

Flash quotes

As of THU 31 AUG 2023

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Wilma MURTO (FIN)

no mark

I felt ok today. One week after the world championships, it is a bit of hit and miss. I was draining physically and emotionally. That is pole vault sometimes. It was certainly not because we are jumping here in Zurich main station and not in the stadium.

30.08.2023 18:01

Tina ŠUTEJ (SLO)

7th 4.51m

I feel tired. I did not feel great and I had a bad warm-up. I managed to clear the first two heights, but then, at 4.66m, I did not feel like myself. I do not know why. I jumped here a few years ago, I like the atmosphere. Let's hope that I will jump better at my next competition in Bellinzona.

30.08.2023 18:23

Molly CAUDERY (GBR)

Pole Vault Women Indoor Main Station - 5th 4.66m PB

I feel great. To jump a new indoor PB of 4.66m after the world championships is amazing. I thought that a new PB was possible here. I am having so much fun with the girls at the moment. I like it here, so close to the audience, this makes it exciting and gives me adrenaline and speed. It is a special place and a special day for me, I cannot ask for more. I will have a couple more meetings in Europe before going on holiday.

30.08.2023 18:35

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Angelica MOSER (SUI)

4th 4.66m SB

This has been a very emotional week for me and today I felt tired. The audience carried me to this performance, to this height, the atmosphere was helping a lot. Getting so much support really gave me a boost even though I was tired physically and mentally. My friends and my family were here and I looked up into the stands and saw them cheering for me. What I learnt today? That despite being tired a performance of 4.66m was possible, this shows that my shape is good and that I made a lot of progress.

30.08.2023 18:41

Sandi MORRIS (USA)

Pole Vault Women Indoor Main Station - 3rd 4.76m SB

It is always an honour to jump here in Zurich. The audience pumped me up to get ready for the bar. Yet, it was tough today coming out of the world championships. I am looking forward to Paris next year. I have always been alright, even at my two third attempts. When you are at your third attempt you get a lot of adrenaline and the beast is there as I call it. I do like the closeness of the audience here, I like the noise they are making, I like to feel the energy. Today that helped me. I have had a difficult year because I had to overcome some things.

30.08.2023 18:57

Katie MOON (USA)

Pole Vault Women Indoor Main Station - 2nd 4.81m

I had a feeling that it would go high today. We are in the prime of our season. We can sneak over heights like 4.91. I did not get my run dialled in soon enough, my last run at 4.96m was the best. It took me a minute to get comfortable with the runway. A few more attempts would have helped me. So, it was kind of a risk to do so few heights but I wanted to save energy. I learnt today that I am moving really well. The runup is not a bad problem I have. I am in really good shape now.

30.08.2023 19:25

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Nina KENNEDY (AUS)

Pole Vault Women Indoor Main Station - Winner 4.91 AR, MR, PB, WL

I am really surprised! And I am soo happy. The crowd, the music, the runway - Zurich is really great. You relax, you enjoy the atmosphere and the crowd. This is all my dreams come true. I love Zurich. I wanted to put on a good show tonight and I guess Katie and me did this! The energy from the crowd helped me so much, the runway was so fast. I just wanted to have fun toda. I was thinking that maybe 4.80 were possible or 4.85 - but 4.91!! Katie pushed me to this height. I won here last year and now this year. The bar was in line with the windows, so visually that was a challenge. But you have to embrace that. Now I will fly home to Australia before travelling to Eugene where I hope to win the final.

30.08.2023 19:33

Shaunae MILLER-UIBO (BAH)

Winner 51.83 SB

It has been a long season, and obviously it would have come in handy for this to be the start of it - I just have to build for next season, and to get the body used to the shock again - and be ready for next season. Having become a mother has no comparison [to her greatest athletics achievement]. This is my greastest blessing, and I love that boy so much. I am going to go back into things, and I just want to make him proud. I want to get back up and, hopefully, whatever happens next year, I am doing it for him.

