

## Flash quotes

As of THU 15 JUN 2023

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DISTANCE MEASUREMENT BY

## Maggie EWEN (USA)

## Shot Put Women - 2nd 19.52

It was a really solid competition out there from all the girls. I guess we are always looking for a little bit more but we can't complain with what we got. The conditions were great; they also told us that it is a brand new rink that noone had thrown on and that isn't necessarily a good thing but it was great. American shot put is on fire at the moment so the trials are going to be tough; it will go deep for sure. We all encourage one another; we are all respectively competitive but we are also all friends. For example, I am Chase's (Ealey)bridesmaid at her wedding. We are all strong women supporting strong women which just elevates the whole thing. It is really fun when we get highlighted as the top three with the crowd all getting involved.

15.06.2023 17:37

## Sarah MITTON (CAN)

## Shot Put Women - 1st 19.54

Last time I was here, we had the rain and we saw some clouds earlier today but it is nice to be here with the sun. Then the ring is super-fast, I just had a lot of fun outthere today. It was great and it paid off. I had a few bad meets and a few people stopped believing in you but you know what you are working on and you need to trust - I have had a lot of really good training and I knew that it would eventually come together. I always try to believe myself as much as I can. I knew we had a really solid field of throwers today so I just wanted to make sure that my first throw counts. I came with a big energy and it worked. I did not really hit my first throw, I know it is a stepping stone to bigger throws I have in me. I was still pushing for more. But the more you push, the less far you throw. It was a little bit relieve when nobody beats me in the final - it is not fun to go first in the final three. Hopefully some bigger throws in Hungary. The memory I am taking from Oslo this year will definitely be the high five from the Strawberry. I saw the mascot last year and I thought that it would be so cool to get a photo with the mascot.

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**Håvard Bentsdal INGVALDSEN (NOR)****400m Men - 4th 44.86 NR**

I certainly did not expect that. I looked up and saw the world record holder only just in front of me so I thought either it is a slow race or I am doing pretty well! There were some quality athletes in the race so I was chuffed. My aim for the season is the Euro under 23s and this stands me in good stead. I think I am ranked favourite now.

15.06.2023 19:39

**Reynier MENA (CUB)****200m Men - 2nd 20.09**

The time I am happy with and second place is very good. It is great to be here and compete against Knighton. Next, I will race in Stockholm and I hope to win a medal in Budapest, that is my big aim for the summer.

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**Wojciech NOWICKI (POL)****Hammer Throw Men - 1st 81.92 WL, MR**

This competition was very important for me because I finally saw I can come with a really good result. In the next attempts, I was trying to repeat the big throw but nothing worked like it did in the second attempt. But I started to feel good so I hope when the next competition comes, I can repeat this performance. I really did not expect such throw today but it was really good. I do not think about the gold from the world championships and I rather focus on the right feeling with the hammer because we still have two months until the world championships. So we will see.

15.06.2023 19:54

**Erriyon KNIGHTON (USA)****200m Men - 1st 19.77 MR SB**

I came and won it as I said I would. I felt very good coming into the race and am pleased to take the meeting record from Usain Bolt but I want to make a name for myself at the Diamond League and to be remembered going forward as the meeting record holder. I need to keep my body strong but I don't want to be too bulky as I am not used to running like that. My goal at the World Champs is to be on the podium but I hope I can win it.

15.06.2023 19:58

**Andre de GRASSE (CAN)****200m Men - 5th 20.33 SB**

This is one of my favourite venues so it is fantastic to come here and be awarded the Bislett Medal (presented by Steiner Hoen). There is always such a great atmosphere here with the fans, I am pleased with this evening's performance; to get a season's best after injury means I am moving in the right direction and is all I can do and get stronger every meet. I am healthy again so I can keep improving. I think we are two months away from the World Championships so I have time to get back and I am taking it one day at a time.

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**Rushell CLAYTON (JAM)****400m Hurdles Women - 2nd 53.84 SB**

I wanted to execute a great race and have been working so hard, I messed up a little bit but finished strong so I am quite happy with tonight. This is my third race outside of Jamaica this season but my national trials are coming up so that's next. I hope to win another medal in Budapest. I'm grateful to be a part of such a great, improving event with the ladies like Femke and Sydney, and I'm excited for the remainder to see what I can do against them.

15.06.2023 20:11

**Femke BOL (NED)****400m Hurdles Women - 1st 52.30 WL MR**

I think it is a good combination - me and Oslo. I really enjoyed the race as the atmosphere at the stadium was great. I love this stadium and you can hear how loud is the crowd. When it comes to the technique, I think I had a good execution today. I tried to keep it until hurdle seven and I have to ask my coach if it was really that good. I think it was really a bit better today. I think I executed the last two hurdles much better than before. I am just trying to be the best myself when I am there and then to see the result. It felt really good and fast. The world championships is still two months away so I am feeling good and I continue the work towards the championships.

