

Flash quotes

As of SAT 18 JUL 2026

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Zachary SHAW (GBR)****100m Para Men Ambulant - 1ST 10.97 SB**

I was walking in this morning and I was like I have the Commonwealth Games in eleven days, I'm walking into the London Stadium where the Olympics were and I was just getting goosebumps. You get so used to training around amazing athletes and all these invites but it's these things you dream of as a kid and it was really reminding myself that. I need to watch the race back, I saw the line wrong as I'm visually impaired, I dipped at 90m and then I was like I need to keep going.

18.07.2026 12:38

Ben SANDILANDS (GBR)**1500m Para Men Ambulant - 3:49:26**

My pace was on point, I just couldn't get my legs to go quicker. The crowd was amazing, it really gets you going, moves you on.

18.07.2026 12:53

Orla COMERFORD (IRL)**100m Para Women Ambulant - 1ST 11.79 PB**

The last time I ran here was my first ever World Championships (2017), so I was really excited to be back here for the first time in nine years. I really wanted to put down a mark. It is probably close to a second quicker than the last time I was here. I was happy with that and I am really honoured to be here racing on this stage. Most of my races this season have been getting quicker and quicker, so I was definitely expecting to be in those 11.7s. I am keeping my eyes on the 11.6s as the season progresses, so I am glad I could put it together today.

18.07.2026 13:01

Flash quotes

As of SAT 18 JUL 2026

Sophie HAHN (GBR)**100m Para Women Ambulant - 4TH 12.99**

I wanted a bit more, I was feeling good but I'm just happy to come here. Position wise I'm happy, time wise - it's okay, it's safe. I've got a week now until Commonwealth Games and I'm happy in terms of T38, but in terms of times it's tough, but this has been a good practice for Commonwealth Games.

18.07.2026 13:03

Nathan MAGUIRE (GBR)**1500m Wheelchair Men T54 - 5TH 3:00:34**

We've got eight guys coming here from around the world coming and racing here which is just amazing. I would have liked to place a little higher but it was a fast race; one of the fastest ones on this track ever. I've got an idea of what the Aussies can do ahead of the Commonwealth Games, so that's in my head now; I know what to do. I haven't raced too much this year because I got injured, so this has been my first international race of the year. I've got a bit of a target on my back ahead of the Commonwealth Games as reigning champion so I've got to try and retain which I've never had before.

18.07.2026 13:20

Jack HIGGINS (GBR)**800m Men National - 1ST 1:45.15**

I was sort of surprised that I was still leading on the backstraight. In the ideal race you never want to lead it, I am not really a frontrunner but there were gaps behind me, and I kept looking at the screen thinking I have never been in this position before. I was just trying to hold it together coming into the last 100m. I could sense I was going backwards and I could feel Henry Jonas was coming, so I had to throw myself over the line. It was not the most graceful crossing of the line. I have run 1:44 this year, but I am continuing to show form. To take the win at such an amazing event is very special.

18.07.2026 13:24

Flash quotes

As of SAT 18 JUL 2026

Marcel HUG (SUI)**1500m Wheelchair Men T54 - 1ST 2:59.24**

It really enjoyed competing in this stadium again in front of this crowd, it really is amazing. It is a shorter distance than the marathon but I like it. It was a good performance for me, not quite the time I was aiming for, but to come back here is always special.

18.07.2026 13:31

Emily NEWNHAM (GBR)**400m Women National - 1ST 50.32 PB**

It was quite nice to get to 50 metres in and not have a hurdle to jump over, I got to run free, and I am really happy with my performance and to get a PB. When you get an opportunity to run in front of a crowd like this, there is nothing like it. These opportunities come far and few between, so it was good to get experience of running under these sorts of circumstances. It is exciting across the board to GB 400m running. We have a home Championships this year, and we have shown the depth and what we are made of.

18.07.2026 13:41

Men Great Britain (GBR)**37:95 SB**

Louis Hinchcliffe, Second Leg: It's important to get the win which we did and that's all that matters. It was good to be back with the full team, the chemistry was good. I've got Commonwealth Games next which I'm really ready for.