31.08.2023 18:55

Annina FAHR (SUI)

400m Women - 2nd 51.97

Ich bin mega happy. Ich habe meine Chance genutzt, zu zeigen, dass die Form super ist. Mit Miller-Uibo in einem Rennen zu laufen hat mich vorher beschäftigt, aber während des Rennens habe ich ganz auf mich geschaut. Es ist etwas Besonderes als Zweite hinter ihr ins Ziel zu kommen. Ich realisiere das noch gar nicht so. Meine Beine brennen komplett. Die Zielgerade war sehr lang. Ich glaube, ich habe in der zweiten Kurve zuviel geatmet und so waren die letzten 50m super schwer. Jetzt habe ich noch vier Wettkämpfe - die Staffel-SM, Bellinzona und Team-Wettkämpfe.

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Håvard Bentsdal INGVALDSEN (NOR)

400m Men - Winner 45.28

I felt the World Championships in my legs, I am not rested yet. But it felt good and today, I was like on one speed. It is very cool to come on the first place at the Diamond League meeting, that has never happened to me before. I will also compete at the Brussels Diamond League on 8th so I will rest until then. After my final, I just travelled home from Budapest and just trained easy. Nothing hard.

31.08.2023 19:30

Shanieka RICKETTS (JAM)

Triple Jump Women - 2nd 14.78

It is outside of my control in terms of what happens on the day so all I have to do is to control the things I can control, which is to jump the best I can on that day. Of course, I was disappointed to come out fourth again in Budapest but coming here and finishing on the second place, it is like icing on the cake. I just hope to keep building on this. I tried to get a lot of rest and hydration in between the two events as it was extremely hot in Hungary so I have been really focusing on recovery to make sure I can still focus on the rest of the season. Out here, the surface felt a bit different - I think that track was much faster there and I had to make a few adjustments in terms of the runway. But, overall, I think it was a good competition. You do not need to focus on beating anybody, just beating yourself. Because once you do your best, you will be satisfied with the result.

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Yulimar ROJAS (VEN)

Triple Jump Women - Winner 15.15

Today, I wanted to enjoy and make the best out of every jump. I started off with a strong jump, but even the two fouls are indicative of what I can do. I am confident these could have been two very good jumps, which shows the good shape I am in at the moment. From the minute I arrived here in Zurich, I was certain this was going to be a great competition - especially coming back from the World Championships where it wasn't all great. The crowd played a very important role here, because they help you to give it your best every time. Overall, it was a good event, and now, I want to focus on doing my best at the finals in Eugene. This result here shows what is yet to come. This is a wonderful crowd. I love competing in Zurich, and soak up all this support from everyone who came out to support our sport. We owe it to them, because they are here to watch us competing, and, above all, to enjoy the show we are putting on. I want to say thank you to them all for coming out to support us.

31.08.2023 20:01

Jason JOSEPH (SUI)

110m Hurdles Men - Winner 13.08 NR, PB

The atmosphere helped so much, it is so beautiful and I am enjoying it. It is wonderful for me. Running here in Zurich is so special and achieving this NR is magnificent. I cannot believe it. When I ran I did not realize that it was that fast. My race was quite hectic and I somehow made it to the finish line.

31.08.2023 20:12

Karsten WARHOLM (NOR)

400m Hurdles Men - 2nd 47.30

Nobody wants to lose but at the same time, it is a fast time. McMaster gave me a really nice fight and I respect him for keeping the fight in the last meters. The next time, it will be my time for a revenge but we are all very good competitors and it is so good to see him back. The level is so high. I cannot have bad days anymore. The World Championships was the most important thing but of course, I want to win everything.

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Kyron McMASTER (IVB)

400m Hurdles Men - Winner 47.27

It feels good to get this win after the World Championships last week. I executed and did what I had to do. It always feels like this [about the supportive and loud crowd] and there are more people here than on my island. Next, I am going to Eugene, Oregon - the goal is only to focus, execute, and run my own race.

31.08.2023 20:20

Elaine THOMPSON-HERAH (JAM)

100m Women - 3rd 11.00 SB

This race was really good, it was my first race after our National Championships. I do not know about it technically and the start - I will have to look at it afterwards. The fact that I did not make it to the World Championships in an individual race was hard. I wanted to stop the season, but my husband changed my mindset. I am a warrior, this is not about crying. So achieving a SB today is great. You just need patience. It was a pleasure for me being part of the Jamaican relay team in Budapest. A good story is not about winning all the time, it is also about the difficult times. I have a great support system like my grandmother. I have a strong support team with my friends, my family and my husband. When you are down, you often do not hear a word from others.

