

Flash quotes

As of SAT 14 SEP 2024

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Carina PAIM (POR)****400m Women - T20 - 2nd - 58,70**

We just came back from the Paralympics in Paris and we are all a little bit tired. Also it's quite cold here and that's probably also why I didn't run my best race. Still I'm very happy to be here and to participate for the first time at a Diamond League competition. I think and hope that we will get the opportunity to participate more often. We showed in Paris that we all reach a high level that is worthy to take part in these bigger events.

13.09.2024 19:23

Marcel BOETTGER (GER)**100m Men - T11/12 - Winner 11.29**

This is the perfect end of the season on this fast track. It was a bit scary with that false start, because you have to find the right tension again in the blocks. With para-athletics you have to be very quiet during the start, like during the Paralympics. But the crowd was so enthusiastic, but the support was awesome.

13.09.2024 19:39

Sydney McLAUGHLIN-LEVRONE (USA)**400m Women Invitational - Winner - 49.11**

Running the 400m at the end of the season definitely hurts a little bit more and I felt the cramping. That is why I chose to run with long pants, just to be safe. But I felt strong during the race. Now we're gonna go home, rest a bit and decide tomorrow to run the 200m or not.

13.09.2024 20:15

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Daniel SEGERS (BEL)**400m Men Invitational - Winner - 45.**

It felt great after a heavy season with that injury at the Europeans to run today in front of a crowd this big. I never did that before, so that was new. My season started a bit later than planned, so I still have a lot to show and I proved that today with a new PB. Unfortunately the season is over, so now it's back to work.

13.09.2024 20:22

Kimberley ALKEMADE (NED)**100m Women - T64 - Winner - 12.62**

It was really great to run here tonight and to close my season with a win. I wasn't expecting to take the win today. It was a big but nice surprise and I am just so happy to close my season like this. This has been my best year ever, two world records, paralympic champion on 200m and silver medallist on the 100m. I am really happy.

13.09.2024 20:25

Valarie ALLMAN (USA)**Discus Throw Women - Winner-68m47**

I feel so happy, I really dreamed of a season like this, I really didn't think it would be possible to have an undefeated season. I just fought really hard and I have such an amazing team and we just made the most of every opportunity. I just have so many great memories of this season. Brussels was the last one and it was the hardest one to prepare for, you know the Diamond League is a set of competitions that we really focus on and value and I got my fourth trophy and I'm just so happy. I knew the competition would be intense being only six competitors. And now off season! I really can't wait for your fries, waffles and chocolate!

13.09.2024 20:27

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Marileidy PAULINO (DOM)**400m Women - Winner - 49,45**

I ran a decent race at the end of a very long season. Of course I would have loved to run faster and closer to my personal best, but it was really, really cold tonight. This season was fantastic for me. With the golden medal in Paris, I can say now that I won all the titles that I could win. Still that doesn't mean that I don't have any goals left for the next seasons. I want to become better and still win medals at the major championships.

13.09.2024 20:31

Ackeem BLAKE (JAM)**100m Men - Winner - 9,93**

For me it was a surprise to win here today. It was a very competitive field and it was also my first DL final. This really means a lot to me. It was rather cold to sprint tonight, but I still ran a time pretty close to my personal best. I've been working very hard this season and I kept motivated. That's why I am so strong at the end of this season. I know what I am capable of and I know that this is only the beginning. There's much more to come in the next years.

13.09.2024 20:37

Tajay GAYLE (JAM)**Long Jump Men - Winner 8.28**

I put everything in the first two attempts because of the cold weather and it worked out. A jump around 8.30 was my goal today, so I just missed out on that. But I know that the cold would become a factor during the competition, so I'm happy that I was able to make it work in that first two attempts because my nose and chest were getting very cold.

13.09.2024 20:42

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Simon EHAMMER (SUI)**Long Jump Men - 2nd - 8m16**

The competition was really good and I really enjoyed the crowd. It was also nice to get the attention of the public, because normally our competition is a little bit in the background. Tonight there were not much races going on during our final. I'm really satisfied with 8m16 for the last competition of the year. The conditions weren't ideal, but as a Swiss athlete I am used to much colder temperatures. I'm really proud of my season. I always finished in the top 3 this season, except for the Olympics, where I finished 4th. At the beginning it was mentally hard to accept that, but the other three were just better that day. I learned a lot of this season and I am motivated and I just want to work really hard for the next Olympics and try to win a medal there.

13.09.2024 20:42

Sasha ZHOYA (FRA)**110m Hurdles Men - Winner-13.16**

It wasn't my best race, a bit difficult in the beginning but the goal was to take the win this evening, so for that I'm happy. I was aiming for a good time but that will have to wait. I am already happy about winning my races and to perform well. In the beginning of the season I suffered from an injury so I was still trying to show what I am capable off. I'm doing really great on training so I was hoping to get a better time. But, for now, I run painfree and I hope to have an injuryfree season next year. But for now, it's holiday's and rest! I will take a little break but afterwards it's full focus on for the next season.

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Alexis HOLMES (USA)**400m Women - 2nd - 50,32**

I always want to win, so that makes that I have some mixed feelings, but in the end I know that I just ran a good race today. I had a strong finish, but it just wasn't good enough to win. Running 50,32 at the end of a long season is nothing you can be mad about.

It was my first time in the Diamond League Final and my first time in Brussels: I really felt the energy of the crowd and it really helped me in the last 100 meters.

13.09.2024 20:50

Lorenzo Ndele SIMONELLI (ITA)**110m Hurdles Men - 2nd-13.22**

Second place today, just a little bit behind Sacha Zhoya, I wanted to win but I'm very happy to perform like this at the end of the season. I had to mentally prepare myself as it has been a long season so far, I'm at the end of my energy. But the crowd today and everything really helped to find the right energy. It wasn't too cold here, I did a good warm-up and afterwards I was just in the zone. My season was really great, my first year like this and for the next year I hope to perform even better.

