

Flash quotes

As of THU 30 MAY 2024

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Sander SKOTHEIM (NOR)

Long Jump Men National - Winner 7.55

This competition was OK for me - I have been training very hard until this so it was kind of relaxation before the decathlon at the European championships. I am kind of pleased, it looks OK. I just need to get lighter legs and the distance will come. The preparation was going well but I had some issues with heels during Easter. I feel ready for the championships season. A PB would be nice - I feel like I am in shape for like 8700 or 8800 so it will be fun. The field looks very strong, it is a very open field and I saw Kevin Mayer is coming up. I do not think he is in a world record shape but probably he is well prepared.

30.05.2024 19:37

Tobias GRØNSTAD (NOR)

800m Men National - Winner 1:44.67 PB

I train here every day all year round. It is just amazing to fulfil my childhood dream of qualifying for the Olympic Games in front of my home crowd on my home stadium. I have no words. First, I am leaving for the European championships next week and then we will see, but I want to do my best in Rome.

30.05.2024 19:53



Flash quotes

As of THU 30 MAY 2024

Salum Ageze KASHAFALI (NOR)

100m Men Paralympic - Winner 10.56 PB

There was such a lot of energy from the crowd. It was great to feed off it and hence my little dance afterwards to thank them. I wasn't confident going into today as I have been injured but this gives me confidence going forward. I am so proud that Bislett has this Para event here - it is the third time. We need to come out and show what we Para athletes can do and encourage more Diamond Leagues to have Para events. The mixed classification is a good thing so we can show off each and every disability and more importantly the ability. It is good to show what we can do and the level of training we go through.

30.05.2024 20:00

Zachary SHAW (GBR)

100m Men Paralympic - SECOND 11.0 SB

The crowd was so cool; it was an awesome experience being so close to them. I still feel a bit jet-lagged from Japan so I am very happy with that performance today. I have tried my best not to think about Paris yet and just take it week by week. It is unique to have the Worlds and Paralympics in one year but Japan was a great experience with a small team out there who all got on and worked off one another.

30.05.2024 20:06



Flash quotes

As of THU 30 MAY 2024

Sandra ELKASEVIC (CRO)

Discus Throw Women - Second 66.48m SB

I'm very pleased with this performance - the start of my season wasn't good with two long trips to competitions but I'm coming back into shape now. I really love this crowd and this stadium - the Norwegian people love this sport and now for me, 10 days out from the European championships, I'm excited. I needed to see this distance today. I'm really happy that I will have the opportunity to compete in Rome - the European Championships mean a lot to me, I have won so many. My first gold medal was in 2010 and 14-years later, I'm still competing for that gold medal. I really love my job and I know I can achieve much more.

30.05.2024 20:26



Flash quotes

As of THU 30 MAY 2024

Kirani JAMES (GRN)

400m Men - Second 44.58 SB

I tried to improve on my first 200m so I'm happy today. I did a good job and balanced the race better, better than I did in my last race so that's a good improvement - I just have to prepare well in this Olympic year.

30.05.2024 20:32



Flash quotes

As of THU 30 MAY 2024

Matthew HUDSON-SMITH (GBR)

400m Men - Winner 44.07 AR PB

I wasn't sure what shape I was in and the time didn't matter in a way as I care about victories rather than times and preparing for the Olympics. At the end of the day times are temporary but medals are forever. I really want to come away from Paris with a medal. This year I am healthy so that gives me confidence as last year I came into the season from tendonitis in my achilles so I had a very up and down season and it was bittersweet to get so close to the gold after the injury. With the Europeans so close I will probably have to be back to training tomorrow; I will get a view from my coach. I did not even realise my number was upside down tonight - maybe that will be my lucky charm going forward!

30.05.2024 20:34

Kirani JAMES (GRN)

400m Men - Second 44.58

I tried to improve after the first 200m - I needed to work on that after my last race. I am just trying to improve each race. I haven't changed anything in training, just more practise racing.