31.08.2023 20:28

Beatrice CHEPKOECH (KEN)

3000m Steeplechase Women - 2nd 9:03.70

I think today it was so easy because we did not want to push hard after the World Championships in Budapest. You know, in Budapest we went out hard, and I felt that my body was shutting down, but after running that global final my body started to coming back up again. In the last few days I just focused on some easy running, resting and getting a lot of sleep. Of course running out here in front of such an amazing crowd, it really motivates me. All this cheering makes me happy. It is a full stadium.

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Winfred Mutile YAVI (BRN)

3000m Steeplechase Women - Winner 9:03.19

This is all I wanted and what I was working for. I have been working hard and training hard to be a world champion. And to win the Diamond League in Zurich - that was my next dream. My program is still full - I have the final in Eugene and then the Asian Games. Still long season to go but I feel strong. I am enjoying my victory today as the crowd is cheering so much and the stadium is full - it is an honour to be here. Now, this is giving me a big motivation and I know I can be better than this. I have dreamed about this for a long time and it makes me feel that I have to believe in myself and to keep on believing. I am very excited - today, it felt almost like the same race as in Budapest so I wanted to confirm my victory.

31.08.2023 20:51

Catriona BISSET (AUS)

800m Women - 2nd 1:58.77

I was really disappointed I did not make it to the final at Worlds, so this was like running without anything to lose, no pressure, just try to run smart and I think I did that. I saw Laura Muir coming on the back straight and I was like, let's hang on to this, she knows what she is doing. So it is good. I had a lot of resting, just sleeping, just getting mentally ready for the next races. I do not necessarily think it was a bad experience in Budapest - I feel like I ran a very good heat but the 800m is just hard. You can be in a great shape and you do not make it. I cannot complain. I do the DL final and then coming back to Australia again.

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Sha'Carri RICHARDSON (USA)

100m Women - Winner 10.88

I am feeling really good for being able to finish this season as fast as I can. I am definitely grateful, and I am excited with the way this season is going. Today, I felt like I executed, and I felt good about my performance - my body felt very good afterwards, but, obviously there is still room to improve. Honestly, just knowing that my training has gotten me here - physically training, mentally training, emotionally training myself - to understand what it takes to finish an entire season and beyond the World Championships. Everything has been for one, my mind, body, and soul. The crowd is amazing, and it is hard for me to say no to the babies, but the love is there, and I hope it continues to be there no matter what my performance is. [About watching the 200] I like watching races. I like being in them, but sometimes it is better watching them.

31.08.2023 21:07

Daryll NEITA (GBR)

200m Women - 2nd 22.25

Everyone is very tired but it was great to run with these ladies today. It was so much fun. I still want to break decent times even though I am a little tired. It was an amazing race in Zurich but it is freezing - but this is more like my home in England, so I am used to it. My recipe to stay fresh is lots of sleep, lots of massage and good food - happy food.

31.08.2023 21:11

Shericka JACKSON (JAM)

200m Women - Winner 21.82

I am ok. I have to more races, my last one will be in Eugene. This full house is wonderful, I enjoyed the atmosphere a lot. I wanted to come out here and perform. To be honest, the season has not finished yet, so my focus is not yet on the Olympic Games, but on this 2023 season. I just want to finish this season well. In Budapest I was not disappointed about my time. This time right now is decent, I cannot complain.

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Laura MUIR (GBR)

800m Women - Winner 1:57.71

I already ran the 800 this season, but in a mixed race, so it is my first legit 800 time. I am running in Brussels and Eugene, and I know I am in really good shape over 800, so I wanted to get a time down, run fast, and be competitive. I thought I could win today, but you just never know. It can be hard to get all this attention, but when you come to this sport you need to take it as it is. The support is amazing, and to run in front of a crowd like this is fantastic

31.08.2023 21:19

Yared NUGUSE (USA)

1500m Men - Winner 3:30.49

My mindset is always like "Never give up. Keep going, keep trying." I was going for it when Kerr opened on the inside. It was a great competition, a great time for me. This race was amazing. I always have a strong finish, I am pretty happy now. I would say that I kept this race interesting (laughs).

