

Flash Quotes

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Joe KOVACS (USA)

Shot Put Men - 1st 22.61 MR

I am upset with the meeting record, because it's the first time I think there is more in it. I knocked on the door of the 23m line and I am excited to try to attack that in Zürich. I had a bunch of throws over 22.50 this year so it is about getting past it. I am happy with my consistency. I think I need to settle down and relax. Today was a little bit off, but the energy feels good.

City events are fun for us. We love being in the stadium during big championships because it is all the same format and keeps everything equal. But this is the next thing, it's fun to have the crowd cheering, to have the music on. The crowd is my favourite part. Especially beforehand and afterwards. With Tom Walsh we had a cappuccino before next door and people were coming up. It makes it enjoyable for everybody. It would be great to have more competitions like this. It brings new people to the shot put. Tomorrow I will just watch the competition and enjoy, something I usually can't do.

02/09/2022 18:01



Flash Quotes

Tom WALSH (NZL)

Shot Put Men - 2nd 21.60

It has been much better than what it has been the last few competitions. I am happy with my first-round throws. I had time on my shot and when I have time it usually goes a little further. Round three five and six were really good in terms of freedom and looseness, but I was missing the shot. I always love to throw further, and I always want to beat Joe. The four good throws give me hope working towards the final in Zürich.

I like the city events because we are not put in a corner. It's easy to get the crowd going. When you are in the stadium a lot of other field eventers try to get the attention of the crowd too and you have to share it. In the city we are the main characters, we put on a show.

This season I haven't done what I wanted to do, for sure. Fourth at the World Championships was painful. It is the first time I haven't medalled in seven years. I still feel that I have more distance in me than what I have thrown this year. Physically I am in really good shape but wasn't able to give it into the shot.

After all the years, I still always want to win, push myself and throw further. For me, when I throw far it is like a drug, it is awesome. That's what I am searching for all the time. And I haven't found it yet this year. So, the butterflies are still there for Zürich.

02/09/2022 18:04

Jacko GILL (NZL)

Shot Put Men - 3rd 21.32

The competition was really good. I am glad to experience that and to finish third here. This kind of events for shot put are amazing. People who normally wouldn't see the shot put, stop by. There are more people around and we can choose our own music. The atmosphere helps us to compete well. I have one more competition left in Zurich. I will try to redo the same there.

Shot put is such a huge thing in New Zealand because we have a lot of good coaches who accompany the athletes from a young age. Athletics and shot put is really popular in New Zealand too.

02/09/2022 18:10



Flash Quotes

Kibiwott KANDIE (KEN)

1 Hour Men - 2nd

It was the first time that I competed in a 1 hour race in a stadium. It was mentally not easy, but physically it was harder. At the beginning of the season I had a knee injury and that made that I didn't reach my best level this season. Eventhough I'm satisfied with the result that I obtained today here in Brussels.

02/09/2022 19:31

Albert Kipkorir TONUI (KEN)

1 Hour Men

I'm very happy with my race. It was very challenging and hard. I'm used to the heat but it was so hot to run here, a different kind of heat.

It helped to be cheered on by such an amazing crowd, they were cheering a lot and were towards the end very loud, which was helpful during the hard part of the race.

My season is over now so I will be enjoying some rest.

02/09/2022 19:34

Sabastian Kimaru SAWE (KEN)

1 Hour Men - 1th

I don't know how many records I ran tonight, but I came here for just one, the 1 hour record. That was the goal and we did it. I attacked after 35 minutes, that was the plan and it worked out. I kept on running after the clocked stopped, cause I couldn't see the clock at that moment, so I ran a bit further. But I am really happy that we got the 1 hour record and maybe next year I can run even further, cause I feel that it is possible.

02/09/2022 19:39

Flash Quotes

Rushell CLAYTON (JAM)

400m Women B Race - 3th 52.02

I'm running in the outer lanes almost all season, so during the race I didn't know where I was placed. But you know, it's the same 400m for everyone and I just tried to ran the best race as possible. My next race I'm running the hurdles again.

