

Flash Quotes

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Sandra PERKOVIC (CRO)

Discus Throw Women - Winner 68.31m SB

This is my fourth competition in a row. In 2020 I was able to do only one competition. Doha was ok, but in France and in the Netherlands I could not find my rhythm. Today is the last competition for me before my preparation for Tokyo and I really wanted to show what I can. This new rule for the sixth attempt puts a big pressure on the leading athlete. But I spent two weeks in Tuscany with my family in 2019, also in Florence and today I told myself "It is now or never" in this beautiful city. I have so much in my arms - and I showed it. Now I can start preparing for Tokyo. Thank you for this great stage, Italy.

10.06.2021 18:44

Kristin PUDENZ (GER)

Third 64.42m

I had difficulties getting into the competition because we only arrived yesterday evening and my legs felt tired. But I am very satisfied with my 64 metres and my third place. When I did my sixth attempt I wanted to improve these 64 metres and try to shock the other two. Their throws might get into the net... But they did not. So, I am happy with the outcome. These new discus final rules make a captivating format.

10.06.2021 18:48

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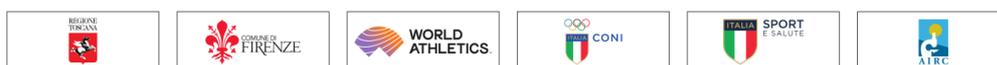
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## Yaimé PÉREZ (CUB)

### Discus Throw Women - Second 66.82m

It was a good competition today, and I feel I'm improving every time I compete because this is just the start of the season for me. My main event this year is the Olympic Games, so I am really pleased with this result here today - even though I didn't win, I managed to have a few good throws which I am happy about. My coach told me to aim for some consistency, which I managed to achieve, but I still need to work on my technique to correct some of the mistakes I made this evening. At the moment, no expectation for the Olympics, other than working hard for it.

10.06.2021 18:57

## Femke BOL (NED)

### 400m Hurdles Women - Winner 53.44 NR, PB

I am really happy with this NR. In Hengelo, I made a lot of mistakes, and still here, I made some mistakes, but then the second half of the race was much better. I gained a lot of speed on the flat, but I have to find my rhythm over the hurdles. We have been working a lot on that. My main focus at the Olympic Games will be the hurdles and then later the 4x4 relay. Last year I won in Rome and I thought a lot about last year's win. I tried to bring back the atmosphere again. This is such a nice stadium with a great atmosphere.

10.06.2021 19:14

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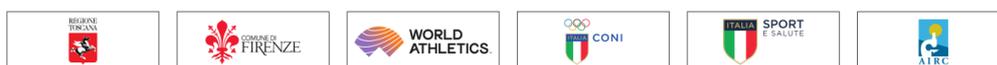
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Anna RYZHYKOVA (UKR)

400m Hurdles Women - Second 54.19 PB

I had my last PB in 2012, the year of the London Olympics. After that, I was injured so I focused on my recovery, and on a few occasions I was even very close to my PB, so I'm pleased I finally did it. I know I can run even faster because I'm aware of some of the mistakes I made tonight, but the weather here today is great for good results. I'm in a really good shape, and very happy to be here. Italy is the best country for Athletics - I love this atmosphere, and this helps me running even faster. I wasn't very pleased with my indoor season, I was 7th or 8th in Torun, and didn't make it to the final - I was very disappointed, and on top of that I tested positive for coronavirus after the competition, so it was painful to be stuck in a hotel room for 10 days without being able to train, or to join the training camp. It was a very hard time for me.

10.06.2021 19:15

Anthony José ZAMBRANO (COL)

400m Men - Winner 44.76

This race turned out as I wanted because I just came from a series of events, and I still managed to run within the 44 seconds mark. This means the work I'm putting in during training is paying off, and my performance level is very stable. For now, I'm going to stay in Europe with the 4 x 400m relay team, my coach and our medical team - my goal is to arrive at the Tokyo Olympics in the best possible shape, and let's see how things improve from there.

10.06.2021 19:24

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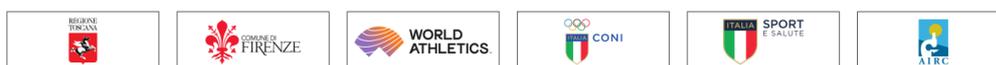
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Daide RE (ITA)

400m Men - Second 45.80

I am quite satisfied with this race, well, I am happy, but not really, really. I had hoped for a 45 and half time.

This track, for me it is hard to run fast on it. It is not so elastic, not responsive. I prefer a hard track that gives back energy rather than absorbing it.

To sum it up, I am very happy for the second place.