15.06.2023 20:17

**Anna HALL (USA)****400m Hurdles Women - 5th 55.28**

I would not call this my best race but I think I am just a human. It has been long 4 weeks, I am feeling tired a little bit and I think I am ready to go home now. I started to feel pain a little bit earlier today, usually I am fine until the hurdle 9. Just a bit tired, I think.

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## Wayde van NIEKERK (RSA)

400m Men - 1st 44.38

I don't think people realise just how hard this event is both physically and mentally - you can see how long it takes me to recover so that shows I'm still not where I'm meant to be but I'm getting there. It was a good race and it is great to be back on the circuit but it is very hard for me right now. I'm just taking it race by race - I try not to think too far ahead but of course, Budapest is a big goal. I'm happy to be back beating these guys, the event is in a good place right now. It was special to have my family over here with me - I want my children to experience this life with me when they can, and it is lovely here.

15.06.2023 20:35

## Marie-Josée TA LOU (CIV)

100m Women - 1st 10.75 MR SB WL

It is amazing to come back and win here again after winning two years ago. To run a world lead is especially good but it is early in the season as we still have two months to the Championships but it bodes well. I am running well in the Diamond League and it was a big strong field here so a good start but I need to keep working hard to get a medal at the Championships.

15.06.2023 20:39

## Beatrice CHEBET (KEN)

3000m Women - 8:25.09 WL, PB, MR

First of all, I want to thank to god and secondly, I am very thankful because I managed to run my PB and I can see my progress. In my event, the self-confidence is very important and also perseverance. The race was not easy but I had to believe in myself. As you know, we are preparing for the world championships, I will try for my best and I will run 5000m. My goal is to go there and to bring a medal to my country. That is my main target now. The key to achieve this is to trust the god, then to work hard and just believe in yourself. When Faith Kipyegon ran in Paris, I was watching it and I got very motivated. I said, one day, one time, even me, I will do it.. Step by step.

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**Yulimar ROJAS (VEN)****Triple Jump Women - 1st 14.91**

Well, I am not sure I can say I am glad about my performance. I am never fully pleased with my competitions - I always aim for more. In reality, it was a rather strange event, it felt a little bit different. I felt fine during the warm-up but my legs were not really doing what I wanted. It is true that I am coming back from the injury - I had a fall two weeks ago, and I could not really train well. So it means a lot to me to take the win here in Oslo. This win encourages me to keep working hard, because the level in the triple jump at the moment is increasing. I am glad to be here and that I am going home with a win, above all, as this will help me to prepare for my next competition, which, I am sure, will be better. Today, I had some faults, which I am not happy about. The best part of today was actually being out here. And despite the fault attempts, I has some good jumps too. I am still recovering.

15.06.2023 20:51

**Christopher NILSEN (USA)****Pole Vault Men - 2nd 5.91**

It was one of those weird days where Mondo had a second attempt before me! The rest of us have to capitalise on that. If he misses one it is an opening for us! He has been consistent for so long that I knew he would clear that 6m bar so I knew I would need to do that too to be in with a chance.

The uniqueness of 6m is no longer the case but Mondo does it so often people think it is normal but it really isn't, it is very tough. But jumping 6m is always the target. Now I go home to prepare for the US trials so I can make the team for Budapest. There have been times in the US when the world record holder does not make the team so you really have to be on your game.

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**Cory Ann McGEE (USA)****1 Mile Women Dream Mile - 2nd 4:18.11**

I haven't ran a mile in a couple of years so it was awesome and that was my best Diamond League finish by a few places so I'm happy. It all came together, each race is improving step by step so I'm feeling really good right now. It's such a loud, vibrant stadium that definitely helped. The USA's are next - I've raced Rabat and Florence but now it's time to train for the trials and hopefully make the team for Budapest.

15.06.2023 21:02

**Karsten WARHOLM (NOR)****1st 46.52 WL DLR MR**

When you're on the track, you're in the bubble but I really felt the crowd lift me in the home straight - the adrenaline was really pumping in the last 100m. It was a race I will always remember - I felt really good today and knew something special was coming. Today shows in the right circumstances, I can really attack the world record, maybe even this year. It really sucked to be out injured last year and I wanted to make sure I came back with a big boom - I've worked really hard to get back to this level so I'm really happy. I'm of course hoping for the world gold medal this year, that would be amazing to have again.

15.06.2023 21:06

**Yomif KEJELCHA (ETH)****5000m Men - 1st 12:41.73 MR PB WL**

It was always my dream to win this event. Now, my next dream is Monaco, and then to become an Olympic champions one day... I do not know. I will try to win the world title, but it is going to be difficult. I will try my best. I expected the finish to be like this - fight until the end. But I am glad I got it. The most important thing is to work hard and with the hard work, you build up the self confidence. And I really work hard, that is the key.

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**Simon EHAMMER (SUI)****Long Jump Men - 1st 8.32 SB**

It was nice weather and a wonderful crowd so it was a fantastic opportunity for a big jump tonight. I felt like I had one in me for a while and tonight I managed it on my second jump. I put lots of pressure on myself after the decathlon to do well here and in Paris.