02/09/2022 19:51

Amandine BROSSIER (FRA)

400m Women B Race

I wanted to go out strong, so I did. It wasn't easy because I was in lane two but on the other hand I had all the other girls in front. Mid-race I saw that the group was divided in two. So I gave it my all to join the leaders. When I came out first after the bend I knew that it would be a tough last 100m. It was tough with all the fatigue from this summer season. I hoped for a faster time but can't complain to win in front of the Belgian crowd. The last time I ran here was during covid, so the stands were empty. I am happy to be back and win in front of a full stadium.

02/09/2022 19:56

Christopher O'Donnell (IRL)

400m Men - 2nd 45.78

I was in lane 2, a bit away from the action. I just had to focus on my on lane, but in the last ten metres I could have done with some company. But I'm really happy cause I came in second in a strong race with some topathletes who were running for there homecrowd. I wanted to win, but in this field, I happy with this performance.

02/09/2022 19:58



Flash Quotes

Helena PONETTE (BEL)

400m Women B Race - 2nd 51,82 NR U23

I have started faster than I did in my previous races and then I tried to run at a constant pace. I've enjoyed running here and I'm happy with my second place, but I would have loved to take the win. I ran a personal best in the last race of a very long season and that is really positive with regards to next season. I've stretched my training period in order to perform at a good level here in Brussels, but now I'm desperate to give my body some rest.

02/09/2022 20:04

Khallifah ROSSER (USA)

400m Hurdles Men - 2nd 47.88

I needed to stay focused on my own race, because there was a lot of action in the other lanes. I wanted to finish strong, so I just opened it up and kept on going to the finishline. I'm feeling good with the time, cause I've been consistent throughout the whole season.

02/09/2022 20:09

Alison dos SANTOS (BRA)

400m Hurdles Men - 1st 47,54

It's the second time that I ran here in Brussels and it's also my second win here. It was a very competitive field and I'm very happy with my result. This year has been incredible for me. I've basically won everything that there was to win : the world title, the Diamond League,.. I'm very motivated to do even better next year. We have a great generation of 400m hurdle runners and it's always great to compete against athletes like Benjamin, Rosser and Karsten. We push each other to a higher level.

02/09/2022 20:17



Flash Quotes

Alexander DOOM (BEL)

400m Men - 3d 45,82

The aim of today was to enjoy myself in front of a homecrowd. It's so special to run here. The Belgian fans are really amazing and spectacular.

they were already cheering so loud when the speaker announced us so that was so great for us as athletes.

It was good to have Dylan Borlée to run in front of me that way I was able to run and fast and follow someone. I am very happy with my race and to end my season here. Now finally some rest after a very long and good season.

02/09/2022 20:25

Werkuha GETACHEW (ETH)

3000m Steeplechase Women - 3rd 9,08,03

My last trainings didn't go very well, so I didn't expect to run a personal best or something like that. However, it was still a good race.

After the world championships, I focused on the DL competitions in Monaco and here in Brussels: Although the preparation time was a little short, I'm happy with the result.

02/09/2022 20:31

Winfred Mutile YAVI (BRN)

3000m Steeplechase Women - 2nd 9:03.44

The pace wasn't too high in the start, so at the end I could push a bit extra and I was closing in. But it was not enough for the win, sadly because I wanted to win.

02/09/2022 20:37



Flash Quotes

Jackline CHEPKOECH (KEN)

3000m Steeplechase Women - 1st 9:02.43 PB

Every race is up to God and is in His hands. I am very happy with my race today and am so thankful for the Belgian crowd.

It was a very hard race but so good.

02/09/2022 20:44

Alexander OGANDO (DOM)

200m Men - 2nd 20,18

Last week I ran an awful race, but today was much better. I felt more energetic and also felt more relaxed in the race.

I had a very good season this year and I'm satisfied to finish the season at this level.

