

Flash quotes

As of FRI 12 JUL 2024

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Rai BENJAMIN (USA)

400m Hurdles Men - 1st - 46.67

I did not run the race I wanted to execute but it was all about getting in and seeing what do I have in me. I did not run the home straight so strong as I usually do but that is ok as I won. I still need to get back home and prepare for the rest of the season. Paris is going to be madness. I have to win there. I believe I can do it. I will go back home and try to get as sharp as possible.

12.07.2024 18:33

Alison dos SANTOS (BRA)

400m Hurdles Men - 3rd - 47.18

I am really really happy with the opportunity to be part of this clash of the bests. It was great and it is always exciting, we ran a great time so I am really excited for the next one. Me and my coach were trying to work on the first part of the race, the beginning was aggressive and I also finished strong. We learned little things and we know what we need to adjust to do better for the next one. No matter how healthy you are, no matter how fast you are running, you always need to show up. We are always giving 100%.

12.07.2024 20:11

Rhasidat ADELEKE (IRL)

400m Women - 1st - 49.17

I feel pretty good because I controlled the race. I am happy about the way how I started and finished the race. Each race brings me a lot of confidence. I am consistant which is always great. Anything can happen in Paris as it is a championships. I just want to run fast but the women's 400m this season has been spectacular. I am really looking forward to that race.

12.07.2024 20:19

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Haruka KITAGUCHI (JPN)

Javelin Throw Women - 1st - 65.21m

I felt really confident throwing during the practice and that is why I am happy to throw a season's best in the first attempt. The wind was good for me today, it was coming from the back which helped me in achieving the result. This season has been a struggle for me. I am missing my confidence a lot. But throws above 65m bring back the confidence. The stadium is amazing, I absolutely love the crowd and their support. I will go to the Diamond League in London next and after I will focus on the Olympic Games. I want to win the Olympic gold.

12.07.2024 20:34

Djamel SEDJATI (ALG)

800m Men - 1st - 1:41.46 DLR MR NR

I would like to thank everyone, especially my family and my coach. It's the fourth time I run a World Lead and the second time an Algerian Record, I have worked really hard for that. Now I am thinking of the World Record, I hope to run it at the Olympic Games. I have two more weeks to prepare it. I will focus on that and put in the necessary work so that I can achieve my goal. I will keep the preparation the same. My mindset is that the hard work I have put in will pay off.

12.07.2024 20:37

Mackenzie LITTLE (AUS)

Javelin Throw Women - 2nd - 64.74 SB

I was very pleased to throw well in the first round. I came from Australia yesterday and so I am very happy to know that I can throw that far. I have been training well. I definitely didn't have the stamina throughout the competition. I was a bit disappointed how I responded to certain things. The competition was very slow, and I have been thrown by that. I have to build on that because Haruka is always gonna have a last good throw, I can't let that happen again. I have been working till the morning that I left, I am a doctor and work in the hospital. The week before I left, I did nightshifts to get on the European timezone. Now I will have time to get in my 8 hours of sleep and get ready for London.

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Quincy HALL (USA)

400m Men - 1st - 43.80 WL, PB

There was not any difference in today's and any other race. I knew I could run fast. After the American trials I knew I needed to step up my game a little bit and that it would be enough to run this fast. I feel like I have a lot more in my tank. I just need to start strong and then I can finish strong as well. Going to Paris, I do not feel like I have a target on my back.

12.07.2024 20:45

Mohamed ATTAOUI (ESP)

800m Men - 2nd - 1:42.04 PB

Oh my God, I feel so happy. It just feels amazing. It is really good that I was able to run faster than last year. I started slowly but I managed to keep up my pace. The crowd gave me an extra push to run the national record. It is my first time competing in Monaco and I like it. I want to come back for sure. My goal for the season is to reach the final of the Olympic Games and I believe that I can achieve it.

12.07.2024 20:50

Lieke KLAVER (NED)

400m Women - 2nd - 49.64 PB

This is giving me confidence and it shows me that I am doing the right things. I am still searching for my perfect race. I have run more aggressively today. For some time I didn't dare to go out fast, because I was afraid that I wouldn't finish that well. But I didn't enjoy those races neither. So I have been thinking on what I really like in the 400m, and that was running fast. Next week in London I want to run even faster.

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Jessica HULL (AUS)

2000m Women - 1st - 5:19.70 WR

I definitely felt Paris's race all week in the legs. So today the goal was just to be strong, even if my legs were very heavy. I ran at a different pace and level of fatigue I have never been at before. It was incredible, when I was on my own in the last lap, everyone was cheering for me. The wavelights also helped, I was just looking at the lights hoping that they don't catch me. It is amazing to be called a world record holder now. The last 200m were a long way, I didn't want to let down the spectators. I ran hard for this record, I worked extremely hard for this too. There are for sure some women who can run that 5:19, but for now I have my place in the history books. I am running so fast now, because I have been healthy for four years and have a really strong body now.

