

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY

Christin HUSSONG (GER)

Javelin Throw Women - winner

I only threw 62m today so I am a little disappointed with that but happy for the win.

There is always a lot of pressure on that sixth throw so I was very happy with the 61m for that one. But it does feel odd that Maria (Andrejczyk) threw further and yet I win. The mental pressure is good experience for Tokyo.

01/07/2021 20:03

Femke BOL (NED)

400m Hurdles Women - winner

I am really pleased to take another national record but I do think I can go faster. It would be good to be able to have someone to chase so i can get closer to that sub 52 mark.

My ambition this year is to make the Olympic final as it is my first Olympics. Of course I want to do well in the 4 x 400m as well.

I want my good season to continue beyond the Olympics into more Diamond Leagues.

01/07/2021 20:20

Flash Quotes

Yasser Mohamed TRIKI (ALG)

Triple Jump Men - winner

I honestly came here to win. I can only do my thing (in response to two no jumps from the other two finalists).

I have one or two more competitions between now and Tokyo and I will be ready, God willing, for the Olympics

01/07/2021 20:26

Filip INGEBRIGTSEN (NOR)

3000m Men - fifth

To be honest I wasn't sure what to expect tonight as I have been struggling early season with illness. But tonight I felt much more myself so i am hoping things are coming together at the right time.

At the Olympics I just want to get into the final and then see where I am at and anything can happen from there. It is all about getting in it first.

My timing to be at my best for Tokyo is good and a PB today shows I am in good shape.

01/07/2021 20:42

Flash Quotes

Marie-Josée TA LOU (CIV)

100m Women - winner

When you start your season you just hope for no injuries, good training and to be ready for competition.

Today I am happy with 10.90. I'm Ok and I am fit.

There is a lot of great talent out there but I am always in competition with myself. I don't look at others.

Of course, I am aiming for top three in Tokyo.

01/07/2021 20:46

Yomif KEJELCHA (ETH)

3000m Men - winner

I am working hard for the Olympics but it will be very difficult as there is a lot of competition.

I have no more competitions now before Tokyo so i will just train hard.

01/07/2021 20:50

Flash Quotes

Hellen OBIRI (KEN)

5000m Women - winner

I still have a lot of work to do before the Olympics especially as I am doubling up there (5000 and 10000m).

I have a lot of speed work to do between now and then. I have worked hard on my endurance and now I need to concentrate on the last 300m.

It will be tough out there as there are a lot of very fit women. The faster the pace in the race the better for me.

01/07/2021 21:10

Eilish MCCOLGAN (GBR)

5000m Women - 4th

I couldn't be happier with that British record. The last KM was fast out there but it brought out the competitiveness in me. It really has been a long time coming. My race times haven't reflected my training which has been going really well.

My aim in Tokyo will be a PB. I know there are some fast girls out there - their speeds make my giddy.

01/07/2021 21:11

Flash Quotes

André DE GRASSE (CAN)

200m Men - winner

I was happy with that today. There are a few things to work on but I only arrived a couple of days ago so my body still needs to adjust after the jet lag.

I am so excited for the Olympics after we have waited so long for it and my plan is to bring some medals back to Canada.

01/07/2021 21:21

Kate GRACE (USA)

800m Women - winner

I really wasn't sure what to expect tonight so to get such a huge PB I am really happy. I only flew here two days ago after three big races at the US trials and the big disappointment of not making the team.

It is great to be her with a crowd here as well. Tonight proved that I am doing things right with my new coach and my new training set up. Things are paying off.

01/07/2021 21:34

Armand DUPLANTIS (SWE)

Pole Vault Men - winner

I felt really good out there. We could really feel the energy in the stadium out there. Sometimes you just have that feeling and tonight I knew I could get 6m but, of course, it is never easy.

I really think I can get that record soon. It will come this season.

But for now I feel good; a month away from the most important meet of my life (the Olympics). I am in good shape; I am running well on the runway and keeping up the rhythm well.

01/07/2021 22:04

Flash Quotes

Stewart MCSWEYN (AUS)**Svein Arne Hansen Dream Mile - winner**

I am very happy tonight. My season is going in the right direction going into the Olympics. I want to try and stay healthy going into Tokyo. I still have a few things to work on.

The 1500m is going to be a really tight competition but i am confident going into it. I did consider doubling up with the 5000m but the heats are all too close together and I don't feel strong enough yet for that.

I felt in good shape going into tonight and this has proved that. I really wanted to do well for Sveine (Arne Hansen) and for Murray who we all knew from this meeting so well and we miss so much. That gave extra fire to do well tonight.

01/07/2021 22:11

Malaika MIHAMBO (GER)**Long Jump Women - winner**

The competition was quite good out there. I am getting used to the new format.

I have been struggling with my approach but with every competition I am getting better.

I am very happy with that tonight and I am getting closer to the 7m which, for sure, I know will come.

I am fast on the runway but I need to work on those last three steps to get the right jump.

01/07/2021 22:19

Flash Quotes

Karsten WARHOLM (NOR)

400m Hurdles Men - World Record

I knew that I had a fast time in my body - it feels like it as been there for a long time but you never know when it is right to do it. And it is one thing to ono you have it in you and another to go out and do it.

It is very special to do it here in Bislett in front of a great crowd including my friends and family.

This is my first 400m hurdles of the season so i really think there is more in the tank.

It might take another world record to win the Olympics. There rare such a lot f great guys out there at the moment who will all be aiming to do it and win Gold. I am happy that there is such great competition.

But I now have the World Record and I am so happy!

01/07/2021 22:26

Daniel STÅHL (SWE)

Discus Throw Men - winner

I am happy with the win but not with this system. The rule is tough on everyone.

68.65 is a good throw so I am very happy with that. It was great to have a full stadium tonight with everyone cheering.

I felt great out there this evening.

01/07/2021 22:26