02/09/2022 20:44

Aaron BROWN (CAN)

200m Men - 3d 20.22

The time wasn't anything spectacular but executionwise it was very good. I've been struggling with my finish all year my curve is really good but my finish has been weak and I have just been working on it everyday at practice. So being able to show that today I just want to keep building on that. I love running in Brussels I haven't been here since 2019 it's an amazing crowd as always, I love Belgium, great food, great atmosphere. I still have two races before some weeks off so full focus on those two. I hope to show my hard work to the crowds in Zurich.

02/09/2022 20:47



Flash Quotes

Lázaro MARTÍNEZ (CUB)

Triple Jump Men - 1st 17m49

It was a very good competition in a nice atmosphere and I had a very good jump in my second attempt. Unfortunately I felt some pain in my muscle and it prevented me from doing the remaining attempts. Luckily it was enough to secure the win here.

I feel that I'm in great shape and I didn't want to take any risks, because I still have the final of the DL next week.

I'm satisfied with the year that I had, although things didn't go as I wanted at the world championship in Eugene. On the other hand, I won the world title indoor in Belgrade.

02/09/2022 20:51

Erriyon KNIGHTON (USA)

200m Men - 1st 20.07

There was a lot of wind tonight, when I came out of the bend the wind just hit me. How much wind was there? -2,9 m/s? I really felt that coming into the straight line. But I got the victory, so that's good because I came to win. That was the main goal, I don't care about the times. The atmosphere was great here tonight, the more people the better. Next up is Zürich, hopefully with some less wind,

02/09/2022 21:09



Flash Quotes

Almir dos SANTOS (BRA)

Triple Jump Men - 3rd 16m81

This was one of the last competitions of the year and I knew that I had to perform well to get my ticket for the DL final in Zurich. I'm really happy that I managed to do so in front of this fantastic crowd. It was the first time for me to compete here and I'm very impressed. The track is very fast, the crowd is so close to the athletes and that gives you a lot of energy.

It was a very long season and I feel that my body is tired, but of course I'm very happy that I will have one more competition in Zurich. I just want to finish this season healthy and with a good result, so that we can start preparing the next season with a good feeling.

02/09/2022 21:15

Shericka JACKSON (JAM)

100m Women - 1th 10.73

It takes a lot of hard work to beat Shelley-Ann, she's a tough cookie to beat. So you need to keep working hard if you want to win. Tonight I had a good execution of my race, so I'm happy with that.

02/09/2022 21:19

Haruka KITAGUCHI (JPN)

Javelin Throw Women - 2nd 63.45

It's my first season that I'm joining the Diamond League and to come in second is just amazing and keeps you going. It's also my first visit to Brussels and before the competition I went to see the city. You know how it goes, Japanese people just love to visit a European city. It's such a big difference with the cities in Japan. The atmosphere in the stadium is also a lot different than back home, with the speaker and the energy, it's just great.

02/09/2022 21:20



Flash Quotes

Fiordaliza COFIL (DOM)

400m Women - 1st 49,80 PB

I have been working so hard to get this result; It was the first time in my career that I ran under 50 seconds on the 400m and that is something really special. The season is very long, but it's really promising that I'm able to run a personal best at the end of the season.

02/09/2022 21:28

Shelly-Ann FRASER-PRYCE (JAM)

100m Women - 2nd 10.74

I feel okay about today's race it wasn't anything spectacular but I felt good I do not have any injury so that is the most important part. I am not sure about Zurich I will have to wait and listen to my body. But today was really amazing, I love running in Brussels.

02/09/2022 21:34

Jasmine CAMACHO-QUINN (PUR)

100m Hurdles Women - 1st 12,27 NR MR

I felt really good in the warm up and I actually ran the race that I wanted. I feel that I have more to give, because the last couple of hurdles weren't clean. I still want to fix that up. Hopefully I can do that in the next couple of trainings before Zurich. Other than that I'm very happy with the race and the result. It has been a really tough year for me physically and mentally. Just to be able to come this far and to compete at this level proves how strong I am. It motivates me for the next year.

