

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Quentin BIGOT (FRA)****Hammer Throw Men - 3rd - 78.12 m**

It started very bad today, even before the competition because I was not feeling so good at warm-up. Maybe I was just in a bad day. After the meeting in Chorzow where I did 80 m, we started a new training cycle. Maybe that's the reason I am like that today. But I'm quite happy I was able to do 78 m in this situation. I think it proves I improved myself. Last year I would have done 74 m in such a difficult day. So, I'm satisfied.

18/06/2022 18:27

Wojciech NOWICKI (POL)**Hammer Throw Men - Winner 81.25 DLR**

I am still in training for the world championships so this competition was a good step forward in this process. Mentally, it is a very good moment for me today because it just shows me that we are going in a good direction. Yesterday, I had a really hard training in a gym and still, I managed to throw so well so I am very satisfied. We also train for every conditions so maybe I only sweat a bit more but I like this weather.

I try to focus on myself and execute well. Of course, I watch how Pawel and others are throwing but I am trying to stay focused on myself. The key thing we are focusing in training now is the technique. When you have a good shape, you need to have a good technique and I hope it will all come together at the right moment at the world championships.

18/06/2022 18:29

Makenson GLETTY (FRA)**Winner - 2584 pts**

I came here tonight to have fun and to fight. I had a surgery 10 months ago, so I need to restart my body. For all these reasons, I'm very satisfied. I'm still far from my PB, but I feel it's coming back. To be honest, I did not expect to be so good tonight. My best event tonight was the 110 m hurdles. I really felt speed and power on the track. Now, I'm gonna compete at a decathlon event in Montreuil.

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Kevin MAYER (FRA)**Quit before 110 m hurdles**

I did not want to do the hurdles today. There was no point doing it. It's too risky. I haven't done hurdles on competition since last winter. Instead, I did a 150 m on the warming up track at a 400 m pace, to simulate a last event of the first day of decathlon. I'm quite satisfied with my results on shot put and long jump. Three weeks ago, I could not do sprint and jump at training. So, things are going better. If I can manage to stay healthy until the Worlds at Eugene, I can be very strong.

18/06/2022 19:44

Shaunae MILLER-UIBO (BAH)**400m Women - Winner - 50.10**

I had a great race tonight. Really great. I did a strong start, I pushed a lot on the first 300 m. Then, I managed to stay on the lead. I still had some gas in the tank to finish strong. The track is fast. I'm quite happy about the model of 400 m I want to execute this season. Now, I'm gonna travel back home, no more meeting on my schedule because we have the trials for Worlds championships next week. At this stage, I'm quite confident about my chances to succeed at Eugene. I'm healthy, everything is doing great at training. I'm exactly in the shape I wanted to be at this time of the season.

18/06/2022 20:25

Valarie ALLMAN (USA)**Discus Throw Women - Winner 68.68 MR**

Paris is one of my favourite competitions and I am happy I managed to show this result today. At my last meet in Oslo, I finished second behind Perkovic so I was excited to compete again. In Texas, it is also hot and humid so I felt like at home. I like this weather.

Now, I will do more training and heading to the trials before the world championships. Sandra is a great competitor and athlete. This is how the athlete should be - you want to win every competition. After Oslo, this win feels especially good. It is definitely a rivalry between us and respect.

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Flash Quotes

Luxolo ADAMS (RSA)**200m Men - Winner 19.82 PB**

I managed to run the curve well and then, in the last 80m, I saw there was no one around. I kicked again. This race was a character building for me. First of all, I was doubting myself, I did not believe I can go out and run against big names. I always got nervous and all of that. But I told myself, you know what, you have come so far so you cannot give up now. I was trying my best to run sub 20 and it finally came today. I am happy that I ran this time now. In my country, the closing day for qualification for the world champs is the 26th June so it is a good timing and the champs is just around the corner. I rest now and will take it from there. I am based in Italy.

18/06/2022 20:33

Yaroslava MAHUCHIKH (UKR)**High Jump Women - Winner 201**

It is a pleasure to jump 201 and I also had good attempts at 205. I know I am ready to jump that high because I trained for it and can manage it. It is very hard to train and get ready for the competitions as I need to stay focused on the training despite all these things happening back at home. It is very hard for me because I cannot come back home until my season is over in September. Till then, I am just trying to show the best possible performances at the competitions to fight for Ukraine on the track. My biggest hope when it comes to sport is a world record.

