

Flash quotes

As of SAT 20 JUL 2024

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Women Croydon Harriers (GBR)

4x100m Relay Girls Club:Connect U15 - Winner 47.86 SB

We were excited and nervous coming into it. When you run you're so focused you don't even realise that you're racing anyone, when I got to the end I was just so happy! Our coach is going to be very happy with our time. It feels great.

20.07.2024 18:57

Men Croydon Harriers (GBR)

4x100m Relay Men Club:Connect U17 - Winner 41.70 PB

We're feeling amazing, a perfect run. We feel good, you practise for this and prepare for this. A big PB for our club. Our coach is very hard on us but very good as well, he got us that 41.70!

20.07.2024 19:25

Reece PRESCOD (GBR)

100m Men National - 2nd 10.14

That was a good race for me, I'm just trying to work on a few little bits and pieces in my running. I was a bit down there at the start but my finish came through really strongly so I'm happy about that. This race was all about my personal development and I'm just trying to get better each week so I'll take 10.14, and I'll keep going from there. It's great being back in the stadium running well, and feeling happy with my running.

20.07.2024 19:33

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Eugene AMO-DADZIE (GBR)

100m Men National - Winner 10.12

I have dreamed about racing at this stadium. I have worked here and I watched Kenni Harrison break the world record here a few years ago. Yesterday I was like a kid in a candy store knowing I was going to run here. It is lovely to go into battle with the guys and of course great to get the win. I am healthy as well and I have the relay later so I am very pleased. My coach said be patient and don't rush, just go through the phases and that is what I did.

20.07.2024 19:33

Imani LANSQUOT (GBR)

100m Women National - Winner 11.12

I have had stuttered start to the season with injury so it was great to be here in this my favourite meet. I literally live up the road so I really wanted to be here. I grew up round the corner. I was feeling strong and I was very ready to race I am pleased with that today. We leave for Paris tomorrow so there is no rest now, it is full on.

20.07.2024 19:39

Desiree HENRY (GBR)

100m Women National - 2nd 11.22 SB

I'm feeling really really positive, a season's best for me and I'm consistently running in great shape. It was the last individual race before the Olympics and then obviously I just need to wait and see about the relays and just hope I can show the selectors that I'm a valuable individual runner. I'm just looking forward to coming back out here again later for the relay. I've been working on my start a lot, because I'm not the greatest starter but I'm aware of that and I've been trying to work on it in training and I feel like I got a really good start. It kind of frightened me a little bit but then I had to find my rhythm and flow but I'm happy with how it turned out.

20.07.2024 19:39

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Ben SANDILANDS (GBR)

1500m Ambulant Men - Winner 3:56.62

I struggled a bit in the start but it got easier and I'm happy with the win. The noise of the crowd is great for the race. Now I've got the Paralympics coming up, so we'll see how that goes.

20.07.2024 19:51

Steven BRYCE (GBR)

1500m Ambulant Men - Second 3:56.62 PB

My aim today was to get a good time at 3:55, but that was hard but it was good. I really pushed myself. Before Paris now I am just going to get some more training in.

20.07.2024 19:53

Thomas YOUNG (GBR)

100m Ambulant Men - Third 10.92 NR PB

I knew both Zak and Zac were going to be quick, so I just wanted to get out and attack my run to really push to the line. We all really wanted to go under 11 and we did. I knew it would be tough to win today, Zak ran really well and I'm so happy for him. It's really good racing each other at the London Stadium as we train together all the time, but we never really get the chance to compete together in our own classes. It makes it so competitive and I love to compete here. I ran 10.93 earlier in the season, so I'm getting there with a new PB and National Record today. Fingers crossed for Paralympics selection, I'll keep on pushing and hope to get there.

20.07.2024 20:02

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Sophie HAHN (GBR)**100m Ambulant Women - Winner: 12.55 SB**

I have been working on staying focussed, not leaning too far forward and being relaxed at the my start so I was very happy to be in the lead by 50m but I knew Maddie was pushing me hard and was on my shoulder so very pleased to take the win. My season is building nicely to Paris with another season's best today.

