

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Helene RØNNINGEN (NOR)****100m Women National - ingen pb, pga vind**

Helt sykt utrolig göy, selv om vinden ikke spilte på lag idag, føltes det utrolig bra. Like stas hvert år å løpe her på bislett, nå gleder jeg meg til å løpe 200m snart. Alt klaffet i dette løpet!

07/06/2018 18:13

Thomas Arne ROTH (NOR)**800m Men National - new PB**

første 200 føltes raske, så kom jeg til 400 og så at jeg lå foran planen også var det bare å prøve å løpe økonomisk inn til mål. Jeg er sinnsykt fornøyd med løpet mitt, det er nesten så jeg kan stoppe sesongen her, så fornøyd er jeg akkurat nå. Det føltes raskt ut fra start til mål og det kunne ikke blitt bedre å gjøre det på bislett i strålende sol og litt vind.

07/06/2018 18:46

Thomas Arne ROTH (NOR)**800m Men National - PB and 8th fastest in Europe 2018**

The first 200 m was really fast and when I passed the 400 m I saw I was far ahead of my plan. After that I tried to run economically until the finish line. Im extremely satisfied with my race, the feeling in my body right now is that i can end the season today. I could not have done it in any better atmosphere than Bislett in sun and little bit of wind.

07/06/2018 18:47



Flash Quotes

Helene RØNNINGEN (NOR)

200m Women National - ny norsk rekord

Helt sykt, super deilig å få det til å klaffe, virker som det hjalp å løpe 100m først for å få beina litt i gang. Dette hadde jeg ikke forventet, jeg hadde et håp om å klare en PB, men at jeg skulle klare EM kravet allerede nå og ny norsk rekord var ikke forventet i det hele tatt. Dette er det beste minnet så langt i min ny oppstartede karriere.

07/06/2018 18:52

Helene RØNNINGEN (NOR)

200m Women National - National record

Its incredible, extremely satisfying to get everything done in a way i did today. It seems it helped to run the 100 m before so I was ready for the double distance. But I did not expect that at all, maybe personal best and Berlin standard but no way national record. This is best memory in my career so far, specially at Bislett.

07/06/2018 19:00

Tatsiana KHALADOVICH (BLR)

Javelin Throw Women - National record and European lead 2018

Today I was not really expecting such a great result. I knew Im ready, but not for that. Im really surprised in this wind lottery. But of course Im taking it. My main goal is to succeed at European Championships and even without Spotakova or Kolak the battle will be tough. Before that I also want to throw well at Diamond Leagues and also we have opening of the renewed stadium in Minsk where I want to throw well later in June.

07/06/2018 19:03



Flash Quotes

Nikola OGRODNÍKOVÁ (CZE)

Javelin Throw Women - Best result of the career in Diamond League

I had one good throw so must be lucky. Was very hot and windy, tough conditions for javelin. But this is a great boost in my first year among top javelin throwers. Looking forward to more top 3 positions. I still have lot to learn.

07/06/2018 19:08

Sondre Nordstad MOEN (NOR)

10000m Men

Det var fryktelig tungt, jeg kjente det allerede fra 3-4 runde og formen er rett og slett for dårlig, dette har ikke noe med varmen å gjøre. Det er ikke her listen ligger og et løp som dette kan jeg gjøre hver uke, så nå må jeg finne ut hva som er galt og legge en plan for hva jeg skal gjøre framover. Om det er mer trening eller overskudd som trengs er vanskelig for meg å si. Jeg har verdens beste trener i mine øyne, så vi må finne ut av dette sammen. Jeg har løpt for lite på bane i år og trente masse i Kenya, så dette er veldig skuffende. Ikke hva jeg ville gjøre hjemme her på bislett

07/06/2018 19:50

Dominic KIPTARUS (KEN)

10000m Men - 1st time 10k at Bislett Games since 1997

You know, i do not have any 10 000 m time in the lists so we agreed after I fulfill my duty and will be still able to continue I can do it.

