Flash quotes

As of FRI 22 AUG 2025

TIMING, RESULTS SERVICE & DISTANCE MEASUREMENT BY OMEGA

Antonio WATSON (JAM)

400m Men Invitational - 1st 44.89 SB

It was a great race here in Brussels. The guys got out off the blocks quickly, just like we said before the start. I knew what I had to do and am glad I got another race done.

22.08.2025 19:18

Mercy Adongo OKETCH (KEN)

400m Women Invitational - 1st 51.26

No, I am not completely happy with this time but I did the best I could. This is my first Diamond League race ever and I really enjoyed it. It was nice to compete in such a packed stadium. I am not sure when my next race will be, maybe Tokyo.

22.08.2025 19:25

Imke VERVAET (BEL)

400m Women Invitational - 2nd 51.27

I hoped for a faster time, but this is not a disappointment for me. Last week, I had a hard training week and I think the fatigue is still in the legs. For a moment I thought I could win but in the final metres the lactate kicked in. It´s a pity because a Belgian win was the goal. This was not my last competition before the World Championships. On Sunday, I will do the 4x100 and 4x200m with my club. It is always fun to run together although it´s more like a training session.

22.08.2025 19:34

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Dylan BORLÉE (BEL)

400m Men Invitational - 2nd 44.94 PB

Finally under 45 seconds today in front of a home crowd, this means very much to me. I was not far off from a time under 45 seconds and I knew I was capable of it and I am so happy. I felt very strong today and was able to keep up with Antonio Watson. I came short off the win but I felt very strong. Yesterday, I was a bit sick so I was scared that it would impact my competition but as soon as I started I knew it was going to be good.

22.08.2025 19:39

Francesco PERNICI (ITA)

800m Men Invitational - 1:44.05 PB

My goal today was to run under 1:44 and I just missed that. I did run a PB here today so I can´t complain. Today was a test for the World Championships and I know now where I have to improve. But I showed confidence and courage and I hope to show the same thing in Tokyo. My first goal there is to run the semi final and then of course the final as well. So now I still have a few more weeks to train and to run fast in Tokyo.

22.08.2025 19:48

Sarah MITTON (CAN)

Shot Put Women - 2nd 19.89

Tonight, the result was not as far as I had hoped for, but I had a busy week of travelling because I'm coming straight from the Bahamas. But I'm really consistent, so that's good. There's a big throw in there, but I can't get it at the moment. That's why I am doing a lot of meetings and also, nobody of the shot putters is skipping a meeting. So you just wanna be there. Now I hope to freshen up a bit before Zurich. I feel I will be able to push trough that finish and get that 20 metres. It's a special season with the Diamond League ending before the World Championships, but the Worlds is still the main focus.

22.08.2025 19:52

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22.08.2025 19:52

Eliott CRESTAN (BEL)

800m Men Invitational - 1st 1:43:91

I wanted to win this race, in front of a home crowd, so I am happy with that but my goal was to run under 1:43, but winning here in Belgium is really special. My tactic was to get in front behind some athletes. And I knew that the field was strong. I´m very satisfied with my tactic and now I can keep working and training for Tokyo. I will be leaving on the 1st of September to do a training camp and hopefully I will be at my strongest in Tokyo. I´m really looking forward to that.

22.08.2025 20:01

Ralford MULLINGS (JAM)

Discus Throw Men - 1st 69.66

It is my first Diamond League victory ever! No, I doesn´t bother me that I didn´t make the 70m mark. The goal is always to get on the podium. Whatever distance it takes to get on the podium, I am happy with that. This was my first competition in Europe and it was interesting. It is definitely something you have to get used to with the travel, the acclimatisation etc. I wasn´t planning to go to Zurich and school starts next week, Monday morning to be more precise. So I have to figure out how I can make it to Zurich if I am qualified.