13.09.2024 20:51

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Yaimé PÉREZ (CUB)**Discus Throw Women - 3rd - 66m96**

It was a good competition, but I didn't get the result that I wanted. Now I have to get back to training and try to be even stronger and better next season. It was really sad that I couldn't participate in the Olympics, because I was in excellent shape and I knew that I could get a good result there. Unfortunately it was out of my hands and I couldn't do anything about it. Mentally it wasn't easy, but hopefully I will be able to be at the Olympics in LA. My next goal is now the World Championships next year and after that we will see.

13.09.2024 20:54

Fred KERLEY (USA)**100m Men - 3d-10.01**

I am only satisfied if I win and today I didn't win unfortunately. But it has been a great season so I really can't complain. I felt good throughout the season which is important. The fans today were good and for now I will have some rest.

13.09.2024 20:57

Sarah MITTON (CAN)**Shot Put Women - Winner-20m25**

It was a really good competition, it was really hectic down there and I think that's what produced my performance today. There were a lot of frustrations and emotions going around and it worked in my favor but it isn't always like that, but overall a really good competition. I think I could have gone further but I am happy with the win! Overall I am really happy with my season I had some ups and downs but I won a title in March and now the Diamond League title, so this is really great. I am just going to keep going and do better next season. But for now a few weeks of rest!

13.09.2024 21:01

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Freddie CRITTENDEN (USA)**110m Hurdles Men - 3rd - 13,24**

I had a couple of injuries this season, so I'm actually really happy that I made it into this DL final. I love running here in Brussels. I was here in 2019 for the last time and this is a great meeting for hurdlers. It was a bit chilly tonight, but it was a great night to run. Now it's time for me to go home and to spend some time with my baby girl, who's only 8 weeks old.

13.09.2024 21:02

Isaac KIMELI (BEL)**5000m Men - 6th-12:58.16**

I am really happy actually, ending 6th in a Diamond League Final is a good result. It was a bit cold this evening but I tried to follow the first guys. But ending again under 13 minutes is an amazing result so I am happy. I was a bit sick the last few days so my goal was to do my best and to enjoy my season end.

13.09.2024 21:06

Berihu AREGAWI (ETH)**5000m Men - Winner - 12:43.66 SB**

The crowd was amazing, so I'm thankful for the support today. It was cold, very cold. But losing was not an option today, so very happy with the win here in Brussels.

13.09.2024 21:11

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Christian COLEMAN (USA)**100m Men - 2nd-10.00**

This race was alright I am working on some new things this season, it would have been better to take the win but I am really satisfied with my race today. This summer I had a new coach, new environment, ... and a lot of things are happening. I feel like it has just been a transitional summer for me. I know what to do next year. I know what needs improvement. The line between me and where I want to be is so close, so I gotta keep working. And now, for off season I'm going to spend some time with my family and just clear my mind.

13.09.2024 21:11

Marie-Josée TA LOU-SMITH (CIV)**100m Women - 3rd - 11,05**

I'm happy with the result. It was really cold to sprint, but didn't expect to run faster tonight.

This season was really complicated for me with the injury that I had. Mentally it wasn't easy to come back, but I managed to do it. I'm always happy to run here in Brussels with the amazing crowd. How do I manage to stay at this level for so many years? I owe it all to my faith and the hard work that I did over the years.

13.09.2024 21:12

Chase JACKSON (USA)**Shot Put Women - 2nd - 19,90**

It wasn't a really good competition. The pole vault guys were too close and there was a lot of yelling: Still my performance in these circumstances was ok. I thought that I could throw further, but it didn't happen. It's the end of the season and I'm really tired. I'm going to take a break now and just do nothing.

13.09.2024 21:18

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Julien ALFRED (LCA)

100m Women - Winner-10.88

I am so happy, it feels amazing to finish my season on a good note and to take the win. I am just so proud of myself. My preparation was a bit difficult, it was really hard for me after Zurich. But I think that actually prepared me for Brussels. That gave me the energy to do so good today. And during the race I tried to relax and to enjoy the last race of my season. But I think losing kind of put me up again, I had to perform. I wanted to prove to myself that I deserve to be here and that I am not a one time thing. Because after Zurich I watched the race on YouTube to analyze my race and I read some comments that said I was a one time thing and that's really not nice to say. But I was here to prove to myself that I can win. But sometimes those comments can be very hard. And now I am going back to Saint Lucia and to Aruba! Last year I stayed in Austin but not this year.

13.09.2024 21:20

Miltiadis TENTOGLOU (GRE)

Long Jump Men - 3rd - 8.15

I lost today, but I'm not mad. I wasn't feeling my legs today and the cold is not for me. It's impressive that Tajay Gayle was able to jump that far in these conditions, so I'm not mad that I lost from him. But Simon Ehammer, he is a great athlete but a decathlete. So it hurts to lose from a multi-eventer. But now we start the preparations for the indoor season, unless they change the rules about the board. If so, then I'm quitting long jumping.

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Amos SEREM (KEN)**3000m Steeplechase Men - Winner-8:06.90**

Today, the race was so good. I was competing against the Olympic champion El Bakkali, and I won. I felt really great today, I believed I could but I didn't expect it. But I am so happy to close my season like this and to hopefully come back next year. I will prepare for next year and try to be even better!

13.09.2024 21:29

Hanne CLAES (BEL)**400m Women Invitational - 5th - 52.03**

It felt double today, because I knew it was the last time that I was putting on my spikes. But I still wanted to focus to run a good race in front of my home crowd. Sydney had a great start, so I felt like I was behind right after the start and that made it hard to run my own race. During the last metres I was thinking, come on, it's the last time. But performing in this strong international field is the perfect way to close it off.

13.09.2024 21:30

Armand DUPLANTIS (SWE)**Pole Vault Men - Winner - 6m11**

My legs felt terrible tonight and I'm just really tired. It's been a crazy couple of weeks: the race against Karsten and then I had to jump the day after. That took a lot more from my body than I expected. With 6m11 I got a good result, but the world record wasn't meant to be tonight. It's not easy to do better each time. Everything needs to come together. I had some good jumps tonight and I'm really happy about that. Now it's time to celebrate my beautiful season: I will drink some good Belgian beers tonight for sure.