20.07.2024 20:09

Zak SKINNER (GBR)**100m Ambulant Men - Winner 10.84 NR PB**

It came as a surprise to me (breaking the National Record). I know I'm in really good shape but there's a lot of this when you come to this stage and race the boys that do this day-in and day-out, and that are quicker than me. I always come here wanting to win, so my goal was to try and win but to do that I had to execute and I did it. I don't really know how but I managed to just keep my head down and get on with it. I always get nervous about false starting so I try to stay present and listen to the gun, I just wanted to make sure I drove. I felt like I sat in the blocks a bit, because I was so nervous, but I know that I need to relax to run well so I just relaxed and let my legs do the work and somehow I managed to win. When I crossed the line I didn't know who had it, what a race.

20.07.2024 20:10

Maddie DOWN (GBR)**100m Ambulant Women - Second 12.97 PB**

I tried to focus on it being a normal race today. I tried to relax this morning with the race not being until 1pm. It feels really surreal to finally get under 13 seconds after so long trying and building up to it. I have been taking the season race by race and hoping that will get me to the Paralympics which is obviously the ultimate goal for me.

20.07.2024 20:19

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Zac SHAW (GBR)**100m Ambulant Men - Second 10.87 SB**

It was good, a bit messy but ultimately that's where I am right now piecing it together every race. I think that's probably the best race I've put together so far and I finished second so it's all building blocks. I need to close on the last 20m, at the minute I either get out well and finish bad or start bad and finish well so I need to watch it back and see what I can tidy up. Selections are on Monday for the Paralympics so hopefully I'm in that, just taking it day by day at the moment.

20.07.2024 20:19

Brent LAKATOS (CAN)**1500m Wheelchair Men - Winner 2;59.95**

It has been a long time coming. I've had a bit of an injury so I've had to miss most of the competition season so I was really nervous before this race. I knew I had to at least try and get a race in and get back as quick as possible because Paris is just around the corner so to come back, get a race in and win has made me so happy. The Canadian team is announced in a couple of days so coming out here and being able to prove my fitness has put me in a good position.

20.07.2024 20:26

Nathan MAGUIRE (GBR)**1500m Wheelchair Men - Second 3:00.11**

I just wanted to come and race against the fastest in the world and to be able to do it front of a home crowd makes a massive difference. It's great to be able to get a bit of practise in, it's always exciting to race in front of a British crowd especially when you've got all your family in there as well, it makes a big difference. Today was more about just seeing where I am and practising before the big one in a few weeks. Selections are on Monday and there's no guarantees so it's just about training, training, training and a nerve-wracking wait until then. If I get to Paris then it'll be to make the final and see what happens, racing against Brent there was great and being able to push him to the finish line is special so we'll see how I get on.

20.07.2024 20:36

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Sammi KINGHORN (GBR)

800m Wheelchair Women - Winner 1:43.24

It went according to plan although Lea (Bayekula) went out very fast so I was like what do I do now. I took it out and overtook Mel (Woods) who tucked in behind and then I tried to relax on the second lap and hold on to it.

I am racing tomorrow at the England Champs. It is on my way home so I thought I might as well and it is all good championship experience for doing back to back races. After that it is all about staying healthy, staying fit and preparing for Paris.

20.07.2024 20:39

Samuel REARDON (GBR)

400m Men National - Winner 44.70 PB

I'm over the moon! I knew a big run was on the cards but 44.70 though. I told my coach if I was going to run a 44, today is the day to do it. I've had a hard year with injury, trials for the Olympics was probably two weeks too early for me and I think that proves it. That run there proves to me that I was capable of making that team, I just wasn't ready when trials happened which was unfortunate. People always ask me if I'm a 400 or 800m runner, and I always say both. I think that solidifies me as a 400m runner. I'm just ecstatic, and hoping to do both for as long as possible. The crowd was amazing, even on the start line it really fires you up and it definitely helped bring me home - I can't believe it.

20.07.2024 20:50

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Alex HAYDOCK-WILSON (GBR)**400m Men National - Second 45.37 SB**

I had a feeling today that someone was just going to go for it, there was some energy and I could just feel it. Sam is someone who I've always admired ever since I was on the team a couple of years ago, I just saw the spirit in him, the determination so to see him race like that I can only be happy. I gave that my best effort and put myself in the best position. I thought I was leading there, but my man just came through stronger so I've just got to get fitter and get to work. We do this for the risk and rewards, when the rewards come it's always sweet. Running in front of a home crowd at the Olympic Stadium means so much to us athletes. The UK just needs to do more things like this to be honest, because it makes my year running in front of my people.