10.06.2021 19:27

Mohamed TINDOUFT (MAR)

3000m Steeplechase Men - Third 8:11.65 (PB)

I'm very pleased with my personal record today, and what this means, overall, for Athletics in Morocco. This is the result I was hoping for, and I made it. Now, I need to focus on the Olympics, and to represent my country. I'm also very pleased for my friend Soufiane [EL BAKKALI] who won here today - he is a real champion.

10.06.2021 19:36

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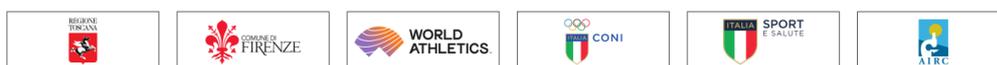
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Soufiane EL BAKKALI (MAR)

3000m Steeplechase Men - Winner 8:08.54 WL

8:08 is a great time and I am happy about my victory. The problem today was that there was no good pace maker, we should have passed at 5:24, but we had 5:31 at 2K. The last kilometre was ok, I guess. It is difficult to get good pace makers. My next race will be in Monaco and I hope to run under 8 minutes. I am positive about that because I ran a great 1.500m race in Doha. I would like to thank my whole team.

10.06.2021 19:39

Devynne CHARLTON (BAH)

100m Hurdles Women - Second 12.80

I would have liked to have a better time. I think I am doing quite well at the moment. I thought it would be faster. But I am happy about my place, this is my very first DL meeting ever. My first part of the race was good, but then I lost my form and I hit the last hurdle. I will fly to Eugene to see my coach and analyze the race and then I go home for our national trials in two weeks.

10.06.2021 19:47

Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women - Winner 12.38 (MR)

Actually, I did much better than I thought I would. I was really nervous at the start, so all I could think when I was in the blocks was to have a good start, push really hard, and be good to go. There was no point of getting worked up, and I'm really excited I got to this point - it's a really good system for my next races. Of course I want to run faster, but I just take it as it comes - I've been very consistent with my races, so I'm really excited, and not rushing at all. I'm looking forward to the Olympics this year - it will be like redemption from my fall in 2016 - I'm really excited, training really hard, work really hard, but really looking forward to it.

10.06.2021 19:48

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Andrew POZZI (GBR)

110m Hurdles Men - Second 12.25

I think this race was just ok - although the time was right, and it was good to come second with such a strong field. I made a couple of mistakes, but that's ok, I still feel I am in a really good shape. I'm training here in Italy, just 3h down the road [in Formia] so this still feels like home for me to be here in Florence. It's not too far, it's probably the easiest commute for a Diamond League event I will have this year. It was lovely, and it's always nice with the Italian fans, so it was a really nice evening.

10.06.2021 20:03

Omar McLEOD (JAM)

110m Hurdles Men - Winner 13.01 WL, =MR

It feels good to be winning again. I am having fun again. It was a really good race. I put together a technically sound race. I did not hit a hurdle. The weather is a bit shaky but we have to put up with this. The time is close enough to 13 seconds and I will get under 13 seconds when the time is right. Now I had two solid races back to back and I am getting better with every race. It is good to get opportunities to race again.

10.06.2021 20:06

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Tomas WALSH (NZL)

Shot Put Men - Winner 21.47

This new Diamond League final already worked in my favour twice, so I'm happy about it. It's good that the Diamond League is trying something to showcase throws and horizontal jumps - we've talked to them about it, whether it's the right thing to do, it's a different story. Obviously, you play the game a little, and to be honest, I much rather throw further and come third than what happened tonight. You have to play with what it's front of you, it seems to work for me alright, but I know for a lot of other throwers, fans, and other throwing athletes maybe they are not the happiest about it, but it's great to be able to showcase just Shot Put at a Diamond League event, for a whole 5 minutes.

10.06.2021 20:08

Leonardo FABBRI (ITA)

Shot Put Men - Third 21.71m SB

I gave everything I had to give. I am very satisfied. This is an amazing feeling. This competition started in a perfect way with 20.97m, this was my day, in my stadium. Winning was not the most important thing today, rather to have fun in front of my people. And still, the result is not bad, it is a very good result on a international level. (About losing on the sixth attempt) I need to fight with the man who invented this rule (laughs).

10.06.2021 20:09

Laura MUIR (GBR)

1500m Women - Third 3.55.59

I'm really happy with this result- I think it's my second fast time ever and very short of my British Record. To be able to run this fast in the time leading up to the Olympics, it feels really great.