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Michael OBASUYI (BEL)**110m Hurdles Men - 5th - 13.31**

I'm running consistently around that 13.30, even though I missed my reaction after the start a bit today. But after all a good way to end the season. And a 5th place in a Diamond League Final isn't bad. I feel that I made progression this season, so that gives a lot of confidence for next year. I know what I have to work on, but that's between me and my coach.

13.09.2024 21:40

Matthew DENNY (AUS)**Discus Throw Men - Winner-69m97**

It's nice to go back to back and take the win again today, it feels really great. I am in great shape so I knew something great was going to happen but I knew I had to give it my all to win from this guys today. I am just super happy. It's been a long year and then to finish with a national record and just a few cm's short of 70m. And first win of the year in this field also honestly, these guys really brought the best out of me. After Paris I went home for two weeks, back to Australia and just enjoy time there with my wife and family. I came back two days before Rome and trained in Montpellier, then in Zagreb I noticed some progress and the last days I was in Cologne and took the train here. A lot of athletes suffered from the cold but for me personally, it was okay, normally Australians hate the cold but I grew up in Queensland, so I am used to cold winters and I crave it and obviously showed that tonight. For now, I have to take two weeks off, just a bit of resting. Next year will be a long year so it's important to start well rested. The men's discus isn't going to get any less competitive. Next year I am really aiming for 70m, I wasn't far off this evening. I really had fun this evening, I think that helped as well, Brussels is just a fun meeting.

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Cole HOCKER (USA)**1500m Men - 3rd - 3.30.94**

The goal is always to win, but after the Olympics I didn't have time to process everything. I haven't been back to the States yet, so I'm looking forward to seeing everyone back. This was my third race after Paris and I knew it was going to be a lot. But I'm happy with how I ran today and it's good preparing for next season because I almost became the olympic champion overnight. So it felt like a baptisme by fire, but I dreamed of it for so long, so happy every race to follow.

13.09.2024 21:50

Kirani JAMES (GRN)**400m Men - 2nd - 44,63**

When I came into the home straight I thought that I was going to win, but Charles Dobson finished really strong. Congratulations to him.

Considering the weather and the fact that it's the end of the season, I'm satisfied with the result I got tonight. At the end of the season it's always a little bit difficult to keep the focus, but I always find a way to stay motivated. Now it's time to rest and not to think about track and field.

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Shanika RICKETTS (JAM)**Triple Jump Women - 2nd - 14m22**

My performance tonight was not the best. I was hoping to jump further, but still to finish 2nd in the Diamond League final is a good result and a huge accomplishment. It was really cold and that made it difficult to keep going during the competition. I was happy that I could hold on to my second place. It was a long season and I felt every muscle and joint in my body. Noy I will get some rest and go to the beach for a while.

13.09.2024 22:06

Charles DOBSON (GBR)**400m Men - Winner-44.49**

The race went really well I was really able to push myself tonight. I could have never imagined to have won tonight I am so happy. I just tried to run my own race and to enjoy myself so this is really promising for next year!

13.09.2024 22:08

Jakob INGEBRIGTSEN (NOR)**1500m Men - Winner-3:30.37**

This is my fourth trophy, or only my fourth trophy, I hope to win many more. My race went really good, the goal was obviously to finish first and I did that. For the whole season, I had some good races and some bad races so I hope to perform better next year. I still have some improvements to do and to just keep working hard. And for now, off season starts and I'm going to spend some time with my family.

13.09.2024 22:15

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Leyanis PÉREZ HERNÁNDEZ (CUB)**Triple Jump Women - Winner - 14m37**

For me this victory was a little unexpected. It was already really special for me to get into the Diamond League final and to be able to win it, is really special. I'm lost for words.

The conditions weren't ideal for triple jump. I wasn't expecting such cold weather here in Brussels, but it was the same for all the other athletes.

13.09.2024 22:16

Dina ASHER-SMITH (GBR)**100m Women - 2nd - 10.92**

I'm really happy for Julien, she's continuing her journey as the champion that she is. At the end of the day, you always want to run fast. Doesn't matter if it's the first or the last race of the season. But this performances gives me a lot of courage for next year. And I'm used to the European weather, but still, it was cold today.

13.09.2024 22:21

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Emmanouil KARALIS (GRE)**Pole Vault Men - 2nd - 5m82**

With Mondo as the usual and expected winner, I'm really happy to finish 2nd tonight. Jumping 5m82 at the end of a season is a really good performance. This is the first season that I'm completely healthy and that means a lot. Also this season has been a breakthrough for me as I won medals at every championship that I participated in. I trained really well this season and I was really enjoying myself during the competitions. I'm 24 years old and hopefully I'm still good for ten more years of pole vaulting at high level. It was special this summer to be on the podium with Mondo. We have the same age and we were already on an international podium as youth athletes. It would really be beautiful if we could still be together on the podium in our 30's.

13.09.2024 22:21

Kévin BORLÉE (BEL)**400m Men Invitational - 6th - 47.18**

The previous times, I knew I was going to have some time off. But now, I'm gonna have more than just some time off. No more track for me, so I'm gonna take my time to reflect on the past year. It was heavy on my body and it was hard during the race. But I had to run today for the last time. I'll be back next year watching the younger generation.

13.09.2024 22:26

Yaroslava MAHUCHIKH (UKR)**High Jump Women - Winner - 1.97**

Finally the season is over, I'm exhausted. But I have my diamond and it was important for me and my country that I won today so that I can take the diamond back home to Ukraine. I felt a lot of support and energy from my home country this season and with the results, it couldn't have been better. But now I'm ready to go back home.

