

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Rushell CLAYTON (JAM)

400m Hurdles Women - Winner 53.33 PB

I feel amazing, I feel good, I felt the right moment and I know I was excuting a great race. The final 100 metres I felt that I had to fight myself through, I said to myself " Rushell you have make through the straight" and that how I made my win and Personal Best.

There is always room to improve myself and looking forward to do my personal best for the rest of the season.

10/08/2022 20:09

Miltiadis TENTOGLOU (GRE)

Long Jump Men - 2nd 8.31

I think I have never had a series like this - all jumps were almost the same distance, I do not know what was going on. But still, in every jump, something was missing and I needed these couple of centimetres to be satisfied. The last attmpt was supposed to be the longest one but I did not have a good landing and I had a feeling like I was about 10cm behind. I really believe it will come in Munich... The level of the competition was very very high today. I felt very well before the competiton, I was not bored like most of the times, I was excited so I expected a good results. You can see, I am well prepared so I hope something big comes at the European champs.

10/08/2022 20:13



Flash Quotes

Maykel MASSÓ (CUB)

Long Jump Men - Winner 8.35

I am very glad for this victory because it was a tough competition and we all were on very similar level. It was open until the last attempts. I will end my season in Zurich at the Diamond League final and my goal is to end with a really good performance there. I have had a pretty good season and I learned a lot and got better. I did not get the results I expected at the world championships. I have always felt confident and my coach also trusted in me. So I am glad for my performance today. Now, let's see what happens in Zurich.

10/08/2022 20:23

Marie-Josée TA LOU (CIV)

100m Women - 3rd 10.72 PB & AR

I knew I was going to do good because I was feeling well, but you never know 100%, so today I let everything in God's hands for him to guide me, push me, and make me relax. And I knew I was not too far from Shelly-Ann so I knew I was doing very well, so I just thank God!

10/08/2022 20:28

Jake WIGHTMAN (GBR)

1000m Men - Winner 2:13.88 WL MR

I did not really know I was in shape to do this today. It was just very very hard. I have run on my own. I knew Arop is a little bit quicker on the home straight so I had to judge the right moment. I had to stay strong to be able to catch him. This is a really nice step towards Munich. The main difference between the 1500 and 1000m is just the speed of the first couple of laps. You go from running 55s to 52. That was a good progression towards the European championships. The plan was always to run 800m at Europeans. I was happy to make the team.

10/08/2022 20:29



Flash Quotes

Shelly-Ann FRASER-PRYCE (JAM)

100m Women - Winner 10.62 WL MR

I guess I did it at each round. I had now 3 back to back races so I will take some time for recovery and see what I'm able to do with some rest before I come back. I did what I needed to do and we had fun and let the clock talking. I cannot be disappointed with the season. To be able to run 10.6 consistently means a lot to me. It is remarkable. It is very hard to keep the speed on this high level.

It is important for me to deliver fast times, because I'm looking forward for myself to have a great season. I'm on my late thirty's and I think I feel like I have more to give. I look forward to do my Personal Best for the rest of the season and run fast.

The Monaco track is just great but I hope the next time I get a lot of wind. I always love it here, the crowd is great and the track is just super fast. When I came out, it was warm so I was looking forward to the race. As a sprinter, you always want to run on the fast track. The only target I have for the rest of the season, is just to run fast. Now, we break and then we come again. Not sure about Lausanne yet.

10/08/2022 20:36

Faith KIPYEGON (KEN)

1500m Women - Winner 3:50.37 WL NR PB

I have been chasing the time for quite some time but I am happy with the personal best. It seems I did not give all but I tried hard. I knew this was the best place to get the world record but I am so disappointed I lost it in the last meters. I hope for the best next time. We will see when. I was definitely ready for it today. I am heading home now and want to get a good Diamond League final in Zurich.