I still have two more races and I hope to get a PB out of it. If that doesn't happen, then that's ok. I'm only 26 and I still have time for things like the world record. I'm not stressed. I just want to finish the season healthy and next year there's more to come.

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Flash Quotes

Kara WINGER (USA)

Javelin Throw Women - 1st 68.11 WL MR NR

I feel so incredible my last personal best was twelve years ago in 2010 and I had two surgeries since then but I felt really amazing this year. I was so consistent and with my husband as my coach and the best support system around me it has just been such a cool year of great decision-making for me and doing what is right for me. To feel so supported by competitors out there too and the crowd everywhere is so supportive. It was the same this year in Eugene and now in Brussels I felt very at home here, I'll definitely return here. Just perfect conditions and fabulous women to compete with, a wonderful meeting overall. I just cannot believe it yet I'm so happy.

02/09/2022 21:38

Armand DUPLANTIS (SWE)

Pole Vault Men - 2nd 5.81

I didn't jump as I would have liked for sure. I think definitely that I could have jumped higher. I am human and I make mistakes and I definitely did some today. I didn't find the good rhythm on the runway today. I was just thinking about the wrong things. It happens sometimes. It's not that easy. You need to be in the exact angle and you need the speed to take off and I didn't find that today. In Zurich I try to come back a little stronger than here. I want to put up another good performance at the end of the year and end on a high.

02/09/2022 21:45

Sada WILLIAMS (BAR)

400m Women - 2nd 50.15

I feel a little bit disappointed it wasn't what I'm capable of. I was not able to speed up in the final stretch. It was good to run here it was hotter than I expected. Right now I will review the race and see where I can improve. On to the next race.

02/09/2022 21:47



Flash Quotes

Christopher NILSEN (USA)

Pole Vault Men

3rd with 5m71 is all I can say. Noone produced some good marks today behalve Ernest John with a first Diamond League win. Everyone is a little tired with the end of the season. I am ready to go to the Diamond League Final. In Zurich the goal is a top 3 and 5m90. If I make this I will shoot for 6m. I maybe need to do some speedwork because I felt kind of sluggish today. I haven't pole vaulted for some days and did some pretty hard trainings. It's probably a mix of that.

02/09/2022 21:49

Tia JONES (USA)

100m Hurdles Women - 2nd 12.38

I ran my sixth personal best this year so obviously I am super happy. My goal is to just keep doing better and to get that time down and I hope to get in the diamond league final. I tore my achilles in 2020, a complete tear and then covid happened so I was out for two years so I really wasn't able to show everyone what I can really do on the track. This year is the first year that I am finally fully healthy and can show the world what I am capable of. I just think Brussels and this competition is so amazing, the girls are always so fast and the crowd is really amazing.

02/09/2022 21:51



Flash Quotes

Grant FISHER (USA)

5000m Men - 2nd 12:46.96 AR PB

I feel great I ran a big personal best, national record and area record. This was a very competitive 5000m and it went quick, everyone was pushing hard. I had the legs today which is a good feeling. I did not have the legs towards the end so I couldn't keep up but it's very tough to find another gear when you're going that fast. Running in Brussels was very special I have some friends and family in Europe who were able to make it here today, the environment was so good and definitely helped. If they invite me back next time I will certainly return. I think I picked enough points to make it to Zurich so one more big race and then I get to enjoy some vacation.

02/09/2022 21:58

Jake WIGHTMAN (GBR)

800m Men - 1th 1.43.65

I wasn't sure if I had won or not, but I really wanted to commit to race today and I have. I wanted to run under 1:43.80, which is the Scottish record, and I did. To win a race in a field like this, I'm really pleased with that. In Zürich, I'm running the 800m aswell and than a road mile in New York to finish off this long season. After that, I'm taking a week or three off to spend some time with friends and family. It has been one championship after the other, so I'm very looking forward to take some time and reflect on this amazing season.