13.09.2024 22:29

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Nicola OLYSLAGERS (AUS)**High Jump Women - 2nd-1m97**

I decided to skip 1m99 because she would jump over 1m99 so my outcomes wouldn't really change. So I said let's put the bar on 2 meters and then we both missed the 2m01. This is the first time I have ever done it and I was really inspired by Mahuchikh in Zurich, she skipped her height and then she got it. That was so courageous and I love that. I want to be able to do something like that and she was just willing to take the guess, and she won. I think it's quite nice we have a great friendship. Everytime someone jumps higher it really lifts the game and it pushes us to jump higher as well. That's exactly what we need to jump records. What I noticed over the years is really the relationship between the high jumpers, we are really close now. That culture is really amazing and necessary to perform.

13.09.2024 22:29

Mary MORAA (KEN)**800m Women - Winner - 1:56.56 SB**

I'm so happy to get the trophy back after I lost it last year. It was a hard competition, so I'm proud of myself for getting the Diamond back.

13.09.2024 22:33

Jonathan SACOOR (BEL)**400m Men - 6th - 45.93**

I ran a perfect 300m, but didn't have enough for that last 100m. The circumstances weren't perfect, running in lane 1 and the cold weather. But I'm so proud after an amazing season and thankful for that great Olympic Games.

13.09.2024 22:38

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Iryna GERASHCHENKO (UKR)**High Jump Women - 3d-1m92**

This was a really important competition, the final of a Diamond League is very impressive and I'm very happy to end third. I ended my winter season with an injury and right now I am just painfree and had a wonderful season. I'm really looking forward to return to my country Ukraine and to spend some time with my family. I felt the support of the Belgian fans and that made me so happy. I cannot wait to come back and to compete here again, it felt a bit like home. But of course, without the support of my team it would not have been possible, so I have to thank them for all their work and support.

13.09.2024 22:39

Soufiane EL BAKKALI (MAR)**3000m Steeplechase Men - 2nd - 8:08.60**

It was the last outing of the year so I was really tired. After the Olympics, where you were 100% focused on, it's difficult to keep that same energy. I came to win, but the race was tough especially the last lap. But I am really happy with the whole season, I have done a good job, especially with the injury. Now, I will go back home and take some days off before getting back to training, because next year is very important with the World Championships too.

13.09.2024 22:42

Ackelia SMITH (JAM)**Triple Jump Women - 3d-14m11**

This feels wonderful, it's the end of the season and it feels so good to end it on a good note and to perform like this. This was my first season going pro and ended up in both finals: the Olympic final and the Diamond League final so I really can't complain. I'm really satisfied with my season. This was the end of my season but no vacation for me I'm going right back to school. But I might try some waffles to treat myself!

13.09.2024 22:45

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Mykolas ALEKNA (LTU)**Discus Throw Men - 2nd 68.86**

It was a really nice competition, maybe a little bit too cold. I am happy with the season, even though I was second I enjoyed every second. It was the best season I ever had so far, I hope that next year I can do even better. Now, I will take a break, go to school and get back to studying in the States.

13.09.2024 22:46

Georgia BELL (GBR)**800m Women - 2nd - 1:57.50**

I tried to give myself the best shot of racing Mary but you know she is finishing so strong. The track is so fast and am happy that we are still running in 1:57 this late in the season. Honestly, this season has been incredible. I have never done a Diamond League before May. I just know that there is so much going on behind the scenes. One year ago, I would have never believed to finish second here. A lot has changed in the last six months. Just keep going, even if it's an unconventional path, doesn't mean it's impossible, you just keep working and will get there. I am glad that I didn't give up. I will be back tomorrow for the 1500m.

13.09.2024 22:49

Salwa Eid NASER (BRN)**400m Women - DQ**

(Interview was before the DQ) My race felt really good, it was really hard to push myself mentally to perform, I lacked motivation. I still have one race left in New York but I'm really happy with the results of my season. Running in Brussels was amazing with a lot of nice fans but the cold was really hard. I am not used to it!

13.09.2024 22:49

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Natoya GOULE-TOPPIN (JAM)**800m Women - 3rd - 1,58,94**

I think I ran a good race: I could probably run a bit faster, but it was just too cold. My season was a little bit in ups and downs, but overall I'm really satisfied.

In our event we are all friends and we all look out for each other. That makes competing against each other so much fun.

13.09.2024 22:54

Timothy CHERUIYOT (KEN)**1500m Men - 2nd - 3,30,93**

Today was a good race. I was expecting to run well and I also was in a good position during the race. However, Jakob was better today. So congratulations to him. Now it's time for a break and I will spend some time with my family.

13.09.2024 23:00

Ben BROEDERS (BEL)**Pole Vault Men - 3rd - 5.82**

Thanks to the home crowd, it's five degrees warmer for me. But in the end, the cold got to me as well. On my attempts on 5.92 I felt some cramps. But after my performance today, I'm not gonna complain.

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Jochem VERMEULEN (BEL)**1500m Men - 5th - 3:32.15**

I didn't have a lot of confidence in my sprint, but this season proved me wrong. I knew I could do it and I'm happy that it worked out during the race. We found the right balance for my body this season that paid off. It was great because you never get used to running these big meetings.

13.09.2024 23:05

Philip MILANOV (BEL)**Discus Throw Men - 6th - 62.21**

I had a great training yesterday, so I was looking forward to it. But I'm a bit disappointed with my performance. But still, it was a strong field and I'm happy with my place. Next year will be my last season, so hopefully I'll have a good winter because I'm already looking forward to next year.

13.09.2024 23:11

Adriana VILAGOŠ (SRB)**Javelin Throw Women - 2nd - 65.23**

My technique was not good in the first part of the competition. I was not throwing on my usual level. I felt some pressure for my last throw of the competition. Actually my last throw of the whole season. I am happy that I could show again what I am capable of and throw over 65m again. It could be a little bit better placewise, but the second place is good. Haruka Kitaguchi deserves all the respect. She is so strong in her head. She was the best this season.