30.05.2024 20:45



Flash quotes

As of THU 30 MAY 2024

Georgia GRIFFITH (AUS)

3000m Women - Winner 8:24.20 PB, AR, MR

I'm still quite new to 3000m, I do a lot of 1500m's so I usually kick too soon and I kind of die in the last 50m, but today, I really tried to hold back until the last 100m and I got lucky with my kick today and finished strong. We are on 1500m but I really liked the 3K flat. It is a shame that they do not have it at the Olympics. But 1500 is probably my main event. This is my highest placing in a Diamond League by far so to win is amazing. I think my previous result was when I got fourth. So tonight, I am on the podium and it is also a win so I am happy about that. I've been based in London but I have done some high altitude training. I didn't have it too far to come, luckily. Next, I'll do the 1500m in Stockholm on Sunday.

30.05.2024 20:48

Brittany BROWN (USA)

200m Women - Winner 22.32 SB

I had confidence going into this race - I knew I could win and I did exactly what my coach told me what to do. I feel strong and I've come along way so I feel really good. Today was really nice and now I'll probably have some icecream to celebrate. I'll head back into training now before trials and then it's all about making sure I make the team for Paris. I believe I can do that, I'm excited.

30.05.2024 20:53

Marileidy PAULINO (DOM)

400m Women

I felt good tonight, I thought the weather conditions would be unpleasant but it turned out nice. I am training hard in order to be able to do these times at the right time. I would like to improve the second part of my race. Next year I hope to be back here as I will to focus on the World Champs.

30.05.2024 20:54

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Page 6 of 14

printed at THU 30 MAY 2024 22:52



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Flash quotes

As of THU 30 MAY 2024

Marie-Josée TA LOU-SMITH (CIV)

200m Women - Second 22.36 SB

My leg has been giving me trouble these last two weeks so I am happy to be racing. This is my first 200 and I need to get ready for the Olympic trials. It is only May so we have to manage ourselves. I will wait and see what my coach says about any more racing before the trials.

30.05.2024 20:56

Karoline Bjerkei GRØVDAL (NOR)

3000m Women - Fifth 8:27.02 NR PB

It was my main goal to take the National record and I managed that today so it was huge for me. I have been trying that for many years so that was huge for me. I did the same here with the 5,000m two years ago. When I was in front with two laps to go, I could feel the crowd with me - it's amazing to be Norwegian here. I've just been at altitude camp for four weeks so now it's about recovering and getting more sleep - then I hope to peak in one week. I'll do the 5,000m and half-marathon in Rome next week - it's a strange combo.

30.05.2024 21:00



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Flash quotes

As of THU 30 MAY 2024

Hagos GEBRHIWET (ETH)

5000m Men - Winner 12:36.73 MR NR PB WL

The time I achieved is very nice. This is my second time running in Oslo and I really like this city and this stadium. When I was here for the first time, I improved my PB. And now, it is even better. The conditions, the crowd was great and it was a very fast race, not easy for me but it was going very well. The race had some very nice guys running - my friend Kejelcha is a very good guy. I train alone and we did our own race but we are the same country so we are both happy. I will try 10k, maybe I will qualify with the 10k at the Olympics so I want to compete there.

30.05.2024 21:09

Abdul Hakim SANI BROWN (JPN)

100m Men - Second 9.99

It went better than I expected today. My season has been very up and down and two weeks ago when I raced I wasn't happy with my race so I have reset and changed a few things. Today was much better but of course there is always more to work on. I am going to Stockholm tomorrow to race on Sunday. This is good experience for championship racing with the rounds where you have to get faster every round. Tonight I got the qualification standard for Japan's team so I may not have to travel for trials which will be great news for me and means I can stay in Europe for longer.