18.07.2026 13:42

Flash quotes

As of SAT 18 JUL 2026

Women Great Britain 1 (GBR)**4x100m Relay Women - 1ST 42.06 SB**

(Imani-Lara Lansiquot - Leg 4) It was my first time running as anchor and I felt really powerful. It has been a couple of years since I competed in this fantastic stadium, so it is a core memory for me. All the legs bring their own weight, and I have had years of experience with the British senior team, pressure is nothing for me at this moment. When you have experienced the highs and lows of Olympic finals, in these environments you want to enjoy it and do the job for the girls.

18.07.2026 13:53

Valarie SION (USA)**Discus Throw Women - 2ND 68.39**

My first ever Diamond League meeting was here in London in 2018, so to now be back here is a really special moment. I wish I had had a better performance, I know our training is going really well, I just feel like I am having a hard job executing at the moment. My motivation is always strong, it is not something I lack, so it is just continuing to get after it. We have our US Championships next weekend which will be a good battle. I am excited to get back in the ring.

18.07.2026 14:07

Emil AGYEKUM (GER)**400m Hurdles Men - 2ND 47.45 NR**

It was a wonderful race, and I gave my all. It was a lovely track and I loved the stadium, it was awesome. I have got to run a little faster to get Karsten. The last two hurdles were not perfect, but I still managed to get them, and I am really happy.

18.07.2026 14:12

Flash quotes

As of SAT 18 JUL 2026

Alastair CHALMERS (GBR)**400m Hurdles Men - 6TH 48.81**

These are the best athletes in the world. The time does not really matter, I would have liked a little bit more when you consider the standard. From a lane one performance, I am happy with that. Give me a better lane and I will go even quicker.

18.07.2026 14:14

Cierra JACKSON (USA)**Discus Throw Women - 1ST 71.72 DLR RB MR**

I text my coach before and he said to get the crowd clapping on the last throw. It always makes me so nervous to do the clap. There are other events going on so you don't know if they are going to clap for you or not, but then the whole stadium did. This is my favourite bit of track and field. I was super nervous going into that throw. I couldn't feel my hands, my stomach was hurting, I just took a deep breath and threw and I watched it fly. My stomach started hurting immediately, I have never felt that feeling before. I was like oh my god, and then I saw the mark and I could not breathe. My friends were hugging me and were so excited. I was shocked, I still am shocked. I am going to call my mum, it is 5am at home, so have got to wait until it is a decent time for her.

18.07.2026 14:17

Jorinde van KLINKEN (NED)**Discus Throw Women - 3RD 67.99**

Most of the spotlight should be on Cierra, a Diamond League record is crazy. I think for myself I am pleased with the distance, my main goal is to be good in Birmingham for the Europeans. For all of us (competing) it is so much more fun to be able to battle against each other not just yourself.

18.07.2026 14:18

Flash quotes

As of SAT 18 JUL 2026

Marileidy PAULINO (DOM)**400m Women - 1ST 48.97**

It was a good competition for me, and I am happy to take the win here in London. I felt confident going in and I am happy with the performance.

18.07.2026 14:24

Charlotte HENRICH (GBR)**400m Women - 8TH 50.45 PB**

It's so cool to run in London with the crowd. I'm quite a nervous person but getting out there is amazing and the nerves just go away and to get a PB was just amazing, just the place to be.

18.07.2026 14:24

Karsten WARHOLM (NOR)**400m Hurdles Men - 1ST 46.61 MR WL**

It was amazing, this is exactly what I wanted. Of course you always want to go faster, but this is a good start for me. We are heading into the second part of the season and I feel strong, so I am very pleased with the race today. The time is in there. I thought the same in Oslo but there were one or two mistakes there. That can happen, but I felt like today, I executed well. Competing in London brings back memories of 2017 every single time. It sounds cliché, but this stadium brings very special meaning to me, it is fantastic to be here.

18.07.2026 14:31

Mark ENGLISH (IRL)**800m Men - 2ND 1.42.97 PB**

Honestly I'm just happy to beat Wanyonyi, it's amazing to get that result and to finally join the 1:42 club. I felt really strong in the last 100m and just felt great out there.

18.07.2026 14:36

Flash quotes

As of SAT 18 JUL 2026

Henriette JÆGER (NOR)**400m Women - 2ND 49.15 NR**

I have heard a lot about the London Stadium and that it is a fast track, so I was so excited to run here and it is amazing to run a PB. I think the race was good. I haven't been able to analyse it properly yet, I think I was too slow over the first 20 metres, but I got better. I think there is more to come, for sure.

