

Flash quotes

As of SAT 19 JUL 2025

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Ben SANDILANDS (GBR)

1500m Para Men - 1st - 3:48.95

It was amazing to be back racing at this stadium and getting a good time. The first two laps were good but I was hurting a lot on the last lap. Having a pacemaker was really important and pushed me in that race. We have the World Championships in India later in the year, so races like this are important. My preparation will be the same as always and I will be going for a great performance.

19.07.2025 12:38

Lewis DAVEY (GBR)

400m Men National - 44.91 PB

I came into this competition hungry after a few high 45s. I really wanted to come here and smash my PB and I have done that. The whole week I have been visualising a PB. My plan is to definitely aim for an individual spot as well as the relays. I have loved the relays but I really want to push for that individual spot. We are in the business side of the season now so it is about quality rather than quantity - that has been done. Now is about recovery and eating and sleeping well.

19.07.2025 13:02

Sophie HAHN (GBR)

1st 12.89

I had hoped to go a bit faster so I am a bit disappointed but I have not felt quite myself this week. I will have to work hard to improve and get closer to my target of 12.5 before the world championships in India but it is a long season.

19.07.2025 13:09

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Victoria OHURUOGU (GBR)

400m Women National - 1st - 51.22

I would have loved for it to be a bit quicker today, but the start of the season has been bumpy for me, so to get a win is a confidence booster. My last race was very bumpy so I am happy with how I raced today. I have not been translating training into performances, so today was better and things are heading in the right direction. I will go in confident for UK Championships now after that race.

19.07.2025 13:12

Zak SKINNER (GBR)

100m Para Men - 1st - 11.01

I did not think I had won it when I crossed the line, because he (Thomas) was matching me the entire way. I am surprised the time was not quicker, it certainly felt quick. To be honest, I said before the race that I came here wanting to rehearse how to win, and I did that again today. When you come here and race in a place like this, you want to win in front of a huge crowd, it is a brilliant feeling.

19.07.2025 13:20

Men JAMAICA (JAM)

4x100m Relay Men - 1st - 37.80

(Kishane Thompson said) We are very grateful to get the job done (qualify for Tokyo). I would not say they were the best exchanges but we got it around safely. We had to trust each other and get the baton around without any issues.

19.07.2025 13:29

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Men GREAT BRITAIN 1 (GBR)

4x100m Relay Men - 2nd 38.08

(Romell Glave said) It was my first time doing the third leg ever so that was a good experience and a good opportunity for me to try and get in the mix. All the changes were good and safe and we got a season's best so looking forward to the champs. We have a bit more practice before selection so hopefully we can improve even further.

19.07.2025 13:34

Women GREAT BRITAIN 1 (GBR)

4x100m Relay Women - 1st 41.69 WL

(Desiree Henry said) It felt so good to do that in front of a home crowd with 60000 people out there cheering us on. We have all got friends and family here and all the British love to see the British teams do well. We really wanted to put on a show as we haven't run together since Paris so the home crowd haven't seen us since we became Olympic silver medalists so it was important to do well today.

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Women IRELAND (IRL)

4x100m Relay Women - 4th - 43.73 NR

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Sarah Leahy (Leg One) It is all quite surreal to be honest. I was on the first leg and when I walked out I was so overwhelmed, I had tears in my eyes. I have never competed in an environment like this. And to get a National record is unbelievable.

Lauren Roy (Leg Three) - It really shows the world that Team Ireland can really thrive in this environment, and can perform well in these conditions.

Sarah Lavin (Leg Four) It is so important that every girl at home sprinting in Ireland know that they can try and get on this team, and they can qualify for the major championships in the coming years too. Hopefully we can inspire many people by the performances today.

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19.07.2025 13:42

Seamus DERBYSHIRE (GBR)

400m Hurdles Men National - 1st place - 48.82

My race was decent but I had a bit of a messy second bend but I trusted my strength and just tried not to panic. I have run under the world standard twice now, twice under 49 seconds which I had never done before this year. It is where I want to be.

19.07.2025 13:53

Carey McLEOD (JAM)

Long Jump Men - 3rd - 8.10m

We had to work with the conditions we were presented with but I was unphased and I did what I had to do. Perhaps people were a little more cautious today, but I am happy with how I performed during my series of jumps.