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Ferdinand OMANYALA (KEN)

100m Men Invitational - Winner - 10,07

This season has been like a rollercoaster. Some ups and downs, but I'm happy to end it here with a good race and a good feeling. I expected more from the Olympics, but that's athletics. I just have to keep going and continue to work hard. I know that I will get a medal at a major championship one day, but I just don't know when it will happen.

I want to inspire the younger generation in Kenya. There's a lot of sprint talent there and they are starting to realize that. I know that my performances inspire them and the future looks bright for them.

14.09.2024 19:59

Sydney McLAUGHLIN-LEVRONE (USA)

200m Women Invitational - Winner - 22.40

It was great to race here but to be honest I am just happy with my successful season and with how everything turned out. It was a little bit warmer than yesterday, but still very chilly conditions. I definitely felt a little bit better than yesterday but of course I hoped for a faster time. It is what it is. I am happy that I can walk away healthy and look back on a great season. Now I am gonna enjoy my offseason and the Belgian waffles.

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Maggie MALONE-HARDIN (USA)**Javelin Throw Women - 3rd - 62m40**

I'm really happy with my performances tonight. It's like the best series of my season. I felt like God was with me the whole time and I got to compete for His glory, so it was a good day.

In Paris my Olympic dream died. I thought that I could win a medal, but it didn't end like that. There were three medalists at the end of the day and I wasn't one of them. It was not easy to cope with that: I had a lot of therapy and my husband, who is also my coach, helped a lot. He has been my rock during all this. This competition and the crowd gave me so much energy and I needed that. I was thinking about ending my career, but it's just not the right time yet.

14.09.2024 20:07

Kobe VLEMINCKX (BEL)**100m Men Invitational - 2nd - 10.29**

I have the feeling that I have still more in me, but I felt a little cramp in my abs. I think I was capable of running a bit faster today. However, this is a good time this late in the season. My season is not over yet. Tomorrow I will run the 4x100m and 4x200m at the Belgian Championships. Overall, I am a bit disappointed with my season because I missed all the big championships. I lost my motivation in the last couple of months. That I could still run fast times in the last part of the season, with not always the best circumstances, is a big boost for me. I am enjoying myself again on the track. That's a win.

14.09.2024 20:13

Flash quotes

As of SAT 14 SEP 2024

Alison dos SANTOS (BRA)

400m Hurdles Men - Winner - 47,93

I'm taking my second Diamond League trophy home tonight and that's a great accomplishment. I've fully recovered from a serious injury and I stayed healthy during this season. That's probably the most important thing. It was not easy mentally to get back at this level, but I am happy that it all worked out. I'm part of a world class generation in the 400m hurdles with Karsten, Benjamin, Rasmus, CJ. We made history all together we are all among the best hurdlers of all time.

I love running in Brussels and I actually have a link with Belgium. I've been training in Leuven in a place which was ideal for me. The location was good, the food was good and I had great facilities to train. I will definitely go there more often in the future to train.

14.09.2024 20:20

Abderrahman SAMBA (QAT)

400m Hurdles Men - 2nd - 48.20

I thought I was gonna win tonight, but in the beginning I couldn't get my stride right. I tried to catch up with Dos Santos, but he was too fast today and I really don't know how I got those last hurdles right. It was a long season and we're all tired, so up to next season.

14.09.2024 20:22

Flash quotes

As of SAT 14 SEP 2024

Rasmus MÄGI (EST)**400m Hurdles Men - 3rd - 48.26**

A strong finish, that's just me. That's how I finish my races and I knew, if I wanted to have a chance I had to finish strong. The outside lane is not easy, because you don't have an overview of the race. But in the end. I'm very happy with this result.

14.09.2024 20:25

Daryll NEITA (GBR)**200m Women - 2nd - 22.45**

Oh my God, I am so happy. It was such an incredible season for myself. After the Olympics in Paris I was on such a high. I am so happy to finish the season today. A second place in the Diamond League, I am healthy and in peace. I can tell you: I am ready for holidays now. Of course I wanted the win, but I had Brittany Brown in the race and I know she is in great form. She got a medal in Paris so I knew it was gonna be a good race in the home straight. I did my best. I give this race a 7/10 and a 10/10 for my whole season.

14.09.2024 20:29

Haruka KITAGUCHI (JPN)**Javelin Throw Women - Winner - 66m13 SB**

I didn't feel that good today, because it has been a long season: After the Olympics I've been really tired and I didn't train that much. The preparation for this DL final was not the best, but I'm satisfied with the result. Especially that I've been able to take the win in my last throw.

Javelin is not really popular in Japan, but maybe my performances can inspire the young athletes.

14.09.2024 20:31

Flash quotes

As of SAT 14 SEP 2024

Brittany BROWN (USA)

200m Women - Winner - 22.20

I knew I was able to win and that I could finish strong. So that's what I did today. The cold wasn't easy, but I had a good warming up and a solid race.

14.09.2024 20:35

Ryan CROUSER (USA)

2nd - 22.79

I threw pretty well. It was a very solid performance. Five times over 22 metres. I just had not that big throw in me like the one Leonardo Fabbri had. He threw a lifetime best so it was a big throw from him. The level in the shot put was never this high. I definitely pushes me to throw better. I know that when I have an offday, someone is gonna beat me. It keeps me throwing at a high level. This was my last competition of the season. Unfortunately there is no vacation waiting for me. I have a lot of obligations with the media etc.

14.09.2024 20:35



Flash quotes

As of SAT 14 SEP 2024

Men Olympic Essenbeek Halle (BEL)**4x400m Men Belgian Champs - A - Winner - 3:05.57**

Kevin Borlée: A lot of emotions, that's for sure. We're very thankful for the Allianz Memorial Van Damme for this farewell. Now we're gonna take some time to process everything.

Jonathan Borlée: I didn't had to run today, while Kevin just ran the 4x400m national championship. So it was more emotional for him with that fatigue. But this was the perfect way to say goodbye with this amazing home crowd.

