

Flash Quotes

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**Grant HOLLOWAY (USA)**

**110m Hurdles Men - 4**

13.19 IS A GOOD SEASON BEST. WITH EVERYTHING GOING ON, I'LL TAKE IT. IT IS WHAT IT IS, 2020 IS A LOT OF CHAOS. I'M GOING TO BUDAPEST NEXT.

14.08.2020 20:08

**Wilhem BELOCIAN (FRA)**

**110m Hurdles Men - 3**

CA FAIT UN BIEN FOU DE REVENIR A LA COMPETITION. VIVRE DE MA PASSION, C'EST FABULEUX DONC REVENIR A UN RYTHME HOTEL VOYAGE COMPETITION, C'EST LE BONHEUR. JE PARS SUR LE MEETING DE HONGRIE POUR LA PROCHAINE COMPETITION.

14.08.2020 20:14

**Orlando ORTEGA (ESP)**

**110m Hurdles Men - 1**

AMAZING COMPETITION, I WAS TRYING TO DO ALL THE BEST. IT WAS A DIFFICULT SEASON TRYING TO TRAIN AND I'M REALLY HAPPY TO START A SEASON LIKE THIS WITH A WORLD LEAD. GOING TO BUDAPEST NEXT.

14.08.2020 20:15



Flash Quotes

**Bryce HOPPEL (USA)**

**800m Men - 2**

THIS RACE FELT GREAT. I SAW BRAZIER AT THE END AND I GAVE EVERYTHING THAT I COULD BUT IT WASN'T ENOUGH.  
TRAINING HAS BEEN WEIRD FOR ME BECAUSE I CURRENTLY DON'T HAVE A TEAM TO TRAIN WITH BUT RUNNING HERE TURNED AMAZING, A LOT BETTER THAN I THOUGHT.  
I HAVE THEN A RACE BACK IN THE US AND I THINK I'LL CALL IT A SEASON BECAUSE THERE IS NOT MUCH TIME LEFT.

14.08.2020 20:19

**Donavan BRAZIER (USA)**

**800m Men - 1**

IT FEELS GOOD AND LIKE THE VALIDATION HERE. I'M RACING EVERYBODY ON THE WEST COAST AND I DON'T REALLY KNOW WHERE I'M AT. IT'S EASY TO WIN THESE COMPETITIONS BUT COMING HERE AND 4 OF THE TOP 8 GUYS ARE IN THIS RACE SO I'M REALLY HAPPY, IT WAS EXCITING.  
YOU ARE TRAINING EVERY DAY, BUT YOU'RE NOT REALLY MOTIVATED WHEN THERE IS NO MEETS, SO HAVING A PROPER SCHEDULE FINALLY FEELS REALLY GOOD.  
I'M GOING TO BUDAPEST NEXT

14.08.2020 20:23



Flash Quotes

**Jessica HULL (AUS)**

**5000m Women - 4, NR, PB, AR**

This race was hard!

I knew it was gonna hurt, but it's a pain I never knew before!

I was so surprised because we got to 6 laps to go and I felt alright and then we came down with 3 to go and I was like "oh my goodness" I'm never gonna finish.

But my teammate was right there and while we haven't been able to train together because she was training in Portland while I was in Australia, we were training in parallel and I took confidence that if Shannon (Rowbury) could do it, then I could do it and vice versa.

14.08.2020 20:40

**Hellen OBIRI (KEN)**

**5000m Women - 1, WL, MR**

Because Kenya was in lockdown, I was not able to train properly so I was not well prepared for this race.

For me, I thought I was in a shape for 14.40 and seeing I did 14.22, I am really happy!

It's a golden opportunity to come here and to run a world lead and a meet record.

It was really tricky to accept the situation overall of not competing in Tokyo but we have to accept this and we need to train for next year!