12.07.2024 21:01

Grant HOLLOWAY (USA)

110m Hurdles Men - 1st - 13.01

It is always tough to run races after a long travel. I arrived to Monaco from the USA just two days ago. To compete against some of the best talents in the world is great. I like the rhythm I had in the race today. I just need to push a bit more to run sub 13 seconds. I was tired after the American trials, they took a lot from me. But I am always ready to run the Monaco race. The only thing I need now is the rest and I will focus on it. I need it before the main competition this season.

12.07.2024 21:08

Lorenzo Ndele SIMONELLI (ITA)

110m Hurdles Men - 2nd - 13.08

The race felt very good, because at the last competition in Paris, I didn't feel that good. I think I had to rest a little bit, and I did. Now I am back again and today I demonstrated. It was a strong competition because it is similar to an Olympic final, being so close to Holloway is crazy. Now I want to get closer. If I can go under 13 seconds, I will go crazy. Because very few reached that and history would be made for me.

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Vernon NORWOOD (USA)

400m Men - 2nd - 44.34 SB

I executed my race pretty well and got out with a season best. I am improving, so I am gonna take it. Now I am getting ready for London Diamond League and the goal is just to hold the peak for the next weeks.

12.07.2024 21:14

Karsten WARHOLM (NOR)

400m Hurdles Men

That was a really close call. Coming from the training I am feeling fast but other guys run fast too. We will see what will happen next month. My coach and me, we have always been selective when choosing meetings to compete at. I ran at the European Championships this season but is different to run at the championships and at the one-day meetings. I will get some more training in the following weeks and I will give me all to prepare as best as possible for the rest of the season. I will try to win in Paris.

12.07.2024 21:14

Melissa COURTNEY-BRYANT (GBR)

2000m Women - 2nd - 5:26.08 NR

Jessica (Hull) is just an amazing athlete. Her race last week inspired me and today I wanted to be brave. I was as brave as I could have been. I put myself out there. The race was different, it hurt. My coach told me prior to the race that I am a really good athlete which I proved as I just missed the European record. The race was quicker than I would want but coach told me to start fast and I knew I needed to do it. In the second lapt I felt good, in the third lap I started to bite a bit. In the end I thought if I was about to die to finish this race, I will die then. I just pushed as hard as I could. I love competing in Monaco. Last year I ran my second fastest race here and this year a national record. There must be some Monaco magic for me.

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Letsile TEBOGO (BOT)

200m Men

The signs during my celebration were mainly for my mom. Everything I do now is for her, not for me. The race and crowd were really amazing. Now we just need to get to the Olympics with a healthy body. The race was perfect, we just shut it down and went to the line. I believe I am in the right shape for top performances, it's good that the Olympics come about.

12.07.2024 21:38

Nina KENNEDY (AUS)

Pole Vault Women

I had a really good jump at 4.88m tonight. Doing it in my first attempt was really important. The results by the other girls show us that everyone is in a really good form. Those 4.93m jumps from them were great as well. What is really special in the Olympic year is that everybody is showing off their best, jumping the personal best. Angelica (Moser, SUI), jumped a 10 cm PB which is huge. Everyone is pushing for the Olympic gold. Our sport is in a really good shape. Now I just got a fire in my belly and I want to win in Paris.

12.07.2024 21:38

Marta ALEMAYO (ETH)

5000m Women - 2nd - 14:40.44

The race was a good one. I like the pace. I managed to control it and in the end I managed to finish strong. I will get back to training now to focus on the upcoming competitions.

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Margaret AKIDOR (KEN)

5000m Women - 1st - 14:39.49 PB

I was not expecting to win because it is my first time in Monaco. I am so proud of myself because this is my first Diamond League victory. After 3000m the pacemaker slowed down but I just decided to push through because I knew I was strong. After the trials for the Olympics, when I didn't make the team, we decided to run in Monaco. I am not racing soon, I will go back to Japan where I train and live.

12.07.2024 21:45

Alexander OGANDO (DOM)

200m Men - 2nd - 19.87

I am not happy with my result because my goal was to run a personal best and to win the race, of course. But I am very thankful because I am healthy and I was able to run this race. It was great, however, I was thinking about finishing the first only, the same as everyone. My objective was to run under 19.80 which I did not manage unfortunately. I will get back home and continue my training for Paris. I believe I can win the gold medal there.