22.08.2025 20:01

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Gift LEOTLELA (RSA)

100m Men Invitational - 1st 10.13

I am not happy with the time but I take the win. I am in pretty good shape, but I am struggeling a bit with the tendon behind my knee. It´s been bothering me. I think that if I can fix that, I will be able to run more free and faster. I am feeling a bit of discomfort now when I am running. As soon as I sort this out, I am sure I can run sub 10 again.

22.08.2025 20:10

Oleh DOROSHCHUK (UKR)

High Jump Men - 1st 2.25

I felt great today and the atmosphere in the stadium was very special. I love jumping in Brussels after I was here last year. Next up is the Diamond League final and after that, I'm leaving for a training camp in Tokyo for the last competion of the season.

22.08.2025 20:13

Fleur JONG (NED)

Long Jump Women Invitational - 1st 6.77

The first time I competed in Brussels, I became second behind Ivana Spanovic in a new para World Record, so you can say I have good memories to this competition. I am so happy to be back. It is so well organised and the crowd is lovely. My competition today was good. Every attempt was a little further and the combative field gave me an extra boost to do better. This was my last competition of this season. Now I go back to training to prepare the World Para Championships in India.

22.08.2025 20:14

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Mykolas ALEKNA (LTU)

Discus Throw Men - 2nd 68.82

Zurich is all that counts for the moment, because with this second place I will be safe for the Diamond League final. Of course I wanted to win, but everybody does and I'm happy for Ralford (Mullings). Now I'm gonna keep training and hopefully I'll do beter during the final. The hard training sessions are almost over, I still do some now and then. But I feel I'm getting faster and more explosive. So I'm almost ready for Tokyo.

22.08.2025 20:20

Anna COCKRELL (USA)

400m Hurdles Women - 1st 53.66

This felt pretty good. It´s a win and felt like a pretty solid run. I trained really hard this season and tried to put things together and find small improvements. It´s about finding a good race plan and executing everything as good as possible. My next goal is the Diamond League final in Zurich, I hope to be even faster there, there´s a couple of things I have to tweak so I hope it will work out in that final. I loved running here it felt very good!

22.08.2025 20:21

Chase JACKSON (USA)

Shot Put Women - 1st 20.90 MR

I threw a Meeting Record here, that felt very good. I was pretty consistent and hope to stay that way. I hurt my finger before the US nationals and it keeps bugging me. So I got to figure out what to do these next few weeks, especially for Tokyo. I hope I don´t have to let it rest but I still have to get it checked. For Zurich, I hope that I can win the final and be consistent. Maybe some shots over 21m, we´ll see. It was a good meeting, sometimes a bit crowdy with the pole vault next to it but everyone was so sweet. The crowd was amazing and they really cheered for each and everyone of us so that felt amazing.

22.08.2025 20:28

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Nikki HILTZ (USA)

1500m Women - 1st 3:55.94 SB

It was a good and fun race today. I didn´t know there was that big of a gap. I was just racing with the athletes around me and I knew it would be an exciting last lap as I came closer and closer to the front of the race. I am very happy that I could take the win and with how I adapted on everything that was going on in the race. It is a small season´s best so that means I´m peaking just around the right time. I am still deciding if I am going to Zurich. I will have to look at my training and see what makes most sense. It would be a good opportunity to race the world´s best athletes just before the World Championships. But I ask myself the question: Do I want to be race sharp or maybe get in a couple more workouts?

22.08.2025 20:30

Linden HALL (AUS)

1500m Women - 2nd 3:56.33 PB

I ended up at the front of the race. So I thought, okay we're doing this. It's that moment in the season where you take a risk and commit to the pace. I ran a PB last week, so I was feeling confident. And I took a little of that time again today. So I had a good two weeks. We did a month of training in Sankt-Moritz before heading to Silesia. But when everyone was having their nationals, which we already had in April, it was a bit of a wait before we could start racing again. That's why I was feeling ready for this race. Next week they will announce the Australian Team for Tokyo, so thumbs up. But we should be safe, but you never know.