10/08/2022 20:44



Flash Quotes

Natoya GOULE (JAM)

800m Women - Winer 1:56.98 SB

I feel extremely proud because I finally dropped the time under 57. I knew it was in me and I with it was even a little bit faster because this is really the track where you can run fast. But I am just thankful for the win and the SB. I just wanted to make sure I run a smart race because it was getting fast. I am glad that I finished strong because sometimes when you run 56, you do not have the kick. But I still get it today. It is the atmosphere and everything is just great in Monaco. I was so happy when I crossed the line and saw the time. It would be nice to get a PR this season, I know it is a bit challenging but I take it step by step.

10/08/2022 21:02

Kelsey-Lee BARBER (AUS)

Javelin Throw Women - Winner 64.50

Technically, I am quite happy with where I am but my body is a bit tired from the last competitions so I am looking forward to topping the season and hope I can finish the season with something big again. The aim for the rest of the season - more wins. I am setting the bar really high but I really want to add some more wins. I already have got a holiday plan back in Australia and I am already looking forward to it. This year, I have got a friend's wedding to attend to it and a few other things to look forward to at the end of the season. I think Zurich might be the last one this year but it depends on the next couple of weeks. But that is the plan for the moment. I have not thought about the next year too much yet as I am still having a few things to work on.

10/08/2022 21:06



Flash Quotes

Nina KENNEDY (AUS)

Pole Vault Women - Winner 4.66

It was my first time in Monaco so I'm really happy! There were very nice conditions, the weather was amazing the sunset was beautiful, so it's a really good night. I just came here to win and I'm happy I've executed it. I really want to gain more confidence, I know I'm a good jumper but I want to show myself at a World stage so it came first in Eugene it was amazing and I'm excited for the rest of the season. I would love to win a Diamond League Final it is one of my main goal for the rest of the season so fingers crossed!

10/08/2022 21:15

Grant HOLLOWAY (USA)

110m Hurdles Men - Winner 12.99

I felt really good, I'm happy to get the win. I came here with the set of mind that I should win and have a little bit of fun. I had some technical difficulties but I came over that. I want to win my points and I was a bit lazy, but still need to fine tune my work.

My goal at the end of the day, at the end of my career is get the most out of the ten hurdles, and I'm still really young, and I still have lot of people I can learn from.

I want to win, and that's my goal to the end of the season. I lost my luggage, so you know coming here after Szekesfehevar without any luggage, did my warm up, and I ran. I think I'm blessed after all.

Diamond League trophy is a moment on my back I'm looking forward to, and holding it up at the end of the year, I know I'm on the right track.

10/08/2022 21:18



Flash Quotes

Sandi MORRIS (USA)

Pole Vault Women - 2nd 4.66

We all sometimes have a day like this. I just came from the US like 48 hours ago, it was a little bit rough warm-up and it just was not on today. I was still a bit jetlagged and I did not get these feelings in my jump, little bit off and you cannot do anything big like that.

That is OK because my big goal is the Diamond league final so we need to make sure it works because it is not going to be easy. Now I come back to see my coach and then come back for Laussane and Zurich. That is the biggest challenge for the American athletes - to come here and back to see the coach as much as possible. He cannot travel all the time with us as he has other athletes to coach as well.

10/08/2022 21:19

Thierry NDIKUMWENAYO (BDI)

3000m Men - Winner 7:25.93 WL DLR NR PB

It was incredible. I am really really happy to get this win and it is my first diamond. It was very important to me to break the national record so it is a special moment for me today. In the last lap, I was very smart. I was running very easily and I saw Kipkorir in front of me and then I knew I had to push it. But I won it and I want to add some more victories - maybe already in Brussels. I hope I will get more good races before the end of the season but today, it was really a special day.

10/08/2022 21:30



Flash Quotes

(QAT)

High Jump Men - Winner 2.30

I feel good about the winning, however I think I feel a bit tired because of the last couple of weeks with a lot of travels and fast moving, I think I need to rest and to have a good recovery. Today was like a marathon with too many jumps I'm tired, I need to well recover now but it's fun, it's always fun to fight you know to jump among the best is fun! It's really hard to stay focus all the time it's a challenge but it is part of the sport and you need to take that challenge. For this competition my goal was to win and I did it. Now we will look at the videos with my coach and see what are the technical aspects to improve for the next competition. This season was a bit special because it was rythmed with ups and downs so it was not easy but you know the most difficult the season is, the win taste is better! My goal until the end of the season is winning winning winning until the end of it!