12.07.2024 21:49

Jakob INGEBRIGTSEN (NOR)

1500m Men - 1st - 3:26.73 AR, WL, PB

I feel amazing. It is truly amazing how we as athletes develop ourselves and we run even faster at almost every competition we participate at. I really enjoy competing in Monaco, especially when a lot of Norwegian fans are here. That helps me a lot. I will continue doing what I have been always doing. I will continue developing physically and continue believing in my training. I see that I am increasing my potential every year. It is really important for athletes to believe in what they are doing. When you achieve great result, it is easier to be confident for the future competitions. I am excited about Paris. I feel strong, I will do my best and hopefully bring home the gold medal.

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Angelica MOSER (SUI)

Pole Vault Women - 2nd - 4.88 NR

The competition was great, jumping a national record is always amazing and here I did it twice. Breaking my best by 10cm is just extra special and incredible. Today, the conditions were great, I used the same poles as at the Europeans, the shape is good and I am really looking forward to the Olympics now. This year we have worked a lot on the runup and my speed, and it did improve a lot too. I can execute my technique much better now. Moreover, my self-confidence is back. Today was the first one of a new competition block. I will be jumping in Lucerne and then in London and then already leaving to Paris.

12.07.2024 22:01

Timothy CHERUIYOT (KEN)

1500m Men - 2nd - 3:28.71 SB

The race was good, I am happy about my time and my position. The 1500m nowadays is a very competitive race with a lot of young guys coming up fast. So I am proud because I am peaking myself towards the Olympics. I need to work harder to keep up. I know that I can come back strong. I especially need to work on my speed endurance.

12.07.2024 22:07

Julien ALFRED (LCA)

100m Women - 1st - 10.85

I was specially prepared today not to make a mistake and to just focus on myself and my own race. I felt great during the race but now my legs hurt a bit because I did a heavy training. Of course, I can not complain right now, as I am taking home the Diamond League win. I am getting better with each race, I run more relaxed as well. I feel confident. I know that all I need to do is to trust my coach and to trust myself. The coach knows what is the best for me. I really love this Monaco crowd and the introduction of the event with the lights. I will get back to practice and just focus for my preparations for the Paris.

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Tamari DAVIS (USA)

100m Women - 2nd - 10.99

I didn't know that I finished second. It was a great race, I came in trying to execute my race from the blocks and hold the form. It was an amazing race with wonderful ladies, so it was fun. I am now just training until the Olympic Games in Paris where I will be running the relay.

12.07.2024 22:11

Shelby McEWEN (USA)

High Jump Men - 2nd - 2.31 SB

I came out and just locked in. We were working hard all year long. I am just coming off the US Trials, that was a big confidence booster for me. It's a big meet layover to Paris, so I am excited. I had a vision all year and it is finally coming all together how I wanted it to. I had just more discipline, more focus, more hard work and dedication and many things away off the track that made me successful on the track. I am excited for Paris, now I just need to keep the focus, getting the rest I need, feeling my body right and just work hard, day in and day out. And we hopefully come out with a gold, but a podium for sure.

12.07.2024 22:19

Agathe GUILLEMOT (FRA)

2000m Women - 7th - 5:32.63

Coming into the race I knew that I was going to break the national record. I am satisfied, because it was a good race. I usually run more the shorter distances, so it was a little unknown how I could keep the rhythm. It was a prudent race, with a slower start, I didn't panic and caught the girls. And I finish 7th in a strong field that is more specialised in the 3000m. It was a long race, but I learned a lot and improve step by step. I love running and I love being in confidence that is why we decided to run today. Being in the mix and catching the others in the last meters gave me a lot of confidence. It is my fourth French Record this year, maybe some others will follow.

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Hamish KERR (NZL)

High Jump Men - 1st - 2.33m =PB

It was a long competition but I knew that I had some good jumps in my legs. I also knew that I want to focus on saving my energy for higher jumps. For the 2.28m, it was just more of a wake up call. I felt the hype and I made the crowd cheering. That third attempt really woke me up and I got my first attempt valid at 2.33m. I am really proud of my last three heights especially. They really show that I have some nice heights in my legs and that I can survive under pressure. I did not have the European Championships, my last competition, before this little set of competition I just started, was two months ago. I have been training very hard at home, the jumping is not quite there yet but I know that for now on I will jump higher. Every athlete has different challenges in the sport. It is hard spending a lot of time away from the family. I can not just go home and that part is really hard.

12.07.2024 22:29

Leyanis PÉREZ HERNÁNDEZ (CUB)

1st - 14.96m SB

The competition was very nice. This was my second time competing in Monaco. I am not satisfied with the result but I jumped the season's best and I can now move forward from here. The goal for the season is of course to be the best possible at the Olympic Games and to win a medal. For that I will need to jump further than 15m.

12.07.2024 22:38

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