I felt well after 8 km so continued and won. This is so far my top success and gives me confidence before our championships later this month.

Weather was ok for me, as you know we train in hot weather. The pacemakers before me did a good job. But later in the year I should be back on the road.

07/06/2018 19:51



Flash Quotes

Stewart McSWEYN (AUS)**10000m Men - 28:05.37 personal best**

I ran 28:29 to win the Australian trial so I knew I was in good shape and that I could run low 28-minutes tonight, depending on how the second half of the race went. The pacemakers did a really good job and the crowd was great. This is one of the best tracks I have ever run on - you could feel the crowd were so close, especially on the back straight.

Next, I will race over 1500m in Germany to work on my speed then I hope to run a personal best over 5,000m in the London IAAF Diamond League.

I was fifth in the Commonwealth Games 5,000m final in the Gold Coast, which I was really happy with then I was 11th in the 10,000m a few days afterwards so it was a good experience and I'm only 22-years old.

This year is all about running as fast as I can to take the next step ahead of the IAAF World Championships in Doha next summer.

07/06/2018 19:53

Line KLOSTER (NOR)**400m Hurdles Women - new PB**

er det ny pb? spør line oss, nei det kan jeg ikke tro. Jeg bommet allerede på første hekken, rutinene tok meg og jeg klarte ikke holde hodet kaldt og satte feil fot fram allerede på første hekken. Da begynte jeg å trippe på tredje hekken og det blir helt kaos. Utrolig kjedelig, nå skal jeg løpe 300m flatt på lørdag, også vet jeg ikke hva jeg skal. Det blir vanskelig å komme inn på noen gode stevner nå som jeg ikke gjør det jeg vet jeg er god for. Jeg er utrolig skuffet og vet jeg har så mye mer å by på. Jeg er i form og håper jeg kan få vist det snart.

07/06/2018 20:10



Flash Quotes

Dalilah MUHAMMAD (USA)

400m Hurdles Women - Season best

Yes, all went well according to the plan, I wanted to win and run season best. Was satisfied, next race in July. I think when I will start more work on the speed, so far it was more strength, I can come close to World record. Why not. Entering the straight we were two together but I felt strong and completed the mission. This year it is all about Diamond League.

07/06/2018 20:12

Amalie IUDEL (NOR)

400m Hurdles Women - ny norsk rekord

Helt magisk å løpe på bislett, dette var noe helt annet et tidligere, jeg har hele familien på langsiden og dette kunne ikke blitt bedre, for et trykk, dette var så deilig. Nå skal jeg finpusse teknikken og steget mitt, jeg har endel å gå på fortsatt så håper det kommer seg utover sesongen. Håper på det beste og enda mer utvikling underveis. Utrolig göy å kunne levere PB og NR på bislett.

07/06/2018 20:17

Shamier LITTLE (USA)

400m Hurdles Women

To walk away with a season's best, I felt like I did a good job and I executed well. My finish was not as good as it usually is but my stride pattern was off. I'm still glad I ran well and now I hope to get into more IAAF Diamond League races.

My aim for the summer is just to keep performing well on the IAAF Diamond League stage to get more points and to hopefully with the final.

Dilalah (Muhammad) is a veteran with lots of medals and times so has been great to run with her, and next I will race in Lausanne.

07/06/2018 20:23



Flash Quotes

Sandi MORRIS (USA)

Pole Vault Women - 3rd meet outdoors over 480

Winning jump was my best jump of the day. I got it right on the runway, able to execute well full jump. Last year 480 was rare, thi year im more consistent. Its regular thing for me. I want to jump 5 meters soon, goof things are coming. And I stopped to jump at 487 because it was a tough day with lot of wind and I was tired and did not want to hurt myself.

07/06/2018 20:28

Chris O'Hare (GBR)

1500m Men

I felt good and the pressure was off because I got the European Championships standard in Rome last week, but that's still a long way off.

I've had a rough six months after a great indoor season, as I've been injured so it's been a tough road back. I wasn't invited into the Dream Mile so I wanted to prove myself and I did. I had to go in the last 150m and try to stay smooth.