19.07.2025 14:08

Wayne PINNOCK (JAM)

Long Jump Men - 1st - 8.20m

It has been a really hard season for me. We know what winning feels like and how it feels to be on top, so I just came out here to execute. To be on top, and defeat Tentoglou - who is a really good jumper - was brilliant today. When it comes to the hard conditions like today, I know how to execute properly. I am just grateful to God for giving me my second Diamond League win. I am really focusing on the Diamond League finals this year as I will not be in Tokyo because I have changed allegiance to Turkey. So I will go back home and fix what needs fixing and come back stronger.

19.07.2025 14:12

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Lina NIELSEN (GBR)

400m Hurdles Women - 6th 55.04

I froze a bit at the last hurdle and lost my footing a bit but it was a good run out. I will have to review and talk to my coach about what went wrong at the end there. I think the times were down for all of us a bit today. I have had a bit of flare up of my illness just recently so I have to manage that. The conditions were hard today as it is so close and a bit hard to breathe. The crowd were so loud and I could hear a few "come on Lina's."

19.07.2025 14:13

Miltiadis TENTOGLOU (GRE)

Long Jump Men - 2nd - 8.19m

This was an amazing result from me and the other guys in these wet conditions. It is one of the best competitions I have done in such conditions when it is cold and rainy, so I am happy with my result. I am unlucky that I did not win because I was just 1cm away but I am happy with my performance today. When it is cold and wet, I get pain in my knees, so it is not the best for the muscles, so I was just trying my best. I have two competitions in Greece coming up, so I will hope for some more good results so I can be ready for the worlds in Tokyo.

19.07.2025 14:17

Femke BOL (NED)

400m Hurdles Women - 1st - 52.10

I wanted to run quicker in Monaco but my second bend was really not great there, so I had hoped to do better here. I think I executed the second bend better here but other elements were a little less good, so it is a bit disappointing. I love this track, I love this crowd, so you want to give them something special. It is a win, so I am happy, so I have to take the positives. The weather was not the problem today, it was on me. Now I am going back into training, this is the end of the first block, so we can go back and review how things have gone and be ready for that next block which leads into Tokyo.

19.07.2025 14:23

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Jasmine JONES (USA)

400m Hurdles Women - 2nd - 53.18

I had to go out pretty good and then I was going to have to race there. I felt some pressure on the sixth/seven hurdle. I'm going to aim to stay sharp for Tokyo, one the biggest meet in the world so getting ready for that mentally and physically is going to be important, just stay focus and then just feel confident in myself. London Diamond League atmosphere is amazing, sucking in the energy with all the people watching so definitely a great experience.

19.07.2025 14:26

Mykolas ALEKNA (LTU)

Discus Throw Men - 1st - 71.70m DLR MR

Conditions were not too good but it was not slippery so I felt very confident with my throws and my technique. It is my biggest throw ever in this stadium. People have been saying I only throw big outside of stadiums, but now I have thrown big inside one. I was a little bit nervous because this is my first big meet of the year in front of a huge crowd, so I really enjoyed it. It took me until the third round to feel comfortable, but I think the support really pushed us all on, so by that third round, it all came together and that is when the big throw came.

19.07.2025 14:31

Lawrence OKOYE (GBR)

Discus Throw Men - 3rd - 67.24m

I was competing against as good a field as you will ever have in the discus, so to come third today is very encouraging. Today was a good start in getting the good throws which we are throwing in training, into competition. It is going to need to be more to get a medal in Tokyo but I am working hard everyday.

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Emmanuel WANYONYI (KEN)

800m Men - 1st - 1:42.00 MR

I am so excited to win this race, that is what I came here to do, and it is great to set a meeting record too. It was a great race to be a part of. Preparation has been going well after Monaco, so this one was important today. My training right now is at 80%, so I will be upping the training in the next few weeks and over the next races before Tokyo.

19.07.2025 14:44

Marco AROP (CAN)

800m Men - 2nd - 1:42.22

This is such a great place to race, and it lifted us all the produce a really competitive and close race today. I was happy to run a season best. I just trust in my coach's plan and it seems to be paying off.

