

Flash Quotes

TIMING, RESULTS SERVICE &
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Karsten WARHOLM (NOR)

400m Hurdles Men

I am very happy about beating my own meeting record of course. For me it is about being consistent. It was also a bit of an untidy race at the end that is something I need to learn to improve. I am consistent at like a very high level and that is a very good thing to bring into a Championship. It was not the perfect finish today but I think it was just me trying to be very eager to go fast with a little bit too much frequency in the curve and that was probably a little problem but I was able to make it up and perform a good time nonetheless.

Now I am going back to Norway to have a training week there and then I am off to a pre camp in Japan before traveling to Tokyo 4 or 5 days before the first round. It is all about getting back to work and regaining my energy.

Consistency is very important and I am trying to be in the best possible shape and do my thing, that's what it is all about.

09/07/2021 20:25

Laura MUIR (GBR)

800m Women

I just thought "just run as fast as you can! This is Monaco, I know I am in great shape". This is my last race before Tokyo, so I just wanted to give it my best and put on paper the sort of shape that I know I am in and I am just so happy with that.

Running 1:56 is giving me huge confidence for Tokyo. I will only be running the 1500m now, I decided that only a couple of days ago, but yes, I couldn't have asked for a better performance today ahead of the 1500 in Tokyo.

Having a training partner like Jemma is huge, Jemma has made me a much faster 800m runner. We push each other so much and we've both run 1:56, so I have definitely become faster because of her.

I am going to go home tomorrow, have a week at home before flying out to Tokyo and just train as hard as I can, so I am in even better shape in Tokyo. I want to win a medal, that is all I am focusing on.

09/07/2021 20:40



Flash Quotes

Yulimar ROJAS (VEN)**Triple Jump Women - third**

I am happy and at the same time a bit disappointed with the last 2 fouls I did today that were very big jumps but that is the way competition is. Sometimes things don't always go according to plans but I am leaving happy and satisfied with the work we have done and for the way I have been jumping lately. I thought it was a big jump and that I probably had achieved a WR but it was foul so now let's go back to work ahead of Tokyo. Now we are going to recharge the batteries before Japan and that was my last competition before the Games.

09/07/2021 20:43

Timothy CHERUIYOT (KEN)**1500m Men**

Today's race was good and I won it for the third time and I missed competition a lot after spending a lot of time in Kenya where I had a few issues like my hamstring injury and after also losing a relative in my family on the day of the Kenyan trials explaining why I missed out on making the team. I am therefore happy I am back again after all this. Hopefully that will be the deciding performance to make the team for Tokyo. Monaco is a nice place to be with a nice track and nice weather. My hope now is to be in another Olympics, that is where my mindset is and I will be very happy if I achieve that.

09/07/2021 20:49



Flash Quotes

Barbora ŠPOTÁKOVÁ (CZE)**Javelin Throw Women - Winner Final Three**

I knew I was in the top three after the fourth round, then I saved my fifth throw because I saw I was third already to really gather energy for the final throw and it was worth it. I was lucky, and I am very happy about it.

Everything is coming along ahead of the Games, it's getting better every day. I had a rough start to the season and I couldn't find into the competitions, but I started to really believe in myself, it's now a good timing. I will have a short training camp in my home town and then to Tokyo and just rest because I am older and I need to rest more than some of those younger women. It's all about managing energy well now.

09/07/2021 20:59

Shaunae MILLER-UIBO (BAH)**200m Women - Winner**

We are focusing on the 200m at the minute and I want something new. We are getting the races in so we can get back in the best possible shape before Tokyo. The girls out there are running great times at the minute but there is nothing I love more than great competition. The current level we see out there is very motivating and I am very happy to see women on top of the sport now and making the headlines

09/07/2021 21:04



Flash Quotes

Jakob INGEBRIGTSEN (NOR)**1500m Men - third**

I am very happy with the way the race turned but at the same time it wasn't a good as I have not been able to train at all for the last two weeks due to a bacterial infection and a sore throat which is why I didn't race in Oslo so I did not know what to expect. But at the same time I am able to run fast the whole race. So as long as I am able to train well in the next couple of weeks, I know I will therefore be able to compete well in Tokyo. We cannot really do anything about it. It is really unfortunate but at the same time today was a very fast race so I am confident I will now get even better than this.

We will now get back to our training and do more mileage and more workouts in St Moritz to get fast for Tokyo where I will go to win of course.

09/07/2021 21:05

Nijel AMOS (BOT)**800m Men - Winner**

It is always a good feeling coming out here to Monaco, that I am always winning out here, always having a good time, so I try to channel that positivity and bring it to the race. No matter what shape I am in, it always seems to come together. I've been working really hard in training, I've been doing good stuff, I just haven't been racing. I had an injury when I was supposed to race Doha, but coming back from injury and running 1:42 today shows that things are going in the right direction towards the Olympics and that's really where I want to be in a good position.

I just want to get better being comfortable in the race, just don't panic and be in my own zone. For me it's always about focusing on myself in the race. I missed the World Championships, last year I was in good shape, so I just want the opportunity to line up in a major championship and hope to do better and get on the podium. I have an Olympic medal already, so I'd definitely love to get something better in Tokyo.

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Flash Quotes

Faith KIPYEGON (KEN)

1500m Women - Winner

I thought I could run faster than that. I knew Sifan was going for a fast race and my goal was to run a fast race here and I thank God that was.