30.05.2024 21:10



Flash quotes

As of THU 30 MAY 2024

Akani SIMBINE (RSA)

100m Men - Winner 9.94 SB

It ended up in the rain which probably influenced the race but at the end of the day we all have to run 100m rain or not and get to the line first. I did that today which I am happy with but I have a lot to work on and a lot to do. I am happy with my performance and I hope there will be more highlights coming up as we build towards the Olympic Games. I put my marker out to the world today that I am here. The goal was the win today and I did that. Getting the win always helps with confidence as we get closer to Paris.

30.05.2024 21:19

Prudence SEKGODISO (RSA)

800m Women - Winner 1:58.66

I just gave it all like all these girls. There is still so much more to come, I am only 22-years-old so still many things to work on. My work has just paid off and it is still going well towards the Olympic Games. I was prepared for this weather because I have seen the weather changing all the time. I am happy for the way I run. I did not chase the pace to be honest. This means a lot to me and I am ready for more. It is an amazing atmosphere here and I wish to come back again.

30.05.2024 21:21



Flash quotes

As of THU 30 MAY 2024

Lamont Marcell JACOBS (ITA)**100m Men - Fourth 10.03 SB**

I am good but I haven't yet run sub-10 but today it was important to get a good feeling in my race. I did that today and I start getting in shape to run the best in my home town in Rome at the European Championships in front of my people. The last two years have been difficult with injury but now I have moved to the US for training and have a new coach so things are going well. It is Olympic year and I want to defend my title of course, so I mustn't push my body too quickly too soon but I will be ready.

30.05.2024 21:25

Natalia KACZMAREK (POL)**400m Women - Second 49.80 SB**

I knew I had to chase Paulino in front of me but I felt pretty well. I finished second but I am glad for the time because it was my goal to go under 50 seconds. In the end, it was under 50 seconds but still, my performance is not ideal yet. I am glad for this time and with the European championships just behind the corner, I can think of the top positions with such result. I am dreaming of a medal from Rome, I want to win, I do not want to collect only second places. For Paris, I am hoping for an individual medal and also for a medal in the relay.

30.05.2024 21:28

Bin FENG (CHN)**Discus Throw Women - Winner 67.89 SB**

Everything is going very well this year. The training, the competitions, everything is looking so good and I am on my way to Olympics. This year is so much different to the last year. I think I have changed some specific abilities, improved some throwing skills. I felt very well today and this city is great. After this competition, I will go back to China for some more training for Paris.

30.05.2024 21:33

Flash quotes

As of THU 30 MAY 2024

Hugues Fabrice ZANGO (BUR)

Triple Jump Men - Winner 17.27

I did not know that the stadium will be so full today. The crowd was definitely amazing! I loved jumping there. This gave me so much motivation for the next time. The competition was going well. I had to stay focus and be really careful about the next step for the next season. We all think about Paris. But today jumping 17.27 was really good and it shows that my preparation was going very well. Now, I want to become the next African champion as we have the championships coming up. And then just focus on the Olympics. I am going there for the gold medal, you know.

30.05.2024 21:38

Alison dos SANTOS (BRA)

400m Hurdles Men - Winner 46.63 WL

It felt good and I loved this track, the people and the energy. It is always good to come here, to come out and be able to win. It was a tough race but I wanted to show I am there, I am ready and in good shape and that I can go even faster. I was exited about this race and now, I am excited about the next one to see how much I can do. The conditions were like a bit wet but it is the same for everyone. I just had to keep the mindset that I wanted to win. And I am proud that I managed to win. It is going to be amazing in Paris 2024. I am so excited about the things I can do. Everything before Paris is just a preparation for that. So it is going to be like awesome. Only thing I can say is just: Watch!

30.05.2024 21:43



Flash quotes

As of THU 30 MAY 2024

Karsten WARHOLM (NOR)

400m Hurdles Men - Second 46.70 SB

I am happy with the race but of course I always come to win so there is no way around that. I hit the last hurdle quite badly so that didn't help and gives me a lot to do. But then again there is plenty to work on and that is the important take away from today. I am on a very good path, I went out fast and I am working on my new stride pattern, 14/14 and I was pleased with how that went today. It is only my second race of the season but I do always come to win so that is disappointing. But I am really looking forward to Rome which will be awesome and I can't wait. Of course this is my favourite stadium in the world. The intensity, noise and closeness of the crowd is incredible but also it is my home of course and where I train.