14.08.2020 20:48

**Ludvy VAILLANT (FRA)**

**400m Hurdles Men JobZone - 4**

Je suis tres content de ce retour en competition. Ma 2e course, avec un chrono a 49.35, je suis vraiment ravi.

J'ai repris la competition il y a un mois et 3 semaines et il me manque beaucoup de seances spe pour retrouver des chronos comme j'avais mais une course comme ca avec des tenors, ca fait vraiment du bien. Le reste de la saison pour moi se fera en fonction de ce soir et de discussion avec mon coach.

14.08.2020 20:55



Flash Quotes

**Karsten WARHOLM (NOR)**

**400m Hurdles Men JobZone - 1, WL, MR**

This was a very very good season opener. I felt very strong, things I've been working on actually work. I had a very good finish today and I'm really happy. It's great seeing some audience, hearing the sound of the audience, and having some competitors by my side felt great.

I did 13 strides all the way but it's not really about the strides, it's about how to keep the pace going and I felt like I did this so I'm very happy about how I completed the race today and I felt it was a great start.

14.08.2020 20:59

**Ajla del PONTE (SUI)**

**100m Women - 1**

I came here to get one of the first 3 places so I'm very happy with the win. It's a really good feel tonight and it's good to be back racing in a Diamond League.

I didn't want to see this year as a lost year and I really wanted to keep improving and showing that even though there was a pandemic, there were things you could do and you could still make it.

14.08.2020 21:08

**Timothy CHERUIYOT (KEN)**

**1500m Men - 1, WL**

The first lap was hard so I tried to close on the last lap because Jakob was coming fast.

It was nice lining up with the Ingerbrigsten, and it was nice competing again. After training so long on my own, it is really good to finally see a stadium with fans, it's amazing.

14.08.2020 21:16



## Flash Quotes

### Amandine BROSSIER (FRA)

#### 400m Women

Ca fait plaisir de retrouver une ambiance et de se remettre dans le rythme mais ce n'est pas la course que je souhaitais, je suis partie sur un trop petit rythme et c'était difficile à relancer. Je vais faire le meeting de Marseille le 3 septembre.

14.08.2020 21:22

### Katarina JOHNSON-THOMPSON (GBR)

#### High Jump Women - 6

It was one of my dream places to compete. Every year I always watch the meet and I'm always jealous of the athletes that can compete here so it's always been my dream to compete in this stadium. It's a great atmosphere, I loved the lights on the track, the people in the stadium.

I just want to compete and I'm not in the best shape or in the shape I was last year because I've worked so much and being away from my coach has been damaging a little bit so now I'm back into the swing of things and to me, it's just about competing, so next year is not a complete shock to the system.

14.08.2020 21:24

### Jakob INGEBRIGTSEN (NOR)

#### 1500m Men - 2, AR, PB

I felt like I kept the same pace. Cheruyiot was struggling, he went out way too fast. But going from 2.30 to 2.28 it's double the achievement. It's crazy.

This year I have been doing every session, I never skipped a single one because I was very motivated after Doha. That's why I can run this fast. It's unbelievable to run this fast in one race. It's one shot, one chance.

14.08.2020 21:32



Flash Quotes

**Joshua CHEPTEGEI (UGA)**

**5000m Men - 1, WR**

I think Monaco is a special place and it's one of these places where I could break the world record. It took a lot of mind setting to keep being motivated this year because so many people are staying at home but you have to stay motivated.

I pushed myself, I had the right staff with me, the right coach. I'm also usually based in Europe, but being based in Uganda with my family was actually great. I will for sure celebrate the world record when I get home.

14.08.2020 21:48

**Noah LYLES (USA)**

**200m Men**

Overall, it was alright. I got high expectations for myself so I'd say the race got the Noah stamp of approval but I wouldn't say it got the Noah satisfaction stamp. About my brother, I had enough faith he was going to be next to me.

It's a lot better to be out here competing instead of being in your back yard. Racing on home tracks really felt like practice and I wanted to compete, feel the pressure with the other athletes, get that excitement going.