10.06.2021 20:17

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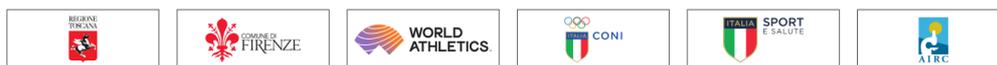
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Sifan HASSAN (NED)

1500m Women - Winner 3:53.63 WL, MR

I did not prepare for speed, I trained more for the 10K. I thought that Faith Kipyeeon was going to win. At 800m we were so fast, but I tried to do my best. I got the MR, but for me it is not so much about the MR. I am surprised about the time, even more that about my time, the WR then at the 10K. It is not my plan to run so fast, I had hoped to run under 4 minutes.

10.06.2021 20:23

Anzhelika SIDOROVA (ANA)

Pole Vault Women - Winner 4.91m

I found the competition a little tough this evening. I was really nervous after not having had the best jump at the Wanda Diamond League in Doha, but today I wanted to show I could jump much higher - and I tried my best. Now in Pole Vault, every competition is so strong, with many strong girls who can jump very high - so every competition is challenging for all of us. Now, I need to get my ticket to the Tokyo Olympics at the Russian Championships, and after that, I will think about a medal.

10.06.2021 20:26

Marie-Josée TA LOU (CIV)

200m Women - Second 22.58 SB

I am very satisfied with the time because I nearly fell at the start. Then I really had to get out of the curve quick and fast. I have not run as fast as 22.58 seconds since 2017. Now I know that all the work I put in pays off and is worth it. The shape is there. And it keeps getting better and better. Now I will go back home to my country and train. And in July I will come back to Europe for some meetings.

10.06.2021 20:27

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Dina ASHER-SMITH (GBR)

200m Women - Winner 22.06 MR SB

It was really important to do a good race here today. Obviously, it's been really hard over the past year and a bit because of the pandemic - so I'm really proud to be able to put that kind of time, and I definitely have more in me. I got my first international medal when I was only 17, and even though I'm quite young still, I have quite a bit of experience for my age [laughs]. To be honest, I train six days a week, so I don't have too much extra time for other things - but I think having a balanced life is really important for performance. It's actually in my best interest to dedicate time to other stuff. Everybody is different, but for me, I have to be happy all around - if I wasn't being myself, I wouldn't be happy which is my personality, and when I'm happy, I ran much faster

10.06.2021 20:31

Yemaneberhan CRIPPA (ITA)

5000m Men - Ninth 13:17.96

This race didn't turn out as I had planned. I wish I had more time to train - I still have some work to do. All I can do now is to recover from this result, and tomorrow will start again.

10.06.2021 20:45

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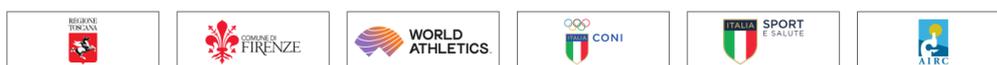
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Mohamed KATIR (ESP)

5000m Men - Fourth 12:50.79 NR PB

What can I say?! The truth is I have just run the best race of my life. The field here was very strong - stronger than an Olympic final, therefore, coming fourth, and on top of that, taking 5 seconds off the Spanish National Record, I'm actually over the moon. I really can't believe it. I was hoping for a result like this - I have been training very hard, because it is an Olympic year, and I want to make it to the team and become an Olympic athlete.

10.06.2021 20:48

Chijindu UJAH (GBR)

100m Men - Second 10.10

I could have done better than that. There is still a lot to work on. I am missing races. I need a couple of more races. Some parts of my race were good. It is just the end, that's what my coach says, we have to work on this. I am 100% positive, as long as I am healthy.

10.06.2021 21:11

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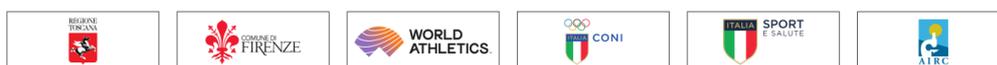
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## Akani SIMBINE (RSA)

### 100m Men - Winner 10.08

The plan for today was nothing but the win. This was my first competition since our National Championships six weeks go, so I was looking forward to the rest of this season. I am really happy coming out here, and get the win - and finish so healthy. [About being one of the favourites] If you had asked me that a couple of years ago, it would have been a completely different answer. I would have been super stressed from putting so much pressure on myself. Now, I take it as motivation - people believe in me, believe in my talent, and what I can do, so I use it to push myself, and to become even better. I'm going to be in Europe until we go to Tokyo, so I will be here, and go to my other races as planned.

