

## Flash quotes

As of THU 12 JUN 2025

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## Amber ANNING (GBR)

400m Women - 3rd 50.24

It is a season's best which I am happy with but I still have work to do before Sunday in Stockholm. I went off strong, maybe a bit lapse in the back straight but then a good finish so I was pleased with this. It is a quick turnaround before Sunday so it is back to my physio now then travel to Stockholm. I am told it is a scenic train ride so I am looking forward to that. The crowd here were noisy and very excited which was great for us.

12.06.2025 20:08

## Isabella WHITTAKER (USA)

400m Women - 1st 49.58

I was hoping for a fight like that and I had a good feeling I was going to race well tonight, I enjoyed digging deep.

It is my first time here in Oslo and this is actually my first ever international meeting so it was very exciting and I love it here, it is a great atmosphere.

I have only just graduated college but my season is shaping up well, after a great indoors.

Next, I race in Stockholm and then in Paris, and the ultimate goal is to earn that individual spot on the US team for the World Champs in Tokyo - that would mean so much to me.

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**Shanieka RICKETTS (JAM)****Triple Jump Women - 2nd 14.57**

I certainly left it late today but I got there in the end and I'd had a couple of good jumps in the mix. The wind was very mixed today moving around quite a lot. I am back to Jamaica now for our national championships then a couple more Diamond Leagues before the World Champs. The season has started quite well for me so I need to just keep jumping well and I will be confident for Tokyo.

12.06.2025 20:25

**Emmanuel WANYONYI (KEN)****800m Men - First 1:42.78 SB**

Today, my body felt a little tired as I have come from Kenya so the travel has been long but I am happy with my performance against a strong field and pleased to run a season's best.

I really appreciated being here so thank you to the people of Oslo for inviting me and for giving us athletes a nice reception.

I am happy with the start to my season in this World Championship year and now, I will go to Stockholm and Monaco, where I hope to get sharp and run fast.

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**Henriette JÆGER (NOR)****400m Women - 2nd 49.62 NR**

I am tired after this run. The strawberry, the mascot, it is in such a good shape. It was coming with me in the victory lap and I was like what - who are you? Really, there is nothing better than to do a PB on the home track in front of the home crowds. In the end, I felt into the finish line, hurt myself a little bit, but it is OK. I will be fine. I have to say that I enjoyed the victory lap with the strawberry a bit more. It was so much fun to take high five with so many people out there in the crowd.

12.06.2025 20:30

**Reynier MENA (CUB)****200m Men - 1st 20.20**

I came into the race very confident and injury free so I was feeling good and felt I could get the win. I did think it might be a faster race but I will certainly take the win and build on it. The conditions were very good and sunny which helped me. I was impressed to see Usain Bolt here. He is of course a hero of mine as well as a hero for our sport. I would love to inspire Cuban juniors in the way he did with us. My aim for the season is to stay injury free as last year I really lost a lot of time with injuries. If I can do that I think I will have a successful season.

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## Faith CHEROTICH (KEN)

## 3000m Steeplechase Women - 1st 9:02.60 WL MR

The race was very good. I have been running here before and I know that the atmosphere is always really good so I was looking forward to this competition. My target for this season is to win the world title but also, I want to run good races. For now, I need to do well in my training and keep running well towards the world championships. There are many of us who have the same ambitions. But I am going to fight and I will do all my best to achieve my goal. It will be a different result this time in Tokyo. You know, I have been still a junior coming to these events. But now, I am in my best. I have something to build on. When I was running these junior championships, I gained my confidence, I started to believe in me. So now, I can build on it.

12.06.2025 20:52

## Andre DE GRASSE (CAN)

## 200m Men - 3rd, 20.33

I need to go back to training and make some changes - I had a good first 150m but then I slowed at the end. I didn't tighten up but that is usually the best part of my race and it wasn't tonight, unfortunately so I need to go back to training and fix some things. This season has been ok so far, nothing special yet but I'm happy enough at this stage - the World Championships are still a long way away so I have time to get sharp. I look forward to making the champs again and the goal is of course to get back into the finals - I will decide whether to do the 100m or the 200m, or perhaps both about one month before so I don't need to decide yet.

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## Winfred YAVI (BRN)

## 3000m Steeplechase Women - 2nd 9:02.76 SB

Today, I executed the race exactly as I was planning with my coach. But yes, now, I am looking forward to the next one, which will be in Eugene. I really love that atmosphere here and the crowd. I did not have the chance to taste strawberries yet. My main target and all I am looking up to is the defence of my world title in Tokyo.