Next, I will race in the British Championships at the end of the month.

07/06/2018 20:35

Ryan CROUSER (USA)

Shot Put Men - Two over 22 and MR

That last throw, I think it was close to 23 meters, I guess it was the very corner of the toe board with left foot. Some centimeters probably. Anyway, it was a good fight with Tom , of course Im little disappointed I lost. It was little difficult with the break but I managed as my best throws were afterwards. I hope to do the big throw at next meets.

07/06/2018 20:36



Flash Quotes

Hyvin KIYENG (KEN)

3000m Steeplechase Women - Meet record

It was all about the win, I was not thinking about the times at all. I had some injuries in Rome and wanted to continue in winning. Fast times will come later in July.

07/06/2018 20:43

Hyvin KIYENG (KEN)

3000m Steeplechase Women - CORRECTION NO MEET RECORD

It was all about the win, I was not thinking about the times at all. I had some injuries in Rome and wanted to continue in winning. Fast times will come later in July.

07/06/2018 20:43

Tomas WALSH (NZL)

Shot Put Men - Meeting Record

I'm pretty happy - the Eugene IAAF Diamond League didn't go to plan so that gave me a kick up the backside. Ryan did some great throws tonight and I knew I had it in me to match him. We have a great head to head battle going on so it's great to keep pushing each other and to produce some massive throws.

It was pretty cool out there tonight - I had a good, consistent series but it was frustrating until that final throw.

2018 is all about having fun and the year so far has gone to plan for me with a world indoor win and winning the Commonwealth title, so I'm pretty stoked with that and just need to keep the ball rolling now.

07/06/2018 20:44



Flash Quotes

Murielle AHOURE (CIV)**100m Women - First sub 11 at Bislett Games**

I know this track very well, and for first time dipped under 11 seconds here. Important was that I executed well. Conditions were favorable for the sprint and I used it. Next race in Stockholm 100 m where I want to defend my winning position, I think I'm in pretty good shape right now.

07/06/2018 20:45

Jakob INGEBRIGTSEN (NOR)**1500m Men - ny PB**

Det føles ekstremt bra og at jeg må ligge der framme å pushe er helt rätt, dette er mer rutinerte utøvere enn meg selv, så jeg syntes de er litt feige som ikke tør å gå og jeg blir liggende i front, men som sagt jeg er utrolig fornøyd når løpet blir som det blir og klager ikke på ny pb på 3 sekunder. Da er Stockholm neste og jeg er i form, så det gleder jeg meg til, kanskje jeg kan ligge i front der. Atmosfæren på bislett gjør det litt lettere selv når det er så tungt å løpe, utrolig göy å kunne få oppleve det.

07/06/2018 20:45

Karoline Bjerkei GRØVDAL (NOR)**3000m Steeplechase Women**

Litt brutal dag på jobben for min del, vi fikk feil høyde på hinderet de første tre rundene og det satt meg litt ut av spill. Men likevel hadde jeg en tung dag på jobben. heldigvis er det ny sjanse i stockholm på søndag, der skal jeg løpe 1500 m flatt, trives fortsatt best med det, jeg trenger litt mer tid på å få til 3000m hinder enda. Løpsformen er der, og jeg skulle gjerne fått gitt litt mer enn det jeg får ut idag, det har aldri vært så god stemning på bislett som i år.

07/06/2018 20:51



Flash Quotes

Caster SEMENYA (RSA)

800m Women - continues in winning streak

I expected better pace, maybe at 55 level, so that we could be there easily at 57, but it did not happen. I was ready for faster time, but also 157 is not bad. Of course I'm enjoying winning all the races and times will come. I will have 800 in Paris, than Lausanne 1500 and again 800 m. This year the main goal is to be on top in the Diamond League and win all the races.

07/06/2018 21:01

Danielle WILLIAMS (JAM)

100m Hurdles Women - new SB

First time in Oslo, this was fun, I'm happy with my result a season best is always good.