18.07.2026 14:41

Max BURGIN (GBR)**800m Men - 3RD 1:43.30**

I wasn't lacking in fitness, I think I was just lacking in sharpness. I had taken the month off with an achilles problem after Rabat, so I have had quite a bit of bike work building up to this one which was a bit unfortunate. Hopefully by the time we are at the Championships in a few weeks time, the sharpness will be there.

18.07.2026 14:46

Brandon MILLER (USA)**800m Men - 1ST 1:42.19 PB**

I was racing against the best of the best, so to come out here and have the opportunity to race and win against these guys, I am blessed. I was just focusing on running my race. I know this is just one race on one day. I have to move on. I know what type of calibre runner these guys are, so I have got to show up to the next race ready to rumble again. I will go back to New York and run the US Champs, and then maybe back to Europe to see how I can do in a couple of races.

18.07.2026 14:51

Flash quotes

As of SAT 18 JUL 2026

Hannah NUTTALL (GBR)**3000m Women - 4TH 8:26.48 PB**

I thought it was going to be a lot quicker than it was. I felt really good over the first kilometre. I kept feeling good and with 800m to go, I knew I had to do something. I tried to hold on and give it everything to the line. I didn't know what time I had done, so it was great to see it on the big screen. At the start of the year, I had a few issues, but I have had a good spell in Fort Romeu. You never know quite how it is going to translate into a race, but I am glad I could produce that time today.

18.07.2026 14:58

Rose DAVIES (AUS)**3000m Women - 2ND 8:25.83 PB**

I wanted to come out here and put my best performance on the board, so I feel like I did that. I had a very loose plan to hold on and try and beat as many people as possible. No one really went with the pace, so it was slower than I expected, so when Megan made a run for it, I had to chase and give it everything I had left. I am in really good shape heading into the Commonwealths over 10,000 and 5000m. The legs will be a bit sore after today, but I am really looking forward to racing in Glasgow.

18.07.2026 15:02

Jessica HULL (AUS)**3000m Women - 1ST 8:24.69**

It was a very competitive field and I really wanted to win today. I have tried really hard to win here over the last few years, so getting the chance to come into the race as one of the favourites and then to go on and win is very special. I am focusing my energy into winning races, so to start well here, it puts me in a good position for the Commonwealth Games.

18.07.2026 15:09

Flash quotes

As of SAT 18 JUL 2026

Kendry L. MENÉNDEZ (CUB)**110m Hurdles Men - 2ND 13.01 PB**

I knew I could do it, and it feels so amazing to run a PB. We are trying to collect points to get to the Diamond League final, so I think we will make it with a performance like this. I think my race was perfect. This is my first time racing in a stadium like this, so I am really excited to run my PB here.

18.07.2026 15:14

Samuel BENNETT (GBR)**110m Hurdles Men - 8TH 13.53**

It was really overwhelming. I was really excited to run, I think there was a lot of positives signs in warmup, but I felt flat on track. The race got away from me early. Not how we wanted it to go, but it is a good experience.

18.07.2026 15:18

Oblique SEVILLE (JAM)**100m Men - 2ND 9.87**

It was a pretty good result, and a pretty good race for me. It is not the race I was wanting, but I come away from it knowing what I need to work on, so I need to get the job done.

18.07.2026 15:20

Romell GLAVE (GBR)**100m Men - 3RD 9.97 PB**

I came out to do one job (get a PB) and I was able to do that. I just had to be patient and trust my execution, and that is what I did. To run a PB means a lot to me. I have been working so hard in training, and I have trusted my training and technique. It felt super, so I just had to keep calm and execute. It shows that I can be consistent and bring out my best on a big stage.

18.07.2026 15:22

Flash quotes

As of SAT 18 JUL 2026

Ja'Kobe THARP (USA)**110m Hurdles Men - 1ST 12.89 MR**

I knew if I could execute, it was going to be a bad day for everybody else. No race is ever perfect but I was happy enough with how I ran. I was soaking up the atmosphere, I love racing in front of big crowds, so it definitely helped me.