I am really looking forward to Tokyo and I know it will be a very hard competition but I hope to go there and defend my title.

I have a lot of pressure because the 1500m is a tactical race. Now I will train hard and hope to do my best at the Games.

I came back after giving birth and I feel like a role model for the young mother out there and the young athletes. I hope to show them that when you go for maternity leave, this does not mean the end of your career. You can come back strong and win races.

09/07/2021 21:35

Shanieka RICKETTS (JAM)

Triple Jump Women - winner

I am very pleased I was able to get a good series out tonight and that shows us where we are with our preparation so I am looking to build up on what we did tonight ahead of Tokyo in a few weeks.

The girls are doing extremely well in the triple jump and they keep the level high up. I am doing well in competition and in training so it is a huge motivation for me to do better each time.

With the final 3 rule, I really have to dig dip because this is the jump that matters and counts so this is pushing me to stay on top of my game.

There are always things to improve on but we will be focusing on the last phase in order to see bigger jumps in Tokyo.

I am not putting any pressure on myself but I would be disappointed if I was leaving without a medal.

09/07/2021 21:41

Flash Quotes

Ronnie BAKER (USA)

100m Men - Winner

I felt very good. I am confident because I know at the end of the day, I am one of the best runners in the world, hands down. I have been, since 2018. Some injuries have kept me out of most of these competitions and a lot of big races, making world teams and Olympic teams but at the end of the day, I know who I am. I am a child of god and because I have god on my side and because I train hard and I have faith and I pray and I believe that he will get me to the finish line healthy and in first. I don't have any setbacks, I am confident and I just come out here and display it.

Man, I know there is more that I can improve on. I probably could be a lot better in my first 30 metres. And I already know that my coach is probably picking apart the race right now getting ready for me to come back home so we can work on some things and polish it up. I think one thing is that I could have probably been a little more explosive. I think when you travel overseas sometimes you get the little jet lag in you and don't quite pop as well, so basically just clean that up and be more physically ready I guess. I can't really tell, overall this year is probably the most technically sound I have been and know it was not perfect, I know I can run way faster than anyone.

I feel confident going into Tokyo. I felt confident before I won this race. Because I don't go into any race with low expectation. And you have to realise that not only in life, but in everything you do, you expect high quality stuff, because you are a winner and that's what you've got to tell yourself. And if I had to tell anyone that's doubting themselves, it would be "you are a winner, you are capable of more, you're capable to do more", that's also my expectation every time I come into a race. I really don't have any doubt. It feels great to win, and I want to win in three weeks.

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Sifan HASSAN (NED)

1500m Women - Second

I feel good today about the time and pretty happy actually as my body felt terrible the whole day with the traveling etc. I tried to punch my face and my legs to feel better. And the 1500m is very hard you know if you don't feel loose and do not wake. I did not feel well so I am glad with the time.

I have not done any mistake this evening and did everything well apart from not feeling good.

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Flash Quotes

Nageotte Katie (USA)

Pole Vault Women

It felt good. I was a bit flat. I am very happy with that bar. It is great to be in the 4,90m even without feeling really great.

The biggest change lately have been bigger poles and I now feel I can get and stay upside down in a way that I haven't before so that that's kind of the big thing but I think this is an accumulation of the last ' years working with my coach Brad, it is just taking time and repetitions and numbers and last year it was nothing but time to train and rep that out and I think that's why it is finally coming together.

I feel a bit of pressure ahead of Tokyo but after the US Trials, this is more like a relief and I am very excited now that I am there and get to go. Let's just show everybody what we have been working on and what we can do. That's everything we have worked for. I feel more excited about Tokyo but I am sure than in 2 weeks from now it will feel very different.

With my coach Brad, he makes the decisions at meets and it is so nice to have him here with me. Obviously we bounce out each other and he can sense how I am feeling by just talking to him even without telling him exactly what I am feeling. It takes a lot of the pressure off my shoulders to make decisions and I just listen to what he says. We discuss the game plan ahead of our competitions which makes me feel as calm as possible and it definitely helps a lot.

09/07/2021 22:04



Flash Quotes

Miltiadis TENTOGLOU (GRE)

Long Jump Men - Final Three Winner

We were close, but the other guys were a little bit better than me today. I won in the last attempt and I don't feel very satisfied about that to be honest. But it's ok, it was a fun competition.

I need to improve some of my jumps. Not the technique of the jump, but some jumping exercises because I've been missing a lot of jumps because I have a problem in my knee and I think that's the main thing I have to focus on right now.

In Tokyo of course first of all I want to qualify for the final. And then, I have high expectations because I feel good this season and I've been very consistent and had good jumps. And I also believe I can jump very well there, like 8.50m or thereabouts and I'm gonna try hard. I believe it will take around 8.50-8.60m to win.

09/07/2021 22:15

Hyvin KIYENG (KEN)

3000m Steeplechase Women

I feel very good because this win gives me great confidence going into the Olympics. I am very happy with how my preparation this season has gone. Although I did not run a PB today, which was my target, the Olympics is the most important.

The race was not easy because it was almost all of us who are going to the Olympics, I think it was the strongest race, but I won so that's what matters. There was some confusion because you saw I was starting to go very fast because I saw one lap remaining and after that one I heard the bell again, so that confused me, but I still won, so I am very happy.

I still need to work on a few technical things and then focus on the Olympics. My main aim is to get gold because I already had silver in 2016, so I think it is important for me to have a greater goal.

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