement each other in different ways. I'm bringing her on in speed and she's bringing me on in endurance and we're both working so hard together. I've run 1:57 indoors so I was hoping to run a bit quicker but this year is about getting experience before next year and learning to win. It's been hard without physios and camps but you have to look at the bigger picture - athletics might be our whole world but there's other things going on in the world as well.

23.08.2020 17:31

### Sam KENDRICKS (USA)

#### Pole Vault Men

It was a little windy out there but it didn't hurt Mondo at all! 6.01 for a Stadium record, I hope he enjoys receiving that diamond, that's cool. I love competing against Mondo, we've both been through our ups and downs in the past and he's on a real high right now and I'm just trying to catch back up to him. We made a plan and with the wind at the beginning and made a couple of bars at the beginning and then it turned out nice, but I couldn't catch up to it. Hopefully I'll do it better next time. I have several more competitions to clean up my act.

23.08.2020 17:37

### Katarina JOHNSON-THOMPSON (GBR)

#### Long Jump Women

The long jump was much better than the hurdles - in the hurdles I hit one, really really hit one, with my knee, and almost fell over so I was happy to stay on my feet.  
This was my first long jump competition of the season, yeah it was good.

23.08.2020 18:08

## Flash Quotes

### Karsten WARHOLM (NOR)

#### 400m Hurdles Men

It felt really good, especially the hurdles. I'm really really proud of doing what I did.

23.08.2020 18:10

### Stewart McSWEYN (AUS)

#### 1500m Men

I'm happy with my performance, obviously Monaco was first one off the plane and I find it hard 20 hours flying from Australia, I thought I'd be better today and I was happy with that. I felt good at the bell and I thought I had a lot there but once Tim went up the back straight, I felt I'm not feeling as good as I thought! It's a PB, I'm happy - we didn't think we were going to get any races in so to come over here and get a couple of runs has been really good. Before I left Australia it was full lockdown, and it's the weather as well, it's winter, maybe 9 or 10 and raining so it's quite a transition. Everything is moving in the right direction, I still have a lot of room to get better before the next goal. I've got the 10km national record but in everything else I'm second, I want to start ticking some off. Most of them are held by Craig Mottram, he was a superstar, I just have to keep ticking away and hopefully get one before I retire.

23.08.2020 18:16

### Daniel STÅHL (SWE)

#### Discus Throw Men - 1

[Today's competition] It was great, I felt pretty powerful, and everything over 68 meters now for me is good, so I'm pretty satisfied with the results today. [Throwing] It was good, I felt powerful, the technique wasn't the best, but 69 meters, I'm happy with it. [Season] The beginning of the season was bad, but then it started getting better and better, the technique, and now I feel great again. I have four more meets now and I'm going to try to go in for it, and go really far.

23.08.2020 18:18

## Flash Quotes

### Armand DUPLANTIS (SWE)

#### Pole Vault Men - 1st

I felt good, a little bit of a slow start for the outdoor season but I'm getting into the rhythm of things. I just want to get back into the shape where I feel I can make 6 metres more than that. I wanted to make my first attempt and try and secure the victory. I did that and had a clean sheet up to 6.15, got the win, got the stadium record which is also really important to me. (Having an empty stadium) is just the reality of things for the moment, it's not as fun for sure, you don't have that energy when you jump, that adrenalin rush, but it is what it is.

23.08.2020 18:22

### Simon PETTERSSON (SWE)

#### Discus Throw Men - 2

[Today's competition] Very good, I'm very happy, a new PB, and I beat my coach's personal record from when he was active, so really happy. [Throwing] It was really good, I have felt for a long time that I have a little more in me than I have shown, so it was fun to do it here in Stockholm, finally. [Season] Very good, I'm really happy, like my average is maybe two meters better this year than last year, so I'm really happy. I think we [team] have been very lucky, we have been able to train almost as usual, so it's been good.

23.08.2020 18:26

### Timothy CHERUIYOT (KEN)

#### 1500m Men - 1st

It was a bit windy, but the pace was good and I am pleased with my win today. We are travelling around many countries but we are following all precautions and wearing masks so I am happy to be racing.

23.08.2020 18:36

## Flash Quotes

### Melissa COURTNEY-BRYANT (GBR)

#### 1500m Women - 3rd

I'm really happy today, I ran a PB, I would have liked to get a little bit closer to 4 minutes but I'm really happy to run a PB. I knew the race was really stacked so I wanted to be in a good position with 500m to go and I think I did that and I made a move and worked my way towards the front. I couldn't quite hold off Laura Weightman on the home straight but I was delighted to get the top 3 for the UK. Laura was so strong, her kick was so hard, I saw she was well hard. The last few months have been more consistent, but before that during lockdown it was 3 months of nothing on the track, not seeing my coach, that was quite tough. My husband is an athlete as well so he jumped in and helped me in sessions, he kept me company on the bike as well, keeping me motivated, that was really helpful.

23.08.2020 18:43

### Luka JANEŽIČ (SLO)

#### 400m Men - 2

[Competition] For me it was good, I had a good start, and I think it was a strong finish, so second place in Diamond League is always great, so I'm happy. [Running] It was ok, good start and strong finish, maybe the second curve was not the best, but I will try next race. It has been a hard season for everyone, but now I have a lot of competition in August and September so I'm happy for every race.

23.08.2020 18:45

### Jakob INGEBRIGTSEN (NOR)

#### 1500m Men - 2nd

It's fun to race, my goal was to get close to Cheruiyot or see if I could beat him but he's still a little bit stronger than me. I didn't have the great legs that I had in Monaco, it was a tough race, it wasn't too easy today. I'm closing in on him though, it's just a matter of time before I beat him - I'm happy to race him. It's tough for us and everyone with the Olympics postponed - you have to take every opportunity to race, I'm happy to have at least some races to run, there's plenty of other people that don't. My goals for this season was to get a fast race - I did that in Monaco - so now going forward I just want to get some good runs and enjoy competing.

23.08.2020 18:51

## Flash Quotes

### Laura WEIGHTMAN (GBR)

#### 1500m Women - 2nd

I'm happy with that, I was tired after Monaco, so to come back and be competitive is great. I'm a little bit frustrated as I think I can go faster, I fell asleep a bit on the third lap and I missed Laura's move, and it was a little bit too late but I'm happy I finished strongly and took second place. Being a distance runner I don't really need so many facilities so during lockdown I was able to get out and run every day, I can't really moan. I couldn't get on the track but I had the road, the grass, so I'm really thankful and it's great to be back competing out here today. I'm hoping to get some more races in and go quicker over 1500m metres. I don't think I'll run any more 5000m races but I'm hoping maybe some 3000m races and some more 1500s.

23.08.2020 18:54

### Khaddi SAGNIA (SWE)

#### Long Jump Women - 3

It feels really really good, I feel like so happy competing again on this international competition, yeah, it feels great. [Format] I don't like it because I feel like it's getting unfair because especially outdoors with the different winds so like one jumper can have plus meanwhile the other jumpers can have minus, and I feel like that is unfair, but I do like the thinking of just like putting all the attention on one event. [Coming back after injury] It feels amazing, I'm so happy and grateful, because you know I have missed out on a whole season and watching other girls jump and doing what I love, so I'm so so happy being back and being able to compete on a high level.

23.08.2020 18:55