For me, being on the circuit is very good, I'm a very social person and when I can't get that, it takes away from my needs and my normal behaviour and that's where I start to feel stressed and trying to cope with that over quarantine has been very hard.

I believe the race went well today so I'll just do this again for the next races.

14.08.2020 21:54



Flash Quotes

**Faith KIPYEGON (KEN)**

**1000m Women - 1**

I feel great to be back racing and after all we've been through, it was a great race today! Having Laura so close to me coming at the front helped me to push myself. Training in isolation was really hard, training alone with the tracks in Kenya all closed was complicated but I managed to train a little bit and I'm really happy to win tonight.

14.08.2020 22:04

**Armand DUPLANTIS (SWE)**

**Pole Vault Men - 1, WL**

That was pretty important for me. I wanted to get over 6metres, I wanted to show everybody and myself that I am in six-metre-shape. Still a little bit rusty, there are still a couple of things I've got to figure out on my run, it's just kind of a rhythm thing. Physically I feel good, but the rhythm is just not exactly where I want it to be, but I've definitely got some good feelings, especially that six-metre jump, that was nice. It was a nice jump.

The last three meets I competed in had no spectators and it almost felt like this was just the reality now and I was getting used to it, so coming here even with limited spectators, the energy felt overwhelming almost. It was fantastic. There were some times on those third attempts where I really needed the crowd to hype me up and get me over these bars and they came through.

I think I'm just lacking the competition practice, just silly little things that the more I compete, the more I can fix them.

I've got to do the maths here, I'm gonna jump (at the Swedish champs) in less than 48 hours and my mom and her friends take like 25, 28 hours to drive my poles back to Sweden. They're gonna go and get a little bit of sleep right now and go and wake up really early and go on that long trek again. I don't know how they're gonna do it. I definitely need to do something special for them when we're back in Sweden together.

14.08.2020 22:08



Flash Quotes

**Yulimar ROJAS (VEN)**

**Triple Jump Women - 1**

I arrived in Monaco in a really good shape and the sensations were there so I am really happy with the competition.

It has been a very difficult year and I'm doing my best staying motivated for the Olympics next year.

14.08.2020 22:12

**Soufiane EL BAKKALI (MAR)**

**3000m Steeplechase Men - 1, WL**

Je suis très content d'être au meeting de Monaco, c'est un très bon meeting, où il y a de bons chronos et il y a un vrai plaisir à gagner pour la 3<sup>e</sup> fois ici pour la 3<sup>e</sup> année de suite.

Ça a été difficile de continuer les entraînements pendant le confinement, pas de lievre ici, mais je suis très content parce qu'après il y a du niveau.

J'ai passé le confinement au Maroc et j'ai décidé de continuer les entraînements à 1600m d'altitude pour courir ce meeting et chercher un bon chrono.

I am very happy to be competing in Monaco, it's a very good meeting, where we have a lot of good times and there is a real pleasure in winning for the 3<sup>rd</sup> time here in a row.

It has been difficult to keep the training going during lockdown, we had no pacemaker here but I am really happy because behind me in the race, there was some level.

I spent the confinement in Morocco and I've decided to keep going with training at 1600m of altitude to be able to run this meeting and do a good time.

14.08.2020 22:16



Flash Quotes

**Laura MUIR (GBR)**

**1000m Women - 2, NR**

It was so great to be back. I've raced once already, but it was a very small meet, so to come here to race in such a great field and the crowd's response has been really, really nice.

Jemma Reekie and me working together it meant that we were working really hard out of lockdown and pushing one another really hard, so even though we didn't have many competitions, we were still motivated to push each other on and run well and you've seen that in these last couple of races we've been running really well.

Racing a time like today gives me a lot of confidence going into an Olympic year. To do that in my second run, to run a British record I'm really, really pleased with it and it's just great to be back racing and am just excited for next year.

14.08.2020 22:22