07/06/2018 21:05

Dina ASHER-SMITH (GBR)

100m Women - British record breaker

I'm over the moon, I can't believe it! I'm so happy with how the race went and to get the British record is amazing.

This year is all about focusing on the European Championships in Berlin in August, so I'll use the IAAF Diamond League circuit to prepare for that.

I'm free from university now so I can really focus on my racing, and next I will go home to recover and compete in Stockholm.

07/06/2018 21:06



Flash Quotes

Alina TALAY (BLR)

100m Hurdles Women - Lost by 0.03

I touched two hurdles with my knee, lost the speed for finish and lost. Otherwise I think I would win the race. Next in Stockholm I will prove the shape of my life which is my current status.

07/06/2018 21:06

Hedda HYNNE (NOR)

800m Women - new SB

Gøy, men tung dag på jobben, jeg mangler fortsatt litt på toppformen, da blir det ekstra tøft. Så jeg gleder meg til formen kommer for fullt. Jeg skal allerede løpe igjen på søndag i Stokholm. Utrolig kul atmosfære her idag, beste jeg har opplevd så langt på bislett, kult at interessen er så økende og at det er så mange gode norske prestasjoner.

07/06/2018 21:08

Emma COBURN (USA)

3000m Steeplechase Women

I'm incredibly frustrated that we had to hurdle the men's barrier on the back straight three times - we were waving around and it wasn't solved until my husband went out onto the track to tell the officials. It panicked me but I tried to stay calm and feel as easy as possible from then on.

After the stress, the pace slowed down a lot but today was a step in the right direction for me - I fell in Rome which was my fault but today wasn't my fault, but I will keep working hard and try to forget it now.

I hope to come back here again and next, it will take a perfect night and all of the stars to align for me to run sub-9-minutes but I'm hopeful, maybe in Monaco.

07/06/2018 21:11



Flash Quotes

Laura MUIR (GBR)

800m Women

The race went off hard so I wanted to get on the inside lane as soon as possible because it was windy. It was a really good field and I did well but I wanted to run a personal best, although it was still my second fastest ever 800m.

I hoped to run 1:58 but the pace slowed on the second lap, I'm still happy with my run, though.

It's still early season and Berlin is the main goal for the European Championships - the double (800m and 1500m) is not possible because of the timetable and I haven't decided which event I will do. Next, I will run the 1500m in Stockholm.

07/06/2018 21:17

Ramil GULIYEV (TUR)

200m Men - European Lead 2018

Great stadium, great public, nice weather, in such a conditions you only can run well. And I'm still not in the top shape, I was actually planning by this time go even faster, as we started the season in May, but some setbacks stopped me. For European Championships I will for sure run the 200 m and later I will decide about the 100 m. But I will tell you my long term goal. That is to break the European 200 m record of Pietro Mennea.

07/06/2018 21:25



Flash Quotes

Aaron BROWN (CAN)

200m Men - Brown's first sub-20

I've been working really hard on my race execution with my coach and it finally came together tonight - I had a strong start, ran the curve well and then I finished strong. That was my first sub-20-second performance so I'm so happy.

I had an idea that I was running that fast but it didn't feel as hard as I thought it would so that it was really promising - I just ran hard to the line and was surprised.

2018 is all about building momentum into the 2019 IAAF World Championships in Doha but first, I want to be a contender in each race as well as in Doha - and to climb the Diamond League standings and reach the final in Zurich.

07/06/2018 21:27

Abderrahman SAMBA (QAT)

400m Hurdles Men - Another sub 48 and meet record

That was Samba over the hurdles, the difference between Rome was today it was little bit windy. I cannot say I was confident coming into the last hurdle to win, but I have better endurance in last meters. Im enjoying life and hoping to continue to run fast next time in Stockholm. And you can be sure I can run faster, maybe even close to 47 seconds. And Samba dance, I need to learn that more.

07/06/2018 21:47



Flash Quotes

Phyllis FRANCIS (USA)

400m Women

It's an off-year with no major championships for the Americans so I'm trying something new, like getting out harder.