22.08.2025 20:37

Robert GREGORY (USA)

200m Men - 2nd 20.19

This was not good. I didn´t execute the race how it was supposed to be, that´s it. However, I enjoyed my first race in Brussels. The stadium was crazy.

22.08.2025 20:40

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Naomi van den BROECK (BEL)

400m Hurdles Women - 3rd 54.12 NR

I am definitely happy with this race, even though I made a mistake on the last hurdle. I went over the last hurdle with the wrong leg. That makes me actually happy because there is still something I can improve. I hope I can correct this in Tokyo and hopefully I can see the 53 seconds. That´s my goal. Each race I am improving, so I believe it´s possible. I don´t think this will be enough for the final in Zurich, but I am fine with that. I was not expecting to go to the final. I actually have no rest tonight because in a few hours I take the bus for a 10h drive to Germany for a wedding.

22.08.2025 20:43

Ruben QUERINJEAN (LUX)

3000m Steeplechase Men - 1st 8:09.47 PB

This is really exceptional. In the last meters I felt that it was possible to take the win, but I never thought that this time would be possible. I have the confidence in my sprint at the end of a race, but to do it here tonight is something else. A time around 8.12 was the goal, but this is really unbelievable. And now I'm going to the World Championships!

22.08.2025 20:47

Gianna WOODRUFF (PAN)

400m Hurdles Women - 2nd 53.89 SB

I think I have a season´s best and am exciting with where we are going with that. I´ve put a race together, which was nice. Hopefully I will be in the Diamond League final next week. I think I will have enough points with today´s second place. I am just finishing stronger now, that´s the only difference compared to my other races. It was my first time competing in Brussels and it was great. I love the waffles.

22.08.2025 20:54

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Tim van de VELDE (BEL)

3000m Steeplechase Men - 7th 8:14.40 PB

I texted my manager last week and told him that if he could manage to get me in this race, I would definitely run the standard for the World Championships in Tokyo. To actually do this is fantastic. I had a great feeling during the race. I was even running in third position for a certain moment. From then on I knew I would make it. Even when I had a hard time in the last laps with some bad jumps over the steeple, I kept believing in myself. Give me a good year without any injuries and then the Belgian record is possible.

22.08.2025 21:02

Melissa JEFFERSON-WOODEN (USA)

100m Women - 1st 10.76

This was my first time running in Brussels. I´m always looking forward to running in new places and to discover new things. And the people here are very welcoming, I felt so much love. I was happy to come out here and compete the way I wanted it to be. Right now I´m going back home to the States to get some good trainings in and clean up the small things. I know that I´m in great shape and that it´s all about putting together the perfect race at the perfect time, when it matters the most, and that is at the World Championships in Tokyo. So now all the small meetings are done and it´s time to go back home and work on the biggest one of the season. The plan is definitely to go out there and take gold. I feel like I put myself in a really good spot to be a contender for that and now it´s time to have trust. I´m so grateful for everyone in my circle that helped and pushed me to get here. This year I have put in a lot of work and that is what makes me confident, I know what I´m capable of. This is probably the first season that I have zero doubts because I know that I worked hard.

22.08.2025 21:02

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Alexander OGANDO (DOM)

200m Men - 1st 20.16

The race was very good. I am happy that I was able to take the win, that´s two wins now, and I am grateful to God for it, and for giving me another opportunity to do so. We came out here to fight again and to show that we´re here. Now, I will be going back to training camp and from there we will go to Zurich to race in the final where the outcome will be in God´s will. Brussels was really superb, and I´m super happy with it.

22.08.2025 21:10

Agnes Jebet NGETICH (KEN)

5000m Women - 1st 14:24.99

Today´s race was not bad. I am happy with the win but I wanted to run faster. I really wanted to improve my PB but today I had to push alone and it was hard. The next thing now is to focus on the World Championships. I am doubling the 5000m and 10 000m and I´m really ambitious. I want to make at least one podium, that is the most important thing. To get a medal at the highest stage in the world.

