

## Flash Quotes

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY

## Jessica SCHILDER (NED)

## Shot Put Women - Second 19.46 PB NR

Today, it was pretty difficult in the warm up because I had some troubles, but I fixed it. I had some trouble with my energy today so my last throws were not as good as my first ones. But I am glad in overall and I am happy that it is a national record.

Coming to the stadium, I did not expect anything like this. I just had a competition on Tuesday and was trying to get into the rythm. It is definitely a good sign before Eugene but there is still a lot work to be done. But I surely enjoyed Oslo.

16.06.2022 18:25

## Chase EALEY (USA)

## Shot Put Women - Winner 20.13m PB

I had a pretty big foul at the beginning so that russed me up and made my reset to throw over twenty meters. All the last three meets have been PR's so I have a lot of confidence going into nationals - the trials will be very tough but I need to ensure I make the team for the World's on home turf. I recently started training in the UK with a new coach and training partners so it's working out well. Shot put in the US is crazy but I really want to get another US title then turn my world indoor silver into world outdoor gold. The make-up and celebrations are a big part of who I am, I don't want people to think I'm a big scary shot-putter.

16.06.2022 18:27

Flash Quotes

**Pawel FAJDEK (POL)**

**Hammer Throw Men - Winner 80.56 MR SB**

Last week was really bad for me because I got sick and did not feel well. Only yesterday, I felt like I could sleep and slept for about 12 hours. I like rain, I do not mind it at all. The competition was very interesting as the conditions were changing all the time - we started with the sun and ended up with the rain. This result is not the best I could show. I always want to go further - to 83m. I am ready for this. But the throw over 80m and the victory - that counts. I am so glad to get this chance to compete at the Diamond League and I hope that there will be more of us starting next years. I do not like when they call me an athletic legend because I am not over yet. Let me just finish my job. I like all these tattoos and piercing - my father told me that I cannot have it till I was 18. When I turned 18, I just started with the first tattoo and I continue with it until now.

16.06.2022 19:56

**Salum Ageze KASHAFALI (NOR)**

**100m Men Race to Zero - Winner 10.57 SB**

I was crowned the king of Para-athletics today so it means so much to me. I beat guys with much better times than me so I'm so happy. The opportunity to run this race meant the world to me - it's been a dream of mine for a long time, they are my role models. The main goal for my season was today but next, I want to run in the able-body European championships in Munich, I have to qualify now.

16.06.2022 20:01

## Flash Quotes

## Anna RYZHYKOVA (UKR)

## 400m Hurdles Women - Second 54.81

We are used to this weather and we had good conditions today. When we ran in Hengelo, it was much cooler and with the strong wind. I felt very comfortable after the race. Before the start, I was thinking about Jessie who had her birthday so I thought that it would be nice to prepare a small surprise for her. So we sang the birthday song. It was nice. Now, I have some time for the training in Italy before I go to Stockholm for the next DL race. After that, I am going back to training finally with my coach. I have not seen him since the war started so I am looking forward to it.

16.06.2022 20:09

## Femke BOL (NED)

## 400m Hurdles Women - Winner 52.61 MRI

I was very surprised with the time as the weather wasn't the best and I stuttered into the last hurdle, so it was great to see that time. It means a lot to take the meeting record, next I will do the national trials and get ready for the World championships, and then try to come back well for the European championships, so it's going to be a really busy summer but I'm ready for the challenge - I want to keep running fast and get some medals.

16.06.2022 20:12

## Kirani JAMES (GRN)

## 400m Men - Winner 44.78

It was a good race, I felt competitive and I was happy to come out and run well against these guys. I made sure I got to 300m in control and then pushed on from there. The weather was what it was but now I will focus on getting to the World Championships in the best shape possible.

16.06.2022 20:20

## Flash Quotes

**Karoline Bjerkei GRØVDAL (NOR)****5000m Women - Fourth 14:31.07 NR**

It's a big day for me - the national record has been a big focus for so long so to take it by six seconds is fantastic. I wanted it so badly today so I decided to take the lead when the race became tactical. The crowd definitely helped me and I didn't think about the rain during the race. In two days, I go to Flagstaff for altitude training so I will miss the national championships. In the World Championships, I just want to make the final then we'll see how fast I can go.

16.06.2022 20:53

**Dawit SEYAUM (ETH)****5000m Women - Winner 14:25.84 PB**

I can say that I like the rain and it brought me happiness today. It was a tough race with strong opponents and I managed to beat them all. The PB is also important. There were my compatriots supporting in the stands and it was very emotional. Thank you for the support.

16.06.2022 20:56

**Andre de GRASSE (CAN)****100m Men - Winner 10.05 SB**

Yesterday, when I came out here I felt pretty good. I know my speed is coming back. The difference is going to be that start and the first 30 metres. I am pretty satisfied with my first win of the season, SB, but I know I still have a couple of things to work on. It was a good race but the rain was a little complication. Despite this, I was pretty close to the 10s barrier so I have to analyse it and get back to work. Now, I am heading to Paris and that will be great - it should be very warm and sunny, what I really like. Definitely, I am looking forward to do a couple of more races.