12.06.2025 20:58

## Cameron MYERS (AUS)

## 1 Mile Men Dream Mile - 2nd 3:48.87

It was a really scrappy race and I feel I made some major mistakes and ended up in a fight for second but I will learn from that. I am continually learning. I would have liked to have raced it on my terms but it is not always possible to do that and this is where I need to think on my feet with my tactics. I am going next to Ostrava and there is a strong field there so I will have to run well to be in with a chance of the win. After that I am not sure of my plans but I will keep improving and hope to finish the season strongly at the Worlds.

12.06.2025 21:04

## Isaac NADER (POR)

## 1 Mile Men Dream Mile - First 3:48.25 NR

I am very happy to win so easily, it was a great race and the goal was the national record - that was the aim tonight so job done. The Oslo track is beautiful and the people here are amazing. This is my first race of the season and next, I will go to Spain for a 800m race then to Ostrava. I have confidence that I can perform in Tokyo and I am very excited for the season ahead, this is only the beginning for me so it is very exciting - I hope to run very fast this year.

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## Marie-Josée TA LOU-SMITH (CIV)

## 100m Women - 2nd 11:00 SB

It was really quick. I am glad to be standing here, back after what happened at the Olympics. I am happy to be able to get back in shape. I am happy to finish the race - no injury, nothing, so me and my coach, we will take the chance at the World champs in September. I hope to be ready. For me, the god is first and hard training - that is the key to stay in the top shape for such a long time. I believe my coach in what he is doing for me. Sometimes, when the things turn hard and I stop believing in myself, he comes and says that I am there. My support system, my family, my management team, my sponsors, everyone - so that is the main thing. The other girls, my opponents, they are really grateful to see me still running. They also support me and I know that my future is in my hands. I feel good, I feel young, so everything is open.

12.06.2025 21:12

## Dina ASHER-SMITH (GBR)

## 100m Women - 3rd, 11.08 SB

I feel great - I have been training really well and I'm healthy so I'm really happy to be here. I'm disappointed not to win, athletes always want to win of course but I'll go back to training and adjust some things so everything will be fine. I did something different this year by opening with some 400's and now, I'm focusing on my speedwork. The Stockholm Diamond League is next - I plan to run faster and this year is obviously all about the World Championships in Tokyo - the aim of course is to make the 100m and 200m finals, and I do believe I can run really well and get into the medals.

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## Julien ALFRED (LCA)

## 100m Women - 1st 10.89

It was my first race of the season so I was a little rusty but I got the win under my belt which is the main thing. And I got to meet Usain Bolt - yesterday for the first time ever and then two days running I got to meet him again! It is a great honour to have met him. The race itself I just wanted to be competitive. I head to Stockholm now so I have to rest and travel and compete again quickly but I will go to win again. As for my season I am Olympic champion so I am the one to beat but I really want to add World Champion to my name as well as Olympic Champion.

12.06.2025 21:17

## Haruka KITAGUCHI (JPN)

## Javelin Throw Women - 1st 64.63 SB

I managed to throw the best in the last throw many times in the past, so I was very confident with that situation. I got a bit nervous but it was going the way I wanted. I think I do the best when I am under pressure but it is not something I like. So I hope it will be different at the next competition. I had a bit of less training due to the injury but I am back in shape. I think to come back with 64m, it is not a bad thing. But I have to go on with my training. My coach is here and it makes a huge difference when he is here with me. Of course, the Tokyo championships, my home country that is the biggest motivation and I want to get a big throw there. It is an extra boost for me because I think it will be the last time in my career to experience something like that. So I want to enjoy it. Next one is Ostrava, my next home, so it will be special to compete there and I am looking forward to it very much.

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**Adriana VILAGOŠ (SRB)****Javelin Throw Women - 2nd 63.78**

I was a bit disappointed with my throwing tonight - something was not quite right so I need to look back and see what the problem was and work with my coach going forward on a few technical issues. I was quite short of my season's best despite the conditions feeling good and the crowd being unbelievable. I am off to Ostrava so hope I can throw better there and get back to my best quickly as I have the European under 23s and the World Champs to look forward to this summer.