31.08.2023 21:20

Selemon BAREGA (ETH)

5000m Men - 2nd 12:54.17 SB

The weather conditions and the atmosphere at the stadium was a good one so it was a good race. Considering how we were running the 5000 and 10 000 during the whole season, the results we got in Budapest were not pleasant so we were not happy about that as the 5000m is one of our main events. After the 10 000m race in Budapest, I went back to Ethiopia and I was having a little preparation for this race. I believe that it helped me to gain this result today.

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Yomif KEJELCHA (ETH)

5000m Men - Winner 12:46.91

My aim today was to break the meeting record. So, at some time when I saw the red line too much in front I knew that I had to accelerate more and head in front like crazy. I was very confident, I believed that I could keep this pace. I came here to do show something well. I had wanted to show that in Budapest, too, but it did not work. During the race I felt the support of the crowd. It is always like that in Zurich and I like it a lot. I would like to thank the audience. I do not think that I will celebrate tonight. I am happy about this victory but because of my Budapest result I feel not like celebrating.

31.08.2023 21:35

Hamish KERR (NZL)

High Jump Men - 2nd 2.33 NR, PB

I have mixed feelings right now. I did not make the final in Budapest. But now I have show the world how strong I am. I wished I had done that in Budapest. When I jumped my new PBs I was not more nervous that at other heights, it is just a job. I love this sport, it has given me so many opportunities. So when I cleared 2.31 I did not even know that it was that high, I was like in a tunnel. When I am in the competition I just jump and do not look too much at the height. I was the sadest person I have ever been after the qualification and I left Budapest straight away and went on a holiday with my girlfriend in Croatia. I wanted to go home after the holiday and end the season. I was relaxed and thought "Let's just enjoy the season." So I decided to jump here. Glad about that.

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Mutaz Essa BARSHIM (QAT)

High Jump Men - Winner 2.35

I had some solid jumps today - to jump 2.35 and I am not the freshest coming from the World Champs physically and mentally a bit tired but I am proud of myself today. It felt good and it was a good competition. You know, last week it was really, so today this weather feels pretty cold. To win one race, it does not mean anything, you need to prove it. That is the sport - sometimes you are up, sometimes you are down. So I am very glad for the win today - I really felt like I found something that was missing in my jumps. I would say I am kind of a family guy - boring one - always at home with my family and my friends. I travel a lot so whenever I can spend some time with my family with them and they give me an extra energy to have them here. My son is a showman. He is not afraid of crowds. Whatever he wants, I will support him. Now, Eugene is probably on the schedule but for us, the Asian Games is very important too so I need to talk to my agent first.

31.08.2023 21:43

Danielle WILLIAMS (JAM)

100m Hurdles Women - Winner 12.54

It is a wonderful feeling coming out here as a World Champion. I mean, I have to give all the thanks for that. The race was a bit slower than I expected, but you know, I came out injury free, and with a win, so I can't complain. [About the disrupted start] I mean I just keep repeating to myself what it is I need to do which is to focus on the gun. I haven't had much time to celebrate my big win in Budapest, it will probably the day after I finish my season. I am now onto my next meet, and I will try to celebrate after Eugene.

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Miltiadis TENTOGLOU (GRE)

Long Jump Men - Winner 8.20

Despite the fact that I won today, this competition was not going as I wanted. I had many technical issues in my jumping due to the cold weather. The difference between the conditions we had in Budapest and today is just too big, it is just too cold. This is the last competition of this season for me, I am decided. Competing in Zurich, I knew how to speak a bit of German because half of my family lives here but I already forgot a lot.

31.08.2023 21:55

Miltiadis TENTOGLOU (GRE)

Winner 8.20

Despite the fact that I won today, this competition was not going as I wanted. I had many technical issues in my jumping due to the cold weather. The difference between the conditions we had in Budapest and today is just too big, it is just too cold. This is the last competition of this season for me, I am decided. Competing in Zurich, I knew how to speak a bit of German because half of my family lives here but I already forgot a lot.