14.09.2024 20:38

Winfred YAVI (BRN)**3000m Steeplechase Women - 2md - 9:02.87**

The race in Rome gave me a lot of motivation for today. I was aiming for the world record but with the circumstances and how the race turned out, it was not possible. It was too cold to take a shot at the world record. However, I really enjoyed this race.

14.09.2024 20:47

Flash quotes

As of SAT 14 SEP 2024

Leonardo FABBRI (ITA)**Winner - 22.98 PB NR MR**

It has been an amazing season. But because of that upset during the Olympics, I was very motivated to win that Diamond. This season, my coach and I worked hard on being consistent during the competitions. I know I'm capable to get that 23m, so that's why I'm a little bit upset with the distance. Of course 22m98 is huge, but next season we'll hopefully get that 23m. If Ryan stays healthy, we can have a good season together. The competition is strong at the moment, because I thought I could relax a bit today after that opening throw. But then I saw Ryan throwing that 22.79, so I knew I had to keep on pushing during the competition. I just love competing, even though I am tired after a long season. I train so hard because I love those big competitions. For me, there is nothing better than competing. Other people my age go out and have a drink, but I just want to push myself and compete against the best.

14.09.2024 20:49

Rajindra CAMPBELL (JAM)**Shot Put Men - 3rd - 21.95**

It was a good competition. I am happy with the performance, the atmosphere was beautiful it was nice. I was not anticipating to this kind of weather. It is colder than I expected. I was in Belgium last year and the temperature was good, so I was surprised. It has been a long season. It is finally over. I am going home and celebrate a little bit and then back to work.

14.09.2024 20:52

Flash quotes

As of SAT 14 SEP 2024

Faith CHEROTICH (KEN)**3000m Steeplechase Women - Winner - 9,02,36**

I didn't expect to win today, but I think that I ran a good race. It wasn't easy, but I kept saying to myself that, if I'm still in the lead after the last water jump, I was going to win.

Winning the Diamond League means a lot to me.

14.09.2024 20:56

Jasmine CAMACHO-QUINN (PUR)**100m Hurdles Women - Winner - 12,38**

Performance wise it was a bit slappy today, but it's really cold. I did the best I could and I was able to win, so I finally have that trophy.

I got bronze in Paris, but I wasn't satisfied with that. I almost false started there and when I realized that, I held back a little bit and then the gun went off. Something that minor cost me the gold medal. It was difficult to accept, because I was in great shape and I was ready to make history and to win my second gold medal at the Olympics, but it is what it is and I cannot go back and change it. Now I'm just looking forward.

14.09.2024 21:00

Flash quotes

As of SAT 14 SEP 2024

Hugues Fabrice ZANGO (BUR)**Triple Jump Men - 3rd - 17.05**

I have a great smile on my face, because jumping 17 metres to close off the season is great. This proves that I'm on the right path and there is more to come in the next season. Maybe I'm also smiling because the season is over and I take some rest. I started my Diamond League competition in April and it's not easy to keep that high level during all those competitions, so very happy to finish the season without an injury and now we can focus on taking a vacation.

14.09.2024 21:02

Pedro PICHARDO (POR)**Triple Jump Men - Winner - 17m33**

This is my third Diamond League and I am really happy and proud of that. If you ask me if I would trade this DL trophy for a gold medal in Paris, I would say no. These are different circumstances. I lost the gold medal in Paris with only 2 cm, but that's sport. I don't usually look back: I only look forward. I know that I'm really consistent in my performances, but that's mainly thanks to the good work of my trainers. All credits to them for keeping me in good shape and in good health.

14.09.2024 21:09

Faith KIPYEGON (KEN)**1500m Women - Winner - 3.54.75 MR**

It was a good race and I really thank God for that. The world record was not on my mind today. My goal was to finish my Diamond League season in a good way and I did. It was a good race, but definitely not an easy one. It was a bit cold to run 61 seconds in the first lap and 62 seconds for the next lap. I tried to be myself and focus on the finish line. Hopefully I will finish my season in New York in a good way. It will be my last race of the season. I am still looking forward to race. I started my season very late because of a small problem and I still feel strong.

14.09.2024 21:13

Flash quotes

As of SAT 14 SEP 2024

Alexander OGANDO (DOM)**200m Men - 3rd - 19,97**

I'm not totally satisfied with my performance tonight, but I'm really happy with the season that I had. I'm looking forward already to the next year where I want to be stronger and faster. I have some performances and times in my head, but I don't tell it to the world yet. I keep it inside my heart to keep me motivated. It was my second time here in Brussels. The first time I ran the 400m. I'm not a bad 400m runner: My PB is 44,60, but I prefer running the 200m.

14.09.2024 21:18

Nadine VISSER (NED)**100m Hurdles Women - 2nd - 12.54**

This is a nice way to end my season. My body was telling me these last couple of days that it needs some rest. I encouraged myself to hold on a little longer for this last race. I knew that my standard level was something like the result of today and that I could go a bit faster if I pushed a little harder in training and have a good rest after the Zürich Diamond League. But my body said no. The other girls in this race have not been home for a long time. They are finally going home tomorrow and that is what they are thinking about now. They were not really focused anymore on this race. That played in my advantage because for me this was a home game. My parents and friends are in the stands. It is super nice that it is this close to home. My season was good despite a dramatic start of the year. I am happy with how I could turn everything in the right direction and how I could set a good standard level for myself.

14.09.2024 21:19

Flash quotes

As of SAT 14 SEP 2024

Kenneth BEDNAREK (USA)

200m Men - Winner - 19,67

I'm feeling great. It's been a really long season: I got the silver medal in Paris, I had a few wins during the season, also a few losses: But being able to end the season with a victory in the DL final, gives me a lot of confidence for next year.

I think execution-wise I did what I needed to do and I'm happy with the performance. This year I shocked a few people with how fast I was running. I knew that I had it in me, but the last couple of seasons I had some injuries here and there. This season people saw a glimpse of what I can do. It's not a breakout year, this is something that I was supposed to be doing. Next year I will even be faster and more dangerous.