Now, I train and prepare for both championships in Germany and I want to say big thank you for the help they provide to us. Truly, my main goal for the world championships is now not to think of what is happening in Ukraine but focus on the high jump. To show a good results for my family. But it is very hard and complicated especially mentally.

18/06/2022 20:39

Flash Quotes

Winfred Mutile YAVI (BRN)**3000m Steeplechase Women - Winner - 8:56.55 / WL**

It's incredible. Winning tonight in Paris, with a world lead, that's something I did not think I would be capable of. To be honest, I still cannot believe it. But I'm in a good shape, that's the second time this season I run under 9 minutes. That's great. I'm so happy. But now I need to rest and train before the Worlds championships. So, no more race before Eugene. The conditions tonight ? It was hot, really hot, but that's not the first time I run with this kind of weather. I don't say I get used to that, but I did it already.

18/06/2022 20:44

Devon ALLEN (USA)**110m Hurdles Men Final - Winner 13.16**

My start was the best I have had this year. It was something we were really working on because it used to be the weakest part of my race. With that, it became an issue that I came too close to the hurdles. It is just about a little bit of a practice. I just have to figure it out because I am moving really fast right now and I think I can go much faster. The hot weather feels good, just had to keep my energy up in between the rounds. But I was not too worried about as the break was only something more than an hour. I just laid down, listened to a couple of songs... and came up. If we put it all together - maybe 12.65 in the future...

18/06/2022 20:54

Benjamin ROBERT (FRA)**800m Men - Winner - 1:43.75 - PB**

In the last 200 m, I was burnt. I said to myself, "It's gonna be hard to finish". Then something happened in the last 50 m. The second wind. It's difficult to explain. It proves that you cannot give up, everything can happen. It's my first victory on Diamond League. And it happens in Paris. The pressure was strong with this crowd, but we need to get used to that before Paris 2024 Olympics. Tonight, we were three from France at 1:44 or under. It's maybe the first time it happens. I think that helps any of us to improve and go further. There will be a good fight at the French championships.

18/06/2022 21:10

Flash Quotes

Renaud LAVILLENIE (FRA)**Pole Vault Men - 2nd - 5,80 m**

I felt some frustration at Oslo because I was in a decent shape, ready for a good jump, but the rain did not help me. Tonight, I'm happy. Things are getting better and better. Of course, I'm a bit disappointed to miss the victory for nothing, but I was able to manage to start my competition at 5.65 m and finish at 5.80 m. It reminds me the time when I was good. I still have about one month before the World championships. I grapple. Tonight was a very encouraging step.

18/06/2022 21:26

Steven GARDINER (BAH)**400m Men - Winner 44.21 SB**

Today, it was amazing. My first time in Paris and it is a season best, I won the race so it feels good. I am ready to see what is next for me. I am planning Bahamas champs now. I am definitely on the way to defend my world title. Of course, my top priority is to win the gold medal. But I also want to shock myself. I want to see what I am capable of doing in Eugene. I think it was one of the toughest races and I have brought my full potential.

18/06/2022 21:40

Tobi AMUSAN (NGR)**100m Hurdles Women - Winner 12.41 AR**

Definitely, I have been well prepared for this competition because I have been training really hard. I came here to execute well and to get the win and it worked. I am not the best starter but I tried to stay with the girls and after I started I did not know how to take control. I have the national trials coming up next week so I am leaving home to Nigeria tomorrow. Then I have the Stockholm Diamond League and will get ready for the worlds. The goal for me is every year to get there and take the lead. I am based in Texas, US so I am then heading to Texas.

18/06/2022 21:43

Flash Quotes

Jordan Alejandro DÍAZ FORTUN (CUB)**Triple Jump Men - Winner 17.66**

To be honest, I am very pleased, especially because this is my first ever Diamond League Meet. On the top of that, my first time here and I take the win, also with a good mark. So I am very happy overall. All in all, I am pleased with the way I jumped. There were some minor issues with my technique but like I said, it is my first time competing on such level. I felt like nervous even if there is a great atmosphere at the stadium. Since I will not compete at the world or European champs, my goal is to compete at every Diamond league meeting. This win here tonight definitely builds up my self confidence for the next starts. I still have a lot to improve.

