

Flash quotes

As of SUN 16 JUL 2023

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Brooke ANDERSEN (USA)

Hammer Throw Women - 1st 75.40

I feel pretty good for the win. I need to work on some little issues. I struggled today just coming from the US. I tried to go a little bit too easy. It is all about little things, like starting faster. I need to get more consistent. I hope to do better next time. This is my second time here in Silesia. I like to compete here. Tomorrow I am heading home to train. I will come back to Europe for the World Championships.

16.07.2023 15:34

Wojciech NOWICKI (POL)

Hammer Throw Men - 1st 80.02

Right now, together with my coach, we are focusing on stabilising technique. It was really hot today out in the field and I am happy I was able to throw 80 metres today off hard training. I had no special preparations for this competition, the focus is on the World Championships in one month. As long as I stay healthy, I should be fresher by then, faster in the circle and the hammer should be flying longer distances.

16.07.2023 15:40

Iryna GERASHCHENKO (UKR)

High Jump Women - 1st 1.98 MR

I feel very happy to be here, to jump here and to win. The stadium is quite full and good. Today I felt good and I jumped good, every height at the first attempt. My coach did more for my best shape. Now I want to speak to her and see what she tells me. My 2.01 jumps were not bad, I need to talk to my coach to hear what I can improve. I need to jump better to clear 2.01. Today I jumped for the Ukrainian military, for all my friends in the military. I am thankful for the strong men who fight for our independence.

16.07.2023 15:46

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Ryan CROUSER (USA)

Shot Put Men - 1st 22.55

There were some good things and some bad ones about my competition today. I had a couple of very long fouls today, I fouled by a centimetre or half a centimetre, I had one of these throws measured at 23.26. I had that 70 cm extra in me, but overall I am happy. It was a good way to start the European tour. I have only been in Europe for two days now.

I competed here a few times before this competition was a Diamond League and I was happy to see it get this status. I love competing here, the circle is great and the Poles love throwing events. It is awesome to see the big turnout and the passion from the audience. I like the heat as well. It was 45 degrees in the US before I left, so it actually feels comfortable here.

16.07.2023 15:53

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Natalia KACZMAREK (POL)

400m Women - 1st 49.48 MR PB

It is hard to describe what I am feeling now. I expected a PB, but not a huge one like this and certainly not the win. The plan today was not to start the race too fast. In earlier races this season I was going out too fast and lacked the finish. Things looked good in training, but I was not quite able to translate it into competition. Now things finally worked out. I was surprised to be caught by the athlete behind me on the curve, but I was able to respond in the final straight.

Yes, I am only 0.2s away from the national record now, but I do not have the strength to talk about that right now.

16.07.2023 16:09

Roger IRIBARNE (CUB)

110m Hurdles Men Final - 1st 13.25

I felt good today, but I am tired now, it was a tough race. It was very hot out there. The heat was run in full sunshine, then there were more clouds for the final, which made it easier for me. My muscles are full of lactic acid now, but I made it, I overcame myself and took the win.

16.07.2023 16:17

Fred KERLEY (USA)

100m Men - 2nd 9.98

I feel good about today's race. Nothing was missing. I got my job done.

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Akani SIMBINE (RSA)

100m Men - 1st 9.97

I was not sure getting to the line that I won. But then I heard my name! I came in here for the win, so I am most happy. I won against all of them, not only against the World Champion Fred Kerley. I know, I am the first to beat Fred this year, we have a good friendship, a good rivalry. I am very satisfied with my performance and hope to continue my good form. It is amazing and beautiful here, one of the best Diamond League meetings in the circuit. I love this stadium, it is big, but you still feel close to the crowd. I will come back here next year.

16.07.2023 16:26

Joselyn Daniely BREA (VEN)

3000m Women - 10th 8:43.26 AR, PB

This is my first Diamond League. I am so happy to be here. The audience is beautiful and helped me a lot. I have never seen and never run in front of so many people. I am very excited to be here. It is great to achieve this PB and AR and I hope to improve this time. I will stay in Europe until the World Championships in Budapest where I will compete in the 5k. I train in the altitude of Font Romeu in France. I will also race in Monaco and celebrate this record afterwards.

16.07.2023 16:43

Pia SKRZYSZOWSKA (POL)

100m Hurdles Women - 8th 12.67 SB

I am moving in the right direction. The race today was a bit strange, but after a break of 1.5 weeks from competition I felt nervous, perhaps more than before my first competition of the season. There were some mistakes in the race, but I am back at the top of the U23 European list, and close to becoming the European leader. So it was a good time, but not a good race. But I am going to have two more races in the next few days and I hope one of them will be the one I am looking for.