2018 is about gathering as many IAAF Diamond League points as possible, staying in good shape and making sure I go into 2019 ready to defend my world title.

07/06/2018 21:53

Karsten WARHOLM (NOR)

400m Hurdles Men - 2nd best ever for Warholm

Dette er den nest beste tiden min så langt i karrieren, så jeg er selvsagt fornøyd med dette løpet, det er fantastisk å løpe her, men jeg løper jo ikke så fort som jeg gjør i Roma, så jeg gleder meg til å sette meg ned for å se hva jeg kan gjøre annerledes til Stokholm neste søndag. Jeg gjør mitt beste idag og er fornøyd med dagens løp.

This is my second best race in my caareer and I'm happy with my race today, it's fantastic to run here, but as you see i'm not running as fast as I did in Rome. So I'm excited to sit down with my coach and see where I can improve before Stocholm on sunday. I'm doing my best today and I'm happy with my performace today here at Bislett.

07/06/2018 21:57

Andrius GUDZIUS (LTU)

Discus Throw Men - World champion winning

My technique was at 85 percent and I still did 69 meters. That shows Im ready. Of course great win today, no problems with the wind. I want to continue with winning that is clear. Lot of competitions still coming.

07/06/2018 21:57



Flash Quotes

Elijah Motonei MANANGOI (KEN)

1 Mile Men Dream Mile - Continuing in Kenyan wins at Dream Mile

Special feeling to win the Dream Mile. Next time I want to do it again. It was so nice and tough race, although it looks easy. I was ready for any pace and that we were slower was according to my needs. I wanted to attack in last 100 metres as it happened. Next race Kenyan trials.

07/06/2018 22:00

Salwa Eid NASER (BRN)

400m Women

I knew the race would be strong with many good athletes, they bring out the best in me.

I've been wanting to run these races for a long time and it was great to win in Rome and here tonight, so it's a good feeling for sure.

This summer, I want to keep lowering my time and do a personal best.

07/06/2018 22:01

Mutaz Essa BARSHIM (QAT)

High Jump Men - Second win at Bislett in a row

It was a good win, 3rd in a row in Diamond League this year. That is good, all points there. I really wanted to break the meet record, but it was not mend to be today. Crowd was as always very supportive, this time good weather, only the sun bothered I need glasses for some attempts. Next one is Ostrava for me.

07/06/2018 22:04



Flash Quotes

Isabelle PEDERSEN (NOR)

100m Hurdles Women

Dette var en fin oppvarming for stochholm som blir det viktige for meg denne uken, nå håper jeg å kunne sette ny PB snart, jeg ligger akkurat i det skiktet nå og venter bare på at det skal løsne for meg. Dette løpet gikk så fort for meg at jeg vet ikke hva som skjedde, fantastisk stemning

07/06/2018 22:05

Caterine IBARGUEN (COL)

Triple Jump Women - Her season best

Very interesting competition, maybe I expected to jump little bit more, but I secured the win for me and my country. Obviously this year the main goal is to compete and win in all Diamond League meetings.

07/06/2018 22:09

Henrik INGEBRIGTSEN (NOR)

1 Mile Men Dream Mile

Utöverne og publikum må ha hatt en fantastisk opplevelse og kroppen min føltes bare bedre og bedre utover løpet og jeg er fornøyd med egen innsats. Fornøyd at jeg klarte å komme meg opp å beskytte skulderen til Filip mot slutten.

07/06/2018 22:19



Flash Quotes

Filip INGEBRIGTSEN (NOR)

1 Mile Men Dream Mile

Fornøyd med mitt første løp etter skaden, kjenner jeg mangler litt før jeg kan vinne EM, men for å være første gang etter skaden er jeg fornøyd, kroppen føltes bra. Dette holder til medalje i ett EM, men jeg sikter litt høyere enn som så, så en fin dag med god stemning på bislett både for meg og forhåpentligvis publikum. Gleder meg til å trene videre nå.

07/06/2018 22:22