30.05.2024 21:48

Rushell CLAYTON (JAM)

400m Hurdles Women - Winner 54.02

I have never expected the conditions like that but nevertheless, it was a good race. My execution felt well and I cannot ask for more than to win. It is always good to win. Each race is a challenge and I am working towards a bigger goal. So whenever these ladies decide to compete, I will be there to do the same, to compete. My next plans: to train, train, train... and I need to do the national championships. I am literally training through all these meets. I have training tomorrow, the next day, I do what my coach decides. It is hurting. My main goal - to get to the Olympics and to win a medal. My last and ultimate gold of the season.

30.05.2024 21:50



Flash quotes

As of THU 30 MAY 2024

Mykolas ALEKNA (LTU)

Discus Throw Men - Winner 70.91 MR

This is an amazing stadium and a lot of people came her to watch so it was really fun to compete today. In a week, I am going to defend my title and it is going to be fun too. I have always liked competing in Rome so I cannot wait to come to the European championships. But the next step would be to win the Diamond League title. There are so many good guys competing on the circuit and it is all about being consistent. My preparation has been going well and we still have a few months before Paris so I have to do as much as I can. I liked competing here and I am ready to throw far. If I manage the 70m also in Rome, I will be very happy.

30.05.2024 21:57

KC LIGHTFOOT (USA)

Pole Vault Men - Winner 5.82

It was good out there; I really do not normally jump in the rain! My last couple fo jumps the rain started and the poles were greasy but I did ok. I never come into a comp thinking I will win but that is just me. I guess it is becasue I have a lot of good days and a lot of bad days but today I am pleased it was a good day. It is great to have my compatriots here cheering me on. We learn a lot from one another and we travel a lot together so somethines we also learn bad things from each other! When we go out there we know we arer competing but we still try to help each other - across the pole vault community as we are out there for a long time. I am going to Stockholm so a short recovery after today then compete in Stockholm before heading back to the the States for the American trials which are always tough and anything can happen there.

30.05.2024 21:57



Flash quotes

As of THU 30 MAY 2024

Timothy CHERUIYOT (KEN)**1500m Men - Second 3:29.77 SB**

Racing with my compatriot, Jakob - it makes me happy, he's a strong guy and he finished fast today. I'm glad to be here in Oslo for the second time, the track is amazing. I was expecting the win but I'm satisfied I managed to run under 3:30 today. Now, I'm going home to prepare for the Kenyan trials - I need to finish in the top three. For the last nine months, I've been injured so I need to focus on training more to improve my fitness ahead of Paris, where I hope to get another medal for my country.

30.05.2024 22:10

Jakob INGEBRIGTSEN (NOR)**1500m Men - Winner 3:29.74 WL**

I really do not think that it was the desiccion I made /to dive into the finish line/ because everything just happened so fast. But I can tell you that was a sprint off. It was a good race, I felt stronger than last time. So today, it was all about my improvement and at the same time, I wanted to do my best and to give the crowd the show. But I can tell you that I was getting sore in the last 50m. I was expecting someone to come from the outside so I was very prepared to give it 100 per cent. I said yesterady already, that it is going to be an exciting summer. I know that this crowd was cheering for all of us but at the same time, they wanted a Norwegian victory. They are very enthusiastic and it helps a lot. Especially in the last lap and in the finish, the whole volume of the stadium rises and I wanted to give it the best, I did not want to lose even a second. I feel lucky that I was able to get healthy and get a couple of months of a good trainig before the summer. Without that, we would not definitely be here in this position. Still, every day I feel better and better. About the defending the titles at the Europeans and Olympics - I think yes.

30.05.2024 22:21



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