14.09.2024 21:25

Letsile TEBOGO (BOT)

200m Men - 2nd - 19.80

It has been a good season, but at the same time a tough season for me. I wanted to win the Diamond, but it has been a rollercoaster after the Olympics. So it wasn't easy to keep the focus. The cameras are more on me now, but I have to focus on myself. Now it's time to go home and take some rest.

14.09.2024 21:30



Flash quotes

As of SAT 14 SEP 2024

Jessica HULL (AUS)**1500m Women - 3rd - 3:56.99**

I am really happy. It has been a long year and my goal was to enjoy this race and to use it a little bit as a celebration for everything I have been able to do this year. I felt better than I thought I would. My race plan was to start a bit less aggressive than normal and then kind of wake up in the race. I am happy I could make some moves over the last 500m of the race. I have trusted myself very well. I am not really sure how many personal bests I broke this season, but it was a lot of fun. It was cool to test my range across some shorter distances. I have always done the 1.500m and 5.000m but to come down to the 800m and 1.000m indoors was really fun. I hope that I can keep doing that next year. But the 1500m will still be my main event. I absolutely love that event. It is my best event and I can race against some incredible women like Faith Kipyegon. I go home on Wednesday so I have a couple of days with my husband to take it all in and visit the country.

14.09.2024 21:32

Anavia BATTLE (USA)**200m Women - 3rd - 22.61**

This was my first Diamond League season, so this summer was very different for me. I had to get used to all the travelling and running in different countries but it's a blessing. I've also learned not to put so much pressure on myself and just enjoy. At the end of the day I just love running: So I have to get out of my own way and do what I love doing.

14.09.2024 21:34

Flash quotes

As of SAT 14 SEP 2024

Elise VANDERELST (BEL)**1500m Women - 11nd - 4:01.26 NR**

Closing of the season with a PB is fantastic, for sure. The pacing was just right and everything fell in its place today. To run sub 4 minutes, I'll have to improve my 800m first and run under 2 minutes. So that my speed can help me improving that time further on the 1500m. But this PB proves that hard work paid off.

14.09.2024 21:41

Beatrice CHEBET (KEN)**5000m Women - Winner - 14:09.82 MR**

I want just to say thank you for the good season. It has been an amazing year with the double gold medal in Paris and now the Diamond League trophy. I will celebrate it with my family. It's not easy to do even better the next years, but you have to train hard, to have faith in yourself and stay focused. Now I am going back to my country, celebrate with my family and take some holidays. After that I will focus on the next season.

14.09.2024 21:47

Emmanuel WANYONYI (KEN)**800m Men - Winner - 1:42.70**

The Diamond League is a very competitive competition. It wasn't very warm today, but even though the race went well. The last meters were very hard, they always are. But I worked hard for it and I'm happy that I made it. And next year maybe another Diamond.

14.09.2024 21:49

Flash quotes

As of SAT 14 SEP 2024

Delphine NKANSA (BEL)

200m Women Invitational - 3rd - 23.03 =PB

I only did one training on the bend, so I have to be happy with this result and equalling my PB from two years ago. But still, I'm looking for that time sub 23 seconds. It would have been great to do that in front of my home crowd. The support was so amazing that I could keep pushing until the end. This is such a great meeting in Brussels and I loved every minute of running in front a the Belgian people.

14.09.2024 21:58

Jasmine MOORE (USA)

Long Jump Women

The crowd was amazing, but it was so cold that my toes were freezing. I had my heat pad and was moving around the whole time. But I've competed in every possible weather, so I know how to prepare myself and everytime you learn something. It wasn't easy coming back after my 5th place in the triple jump yesterday. So I'm very proud of the mental aspect of my competition today. I've learned so much this season, because it's my first season as a pro athlete. Travelling without my coach and things like that, so I'm proud of how I handled it this season.

14.09.2024 22:05



Flash quotes

As of SAT 14 SEP 2024

Oleh DOROSHCHUK (UKR)**2nd - 2m31 =PB**

I'm really satisfied with my performance tonight. It was the last competition of the season and being able to jump 2m31 is really good.

It was not easy to get my mind set for the last competitions, but when you see the atmosphere it gives me only good emotions. Now I am going back to the Ukraine to spend time with my family.

14.09.2024 22:09

Paulien COUCKUYT (BEL)**400m Hurdles Women - 6th - 55.66**

It's such an honour running in a Diamond League race because these really are the races that I want to run. It's what I've worked so hard for and it's the level on which I want to compete. Lane 1 is not easy, but in Brussels every Belgian athlete wants to run in that lane.

14.09.2024 22:16

Anderson PETERS (GRN)**Javelin Throw Men - Winner - 87.87**

The goal today was obviously to win the Diamond League trophy. It is the end of the season and I am still in a very good shape. I look back on a very decent season with my olympic medal as highlight. When I came to Belgium for this competition, I found a Belgian training partner. Cedric Sorgeloos is his name. It was nice to train with him because he is a very talented guy. I am curious to see what he is capable of in the next few years.

14.09.2024 22:19

Flash quotes

As of SAT 14 SEP 2024

Femke BOL (NED)**400m Hurdles Women - Winner - 52,45**

It was really fun tonight. It was a little cold to run, but with the atmosphere in the stadium I forgot all about that. I really enjoyed my race and to be able to win my 4th Diamond League trophy is just amazing. Last week I was a little bit ill. I wasn't sure if I would compete in Brussels, because it was a really long season and it was a sign of my body that I needed some rest. However, running in Brussels feels like running in front of my home crowd and I didn't want to miss that. Brussels is always such a fantastic experience. Now I am looking forward to a two week holiday in Sicily. I'm really happy that Sydney McLaughlin-Levrone was here to run, even though it was in some side events. I would have preferred running against her on the 400mH, because she's such an amazing athlete and I can learn so much from her. Maybe the races in Brussels convinced her now to run more Diamond Leagues next season. It would be great to race against her.