02/09/2022 22:04



Flash Quotes

Ciara MAGEEAN (IRL)**1500m Women - 1st 3,56,63 NR**

I expected to run fast and I actually had the national record of Sonia O'Sullivan, which is 3.58.85, on my mind. I thought that I had it in me to beat that record and maybe run 3.57. However before this race I never ran under 4 minutes, so to run a time of 3.56.63 is something that blows my mind. People say that in athletics and in life every so often you have a day where you are completely in the zone. It doesn't happen when you want to and you never know when it will happen. I can only say that this is how I felt today: I was in the zone and it felt like I was running on clouds. I'm so happy with this result and to be able to beat the national record of a legend like Sonia O'Sullivan is so special. For me winning a medal at a major championship is still the most important thing, but breaking a record is also something you want as an athlete. I can't wait to celebrate this with my team and my family.

I have to say that it has been a tough year for me. In January I had a calf injury, in April I changed coaches, which wasn't planned, and just before the Commonwealth Games I had COVID. It wasn't smooth, but it's all about consistency. I worked so hard to become a steady competitor at the world level and once you get consistent every now and then you get a glistening day like today.

02/09/2022 22:14

Emmanuel Kipkurui KORIR (KEN)**800m Men - 3th 1:44.12**

It was really tough today, definitely that last 100m. I wasn't thinking anymore, the legs felt heavy and I didn't even know what was going on. But 1:44 low isn't bad. Jake, who won today, is a really great person and I'm happy for him with this win.

02/09/2022 22:15



Flash Quotes

Yaroslava MAHUCHIKH (UKR)

High Jump Women - 1st WL MR PB

It's so joyful that I jumped my personal best because my previous record of 2m04 was from 2019 so that is a long time to improve my jump. I tried 2m10 today but for now that is a bit too high. For a long time nobody even attempted that height so I feel very good. My agent said that I can jump higher than 2m10 so maybe if all of the conditions are right... Next up is Zürich, my last of this season.

It has definitely been the most difficult season so far because of the war in my country. It's terrible and today I jumped for all the Ukrainian people. I know that they smile now.

Diamond Leagues were tough this year, I was good at the European Championships but right now a good jump came through. Brussels is really fantastic every year.

02/09/2022 22:23

Ese BRUME (NGR)

Long Jump Women - 1st 6m83

It wasn't my best performance, but I'm satisfied with the result and the win. Sometimes at the end of a long season it's not easy to keep motivated, but I also try to remind myself about why I'm doing this and that keeps me going. The silver medal at the world championship this summer was the highlight of my career so far, but I work very hard to get even better next year.

02/09/2022 22:31



Flash Quotes

Kendra HARRISON (USA)

100m Hurdles Women - 3d 12.40

I did better than in Lausanne so that is good, but I know I can run better. The goal is to win in Zurich and to work at my small mistakes.

The hurdling is such a competitive field, the girls are so fast. To win in Zurich, you have to run a fast time and I hope it's going to be me.

02/09/2022 22:34

Hugues Fabrice ZANGO (BUR)

Triple Jump Men - 2nd 17.40

I tried to adjust different things for Zurich and it turned out well. After the World Championships I had a little down period. Now the pieces are falling together again. I go to Zurich to win my first ever Diamond League Final. I am really satisfied with my season so far, I perhaps didn't jump as far as I wanted, but I won the African Championships and Silver at the Worlds. I achieved all my goals this season.

02/09/2022 22:34

Kévin BORLÉE (BEL)

400m Men - 1st 45.72

I am happy, I had for the first time really good sensations. The first half of the race was really strong, I knew that the second part would be tough. After Munich, where I injured myself, I took it easy. In overall I am quite happy with my season, but the frustration of Munich remains. But I was there and could help the team, that gives me a lot of satisfaction. I will run my last race in Berlin, it's a good race in a beautiful stadium. So I hope to run one last good race with a good time there.