20.07.2024 20:57

Yemi Mary JOHN (GBR)**400m Women National - Winner 51:18 SB**

I started to feel confident on the back straight, I could perhaps have done more in the first 100 but then coming into the home straight I felt strong and that's what I am good at so I am satisfied. Back to back racing is great experience and what I enjoy. You have to get used to that as a professional and I feel I am thriving. That is my last 400 now all my focus is on Paris and the relays.

20.07.2024 20:58

Nicole YEARGIN (GBR)**400m Women National - Second 51.64**

Today I wanted to maintain and try to improve my time. I was feeling good in the race, I think I just need to work on my start and it will really change the game for me. Ahead of Paris I'm just trying to stay healthy, eat good, sleep good and get ready to win a medal at the Olympics.

20.07.2024 21:06

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Mackenzie LITTLE (AUS)**Javelin Throw Women - Winner 66.27m PB**

I don't think I even really expected that. I've had a full week where I've not been working and have had a full eight hours sleep every night and that's helped so much. I couldn't ask for more than getting a PB in the last competition before the Olympics but it does bring a lot of expectation and pressure. I think it's going to be a matter of holding the nerves in and controlling them. I was trying to be switched on the whole competition and I really needed to work on building throughout the whole competition. In the Olympic final I really want to be there and not be reliant on what I did in the first round. The field is relatively open with lots of people gunning for it so there's no room to be complacent here.

20.07.2024 21:10

Shamier LITTLE (USA)**400m Hurdles Women - Second 52.78 SB**

I really wanted to stay upright today, stay focussed and get a good a good time. With the relay in Paris I am very excited as I love the team environment of the relay and the Olympics. I haven't done a relay at this level before so I am very excited. Being Team USA we will expect to medal and get a good time so I want to part of that of course. I love this stadium, it is so loud and really is what track and field about.

20.07.2024 21:12

Femke BOL (NED)**400m Hurdles Women - Winner 51.30 MR**

I truly love to run here in this stadium, it is so special and to put on this great field it is fantastic. I am super happy with my performance today. I am working on my opening and getting to that first hurdle. I am excited for Paris and of course put on my best race there and I am looking forward to racing Sydney that will push us both. I will be ready for it and the relay as well of course.

20.07.2024 21:22

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Adriana VILAGOŠ (SRB)**Javelin Throw Women - Second 65.58 NR PB**

I am very happy! In the last Diamond League I threw very bad so it was hard after that to mentally pull everything together. I'm incredibly happy that I had a good performance at the last competition before Paris. Now before Paris I'm focusing on staying healthy and working on my technique to be more consistent.

20.07.2024 21:23

Rushell CLAYTON (JAM)**400m Hurdles Women - Third 53.24**

I really wanted to just get my body going before Paris and focus on executing well. I have been working hard in training and today was a great opportunity to see where I am at. I was working hard throughout the race trying to focus. I'll be heading home now to work on the final touches before Paris.

20.07.2024 21:31

Maggie MALONE-HARDIN (USA)**Javelin Throw Women - Third 62.99m**

I feel good but I'm also hungry for more, I wanted to throw a bit further but overall I'm happy with it. London is amazing, this is the first time I've been here since the 2012 Olympics as a spectator and this was just so incredible to be in this atmosphere! Nobody does it like London. It was good seeing everybody, this is a tough field so I knew it was going to take a little more so I wish I could have got a little bit more but it's alright. Coming into this I felt awesome, like I said I wish I could have thrown a little further but hopefully I'll get more in Paris.

20.07.2024 21:31

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Leonardo FABBRI (ITA)

Shot Put Men - Winner 22.52m

I feel really excited. Today was really tough but it was good to end with a big throw. I'm really happy because mentally I'm really improving a lot and I'm really confident for Paris. I'm going to go home train hard and just look forward to Paris.

20.07.2024 21:39

Ismail Doudai ABAKAR (QAT)

400m Hurdles Men - Third 47.72 PB

That was a huge PB for me so I am very excited now for Paris. I knew I could do it and now I can go there and I really feel I can get to the final. To take this much off my PB puts me really in the right place for the Olympics.