31.08.2023 21:55

Julian WEBER (GER)

Javelin Throw Men - 3rd 85.04

I am satisfied. After all, after the World Championships and after the last days I would not have thought that I would throw 85m. Usually I do not like to throw within such short delays. But I feel good and the atmosphere is mega. I am satisfied with my throws. And on Sunday, at Istaf in Berlin, I want to throw further. Yes, it is really annoying that again I led today and then the others overtook me. We already joke about this kind of pattern with Jakub Vadlejch. Today I was lacking a bit of power and strength, I keep losing that in the course of the season. I did a lot of meetings this season. But I am positive that I will find all my power and strength again next season. Istaf on Sunday will be like a "wellness" competition for me and then I am looking forward to going on holiday and having time for my family and my friends.

31.08.2023 22:11

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Neeraj CHOPRA (IND)

Javelin Throw Men - 2nd 85.71

I feel very good now, because everyone is a little tired after the World Championships - we gave our 100% there, but for this competition here my focus was to just stay healthy, and we have to focus now for Eugene and then the Asian Games. For me, the focus was just to stay healthy and to give my 100% in my next competitions. Sometimes we need to read our body. Today, I feel OK, I am 100% OK, but I did not push too much. Sometimes, our number one goal is to stay healthy. Today I gave it my best, but still with the focus to stay healthy. I usually do my winter training in Europe, because it is a lot easier to travel, that's why I spent some time in Loughborough some months before competing in Budapest this summer.

31.08.2023 22:13

Noah LYLES (USA)

200m Men - Winner 19.80

It is just a race, it is business as usual. Everybody wants to beat me and everybody wants the cake and the crown, but I am not giving it to them. Today, we did not have perfect conditions, it was pretty cold. But a win is a win. If I will run in Eugene: we will see, we still have to make a decision. Of course, a fast time is always wanted, but it has been a great season. And I guess winning three gold medals is better than getting the American record. I am not going to lie, I am pretty tired. It was only a short time after the World Championships. Today, I definitely had fun. Walking down the backstraight, we heard the crowd. I enjoyed the people cheering so much. So, I really want to come back. Such a full house is always great.

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Armand DUPLANTIS (SWE)

Pole Vault Men - Winner 6.00

I am trying to have a good time. What the people really want to see is that I jump high. At the 6.23m attempts I was not tired - it is a different sensation. The 6.23m jumps felt surprisingly good. After the 6m jump I wanted to wake myself up and make something crazy. My energy was low. Such a height is not easy only four days after the World Championships. Coming down from that high was draining. My legs felt flat. I wanted to get myself back into WR mentality. I have two more Diamond League meetings left and I really want to jump these 6.23m.

31.08.2023 22:27

Simon EHAMMER (SUI)

Long Jump Men - 6th 6.97

Well, today the temperatures were a lot colder than in Budapest. It has definitely not been an easy week for me until this competition. I had to come to terms with a lot of things and cope with the Budapest result. I did not feel good recently. So, today was really a beautiful competition, for the end of the season. I was able to suck in the atmosphere. I would say that this was still a successful season for me. I have learnt a lot, also to cope with lows and setbacks.

Coming into this stadium is just amazing, people cheer for me without me having done anything so far that evening. You get applause like this - I love this and enjoy this. It shows that we, Swiss athletics, are on the right path. Next year, I will focus again on both - long jump and the decathlon - like I did in 2022.

31.08.2023 22:37

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Jakub VADLEJCH (CZE)

Javelin Throw Men - Winner 85.86

I was so tired that I was thinking about not starting here, maybe because of my age. This is my first victory over Neeraj after two years so it is special for me and a small satisfaction after Budapest. But I think I managed to cope with all the feelings after Budapest very well. It is only three days after Budapest so it was very difficult but I managed to beat Chopra so I am more than happy. We had 20 degrees less than at Worlds and I do not like cold weather but the surface is hard here, just what I like and that helped me. The whole season is built on the results from the World Championships so this is just another victory under my belt. But I like Zurich as this was my third victory here. Generally, the whole season was going very smooth and I managed to throw on a good level - 9 victories out of 12 starts so it is solid. I will try to keep the shape towards Eugene and to finish this year in a nice way. I want to keep pushing Neeraj and try for another win.

31.08.2023 22:41

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