02/09/2022 22:54

Flash Quotes

Julien WATRIN (BEL)

400m Hurdles Men - 4th 48.66 NR

I am really happy to run a Belgian Record in front of the home crowd. I didn't have the right number of steps over the last hurdles. So there is still room for improvement. I didn't touch any hurdle today, so that's good. The conditions were perfect, no wind, not cold and I had the lane 7. I went out fast, it came quite easily. I found the good rhythm in the beginning and that helps for the end too. I still have some work to do. I am qualified for the final in Zurich, I hope to improve there.

02/09/2022 23:00

Ernest John OBIENA (PHI)

Pole Vault Men

It took a lot of luck, a good day and some excellent calls to beat Mondo today. It's always my goal to win, but I definitely have the magic number of 6m00 on my mind. That's what I'm training for and I really think that I'm capable of jumping that height. It's only a matter of time and some good circumstances. I still have a couple of busy weeks ahead of my. I will try to recover now as good as possible and to stay consistent in my jumps.

02/09/2022 23:03

Marie-Josée TA LOU (CIV)

100m Women - 3rd 10.78

My start was bad. I am happy because I finished strong and in a time of 10.78. In Zurich I want to win the final, the podium would be fine too. My sensations are good and trainings are going well too. And my shoulder is recovered again, I don't feel any pain after the race anymore.

02/09/2022 23:04



Flash Quotes

Cynthia BOLINGO (BEL)

400m Women - 3rd 50.19 NR

It's incredible to finish my season in front of a home crowd with a national record. I had the perfect race with the perfect lane. This season has been tough for me with a lot of injuries in the beginning. But I never gave up, I kept fighting. As soon as I qualified individually for the Europeans I knew that everything was possible. I am really satisfied with my trip to Zurich, also with the relay we ran a great race.

I started a new project "Bolingó Embracing Diversity". We want to promote diversity and inclusion. Most coaches are still white men. In Belgium there are only two female coaches and they still face the glass ceiling. We want the system in the sports institutions to change, so that girls can believe that they can be part of the system too.

02/09/2022 23:06

Jacob KROP (KEN)

5000m Men - 1th 12:45.71

I met most of the competitors in Monaco, when we ran the 3000m. So I knew them a bit better. Today was the second time running with them and I knew what to do. The race was tough today, but I tried my best and took the win.

02/09/2022 23:08

Laura MUIR (GBR)

1500m Women - 2nd 3:56.86

I was feeling good at the end and 3:56 is very, very fast. So, I'm happy with that performance. I have Zürich next week and that's my last race of the season. It has been a long season, so it's time for some rest.

02/09/2022 23:11

Flash Quotes

Elliott CRESTAN (BEL)

800m Men - 4th 1:44.24 PB

It was a really good race. I wanted to go out fast, because I knew that with all the pacers that the race would be fast. So I positioned myself around the 6th place and had a good last 100m. I had a complicated season with some injuries in the beginning. So the Worlds were not a good experience for me because I didn't have any specific 800m training. I knew that my best races would be for the end of the season. This personal best saved my season. It's nice to run at home, I wanted to show my worth.

02/09/2022 23:12

Nicola OLYSLAGERS (AUS)

High Jump Women - 3th 1.91

I just loved it so much tonight, because I wasn't even meant to jump after my injury during the Commonwealth Games. It was a six week injury and I was told by everyone that my season was over. I kept on hoping that it would heal quickly. I only started running a week ago and I could only jump a few days ago without pain. So, I made an agreement with my team that I could do five jumps. It's a miracle that I'm jumping and was able to see Yaroslava jump.

02/09/2022 23:13

Noor VIDTS (BEL)

Long Jump Women - 6th 6.40

It was my second time competing in Brussels during the Diamond League. Last year I did the hurdles, but it was more fun to be able to jump multiple times tonight. And I even jumped a SB, so I'm very happy with that.

02/09/2022 23:18



Flash Quotes

Nafissatou THIAM (BEL)

Long Jump Women - 4th 6.46

It was really cool motivated for the long jump and it was fun jumping here tonight. The legs were a bit tired, but that's normal at the end of the season. So the distance wasn't that great, but I'm happy that everything went well. And now it's time for some time off.

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