10/08/2022 21:36

Gianmarco TAMBURI (ITA)

High Jump Men - 9th 2.20m

It was really though for me, of course I came here to jump, I'm still recovering from post COVID 19, so I am still not 100% but I want to be at my best for the European Championship.

I got the COVID really bad, as soon as I came from the championships and I turned to be negative it was a relief but the sickness doesn't go away. I couldn't train properly, I did not have the hunger. You could see along the meeting that I could not train for the past 20 days.

The stadium people know that you can make through the bar and expect you to jump even higher because they recognise you through Television and that you are capable to jump higher.

They really don't know what happen for the past 20 days, and we come to the track and we have to make the show.

I will not be normal during the European Championships, I will be at my strongest and at my best.

10/08/2022 21:42



Flash Quotes

Noah LYLES (USA)

200m Men - Winner 19.46 MR

It was a good race in overall. Of course, I wanted to go a bit faster but to be honest, I am getting my victory points right now. Happy to win and the fast times come and that is awesome. If they do not, that is cool too. The hard work on the way. The whole race was kind of wobbly. I was kind of inside at the time, trying to get in the middle. So there are some things towards the end of the season. It is all about having fun, not about the target. I just enjoy what I do. I want to get PRs and get the shot on the world record of course. So that is a huge goal for the next year. I want to go to Lausanne. One of my most favourite starts of the whole season. They used to hold all my last PRs. So why would not I want to go back.

10/08/2022 22:01

Elizabeth BIRD (GBR)

3000m Steeplechase Women

I did my best and it worked, I'm really happy and proud to win here in Monaco. Now I will remain focus until next week for the European Championships and to get the best out of it!

10/08/2022 22:04

Shaunae MILLER-UIBO (BAH)

400m Women - Winner 49.28

We tried something different tonight so I am grateful for the next victory. It has been a long season and we are pretty happy with it. To achieve 49.2, I think we did a really good job tonight. We gave it a good effort and in overall I am very happy about this performance. I will just try to jump at the end of the season.

10/08/2022 22:09



Flash Quotes

Werkuha GETACHEW (ETH)

3000m Steeplechase Women

This is a very hard event and a very tough race. My aim is always just to win. I know I need some rest before the season is peaking up and I want to try for my best. I want to make the Ethiopian history. I want to become the next world champion next year and try for the Olympic victory in the future.

10/08/2022 22:13

Erriyon KNIGHTON (USA)

200m Men - 2nd 19.84

This was the best I could have executed the race. It was good but there was someone better today. I would not change anything, it is a good lesson. I go back home get a little rest, get a little better and I think the next is Lausanne.

10/08/2022 22:18

Yulimar ROJAS (VEN)

Triple Jump Women - Winner 15.01

The result was not really what I was expecting but I was out of the competition for a bit, so I had to adjust my last jump to win tonight. But I am very relaxed about it because it was great. I am already preparing for the next competition so I need to be focused to get it right. The result tonight was just a standard. For me, it is important to reach 15m mark, then I adjust my jump so I can win the competition with one last jump. I am feeling relaxed, I know I am in a good shape and that I can do even better. After this, it is the time to head back home to work on what did not go well so I can come out next time and perform even better. I want to take the victory in Zurich and to start eventually think of the next season - next year will be busy one. And I want to continue to win the titles which is very important to me.

10/08/2022 22:21



Flash Quotes

Emmanuel Kipkurui KORIR (KEN)

1000m Men - 12th 2:18.19

The 1000m is just too long for me. The last 200m is very tough, it feels like another 800m. I knew it was going to be hard, I was ready for anything. At least, now I have a PB at 1000m. I told myself, it was not my race but I was going to do my best- I did not want to struggle that much because I knew that it would be too much for me in the last 200m. I am not the 400m specialist.

10/08/2022 22:25