19.07.2025 14:50

Max BURGIN (GBR)

800m Men - 3rd 1:42.36 PB

I knew this race had been in me so it was great to finally get it all together after disappointing runs at Paris and Monaco Diamond Leagues. I managed to stay with the leaders in this one without taking the lead too early and it was important to get a good, strong race in before the trials and put my stamp down. It was a massively strong field out there today so to come away with a PB is very pleasing. I won't do too much more now before the trials just a bit of sharpening. As usual I gave it my all today but I really needed that PB and a good race after some messy ones.

19.07.2025 14:52

Medina EISA (ETH)

5000m Women - 1st - 14:30.57

Medina Eisa did not speak to any media after her victory in the women's 5000m.

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Rose DAVIES (AUS)

5000m Women - 3rd - 14:31.45 AR

I was ready for a big race and I felt like I responded to the challenge today. We started off quickly which got us into a strong pace, but then it slowed a bit, so I had to tell myself not to worry about the time, the race is a race. Gaps kept forming on the inside so I kept going through and then at the bell, there was such a big pack which is not usual for the Diamond League, so I had to fight for places. My expecttaions were a PB and I have achieved that so I am really pleased.

19.07.2025 14:59

Addison WILEY (USA)

800m Women - 2nd 1:57.43

It was such a great race but I am wondering now if I should have attacked it a bit earlier. I perhaps waited too long to go but overall it was a good race for me. In my mind I felt had more time to attack the front but the good thing is I felt strong all the way round and this makes me very excited for what is to come for the rest of the season. The US Champs are always tough but I will go back now and prepare for those.

19.07.2025 15:03

Georgia HUNTER BELL (GBR)

800m Women - 1st 1:56.74

The race went as I thought it would. I thought I would probably be around 4th or 5th at the bell and then aimed to work my way through the field. The longer the race goes on the more I am aware of those who can hold that 400 and 200 speed. So much of the 800 is about positioning so you have to be aware of what is going on around you all the time. This is exactly what I have been working on; keeping the right line and position within the race. In that last 100m I felt amazing so I really wanted to push to the finish line. You feel so supported in this stadium that the 2029 Worlds here would be incredible; it is so noisy and for us British girls it is incredible.

19.07.2025 15:11

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Charles DOBSON (GBR)

400m Men - 1st - 44.14

It is an incredible feeling, I love running here in front of a massive home crowd, it is just awesome to get that time. I tried to do a slightly different race than what I normally do, so I got out hard to 200m and then I just tried to hold on and I hope I did that. I will need to look at the splits later, but it felt well paced. Tactically it went perfectly, and I won the race, so what more can I ask for.

19.07.2025 15:13

Zakithi NENE (RSA)

400m Men - 3rd - 44.29

It is another close race on the Diamond League circuit. I was just pipped on the line again, so right now it is not the best of feelings, but I am happy with the times I am averaging. It is another 44.2 run, so I need to be proud of myself. I am building momentum race by race. I did not see (Dobson), I was trying to hold on and he just went storming past. It was a great PB run from him. I have not raced in six weeks, so it is a little unnerving not knowing what you can achieve, but I am happy with the 44.2.

19.07.2025 15:17

Hannah NUTTALL (GBR)

5000m Women - 11th 14:39.56 PB

I am so excited after that - I knew it was there and I had hoped to get the qualification time but I did not expect to get so far inside it. We have Megan (Keith) to thank for helping us stick to those second lights for the qualifying time, she really stuck to it so well. At the start I could barely hang on as it was so quick but I knew I had another gear so with two laps to go I pushed on. I was worried a week ago that it might be too hot but in the end it has been perfect for distance runners. It is the biggest crowd by far that I have run in front of and I couldn't have done that without their support. They really kept me going. The British 5000m women's field is suddenly looking really strong - from no-one getting the time last year to three or four of us in contention this year.

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Matthew HUDSON-SMITH (GBR)

400m Men - 2nd - 44.27

Matt Hudson-Smith did not stop to speak to media in the mixed zone.

19.07.2025 15:21

Halimah NAKAAYI (UGA)

800m Women - 3rd - 1:57.62

I had to focus on finishing strong, so I had to keep on pushing and not give up. I am super proud of myself, it was such a tough fight between us all. I will have to work on my strength because I was struggling in the last few metres, so there is plenty to work on. It is always a great pleasure to race here in London, I always know it is going to be a fast race. It is almost always a PB, so it is such an amazing place with a brilliant crowd.