12.06.2025 21:25

**Timothé MUMENTHALER (SUI)****200m Men - 2nd 20.27 PB**

This result is a huge boost for my self-confidence this season. We are still early in the season, so I have to make sure that I will be able to run faster by the end of the season. My goal is to grab sub 20 and that would be super nice to do it this year. But I am going to just continue running, trying to do my best and see how fast I can be running. I have not had the chance to taste the strawberries here yet. So I might try it tonight. It was like a strawberry party for me already today. The next in schedule is my exams - I need to do it on Monday. I study engineering and the exam is electronics, so very difficult one. So that is the next step, and once I am done with the exams, it will be the European team championships.

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**Biniam MEHARY (ETH)****5000m Men - 2nd, 12;45.93 PB**

I am only 18 so it is exciting to be here, it is my first time in Oslo and I like it very much. I feel really good about that run, I very much enjoyed it and I did not expect that time - it is a nice personal best that shows my training has gone well. It was amazing to run against and beat so many great competitors, and I am very happy with my finish - it gave me a good feeling to finish so strong. Next, I will race in the Eugene Diamond League and I hope to run like that again, tonight gives me big confidence.

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**George MILLS (GBR)****5000m Men - 4th 12:46.59 NR**

The national record was definitely one of the things I came for - I did not get the other two; the European record and the win but I was close to both taking 12 seconds off my personal best so I am delighted with that. I felt I took the race on well being patient and building momentum which was my focus tonight. My team has drummed this into me and I kept saying it to myself especially at the start when I didn't feel so good but I got more and more into the race and had the courage to take it on and be aggressive. I am pleased with that and having the courage to do that. The race was stacked and billed as a world record attempt so to be in the mix was important. I head to Stockholm now for a 1500m which is also going to be tough in a strong field but this is all good preparation for the World Champs. I now have the standard so can relax a little. My target for the season is a global medal and this shows I am in the right space.

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**Dalilah MUHAMMAD (USA)****400m Hurdles Women - 1st, 53.34 SB**

I was hoping for a faster time but a win is a win so I'm happy enough. The season so far is going really well - I feel fit and strong, and everything is coming together nicely in training so I am very pleased. Today, I decided to really go for it at 200m o go but unfortunately, my hamstring tightened up but I'm not concerned, I just need to be careful now. I'm racing next in Stockholm on Sunday for the next Diamond League and of course, I really plan to be running quicker there - it's due to be warm so that will certainly help the quicker times come for the athletes. Oslo, though always brings the best out of me. Now, I need to prepare for the US champs, that is always a really big deal so it's important to be sharp and ready for that, which I believe I will be. I am happy Tokyo is in September - some athletes aren't pleased the World Champs are later this year but for me personally, I am happy about that. I'll keep continuing to work hard with the belief that I will be ready to perform my very best there and get myself a medal.

12.06.2025 21:44

**Jordan SCOTT (JAM)****Triple Jump Men - 1st 17.34**

My coach said to me I needed to get one in early as it was going to get cooler as the night wore on and so I was pleased to execute that first jump so well. And it proved to be the winning jump. It did cool down which makes it harder for jumpers. But to jump another PB so early in the season is pleasing as it shows everything is coming together and I am moving in the right direction. Next stop is Paris Diamond League so I need to recover for that and work on a few things but mostly it is just keeping my body fit and ready. I do not plan much further ahead than that to be honest, I will just see how the season develops.

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## Rai BENJAMIN (USA)

## 300m Hurdles Men - 2nd, 33.22 PB

It went well for my first ever 300m hurdles race, I wasn't quite sure what to expect but I'm fairly pleased with how I performed. This is my first race since the Olympics in Paris last August so I can't expect too much right now. I want the gold medal in Tokyo at the World Championships in August but it's very early days for me so I have to get back into training and keep on chopping that wood. This here in Oslo was such a great opportunity and I'm glad they set that race up for us, it was special having the three of us (with Karsten Warholm and Alison dos Santos) face-off tonight, it's good for the sport and also for our development. I thought I would run better tonight but I hit the last hurdle so that cost me. Next for me is Stockholm and then Paris for the next two events on the Diamond League circuit, I plan to clean up my race and run better now it's time to go back to the usual 400m hurdles. It's great for us top guys to get back together again on Sunday.