14.09.2024 22:21

Marco AROP (CAN)**800m Men - 3rd - 1:43.25**

We came through in 49 seconds low. I think we went out a bit too hard in the first 200m, but it was a great race. I just wish I could do better. I really hoped to take the win here, but the guys are so strong this year and it was not my perfect race. In my opinion there are different reasons for the current level in the 800m. The main one: everyone is working really hard. It is an Olympic year, that helps too to be in our best shape. Also the track and the spikes are helping us. I am also experimenting with bicarbonate this year. This was my last race of the season. I am really happy about that. It was a long year but I am motivated to come back stronger next season.

14.09.2024 22:25

Flash quotes

As of SAT 14 SEP 2024

Julian WEBER (GER)

Javelin Throw Men - 3rd - 85m97

I had so much fun tonight. I'm pretty tired, but to end the season with a 3rd place in the Diamond League final and 85m97 is really good. It was rather cold tonight and in the warming up area there was no track, only grass. When we come to the stadium, the track is rather hard and the difference is big, so that made it a little difficult for us javelin throwers: But as I said, I am really happy to end the season this way. The main thing is that I stayed healthy during the season and after the break I can start working to do even better next season.

14.09.2024 22:29

Sandi MORRIS (USA)

Pole Vault Women - 2nd - 4.80

I am elating. It has been a rough year to be honest. The competition was going really fast because the field is so small. There is a new rule since this year that says they will not change the standards when the clock has already started. I wanted to change my standards on 4.80 but that was not possible anymore. I grabbed a smaller pole, I ran down and made the height on my first attempt. I was really excited for me because it was a clutch jump. I knew about the rule. It is just very difficult when they put up the bar very quickly and start the clock very quickly. Sometimes you do not have the time to speak to your coach. I am not a big fan of the rule personally because it totally changes the dynamic of the competition and things go so quickly that we cannot gather ourselves to prepare for a jump. It is going to affect competitions, but tonight it worked in my favorite. Nothing is gonna make up completely for the missed Olympics, but I am really proud of how far I have come since what happened at the Olympic trials. I am getting healthier and stronger and I am really pleased with 4.80 tonight. The season is finished for me. It is a little bittersweet as my form is getting better and better. But I am learning things for next season and that is the key. Brussels will always be special to me. Even the vibe tonight, when I hear the drums playing, it just brought back that 5m memory. That is still the best night of my life honestly. Nothing will take that away.

14.09.2024 22:32

Flash quotes

As of SAT 14 SEP 2024

Shiann SALMON (JAM)**400m Hurdles Women - 3rd - 53,99**

My goal this season was to run 52" and I did that in my previous race. So, mission accomplished. Tonight was just about effort and finishing the season.

It has been a long season, but that is something that we will have to get used to. Next season the world championship is even in September. Also, it was cold tonight, but that's also something that an athlete has to get used to: We cannot control nature and we just need to be prepared to run in every possible condition.

Now it's time for holidays in Jamaica. I'm going to an island, drink some coconut water and relax.

14.09.2024 22:35

Thomas CARMOY (BEL)**High Jump Men - 5th 2m22**

It has not been an easy season for me, but I am really happy to be able to finish it here in Brussels. I've had some injury troubles during the season and we had to do some changes in our training schedule. It was already an accomplishment to jump here 2m22 and not to feel pain. The collaboration with Tia Hellebaut is going very well and I am confident for the future. We knew that this year was a transition year and we didn't want to change too much in one year, but I am satisfied with how things are going.

14.09.2024 22:41

Flash quotes

As of SAT 14 SEP 2024

Larissa IAPICHINO (ITA)**Long Jump Women - Winner - 6.80**

Winning my first Diamond League Final is so amazing. Ending the season with the diamond is something to be very proud of. I tried to have fun and enjoy the competition, because I knew it was the last one. After the Olympics, I took a little break because it was a long season and it can be a lot. So it was the right decision to enjoy a little break.

14.09.2024 22:45

Elliott CRESTAN (BEL)**800m Men - 5th - 1,43,74**

I wanted to confirm my performances of this season and run under 1,44 again and I succeeded. I probably started a little too fast, but it was hard for me to follow the rhythm between 400m and 600m. It was the last race of the season, but I am very satisfied. It's really nice to see that I've been able to keep my form during the whole season and that my performances were very consistent. It proves that my training and preparation schedules work for me. Now I will have to work even harder to get faster and to win places in the future races and championships.

14.09.2024 22:47

Timothy HERMAN (BEL)**Javelin Throw Men - 7th - 76.46**

Because the Diamond League Final takes place in Brussels over two days, the javelin for men also takes place during the Allianz Memorial Van Damme. So it was very special to be a part of it. The competition itself wasn't what I was hoping for. It has been the same for the whole season. Physically I'm in great shape, but it just didn't click. We've already did an evaluation and we're gonna start earlier with training on the technical aspect.

14.09.2024 22:49

Flash quotes

As of SAT 14 SEP 2024

Elien VEKEMANS (BEL)**Pole Vault Women - 7th - 4.40**

Because I was injured in the beginning of the season, it feels like my season is just getting started. A lot of athletes are tired after a long season, but I'm still hungry for more. So it's a strange feeling at the end of the season. But I still have one competition left, next week in Geneva.

14.09.2024 22:54

Nina KENNEDY (AUS)**Pole Vault Women - Winner - 4.88**

I felt a lot of pressure today, because I've won seven competitions in a row. So the other girls were out to get me. But I stuck to my plan and it worked out. It has been my best year ever, I was very consistent and won the Olympics and tonight the Diamond League. But I didn't jump a PB, that's why I was aiming for that 4.95 tonight. Maybe next year, I'm still young so I have a couple of good years in me.

14.09.2024 22:58

Anna COCKRELL (USA)**400m Hurdles Women - 2nd - 53.71**

The race wasn't good at all tonight, because I messed up a couple of things. Hurdle two was already off and it just wasn't my day today. Last year I would have been happy with a 53 seconds race and today I'm frustrated with that. So that says enough about the progress that I've made this season.

14.09.2024 23:03