I will decide whether to do the long jump or decathlon depending on which I think I can get a medal in. There are very strong guys in all the events but if I go for the decathlon I have to know my body can take all ten events. I think the long jump training can really help me - we do a lot of speed, a lot of hurdles practice.

15.06.2023 21:26

**Mohamed KATIR (ESP)****2nd 3:28.89 SB**

I was very pleased to get a season's best as I think I have a lot more to come. There was such a quality field out there tonight so to come second to Jakob is a great achievement. I hope to go one better in the championships. I go next to the European Team Champs to represent Spain.

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## Anthonique STRACHAN (BAH)

2nd 10.92 PB

I'm very content to get a personal best despite making some mistakes in the race. It's a great confidence boost to beat some of these women so I'm excited, and I hope to run some more PB's this season. I may run the double in Budapest - medals are nice but I always want to take stock of the progress that I've made and take the Champs step by step.

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## Women Great Britain & NI (GBR)

### 4x400m Relay Women - 1st 3:28.38

Nicole Kendall: I am used to running twice in one evening as we usually have heats and final but it was

fantastic to do it at this stadium. I just enjoyed both races so much.

Ama Pipi: I am very tired now but I was ok out there. I just rested between legs and ate a banana then I was

ready to go.

Lina Nielsen: It was surreal running out there as the crowd were so loud. It is such a great experience to run

at a Diamond League. We wanted to come here, work together and get good experience for the European

Team Champs.

Carys McAulay: I just went off as quick as I could and kept hold of the baton - I just wanted to pass it on

successfully!

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15.06.2023 21:42

**Valarie ALLMAN (USA)****Discus Throw Women - 2nd, 66.18**

This is the first meet I definitely don't feel content - I was so hoping to win and throw further but it just didn't work out today - it was a big shame to have a big throw that was a foul. I feel I have a really big throw in me this season so I just have to be patient. Next will be Stockholm and then the US trials - in Budapest, I really hope to add the world title to my Olympic title - that will be another huge honour for me

15.06.2023 21:46

**Armand DUPLANTIS (SWE)****Pole Vault Men - 1st 6.01**

I really do like Oslo and I like this stadium. It has a really really good atmosphere especially when you have your athletes doing so well like they do right now. It all helps to create this unique energy at the stadium. I felt really good. I just had some problems at one place to find the rythm on the runway, choosing which poles to use... Some poles were a little softer than I expected. I know I have got higher jumps in me and I know I am in a good shape. There are just those little things. Do you think that was ordinary? I like to think that the 6m is not an ordinary thing. I am not going to complain. I should not complain too much over 6m and the Diamond League win. It is a good start to the Diamond League season for me. For now, I like the start.

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**Jorinde van KLINKEN (NED)****Discus Throw Women - 1st 66.77**

I was definitely waiting for a far throw but I have not had really good competition so far. Honestly, it is just crazy if you think about how many women are this good right now, there are many candidates for a medal at worlds. It is good for the people to maybe realize that there are so many good women and we all have good throws. I am super happy that tonight, it was me and obviously, it is beyond special to beat the both of them tonight as they are both here - Valerie and Sandra. I just wanted to have a lot of fun tonight. I had an extremely stressful year at school, extended MBA so more than a fulltime study. So now I can finally enjoy the competition and that makes a huge difference.

15.06.2023 22:07

**Miltiadis TENTOGLOU (GRE)****Long Jump Men - 3rd 8.21**

It was a great competition - three guys jumping so well. Me - not so well but I was feeling good. It was only the matter of the technique. I could not jump as far as the other guys but I am on the good position now, on the good way. The big factor for me today was that I did not have my coach here with me. That makes a big difference. There was a run-up problem and with the coach, we usually can fix it very quickly. I was trying to fix it myself but it did not work well. The next start for me is Silesia and Lausanne. So we will repeat this competition. This was like a training for me.

15.06.2023 22:13

**Marquis DENDY (USA)****Long Jump Men - 2nd 8.26**

One thing about the long jump in general is that when the air is up, everybody is bringing it up. It helps when you feel this kind of energy. This competition was amazing, the crowd is amazing. I must try to start looking for a house here. It was absolutely great. This was like an opener for me and the 8.26 is not bad. I cannot force myself to be upset, I did lose but I did not really lose. So I cannot be too mess.

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## Jakob INGEBRIGTSEN (NOR)

### 1500m Men - 1st 3:27.95 WL AR PB MR

Being out by myself, it was a good race. The race went as expected - running by myself as usual and the crowd was amazing - it was amazing to perform this way in front of my home crowd, it's a dream come true. I won it last year but this year running in my main event is an incredible experience. I know that I was able to run fast like in Paris - that's what it's all about - not what you do in training or so you're going to do but actually running fast in the races when it matters. I 100% have more left in me. It's all about consistency and delivering good performances in all of the races, I've done it before and we have it all under control. I just have to keep focused on each race ahead in the build up to Budapest, where it really matters.

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