19.07.2025 15:22

Gudaf TSEGAY (ETH)

1 Mile Women - 1st 4:11.88 WL NR MR

It was not easy but to get a meeting record, national record and personal best makes me so happy. The indoors did not go well for me then I had a small injury so this outdoor season has been hard for me but I come back even stronger. I have less speed after the injury so it was always going to be hard but I took it out at the bell. I have done a lot of speedwork to build strength after my injury.

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Jessica HULL (AUS)

1 Mile Women - 2nd - 4:13.68 AR

It was a very strange race in that it went by very fast. I had a lot of distractions, but I was just trying to zone into the leader in the second half, but it was a solid run. Coming in, I think we were thinking I could run a national record, and I did. I would have liked to have been a little closer to 4:10, but I felt very strong for 4:13. At the bell, I was just gauging the next 200m, and just as I was closing in on the back stretch, she (Tsegay) pulled away which made it quite tough. But she was my target on that last lap, I just had to try and get as close as possible. Running my own race within a race was the biggest thing today - I was sensible at the start as I wanted to give myself the best chance. A lot of records fell today, so it was a pretty special to be a part of that race.

19.07.2025 15:36

Sarah HEALY (IRL)

1 Mile Women - 3rd 4:16.26

Running in the Diamond Leagues are always amazing and to come here with this crowd is incredible. So much support for the Irish which is lovely. Today was about competing and getting out there and getting some good racing under my belt. I could sense where everyone was out there and felt I had the speed for that last lap although I did not realise quite how close fourth place was to me so I am very pleased to have held on.

19.07.2025 15:41

Oblique SEVILLE (JAM)

100m Men - 1st - 9.86

I am proud of how I ran amongst a stacked field, and to win. I was the only one to run under 10 seconds today, it is something special and phenomenal heading into a major championship later this year. Everything I have been practicing in training, I delivered out there today. Coming out here and performing against these athletes makes me want to push a little harder. London is the place I wanted to run, so to get the Diamond League win here is very special to me.

19.07.2025 15:42

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Zharnel HUGHES (GBR)

100m Men - 3rd - 10.02

It was an average performance today, but I am not going to beat myself up about it. I have just got to keep trusting myself and my progress. The British Champs are in two weeks so by then I will be in much better shape. I rushed my drive phase a little bit, I came through too quickly, I could have stayed a little more relaxed in that part of the race. I am going up against some of the best guys in the world so it is always going to be a challenge, so I just have to keep trusting myself. I know I can do it and the time will come.

19.07.2025 15:46

Olivia McTAGGART (NZL)

Pole Vault Women - 1st 4.73 PB

It is my first Diamond League podium so it hasn't sunk in yet. There was a real calmness to me today which really helped me jump so well. I had a fault early on but I knew I could do as I had in a comp a few days ago so I stayed calm and knew it would come. It was so close we knew countback could be important. The win is so important for my confidence so I know I can build on this and really push the boundaries this season.

19.07.2025 15:49

Noah LYLES (USA)

100m Men - 2nd - 10.00

I feel great after that, I feel extremely healthy and I am feeling no pain. I wanted the win but I think it was my fastest ever season opener, so I will take that result today. You are going to see Oblique (Seville) out there and just be like, ok, do not let it get to your head, just go and try and chase them, just reel them in little by little, just like any race. And then of course there is the moment when you cross the line and you are like, I did not get it this time. But the most important thing was not to panic, to make sure that I hit all the positions regardless.

19.07.2025 15:50

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Molly CAUDERY (GBR)

Pole Vault Women - 5th 4.60

I am obviously a bit disappointed about how today went but I am coming back from injury so starting to find my rhythm again but I have plenty of time before the major champs this year. It is so amazing to compete in this crowd so it was a great opportunity to be here. I am still only on my short run up after the injury so I was slightly caught between two poles today so I did change poles at 4.73 but I am happy and healthy and that is what matters going forward.

19.07.2025 15:56

Morgan LAKE (GBR)

High Jump Women - 1st - 1.96m

It was amazing today, even on the call outs the crowd were so loud, and today was all about enjoying it and having fun, and stay in the competition as long as possible. I cleared 1.96m on the second attempt so I was really happy about that. It felt like a big clearance, so when I jumped that, I knew I had 2.00m in there. I had three good attempts at it, so I am really pleased with how I performed. I was nearly over it on the last attempt, I just clipped it with my feet, so I know it is in there.