18/06/2022 21:48

Christian TAYLOR (USA)**Triple Jump Men - 7th - 16.54 m**

Today is my birthday, and I could not ask for a better gift than being here, in a full stadium, back on the track on a Diamond League meeting. I'm celebrating, even if the result was not the best I could expect. I'm feeling so happy to be there in Paris what this crowd. We have been isolated too long, but we need to share, to be in community. My injury changed a lot of things in the way I compete and I see the competition. Before, it was only about winning, winning. Now, I walk step by step. At each meeting I focus on one thing. Today it was about getting fit. Ultimately, we'll put everything together.

18/06/2022 21:52

Shelly-Ann FRASER-PRYCE (JAM)**100m Women - Winner 10.67 WL equal**

I cannot be disappointed. I am still training hard so I am now looking forward to the national championships and then afterwards. The fans were so nice here, I enjoyed tonight. The plan and the aim is to make sure that I am able to run 10.60 sustainly. And if *i* am able to do that, I definitely think I am able to go very very fast and improve the PB. I think I will try to run 10.5. But the aim is just to continue the work and because I am 35, I cannot say no rush but speed it up. But veerything was going brilliant so I am really looking forward to what is next.

18/06/2022 22:04

Flash Quotes

Haruka KITAGUCHI (JPN)**Javelin Throw Women - Winner - 63.13 m**

Tonight was my first competition in Diamond League ever. And I won. It's unbelievable. I have no words. The performance was not my best, but being able to throw like this in a full stadium in Diamond League is amazing. I'm very happy. Now I'm gonna go back to Czech Republic, the country of my coach. I will train there then go straight to Oregon for the Worlds championships. After Eugene, I want to go back to Czech Republic to compete in Europe until the end of the season. At Eugene, I hope to be in the top 8. Last year I was 12th at Tokyo Olympics. I want to go step by step. Top 8 this year, then a medal next year and maybe winning the year after.

18/06/2022 22:08

Ben BROEDERS (BEL)**Pole Vault Men - Winner 5.80**

It was just a really nice meet today. I came here from competition in Oslo, we drove from Brussels so it was a long travel day. Then, the heat was intense but I managed pretty good I think. This is my first Diamond league win and my first 5.80 so I cannot complain too much. I think I am on the right way and a couple of things started to click. Last year, I had the classic hamstring problems but this year, I just keep building. In winter, the 5th place with 75 in Belgrade, and then we just kept going. I am happy with where it is going. I am just trying to relax good. You have to take your time but do not force it. You have to be aggressive, put energy in it but it cannot be too quick. So I think the consistency is the key. I think Mondo and Renaud are like role models for my generation. The thing that I can still jump with Renaud is very nice. There is so much to learn from them. They have different styles. I think I can learn most from Renaud but Mondo is just raw energy. It is difficult to compare.

18/06/2022 22:12

Selemon BAREGA (ETH)**5000m Men - Winner - 12:56.19**

It was very hot, very difficult to compete, but the crowd helped me to keep my pace until the end. Winning tonight was my target. I'm very happy. I felt good, fast and confident. Now I'm focused on World championships. I'm qualified on 10 000 m. I could also run the 5 000 m but the decision doesn't depend on me. I have to wait for the decision of my federation.

18/06/2022 22:15

Flash Quotes

Andre De GRASSE (CAN)**200m Men - 4th place 20.38 SB**

I felt a bit sluggish today. I was a little tired, I did not get much of sleep last night so I think that was the result of all of that. But still it is a season best so that is not too bad. Now I have like four weeks to get ready, that is enough time. I have to get back and work on some things to be ready for the championships. It was really hot today and had to slow down my warm up a bit. But I am definitely looking forward to be back here for the Olympics. Now we have to figure it out whether to compete before Eugene.

18/06/2022 22:19

Barbora ŠPOTÁKOVÁ (CZE)**Javelin Throw Women - 6th place 60.35**

This result is just reflecting the performance I showed tonight. At least, it is a season best but for me, it is still just a beginning of the season. I still can feel that I was not able to train the full run up. This competition was like my training. But positive thing is that I feel healthy and that I can compete at the national championships next week. I do not like the heat very much but generally, the conditions were very good for us tonight.

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