10.06.2021 21:13

## Ivana ŠPANOVIĆ (SRB)

### Long Jump Women - Winner 6.74m

I've been off from the Wanda Diamond League for almost two years now because of injuries, and the situation with coronavirus, so, first of all, I'm really happy that I am back - but the competition was alright. I guess we are all here with the same goal, and primarily, that is to be fit for Tokyo. It's always important to be with the best possible athletes of the moment. I'm sort of happy with my result - I mean, the sixth attempt, for me, it's just pointless, and I don't know who is feeling more awkward - Malaika [MIHAMBO] or me. I mean it's all about the victories, but we need to find a way of how to celebrate these. Actually, since I've been in the Athletes Commission, a lot of athletes disagree with this [new format], I mean, we are aware that Sports from time to time need some changes, but this is too much from the start - maybe some baby steps changes it's alright, so we can get used to it, as well as the coaches, the public, and people who love Athletics. This is too confusing, and it's just too difficult, and you kind of force athletes to produce the best jump in the sixth round which is almost impossible.

10.06.2021 21:14

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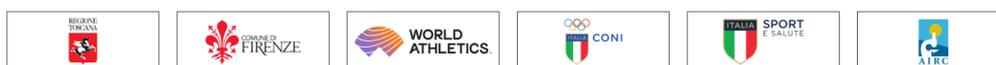
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Ilya IVANYUK (ANA)

High Jump Men - Winner 2.33m

It was a good competition today. I am really happy. The weather was good. No rain, no wind - like indoor.  
10.06.2021 21:15

Malaika MIHAMBO (GER)

Long Jump Women - Second 6.82m SB

It was a good competition. As we were only eight athletes I could do every jump with 100% knowing that I would have five jumps for sure. My run-up was top, I am on a very good way. It is a great step in the right direction. It feels like in 2019. The sixth attempt was a pity because I came with too much power and my knee bended and gave in. So I had to stop the last jump. I find it a little bit annoying and difficult to have the best result of the competition and to only get the second place. I understand why they put in this new rule with the final three, but it is still annoying. I like this competition here in Florence. It is so beautiful to compete against international athletes. I really feel good and I am happy about my performances. I achieved a SB whereas I struggled in my indoor competitions.

10.06.2021 21:16

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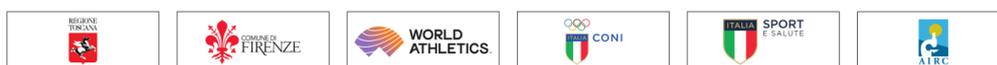
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## Gianmarco TAMBERI (ITA)

### High Jump Men - Third 2.33m SB

It is so sad, Talotti left his wife and his son. Today it was sublime to hear the applause. I need to hear that and to feel the audience. I want to thank everyone who came and supported me.

This competition was for me the real season opener. I have to learn a lot from what happened. Now I have to find the right technique. Physically I am already really good. I had to stop for two weeks, for precaution. The warm-up was really good with beautiful jumps. At the competition, there were two jumps today that were really good and I hope to be able to continue like this.

I would have wanted to win, I still had energy to put into the game.

10.06.2021 21:24

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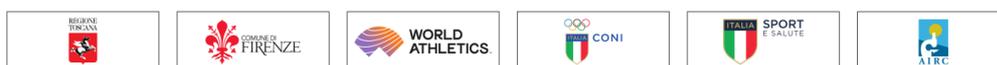
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Larissa IAPICHINO (ITA)

Sixth 6.45m

This was bad, and I'm not looking for excuses - I didn't have a very good competition, I still don't know what my mistakes were, but next time it will be better. Maybe it's because I have a very busy period with my school finals next week, but I don't want to make excuses. I didn't jump as far as I can - I thought I was in shape, but maybe I was not, I mean, it happens, and I am looking forward to jumping again, and to improving the distance. I think I need more experience. It's something really important when you are competing with these girls, who have a lot of experience and have won a lot of medals. I'm still learning, and I'm using this year to get this experience. Even in Tokyo, my first Olympics, so I want to learn from all of them how to compete at this level. I'm quite excited about it, and hopefully, I can jump a little bit further.

10.06.2021 21:25

Jakob INGEBRIGTSEN (NOR)

5000m Men - 12:48.45 AR, PB, WL

Today it was like winning a gold medal. It is pretty crazy. I was expecting a PB, because it has been two years since my last PB. I was most likely to run under 13 minutes, but this European record is incredible. Now I have to be able to win a medal, too. If I am able to win against the best runners, then I can also win at the Olympics. I am always excited to race. I did not expect this time and this record. But I know from my training that I am able to run that fast, to do it. But it is something different to know something and to do something.

10.06.2021 21:30

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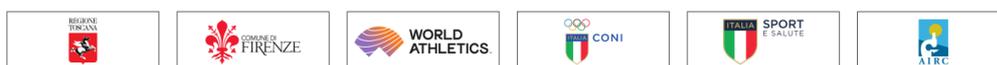
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