20.07.2024 21:48

Ryan CROUSER (USA)

Shot Put Men - Second 22.37m

Overall I was pretty happy with today, obviously I would have liked to win but I was pretty consistent out there so overall it wasn't a bad day. It was a good step in getting ready for Paris. I've got a couple more weeks but I can see myself rapidly improving after injury. I'm staying here until Paris so I don't have to worry about jetlag once we get to the Olympics. It wasn't perfect today but it was a lot better than it could have been.

20.07.2024 21:49

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Payton OTTERDAHL (USA)**Shot Put Men - Third 22.13**

I feel solid about my performance, it was better than my last competition a few days ago in Switzerland so I'm glad to be improving in the lead up to the Olympics. This competition was huge, the top six were here right now so to come away in third place is a little bit of a confidence builder going into the Olympics. The atmosphere was awesome. Last year was my first time doing this meet in a full stadium so this year it was great to see the crowd is really getting into it. We don't really fill stadiums like this too well in the US so it's always great to compete in front of an enthusiastic crowd.

20.07.2024 21:56

Roshawn CLARKE (JAM)**400m Hurdles Men - Second 46.63 SB**

It was not the cleanest race, but I came out here with the goal to run a season best or a personal best. To finish with 47.6 I'm grateful, compared to this time last year I am performing better. I'm going to keep working from here and try to improve going into the Olympics.

20.07.2024 21:58

Laviai NIELSEN (GBR)**400m Women - Fifth 49.87 PB**

I really wanted a 49 today, like so bad! I'm so happy with that because I wasn't going to walk away today without a 49. That race was so important, we go to Paris tomorrow and I have high hopes for Paris. I really want to make that final so I had to come today and really put it down. I'm not sure where I finished in the race but a 49 going into an Olympics bodes really well. I'm so happy with my performance. The crowd was electric, this stadium is my favourite place in the world. I have this stadium to thank for so much, it's what inspired me to commit to the sport.

20.07.2024 22:03

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Alison dos SANTOS (BRA)**400m Hurdles Men - Winner 47.18**

I am feeling ready and prepared for the Olympics. I know what I need to do and to fight for that gold medal, so I am very excited. Coming into today I was feeling really strong, during the first part of the race I was pushing too much, but I still managed to win. I am going back to Turkey to rest and prepare for Paris.

20.07.2024 22:06

Lieke KLAVER (NED)**400m Women - Third 49.58 PB**

I'm feeling good. Slowly but surely I'm getting better and that's what I like to see. I don't think I've ever been in a stadium as full as this and I loved it. It's nice to compete with three other British women in it, you can feel the energy. I'm getting better and better each step so competing well now gives me confidence ahead of Paris.

20.07.2024 22:13

Grant FISHER (USA)**3000m Men - Second 7:27.99**

I had hoped that at the end I would find another gear, but I felt that I ran the race well and I've got another two weeks before Paris. Now it's time to taper down, maintenance and a little bit of altitude training. Then get ready to go again at the Olympics.

20.07.2024 22:16

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Dominic Lokinyomo LOBALU (SUI)**3000m Men - Winner 7:27.68**

It was a great race for me taking the win and the PB. It was a big battle in the last 150m so I was very pleased to have come out on top so such a small margin and in a big PB for me.

20.07.2024 22:24

Edwin KURGAT (KEN)**3000m Men - Third 7:28.53 PB**

Throughout the race I was feeling good, really composed. This was the race where I wanted to run good to get ready for the Olympics so I'm glad with how I ran. I'm feeling confident going in to Paris, running under 7:30 is a big achievement for me and now I'm just ready for what's to come. The crowd was amazing, they helped push me to get it finished.

20.07.2024 22:25

Jemma REEKIE (GBR)**800m Women - Second 1:55.61 PB**

I just wanted to have a solid run out here today. I had COVID a couple of weeks ago so I missed a bit of time but I knew if I was chasing after Keely I'd run fast. I was really happy with my position, we went off a little quicker than I expected. I'm definitely aiming to get myself a medal in Paris, I'll do the same again and try and chase Keely down but she's an amazing athlete.

