

Flash quotes

As of FRI 10 JUL 2026

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Adriana VILAGOŠ (SRB)

Javelin Throw Women - 2nd 63.15

The competition started well for me, after that there were a few things I could have done better. This month, I had a lot of competitions with very little rest, so I can be really happy with this achievement and place, given that I am not at the peak of my form yet. The main goals are in August and September. Today was a good feedback that we are going into the right direction. After two silver medals it would obviously be great to do better in Birmingham this time. I want to be in good shape there, have a consistent technique, be able to focus on the enjoyment and throw far there. Now, I will have a month to focus on training and prepare at home. Speaking about young age, there is also Ziyi, she's super talented and it's great to compete with her. It's pushing all of us just to be better. I am glad that I could get a podium at all Diamond Leagues so far this season and get at least one or two solid throws there. I enjoyed this beautiful place and atmosphere.

10.07.2026 19:45

Ziyi YAN (CHN)

Javelin Throw Women - 1st 68.75

The competition was very good today. But I had the feeling I needed to adjust my technique and my position when throwing. I felt like I could not go up with my throws and did not have the right position. But in the last attempt, I finally had a good feeling and the throw was very good. I felt a bit nervous about my technique during the competition but after the final attempt, I felt relieved and relaxed. So in the end, it was a very good event for me. Of course, I like the fact that I am on the top of the world rankings at the moment. I also hope I can keep this position and go on like that with my career.

10.07.2026 19:52

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Saly SARR (SEN)

Triple Jump Women - 2nd 14.99 PB

The competition went well for me, I needed the mentality to win, today unfortunately it was not enough. I have taken big steps in the last years. Me and my coach we had a lot of conversations to see what was working well and what we need to work on to jump further and it paid off. My coach and I are based in Paris, so today was a like a home competition. I like the city very much too. My next competition will be in Silesia and then the Diamond League Final before the Ultimate Championships.

10.07.2026 20:01

Lurdes Gloria MANUEL (CZE)

400m Women - 3rd 49.44

I have to say that I am very glad for this result and another time sub 50. I can see that my opponents are getting better and better so there is a huge motivation for improvement. I have to check my first 200m but the time is generally superb for me. Maybe it was a bit faster from the start, but there are things I am still learning. Maybe, next time it will be even better. Now, I am starting another training block, so I also will have time for regeneration. Then I have the national champs and we will see about the rest of the season.

10.07.2026 20:11

Aaliyah BUTLER (USA)

400m Women - 2nd 48.84 PB

I knew that I could run that sub 49, I really like this track, last year I already PRed on it. I knew who I was running against and she runs constantly in 48 so I told myself to stay close and stay in contact with her. I was a little worried but my coaches and the people around me told me that I keep running 49s and that one day you are gonna step it up, that its's gonna come. US Champs are next, another Diamond League and hopefully the final before closing the season at the Ultimate Championships.

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Jake WIGHTMAN (GBR)

1000m Men - 2nd 2:12.77 PB

I wanted to go really, really quick and I knew Wanyonyi would be tough over 1K, but I did not know how it would be in the last 200m, so I hoped I could maybe get my finish strong. I was nearly there, nearly there. I am on a good spot, one of my best runs I probably had this year. So I am glad. This was just a long 800 so I wanted to go through quickly and try and hang on for as long as I could. I wish I could have surprised Wanyonyi but it is probably the best 100m you have ever had, so it was hard.

10.07.2026 20:17

Busang Collen KEBINATSHIPI (BOT)

400m Men - 1st 43.44 NR, DLR, MR

I did not expect to be fast like this. We are just playing around and see how fast we can go towards the end of the season. Monaco is a very good place for me. I did my very first Diamond League race here in 2024 so I just wanted to come here and make the mark. I did not race under pressure. This time, it was about enjoying myself because last year, we already achieved what we wanted. So this time, it is only about the joy. I do these push ups in the finish to show that I still have a lot of energy. You know, I have a very busy two weeks with all the competitions. But I do it also as appreciation to Isaac Makwala, who is my role model, my friend and my mentor. He is very close to me. My focus now is on the 400m but maybe in the future, when I achieve what I want in this event, we can switch to 200m. I do not have any plans at the moment. No goals I want to achieve.

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Emmanuel WANYONYI (KEN)

1000m Men - 1st 2:11.83 WR DLR

I am so excited and so happy that I could run today in Monaco. This was the first time I ran the 1.000m, and directly breaking the World Record makes me so happy. I want to thank the other athletes to push me to my limit. I don't want to talk about the World Record in the 800m. I first want to run fast and improve my personal best. Let me keep quiet, actions speak louder than words. My next competition is in London. I have decided to not run too much this season because I want to run very fast at the end of the season.