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Tobi AMUSAN (NGR)

100m Hurdles Women - 1st 12.34 SB, MR

It was not easy for me with injuries in my hamstring and my knee. But I trusted in my coach and my work. It is all about the process. I just won this in a smooth style, I was just running. Honestly, I had no idea that I won when I crossed the finish line. About the World Championships - I take it one step after the next. I knew it was going to be a battle until the finish line. I am happy to compete against the best. I am just out here doing well, I would not say that I am the best. I came out there I was not feeling too good. About my start - I would not say that I executed, but the second part of the race was really good. I am most definitely building up for the World Championships, extremely satisfied with my SB - one step at a time.

16.07.2023 16:56

Yulimar ROJAS (VEN)

Triple Jump Women - 1st 15.18 WL

I feel very good and I am very confident after the performance today. The atmosphere in the stadium is incredible, the audience is very excited and the track is great, very fast. I will certainly come back here, if possible, even next year!

16.07.2023 17:09

Soufiane EL BAKKALI (MAR)

3000m Steeplechase Men - 1st 8:03.16 MR

I am happy to win this race, well, I am always happy to win. With this heat, 33 degrees, it was not easy to run but I managed. I like to have the LED-line showing the time to us, it is like a rabbit, why not. I ran here in 2021 the 3000m and I liked the stadium, the audience and the atmosphere. So, I decided with my coach to come back here this year to achieve a good time again. And despite the heat I really achieved a great time, I beat the MR! I like it here very much, the people are lovely and nice and the track is great. A really fast track, so you will see me again in 2024.

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Alison dos SANTOS (BRA)

400m Men - 3rd 44.73 SB

It feels good to be back! After my injury, I had a conversation with my coach and we knew it would be tough, but I want to come back. The flat race was just for fun, but I will be racing the hurdles in Monaco and that is my first goal now. In Budapest I want to be the best!

16.07.2023 17:22

Sofia ENNAOUI (POL)

800m Women - 8th 1:59.82 SB

I had the ambition to run faster than I did here. My coach told me before the race I was capable of doing more than I thought I was. The first lap here was slightly too fast and I could not quite keep up the pace, but I have to be patient, the shape will come when it should.

16.07.2023 17:36

Halimah NAKAAYI (UGA)

800m Women - 2nd 1:57.78 PB, NR

I am over the moon about this PB and NR and super excited because the NR has lasted for a long time. It was a good race for me and the track is nice and fast. I already ran here and decided to come back for the Diamond League and I came back with a great performance. My tactics today was to make sure to stay in front in the last 100m because I have a strong finish. I will stay in the Netherlands until the World Championships in Budapest.

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Wayde van NIEKERK (RSA)

400m Men - 1st 44.08

Things are moving in a positive direction. I have been able to train consistently. It is my fastest run in 7 years and 44.0 shows that 43 seconds is possible. The competition in my event is getting stronger, so I need to work to get better as well. I do not feel any special pressure, but it is natural for an athlete to want to reach their best possible level. I will be going on to London now and then want to get some good training sessions before the World Championships.

The weather today is beautiful and the atmosphere is lovely, there is great support, not only for the local athletes.

16.07.2023 17:42

Mary MORAA (KEN)

800m Women - 1st 1:56.85 SB, MR

I am so satisfied with the race and the win. I controlled the race from the front. It is a good habit of mine. My aim was to go in front from the starting point and it worked. I really wanted a PB which did not work, but it was still a good improvement. I thank God for everything. At the World Championships I want to finish on the podium. I will run the 400m in Monaco and then go home to Kenya to train.

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Sha'Carri RICHARDSON (USA)

100m Women - 1st 10.76

It was an amazing race, I am really having fun. The 10.76 - I love the time. I put a great race together. This was a great competition, it was amazing. I executed correctly. I love the atmosphere here. I wish we could replicate this to the US. All the energy, all the love from the audience. I was satisfied with my race altogether. As for the World Championships - I know what I want to achieve, but I am not going to say it. I wrote it down for myself. Before our nationals I told the other athletes "Let's unite, let's get together." It is time for us athletes to take responsibility for ourselves. We athletes should have our own union. We want to take it back into our own hands. It has not yet been released or founded, but you will know when we speak out.

16.07.2023 17:59

Ewa SWOBODA (POL)

100m Women - 3rd 10.94 PB

I have waited for this for a long time and I finally got it. My coach said we got the perfect conditions today, the sort that may not happen again. I am all sweaty, tired, but happy. We have a lot of people here and they carried me on. My friends, my parents, my boyfriend, they are all here, so I feel fantastic.