22.08.2025 21:13

Thomas CARMOY (BEL)

High Jump Men - 2nd 2.25

Today I jumped to a second place after what has been a tougher season. Together with my coach, Tia Hellebaut, we worked patiently on the small details. We didn´t compete much this year, which can be frustrating when you just want to jump. My goal today was to set a PB in front of a home crowd - that didn´t happen, but I know exactly what I need to improve. If a spot opens up in Zürich, I´d love to be there. Otherwise, I will keep training with full focus on Tokyo, where I want to be at my very best.

22.08.2025 21:17

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Nafissatou THIAM (BEL)

Long Jump Women Invitational - 5th 6.40

It's always a great pleasure to compete at the Allianz Memorial Van Damme in Brussels. I always enjoy myself at this track. After the high jump in Lausanne, the long jump was a logical choice going into the last weeks before the World Champs. As a heptathlete, my options for individual events at Diamond League meetings are limited. The shot put or the javelin wouldn't be as much fun. The preparations for this season were not always easy because of some physical difficulties. But that's part of the sport. We just tried to stay calm and keep it peaceful. And that was a good approach.

22.08.2025 21:17

Marta GARCÍA (ESP)

5000m Women - 5th 14:33.40 NR

It was so great that the organisation had a second pacer for the second group. That made us look a bit more human compared to the first group that was chasing the World record. I'm so grateful that they did that for us. I waited for the last moment to really kick in and give it my all. This is a massive performance for me and I improved my PB with eleven seconds, that is huge. I was already sure of my spot for Tokyo, but I wanted a last strong race. So this was the perfect opportunity and I'm really grateful for this opportunity!

22.08.2025 21:27

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Isaac UPDIKE (USA)

3000m Steeplechase Men - 3rd 8:10.59 PB

3000m steeple is never easy and today was hard. I knew they were aiming for 8:05 so my tactic was to just keep following; I was aiming for 8.08 today, so I ran just a bit slower but I knew if I kept following I would be close to 8:10. I feel that there´s still room for improvement during the race. I got a bit locked in a certain moment so there are still some things that could be better. I guess I might be in the final of the Diamond League, so that means I will have to change my plane ticket. So that´s new and exciting. For now I´m staying in Belgium where I will continue my training in Leuven. They have a great facility over there so that´s a good thing. I love Belgium and we´re based in Leuven a lot, I train at the Bakala Academy which is really great. I´m looking forward to Zürich and hopefully I can run a new PB there.

22.08.2025 21:27

Niels LAROS (NED)

1500m Men - 1st 3:30.58 SB

This is my second Diamond League of the season and second win. I choose my races precisely and it´s nice that it turns out this way. It is definitely different to race without Jakob Ingebrigtsen. He is often the one who pushes the pace when the pacemakers step out. The race becomes more tactical without him. I don´t know if that´s better for me. Not necessarily I think as everyone in the race is capable to handle different race scenario´s. I am qualified for Zurich. The race itself is not really important for me, but it´s important to be in a good shape around that time of the season with the World Championships just around the corner. I hope to battle again for the win, but I will not be disappointed if the result is not good. I had some setbacks earlier this season and I know that I am not in my best possible shape yet.

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Yared NUGUSE (USA)

1500m Men - 3rd 3:31.51

It was a busy and hectic race, but I was able to come through in a strong way like I wanted to. After my win in Silesia, I was almost sure of my spot at the Diamond League final. But this third place will get me to Zurich for sure. Now, I'm gonna get some rest and recover. We're all feeling the same way, so the recovery will be crucial.

22.08.2025 21:39

Jana van LENT (BEL)

5000m Women - 10th 14:37.47 NR

The only goal today was run under 14:40. I am so happy that I did. Before the race, I felt stronger than before the Diamond League in London. The race was a bit messy with a lot of tempo changes and some pushing and pulling. Therefore I didn´t think I could lower the national record again, because I lost a lot of energy with that. When I still saw the wavelights next to me, it gave me an extra boost to keep pushing. This was the first race where I didn´t run alone. I liked the atmosphere, but the race itself was still not ideal. I am sure that I can still do better. In Tokyo I will combine the 5000m and 10.000m. I really like both distances.