20.07.2024 22:34

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Hamish KERR (NZL)**High Jump Men - Winner 2.30**

London is an amazing stadium, we've been here a few times now and you always know it's going to be a special place. My jumping is feeling so good at the moment, I felt a little under the weather this morning so that's why I didn't push it with the last jump. But overall, I'm really happy with my performance and I know I'm in really good shape going into the Games. The crowd is amazing, if anything I was a little bit disappointed that I couldn't put up more jumps for the crowd because they really would have started responding if we were jumping a little higher than we were. I love London, and always feel like there's a lot of love in the crowd.

20.07.2024 22:39

William GRIMSEY (GBR)**High Jump Men - Third 2.22**

It was good today, the atmosphere is amazing here. It's cool to see so many people out to support athletics. It was a pretty good performance, I nearly got a PB so I can't complain too much. It's my last ever competition today so it's just nice to go out with a good performance.

20.07.2024 22:47

Georgia BELL (GBR)**800m Women - Third 1:56.28 PB**

I'm really happy. I'm a Londoner so it's cool to perform in London and I'm loving the experience. The 800m helps me with speed training for the 1500m, I've not got any more races before the Games just a block of training. Until then I'm just focusing on staying healthy, happy and hopefully have a good performance in Paris.

20.07.2024 22:50

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Keely HODGKINSON (GBR)**800m Women - Winner 1:54.61 NR WL PB MR**

I felt really good today, I just wanted to go for it and see what was there. It was a little bit of bravery and fearlessness with a great atmosphere like this, I didn't want to waste the opportunity. It's so nice when you're walking through and you hear people shouting your name. The Brits know how to put on an athletics meet, I wish there were more in this country because it's the best crowd I've ever run in front of. I'm feeling really good and confident ahead of Paris. Obviously the main aim is just to get to the final first and then once we're there we can discuss getting medals. The team did so well today, Jemma got a huge PB so it's looking good for Paris.

20.07.2024 22:54

JuVaughn HARRISON (USA)**High Jump Men - Second 2.26**

It went alright. I've been a little rusty my last couple of meets, they haven't gone the way I wanted but I've started picking myself back up and get to where I need to be at.

20.07.2024 23:04

Adel MECHAAL (ESP)**1 Mile Men Emsley Carr Mile - Third 3:49.21 SB**

It was incredible, last year I also raced here and I've been racing in this Diamond League for too many years racing against Mo Farah finishing second. London know how to put a show on, what an amazing Diamond League, what an amazing crowd. It's just 11 days until the first heat of the 1500m, so I tried to come here and be as competitive as I could without tiring myself out ahead of the Games.

20.07.2024 23:07

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Narve Gilje NORDÅS (NOR)

1 Mile Men Emsley Carr Mile - Second 3:49.06 SB

I feel alright, I should have been a bit more aggressive in the beginning but lots of people fell and a gap formed between the leaders and the group I was in, I should have gone with the leaders but I caught up and almost got the victory. The greatest atmosphere is London because it's 50,000 spectators to show you're a great competitor to. It's not been the greatest season so far, especially in the 1500m and mile so it is good to be on the podium again.

20.07.2024 23:13

Oliver HOARE (AUS)

1 Mile Men Emsley Carr Mile - Winner 3:49.03 SB

I felt bad for the fallers, I came into the race not to wrestle but it's tough and that's the way it goes so I just made sure I stayed clear of that. I felt confident with where I was and with 300 to go I thought it's time to make a move, and I made sure I worked hard for the last 50m. It's my first Diamond League win in 4 years, so to win one in London is a special place for me. It's such a competitive field, you can't make any mistakes. Everyone is a target so I just want to make sure that I can try to get in as best I can. This was definitely a confidence booster but as great a competition as it was, it's not the Olympic Games so I just have to go back to my training base with my team to make sure I've prepared as best I can and then just make sure I have fun with it.

20.07.2024 23:18

Flash quotes

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Matthew HUDSON-SMITH (GBR)**400m Men - Winner 43.74 AR WL**

43 seconds before Paris is exactly what me, my coach and team were aiming for. To get that world lead and to set myself up for Paris is what I really needed to show the rest of the world what I am capable of. Before today I wrote on a paper that I was going to run 43.7, because I did a race model and my coach had told me I was in 43 seconds shape. All I had to do was go out there and show it, not blow it at the beginning. But, I knew I had it in the bag. Getting ready for Paris is all that matters and I believe today was very important for that. My physio said go out there and have fun and that is exactly what I did, in front of a home crowd. At the Olympics there is 8 other men who could take away the gold medal, a lot of people say that the 400m is not a favourite and I think it is because there are no Americans involved as much as they used to. The rest of the world has caught up, so I think this year across the board it is really open at the Olympics.