19.07.2025 15:57

Julien ALFRED (LCA)

200m Women - 1st - 21.71 NR MR WL

It was a strong first 150 metres of the race, and I managed to control it to finish strongly. It was a great race for me, and races like this give me a lot of confidence as we get closer to Tokyo. I did the 200m last year before the Olympics and I finished second, but seeing how I ran today and how comfortable I felt, I am a lot more confident in my 200m heading into the worlds.

19.07.2025 16:01

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Dina ASHER-SMITH (GBR)

200m Women - 2nd 22.25

A season's best in front of the home crowd was the aim today so even better and what makes me particularly happy is it was a good run for me today. I was so focussed on being fluid and relaxed and using the strength I had built from doing some 400s at the start of the season. I just wanted to really enjoy it today in front of so many home supporters making it so loud. There is honestly no Diamond League like this one and as a Londoner obviously I am chuffed we are bidding for the Worlds again. But not just Brits all other athletes love it here as we cheer for good performances not just Brits.

19.07.2025 16:02

Phanuel Kipkosgei KOECH (KEN)

1500m Men - 1st - 3:28.82

I thank god for this day, I was not expecting to run like that today. The field was very strong, and I enjoyed racing against them all today. I was thinking about all the big guys running fast, so I had to stay focused. Tactics did not go to plan, I just had to go with 200m to go.

19.07.2025 16:06

Amy HUNT (GBR)

200m Women - 22.31 PB

That was very emotional because my PB is from six years ago when I was 17 so I have come a long way since then. To finally get past it after so long I am so happy. Of course it would be nice to be fastest Brit but mostly I just need to get quicker each race and that was what I did today. It shows what I can do with a good lane and the vibe is right. I am going to double up at the trials as I want to target that for Tokyo so it will be a busy but exciting weekend.

19.07.2025 16:09

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Larissa IAPICHINO (ITA)

Long Jump Women - 2nd 6.92

I had some problems on the runway to start with as it was so bouncy but I adjusted things a little bit and then it was fine. It is good to be able to do that and get into the top three then do a strong last jump. I am happy that I could sort it as it is good for big experience events like this and championships. The last three jumps made it very exciting for the crowd today.

19.07.2025 16:15

Malaika MIHAMBO (GER)

Long Jump Women - 1st 6.93

I felt good out there but my approach was a bit of a struggle to start with. It was really cool to be on the raised platform out there and the crowd are very knowledgeable out there and cheer all the athletes. They knew what we were doing and they really understand track and field and that makes it so much fun for us out there. It is one of the best meetings in the world for sure. I really had to go for it in that fifth jump to be sure to get that jump off.

19.07.2025 16:18

Isaac NADER (POR)

1500m Men - 3rd - 3:31.55

In the last 200m for me, I had to push really hard, and fight to the line. It was a really competitive race and I had to just throw everything at it to try and finish as high as possible.

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Jazmin SAWYERS (GBR)

Long Jump Women - 7th 6.63

London as ever put on such a show but unfortunately I couldn't quite match it so I am disappointed. But I am still working my way back but of course we are not patient and I want to get right back to the top. Training has been going well so I was hoping to get a better performance out of myself today. But I have plenty of time to build more strength and get more competition practice.

19.07.2025 16:24

Josh KERR (GBR)

1500m Men - 2nd - 3:29.37

In general I really liked how I felt in the whole race. I felt like I made a solid move at 250, I just did not have my head on straight with 200m to go, and I let them go a little bit. The power was not quite there but it is not far away. But we have not ran a race like that for a while. To be running 3:29 at this point of the season is encouraging and I know I can make some jumps over the next couple of months.

19.07.2025 16:28

Eleanor PATTERSON (AUS)

High Jump Women - 2nd 1.93

I am very honoured to be known as miss consistent as it reflects my aim to be consistently jumping well. Today doesn't quite match up to it but if 1.93 is a bad day and second I can't be too mad about it.

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Katie MOON (USA)

Pole Vault Women - 2nd 4.73

I felt like I vaulted better than the results show for it. I was having a bit of an issue with the pole but I got it sorted by moving to a bigger pole. It wasn't very clean but it is all good feedback and that is why we do these comps. It was a strong field so everyone there can jump well. There was a lot of support out there and as I am married to a British man I consider it a home crowd for me too.

19.07.2025 16:36