18.07.2026 15:25

Kayinsola AJAYI (NGR)**100m Men - 1ST 9.84 =NR**

I am doing to right things, I am keeping my focus, and I am really enjoying my running. I am happy with the race today.

18.07.2026 15:32

Gabrielle THOMAS (USA)**200m Women - 2ND 21.81**

It was a good race. It is a nice end to the European trip. The crowd were fantastic and created a great atmosphere for all of us to race in.

18.07.2026 15:38

Flash quotes

As of SAT 18 JUL 2026

Dina ASHER-SMITH (GBR)**200m Women - 4TH 22.28 SB**

It was just so fun, I love racing against so many of the women in that race. I love racing Shaunae, I have done for years now, so it is a joy to see her, after having two children, to come back and be loved by the crowd and enjoying it. I am a sentimental person with my competitors, so I really enjoyed it today. The magic of this event and London, is the city is so diverse and welcoming, whether you are from America, Nigeria, Ireland, there are going to be people cheering for you. That isn't replicated at any other Diamond League. I was hoping for 21 today, but it wasn't to be today. I ran the relay earlier, and I know I am in good shape and deep in training.

18.07.2026 15:41

Matthew HUDSON-SMITH (GBR)**400m Men - 2ND 44.18**

It was consistent. Another 44 low every time I come to the track now. There is a big drop coming. We have a block of training now ahead of Europeans, so I am excited and grateful for what is to come.

18.07.2026 15:46

Rai BENJAMIN (USA)**400m Men - 1ST 44.05 PB**

I wanted to have a little fun. I have been mixing it up this season, so it was nice to have a go at the 400m flat today. I was looking for a 43 today, but I was just a bit shy. It was a well executed race, I think with a few more races I will get the rhythm in. It is a new event for me, I haven't run it in a couple of years, so I am excited for the PR and the win today.

18.07.2026 15:49

Flash quotes

As of SAT 18 JUL 2026

Julien ALFRED (LCA)**200m Women - 1ST 21.66 MR**

I am happy, I won one again. I am healthy so I couldn't be happier right now. Right now I am in a good place mentally and physically. I'm not going to lie, I didn't want to run today, but my coach was like it is our last race for a while, we can go home and get to St Lucia too. I am here, I did it and I won, so I am very happy with how it went today.

18.07.2026 15:55

Nicola OLYSLAGERS (AUS)**High Jump Women - 1ST 2.01**

It was a great atmosphere. This was my first time competing in the London Diamond League. The girls are in such good shape, so when I have come into this season a little bit later, they have really pushed me to get over two metres. I am trialling out some new things in my jumping techniques such as starting higher, and adding different steps in. I can be a bit afraid. I look to God for him to build me with courage. It's a big stadium, it is scary. I got the high jump early, and then the rest of the competition was easy.

18.07.2026 16:02

Josh KERR (GBR)**1 Mile Men - 1ST 3:42.66 WR DLR**

It is very overwhelming. There was a lot of hype. I am surrounded by amazing people, so I have continued to put the work in, so I knew I had a 3:42 in me. I nearly lost it there at the end, but I got over the line. If I am to leave my mark on the sport, as a British athlete with the legends I have behind me, to follow in those footsteps, I have to deliver those performances. Those performances take every part of you, every part of your team. Out there, I am just the body, but there is an incredible amount of work behind the scenes. Today is a result of all that hard work. I am lucky to be able to string the training together. It felt like I had a kitchen full of incredible chefs, and they are like, what the heck are we going to make, and this is the dish I want to make, so let's go to work and get the world record. The last lap was incredible. I was deaf in the last 110 metres.

18.07.2026 16:07

Flash quotes

As of SAT 18 JUL 2026

Sam KENDRICKS (USA)**Pole Vault Men - 1ST 6.06 SB**

We were joking me and Mondo on the warmup, he said 'Sam you're different today' and I said 'well I've not been back in my London energy in a long time'. I just felt extra special today my family is at home they've been supporting me all summer and then it all came together today, it was a great day. I've never been pushed so hard in my career than by this field of guys right now. I count myself lucky to be relevant, jumping, I want to give back to the London crowd, so knowledgeable, so loving it's so special.