22.08.2025 21:43

Winfred YAVI (BRN)

1 Mile Steeplechase Women - 1st 4:40.13

It felt really good today, I´m happy with the win. I was able to keep pushing. I hoped to run faster, I was aiming for a better chrono. It´s an unusual distance, normally it´s 3000m, and I ran faster than I normally do. It felt harder than the 3000m, I had to change my jumps as I was running faster towards the steeple. Right now I´m returning home to train and work on my jumps. This year I worked really hard with my coach on improving my skills and I will keep on training hard to be at my best in Tokyo. I hope to get a medal there, it won´t be easy but I´ll do whatever it takes.

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Vernon NORWOOD (USA)

400m Men - 2nd 44.62

I wanted to come out and run a good race, I´m satisfied but hoped to run a bit faster. I could have been a bit better. Every race you´re looking for improvements and trying to execute the next race as good as possible. I will try to get that time next week at the final of the Diamond League in Zürich. I hope to get the win over there. I feel pretty strong.

22.08.2025 21:57

Jacory PATTERSON (USA)

400m Men - 1st 44.05

I always said that I wanted to run at a Diamond League meeting and today I just won in Brussels, so this is crazy. This track is also very special, because the curves are very elongated so you can run hard. It was just so much fun and the crowd was amazing. And winning with a time like this, is a real confidence boost. I was on the outside, so I couldn't see anything. But you can't hold back so I just followed the plan to get a fast start. And it was a strong field today, so winning against these guys is amazing.

22.08.2025 21:59

Elise VANDERELST (BEL)

5000m Women - 14th 14:40.70 PB

The goal today was to run a personal best and I did. The focus wasn´t on the Belgian record but securing the qualifying mark for Tokyo. I did not want to take too many risks, so I stuck to the plan and I´m very happy with that. I ran with girls who are faster than me so I tried to just follow them and stay in my rhythm. Right now I will prepare myself for the upcoming World Championships. I know what to do and where I can improve myself. Considering I still felt the fatigue from heavy training blocks, today was really positive. The crowd was really amazing and that helped a lot!

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Molly CAUDERY (GBR)

Pole Vault Women - 2nd 4.80

Today felt really great, I´m so happy to have another strong competition. Unfortunately, I had three run-throughs, so that is something that I need to keep working on. This season has had a lot of ups and downs so I´m glad to have put together some good jumps. The crowd was really amazing, I feel like a crowd can really make a competition and they definitely did today. Right now, my focus is on improving my consistency and of course my technique. I know which technical aspects I need to keep working on. Unfortunately I won´t be in Zürich, I missed a lot of Diamond Leagues due to injury so I´m focusing on the World Championships in Tokyo. The field is very strong but I feel like it´s open so that will make it a fight and that´s good for the competition and the spectators as well.

22.08.2025 22:12

Keshorn WALCOTT (TTO)

Javelin Throw Men - 2nd 86.30 SB

This track is so great, one of my favorites of the season. It was a good performance today in a strong competition. The weather was not the best, so I know I can do better. I had a heavy training block in July and now we're tapering off towards the World Championships. I really like that the Diamond Leagues are taking place ahead of the championships. Not everybody is a fan, but I'm really happy with that format. That means that I'm done after the World Championships and I don't have to focus on other competitions afterwards. Now I'm staying in Europe before leaving for Tokyo. The focus is to stay relaxed and everything will come together.

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Delphine NKANSA (BEL)

100m Women - 7th 11.24 SB

I'm not having the best season, so I'm very proud and thankful for the opportunity to run here tonight. I've been travelling a lot to compete, so it's not easy to combine with my studies and to spend time with my family. But despite of the busy season, I'm glad to run a SB. That means the best is yet to come and hopefully in Tokyo.