Sha'Carri carried a lot of positive energy into the call room and I was not even stressed before the race. The reaction time was good. The coach told me I had to keep my pace until the finish and I did. Now I am going to eat, because this heat took a lot of energy out of me, then I will relax with my loved ones.

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Haruka KITAGUCHI (JPN)

Javelin Throw Women - 1st 67.04 WL, NR, PB, MR

I should be more confident for the World Championships right now. My running is getting better every year. My coach is not here, I should ask him how it was. I am very surprised about my result. My training was really good and I wanted to throw a MR but never had I thought that I could achieve a NR and WL. The recipe? Well, my body did not hurt and I like the surface. Normally I am not good at the run-up, but this surface helped me. I train in Czech Republic, my coach is David Szekerak, he is a junior coach. I met him in 2019 in Finland at a junior competition and since then we have been working together. I train mostly in Europe. I will compete at the Lucerne meeting. My aim for the World Championships is a medal and a new PB, if possible.

16.07.2023 18:14

Sam KENDRICKS (USA)

Pole Vault Men - 2nd 5.91 =SB

I have not been feeling my strongest for the past month. The fitness and mental strength have been there, but the jumps were not coming. The result today was definitely something I have been waiting for.

I missed the national team for Budapest this year, but that is not the end of the world. I look at it as an opportunity as well. I want to coach the new generation. During the competition today I coached Zach McWhorter, who beat me at the national, through his attempts. And while the other guys go to Budapest, I can go home to get all the training I have not been getting until now. I want to challenge Mondo towards the end of the season. Today he had to jump 6 metres to beat me and I want to take the battle on to even bigger heights.

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Gianmarco TAMBERI (ITA)

High Jump Men - 2nd 2.34 SB

I am happy about today's result, but I am not happy that until 2.36 I struggled with my technique. Today was my first competition with my full approach of 11 steps, not counting Stockholm with the rain. I am in a very good shape. My congratulations go to Mutaz. What I take from this competition: It is all about technical issues, I always want to improve technically. My mental approach was great, not giving up after some difficulties. My last jumps were the best, so I did really great even at the end of the competition. I have to be more confident and learn that I must not be too close to the bar. I am always too close to the bar. I am completely destroyed and tired now with the long competition and the heat.

16.07.2023 18:29

Tobias POTYE (GER)

High Jump Men - 3rd 2.34 PB

It was a great competition for me. Today I had a good feeling from the start. I am glad that I was able to put this feeling into action, into this height. I definitely can jump well in warm weather. But this stadium is simply a great place, I already noticed that at the team championships. And I just waited for the chance to jump here again. I have always waited for the moment to show to Tamberi and Barshim what I am capable of and I enjoyed competing with them. I tried to take it jump by jump and not to get too excited after clearing 2.32 with a new PB. It worked after 2.32. But not after 2.34, at 2.36 my batteries were low after jumps 14, 15 and 16. Next time I have to do it a bit more efficiently, than I can also think about 2.36.

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Mutaz Essa BARSHIM (QAT)

High Jump Men - 1st 2.36 MR WL

For me it is still early season, it is only my second competition. I am on my way back, I have been ill over the past month. My jumps today were good, but I am always looking for ways to improve. People look at my jumps and say they were great, but I usually think they were just ok. There are still things that I need to work on. I think I still have a 2.40 jump in me, hopefully this year.

It was a great competition today, with my rivals pushing me. I always say I would rather lose in a great competition than win in a bad one. The crowd and the stadium are great, too. The heat does not bother me. I come from Doha, this is pretty normal weather for us. Sometimes it gets over 30 degrees in the winter.

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Jakob INGEBRIGTSEN (NOR)

1500m Men - 1st 3:27.14 WL AR PB MR

I am always focusing on myself in races. Today I wanted a fast race and I wanted to run another sub-3:28. I knew if I could do that, there was a big risk of setting another PB. The pacemakers helped a lot today, especially with Stewart McSweyn taking over on the third lap. It is not every day that you get one of the best runners in the world to help you run fast. This result was the best I could hope for today.

You cannot always think about records. Today I wanted one, but I will now be focusing completely on getting ready for the World Championships.

16.07.2023 18:51

Armand DUPLANTIS (SWE)

Pole Vault Men - 1st 6.01

Every time you win and jump 6 metres, it is a good day, though I do not count all my 6 metre jumps as much as I used to. I was moving through the poles very well today and I should have cleared 6.13 on the pole I used on the first attempt, but then it is sometimes tricky to decide which one to use. There are a lot of guys jumping very well at the moment and I know I have to be at the top of my game to win. When the bar is set at 5.90, it is still pretty tough and you need a good attempt to clear.

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