16.06.2022 20:59

## Flash Quotes

## Ida KARSTOFT (DEN)

## 200m Women - Winner 22.73 NR

The most important for me today is not the PB, not the victory, but probably the most important thing was the third option - the chance to be here and compete at this big stadium. It is nice to get the feeling and get ready to compete at the major championships. Just being here and competing was what I needed to do. I still have a lot to show in the rest of the season. Now, I am flying to Madrid tomorrow and then competing on Saturday.

16.06.2022 21:05

## Telahun Haile BEKELE (ETH)

## 5000m Men - Winner 13:03.51

It was a godo performance from us to have three Ethiopians in the top three positions and I enjoyed the race, I felt strong and am happy with the time. I had an injury for a long time so it was great to bounce back.

16.06.2022 21:18

## Devon ALLEN (USA)

## 110m Hurdles Men - Winner 13.22

Every race I run is to win. And I want to run fast. As you see, the 13.22 in this conditions is not too bad. There was rain, the head wind... Definitely, I can execute better. I have to see the video and check where did I mess up. I am feeling pretty good right now. I do enjoy travelling all around these meetings. I do get some good food, some shopping... But I have to take care to do my job - they pay me to run. It is not bad gig at all. How would I describe myself? I would say I am just a great athlete. I bet that if I had played tennis 15 years ago, I would be a profi tennis player. Or golf, whatever... I enjoy doing a lot of sports. It is really hard to be great at anything on this level.

16.06.2022 21:30

Flash Quotes

Laura MUIR (GBR)

800m Women - Second 1:58.09

I feel like I had a bit of running left in my legs but I got myself stuck in the race so that's the nature of the beast, I got myself out at the end but it was too late. I'm really happy with the time, it's one of my fastest times and off a big week of racing and training so I'm very happy with tonight. To have a British one-two and three in the race is great. I want to medal at all three major championships this year, it's a very hard ask but it will be fun.

16.06.2022 21:33

Keely HODGKINSON (GBR)

800m Women - Winner 1:57.71 SB

I was fairly happy but I wanted faster, a win is a win though. It was great to have that race with Laura and she's running well. I'm trying to take it week by week but I love championship racing and running the rounds, so I'm looking forward to Eugene. Athing Mu took my world lead so I want it back and I'm looking forward to facing her at the World Championships.

16.06.2022 21:36

## Flash Quotes

## Sandra PERKOVIC (CRO)

## Discus Throw Women - Winner 66.82

I am back on the top. These were the same conditions we had in Tokyo, we only did not have the rain in the first rounds like here. I am happy I came here and achieved my 45th victory in the Diamond League. I bet that is the record and I am still chasing more.

Today, when I woke up, I felt like something is going to happen. I told myself to calm down and did not put any pressure on myself. Last attempt was I think the best one but I hit the net and that looks like it is my signature. After so many years in this sport, you get injured, you get tired, you have all those expectations... I am just happy I won today. Just want to thank to Oslo and to fans here - they were supporting me each attempt, I felt very special. I also have to say thank you to the meeting director Steinar Hoen who put the discus in the main program. It was really a nice experience.

16.06.2022 22:03

## Armand DUPLANTIS (SWE)

## Pole Vault Men - Winner 6.02m WL MR

I felt good jumping despite it being a hectic day with the rain coming on and off - it was tiring coping with that but I'm happy with 6.02m but it was too long a competition for my legs so I ran out of steam, but the energy from the crowd was good, they helped a lot. It was cold but it wasn't so bad under the circumstances. I only have the Stockholm Diamond League now ahead of the World Championships and I feel good ahead of the big dance.

16.06.2022 22:05

## Flash Quotes

## Miltiadis TENTOGLOU (GRE)

## Long Jump Men - Winer 810

It was a very hard competition today. For me, the result on the level of 810 is not good enough. I am capable of much more and I know it. Actually, the problem was the rain because I got cold. Then, there was a delay so it was hard to focus on the jumps. Now, I have the nationals in my schedule and then Stockholm. I really hope for the good weather there. I was focusing 840 today - I always have big results, maybe season best on my mind. But it must be a better day.

16.06.2022 22:09

## Alison dos SANTOS (BRA)

## 400m Hurdles Men - Winner 47.26

I ran a good time, I ran fast but we expected more. For sure, I am in the 46 shape. Every race we run is unique and of course, if Warholm was here, it would be better. We are so proud of all the performances and our preparation this year. But lets see the next competitions and lets see the world championships. Now, I just have to finish the preparation to run very very fast... I just try to have fun and enjoy every race moment on the track. I just try to be happy when running. I love it. For sure, we train hard for the medals so if you get that, it changes everything in my life.

16.06.2022 22:13

Flash Quotes

## Jakob INGEBRIGTSEN (NOR)

### 1 Mile Men Dream Mile - Winner 3:46.46 DLR WL NR

It felt great, I was ready to run fast and was happy to do that and to win. Some work needs to be done before the World Championships but I will work hard to be in better shape for the World Championships. It was an awesome crowd so now I will prepare myself well for Eugene. Oslo is always perfect and for me, it's the best meeting in the world so it was awesome experience. Last year I was sick so couldn't race here unfortunately so it was even more special here tonight, as was to be the first Norwegian to win the Dream Mile - doing things nobody else has before is really great. I take it one race at a time, it's important to have short-term goals - that's how my mindset works to keep the motivation high. Confidence is a really important thing in sports and I'm confident in what I do in training and of course am aiming for gold in Eugene.

16.06.2022 22:15