12.06.2025 22:02

## Armand DUPLANTIS (SWE)

## Pole Vault Men - 1st 6.15

I am very satisfied; to get a stadium record here was in my plans after a few visits here with difficult conditions it was great to finally get the right conditions tonight. It did get cooler so that was why I stopped jumping. On Sunday in Stockholm it would be an absolute dream to break the world record ; in fact I could retire if I do! At the moment the forecast is good for Sunday and I am feeling good, I am in good shape and tonight shows I am jumping well so who knows; it may be possible. I need to build on tonight and get ready now for the big one.

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## Alison DOS SANTOS (BRA)

## 300m Hurdles Men - 3rd 33.38

This was a great experience. Of course, I would like to win but I think, none of us was going to be slow. So we were running great times. This is a different distance for us because especially in my race, the way that I run. But I had fun and I enjoyed it. The 400 is way better. The 300 is just too fast. Everything is happening too quickly, and I think the way we train would work more for the 400. So I am very excited for the next race. You need to cope with what we have but the most important thing is that we are healthy, we are ready to go, because we want to deliver. We want to do something great and I am just happy to be among the best.

12.06.2025 22:11

## Nico YOUNG (USA)

## 5000m Men - 1st 12:45.27 PB

It was a crazy race. This surprised me a little bit but I am really proud that I managed to stay on this pace all this time. Coming into the race, I was not 100 per cent sure what I was going to do. There were so many scenarios of what could have happened. As I progressed, as I got 3K, I was like: OK, I do not feel like too terrible, so I will try to do something too and will wait and see. The best is yet to come. Coming here, I knew that there was a possibility to run 12.45, but I did not know how I would have run. Today was really good for the fitness I am in right now. This boosts my confidence a lot at these international meets. And that was the goal of today. I think my coach will tell that he is proud of me. Paris Diamond League is the next. 5k and 10k is my target this season but maybe I am going to try 1500, we will see.

12.06.2025 22:19

**Karsten WARHOLM (NOR)****300m Hurdles Men - 1st 32:67 WR**

I never really went away of course but it is good to be back for sure. The race went well although I was rather worried with how much Rai (Benjamin) was closing on me but I knew I could push on over the last hurdle to home. I usually fade at the end of the 400 so the 300 suits me to some degree but I will be back strong in the 400 on Sunday. Tonight it was the others that faded and I came strong. I have been doing a lot of 200m practices and as you can see from today I was very clean over the hurdles. The crowd was amazing as ever and the atmosphere was something else and I am just so happy that I could perform at my best in front of the support; it means a lot to me. There were some top stars here which is great for Bislett and it was lovely to catch up with Usain (Bolt) and tomorrow we will have lunch and chat properly.

12.06.2025 22:21

**Emma ZAPLETALOVÁ (SVK)****400m Hurdles Women - 2nd 54.44 SB**

This is still only my third competition and the season is very long. So step by step, I am improving, feeling better and better over the hurdles. After the injury and all these complications, I am back. This is not the old Emma, this is a new Emma. And she is much better than she used to be. I do not know if I have ever dreamed in my life about finishing second at the Diamond League meeting. I am over the moon today. There is still much space for improvement. I was running in the second lane which is not the best, I prefer outer lanes. So I think it is going to be even better. Now, I am getting back home for the meeting in Slovakia and I am looking forward to the home crowds. Then heading to Geneva.

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**Pedro PICHARDO (POR)****Triple Jump Men - 2nd 17.06 SB**

For me, this was not a good competition. For me, this competition was bad. I was mentally not there, I could not focus. I am struggling with some allergy. The result was so-so. Good thing is that I still have some time for more jumps. It will be OK. I will be ready for the world championships. There will be very strong Cubans as the main opponents, but I am experienced and I can get far. I still think of the world record. I do not know if it is going to be this year, but I am going to push for the PB. The world record is my dream and I still have it in my head.

12.06.2025 22:34

**Markus ROTH (NOR)****Javelin Throw Men Multi Event - 1st 2799**

It was a great competition and with all of our practice with the numbers in multi-eventing it is pretty easy to tell where we are at. The long jump was good yesterday although we had a bit of headwind but otherwise all good. And tonight the javelin and hurdles went well for me. We talked about how to do it with the organisers and we wanted to include each element of the decathlon so we asked if we could have one jump, one throw and one track then we left it to them as to how it fitted in the schedule. Obviously pole vault and high jump would take too long. I really like the format of the three events and maybe next year we could have four. I am in shape so it was good for me in the build up to Tokyo. I tried to enjoy being in front of my home crowd especially with the longer events long jump and javelin when you can engage with them.

12.06.2025 22:34