18.07.2026 16:09

Keely HODGKINSON (GBR)**800m Women - 1ST 1:56.21**

There are mixed emotions today. I am going to take the positives because it has been a tough couple of weeks. Not everything always goes to plan, but I am proud with how I have dealt with it. The only reason I came here today is because I wanted to race in front of a home crowd. I am happy to get that out of the way and focus on the Europeans next. Life is sometimes tough, and it doesn't always go the way you want it to. I dream big, but I am living in the present.

18.07.2026 16:16

Femke BROEDERS-BOL (NED)**800m Women - 2nd 1:56.46**

After Paris I had a small training block after coming from Paris with a lot of confidence. I am still learning the 800m but I am starting to feel what an 800 is feeling like and how I need to divide it up. But today was a different race with a lot of moving around through the first lap. The hardest thing for me is the positioning and how you find the right spot. In the 400m it is all in lanes! I learn best by racing. I have to get used to being close to people during races. In Birmingham I have to first make it through to the final and then focus on the final. It is going to be tough with the European competition so strong in the 800. I knew that when I moved to 800 so it will be curious to see how I do. Championships can go either way and, of course, the crowd will be amazing especially for the British athletes.

18.07.2026 16:20

Flash quotes

As of SAT 18 JUL 2026

Yaroslava MAHUCHIKH (UKR)**High Jump Women - 2ND 2.01**

I feel really good, but I don't like my jumping because I failed every second attempt, it was crazy. It is experience, I need to jump over first time again. The atmosphere is amazing. A lot of people come to support, the British crowds are brilliant.

18.07.2026 16:22

Yared NUGUSE (USA)**1 Mile Men - 2ND 3:45.69**

That race was an amazing race to be apart of. What Josh (Kerr) did was so impressive. I am sure he was confident. I was feeling pretty good, but for that last 300m, he pulled away. I gave it my all but I could not maintain the contact. This is still a really good race, and even though I couldn't keep in contact, I can take plenty of positives into the rest of the year.

18.07.2026 16:26

Jake HEYWARD (GBR)**1 Mile Men - 3RD 3:46.73**

It is a weird experience when you run a 3:46 mile but you are still a fair bit back from Josh (Kerr). Fair play to him, it was an amazing run and he should be so proud of himself. To put yourself out there like that, and then go and do it, is really special. It was amazing to be a part of that race. From my perspective, it has been such a long time since I have been running, so just to be back in this environment is fantastic, and every race I can going to improve, purely because I am training week in week out, so to run 3:46 mile off five and half months training is pretty good. One day I am confident I'll be in a place where I will be trying to run 3:42.

18.07.2026 16:30

Flash quotes

As of SAT 18 JUL 2026

Malaika MIHAMBO (GER)**Long Jump Women - 1st 7.05 SB**

It was a good competition today. I had some good jumps but only the one good one but thankfully that was enough. It is a good sign, the potential is there and I just need to unleash it. I felt there were four jumps today that were above 7m but the others were just very slight no jumps. So it was just a matter of timing, I knew it was in my legs today. I did not feel quite right in the last jump hence the run through. I have the Euros next after the Nationals.

18.07.2026 16:31

Armand DUPLANTIS (SWE)**Pole Vault Men - 2ND 5.95 R**

(On being in the stadium when Josh broke the record as it's normally him breaking the record)
It was an incredible moment, kudos to Josh. It wasn't my best day, I need to go back, re assess and maybe get a scan. I am sorry to the fans for not putting in a good performance together.

18.07.2026 16:37

Claire BRYANT (USA)**Long Jump Women - 2nd 6.94 SB**

The London Diamond League is electric; it is the only way you can describe it. During one of my attempts Josh Kerr is breaking the world record; I mean what else can you ask for. It was a great competition and in front of all my family who came from across the pond for the first time. My coach always says last one, best one so that is what I did but of course you need to be in the top three to get that chance. I feel like I am getting back into my stride and that is all I can ask for.

18.07.2026 16:37

Flash quotes

As of SAT 18 JUL 2026

Larissa IAPICHINO (ITA)

Long Jump Women - 3RD 6.82

It was a very bouncy runway so it took me a little while to get everything together. I am very happy to be here and jump in such a great atmosphere with the crowd so engaged. It really helps having the crowd support you and the Europeans will be just the same so I am really looking forward to competing there as the British crowds are just so knowledgeable.

18.07.2026 16:43