22.08.2025 22:22

Katie MOON (USA)

Pole Vault Women - 1st 4.85 SB

It was awesome. This was really what I was hoping for, especially going into Tokyo and the Diamond League final. I felt that my US Championships didn´t go the way that I was hoping for, technical wise. I wanted to come in today and execute a really good jump. I think that I did that more than once. I am very happy with the win, but most of all with how I jumped. My jump over 4.85 was one of the best jumps I´ve ever taken. Pole vault is tough. I´ve done very well in the sport but bad competitions can really affect you mentally. This competition was a much needed confidence boost for me. I have not jumped well in the stadium in Zurich before. That´s definitely something I want to change next week.

22.08.2025 22:34

Elien VEKEMANS (BEL)

Pole Vault Women - 8th 4.54

I really enjoyed jumping tonight in Brussels. The stadium was fully packed and the energy of the crowd was so great. It was a strong field with world class athletes, the level of a World Championship final. So this was the perfect rehearsal for Tokyo. Now I'm gonna get some rest and build up the confidence I'm gonna need for Tokyo.

22.08.2025 22:34

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As of FRI 22 AUG 2025

Jasmine MOORE (USA)

Triple Jump Women - 3rd 14.38

I´m happy that I could progress through the competition. It was a bit chilly out there today. I am used to the heat of Florida and my feet were a little frozen today, but it is good to know that I can fight through any condition. I am proud of that. The main goal this season is Tokyo but the girls that are gonna be in Tokyo are also gonna be in Zurich. It is always good to go head to head and to see where you line up against them. I don´t think I am a favorite. I just want go out there and compete, keep building and make myself proud. That what I will be striving for next week.

22.08.2025 22:34

Daniel SEGERS (BEL)

400m Men - 4th 44.90

I´m completely back. I had a very strong start to the season, but then my body needed time to adapt to the higher speeds and I picked up a small injury - just a little dip. To be able to perform like this now, in front of a home crowd, feels amazing. The Allianz Memorial Van Damme is impossible to describe, you have to experience it. I feel like things are now moving in the right direction for Tokyo. Before that, I will run the pre-programme in Zürich, which together with Brussels is one of the most beautiful meetings. It´s the perfect way to get more used to the international stage before giving everything in Tokyo.

22.08.2025 22:40

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As of FRI 22 AUG 2025

Julian WEBER (GER)

Javelin Throw Men - 1st 89.65

The competition was amazing, it was a lot of fun. I am very happy with the result and also the victory. The atmosphere was superb, the fans are very sweet and are really celebrating you, I also did a lap of honor with the German flag. Technically, it was better, not 100% yet with all attempts. I also had a few issues with the run-up. The consistency is still missing a bit, the 89m was not a really good attempt, so there is room for more. I will work on that so that it will work out perfectly at the World Championships. Over the years, I have improved my technique very well and now I know better what I have to do to throw far. I had a few achilles issues in the last weeks but today I didn´t feel it but I felt other parts of my body. But it´s always like that and it´s part of our job.

22.08.2025 22:42

Ruben VERHEYDEN (BEL)

1500m Men - 7th 3:32.71

Although I said that I would go for a new National Record, I´m not unhappy with the result. I´m fighting for 1400m with the big boys and I was definitely aware of that during the race. It´s nice to know that I can really compete with athletes like Niels Laros and Yared Nuguse. I´m showing that I belong in a strong field as this. After 200m I knew that the race was too slow for a fast finish time. But after the race in Silesia and with this weather forecast, I already knew in advance that we wouldn´t go out on a fast pace. I´ve won Diamond League points today, which is really cool. I knew I am in great shape so I am not surprised that I was the first Belgian who crossed the finish line.

22.08.2025 22:55

Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women - 1st 14.78

It was my second time in Brussels. Although the weather is a bit cold, it´s nothing I can´t handle. I´m happy and now I´m getting ready for the Diamond League final in Zurich, which is very important for me.

22.08.2025 23:02

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