20.07.2024 23:21

Molly CAUDERY (GBR)**Pole Vault Women - Third 4.65**

I feel like it was a little bit of a lost opportunity for me, I didn't quite do as well as I wanted. It's always such a dream competing here. I love this stadium, I love the British crowd and I still had a lot of fun. I'm really excited for the Olympics, I know today didn't go as planned but I've got so much consistency behind me this year and I'm feeling confident going in. I'm just so excited, it's my first Olympics!

20.07.2024 23:25

Nina KENNEDY (AUS)**Pole Vault Women - Winner 4.85**

I love the London Stadium, this is only my second Diamond League here but with 56,000 people screaming it's so nice. I wouldn't normally do a Diamond League or competition this close to an Olympic Games or major competition so it was really about getting through healthy and smoothly.

20.07.2024 23:30

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Julien ALFRED (LCA)

200m Women - Second 21.86 NR PB

I don't know what to think! I felt strong in the race. I'm going back to Monocco to train and then I'm off to Paris. I'd love to get a medal in both, but most importantly I just want to have fun. It's my first Games so having fun is important.

20.07.2024 23:33

Gabrielle THOMAS (USA)

200m Women - Winner 21.82 MR

I feel really good. It's made me feel confident going into the Paris Games after that one. All things considered, hopping off the plane and coming into this stadium with all these people was a really good race for me. This crowd is incredible, it's got to be my favourite Diamond League - it's just so fun. The crowd is incredible, the stadium is incredible and it's so well run. I'm so happy to be here, this was a great experience.

20.07.2024 23:35

Malaika MIHAMBO (GER)

Long Jump Women - Winner 6.871 fe

I feel quite good about it. I had COVID during/after the European Championships so I still need some time to rest and come back so that I'm at full capacity again. It felt good to lead from jump one, I knew it wasn't an optimal jump so I'm really happy about that. Once I'm in Paris I'll be completing focused on the Games. Physically and mentally I'm in great shape and I'm just looking forward to it and want to enjoy it.

20.07.2024 23:40

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Vernon NORWOOD (USA)**400m Men - Second 44.10 PB**

I feel good and I could not be more happy to walk away with a personal best. The second bend I wish I had attacked it more I was too patient and reserved, but Matt Hudson-Smith had a good day and just got to give him credit. Before Paris I'm just going to chill, train a little and not change much.

20.07.2024 23:47

Louie HINCHLIFFE (GBR)**100m Men - Fourth 9.97**

I am happy with the time but I really wanted to win the race. I am confident in myself so I am especially happy to finish first Briton in the race. In Paris I am aiming to win. I start every race with a view to win. My focus after that is to finish my college course next year before I think about turning pro or anything else. It is important to have something else as athletics will not last forever. My coach will watch today's race back with me and we will learn a few things I am sure.

20.07.2024 23:52

Jereem RICHARDS (TTO)**400m Men - Third 44.18 PB**

It feels great, I did not even know I was running that fast. I just wanted to go out and try and finish. I was running blind and it was difficult, but all praise and thanks to God. Without him this would not be possible. This stadium has always been magic for me. This is where I got my two world medals and the beginning of my career, I felt the magic again today. This race was really important, it meant a lot and to come away with a huge PB. I am going to celebrate today, but not to get too over excited and enjoy the moment.

20.07.2024 23:53

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Noah LYLES (USA)

100m Men - Winner 9.81 PB

A PB and getting faster before Paris. I wanted to dip under the 9.80 - I thought I was going to get a wind like everyone else. I know exactly where I am ahead of Paris. I knew we'd be getting more eyes on us, I've been waiting for this for six years! I live for the biggest moments, the more eyes the better I perform. As soon as I get on the stage when the TV is on and people are watching, I perform. I'm very excited for the relay, we've all been together talking about the World Record but we've got to get those sticks around and we've got to get them around cleanly and that's what we've been doing the most - communicating.

20.07.2024 23:58