10.07.2026 20:44

Nina KENNEDY (AUS)

Pole Vault Women - 1st 4.95 AR

I know that I am in really good shape. Pole vault is so technical so I just had to put everything together. Monaco is the place to do it, I always jump well here, it's a good runway, an amazing crowd. I am just really happy with how I jumped. This is really my favorite meet, I have a hatrick win here now. This feels very similar to home with the ocean and the vibes. We were based here in Nice for a few weeks. I thought about going to Prefontaine Classic after Paris, but the travel was gonna be too hectic. Given that I know that it's a good place to jump, I put all my eggs in this basket and am really happy that it paid off. I genuinely believe that I can jump 5m and I know if everything aligns I can do it. I have still a lot of competitions for the rest of the season. It's my goal, it's my teams goal. Project 5m is here.

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Leyanis PÉREZ HERNÁNDEZ (CUB)

Triple Jump Women - 1st 15.06 PB

I am very surprised. I was not expecting it. I came here to do my job, stayed very focused, carefully analyzed each of my attempts, and finally I improved my PB. This event is very competitive this year. There are already three women jumping over 15m and we are fighting for the same goal: to become a champion. I am very proud of what I did today. As always, I gave everything I had until the very last jump, and I achieved it. It has been three years and it has taken a lot of hard work, so I am very emotional. Many times, I doubted myself because, even though I had been training hard, I had not been able to break the 15m barrier. Thank god, I finally did it. I honestly do not have any words right now to express what I have achieved. The Cuban triple jumping is leading the way and I am very happy I was able to contribute. Monaco has been very good to me.

10.07.2026 20:46

Marileidy PAULINO (DOM)

400m Women - 1st 48.67 MR

I think I am in a really good shape and I am very glad that I stayed under 49s. The Ultimate Championship is definitely my main objective this season. But I would also love to set the new national record. I love France and Monaco. I became an Olympic Champion in Paris and now I won in Monaco, so it suits me. It is the result of all the hard work I have put in. I feel very well racing in Monaco.

10.07.2026 20:58

Jacory PATTERSON (USA)

400m Men - 2nd 43.96

It felt good, I know I had a stacked heat. But the goal was to just focus on lane 3, which is myself and then I knew the time would come. I am staying hungry all season, and not getting comfortable, that explains my consistency. Coming off a good year like last year, you just want to make sure to reset to zero and not bring last year into this year. Definitely, I want to be US Champion and continue to stay healthy and grounded.

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Cassandre BEAUGRAND (FRA)

3000m Women - 8th 8:32.86 NR

It was intense, as I was hoping for. I was surprised that it went off that fast. I was hoping to have some girls closer to my time. But I didn't worry, I knew that if I went into the lactic from the beginning, I would risk to suffer in the end. At the end, I told myself that it was just 7.5 laps, and that's nothing compared to what I usually do. Honestly, before the race everyone was talking about the French Record but given that it's much shorter compared to the usual distances I run, it was not on my mind. My experience helped me to stay composed during the race. I can't expect to break the records every time, it's quite exceptional this year. I told myself that it might be my first and last time at the Monaco Diamond League and that I had to take my chance. We will see if I change my mind, and maybe run in Birmingham. It's gonna be a tactical race, so not sure if I am good at it.

10.07.2026 21:07

Masai RUSSELL (USA)

100m Hurdles Women - 1st 12.20 MR

It felt like a good, clean execution. I was moving through the hurdles very well and it felt good and smooth. Honestly, at this point, I do not think there is a place for me to improve on. It is really just perfecting the whole sculpture. Just to put it all together. Just doing the same thing I have been doing. I have been putting some really really good races, some really good times together. And when you do the same thing a lot of times, that is when the bigger performances come. So I know there is something big coming. No pressure. Well, I do not know what is the meeting record in Budapest, but that is where I am heading next. So I am hoping to break the meet record there and then continue it for the rest of the season. I am just having fun with it - just let the work that you put in show itself. Before the competition, I like doing a lot of tik tok dances. I like recording a lot of videos, having fun. Last night, I had some sushi.

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Julien ALFRED (LCA)

200m Women - 1st 21.50 NR MR WL

It's not about the reaction time, it's about how you finish. I don't care about my reaction time, I was first, that's all that matters. I have been preparing for this for such a long time, to finally see it pay off, I am just happy. I didn't realise how fast it was, till I crossed the line. I looked at the clock and saw my time and that's why I was screaming like at the Olympics. Because I have been looking forward to this for such a long time. I am just so happy to see that time. There is no limits right now. Today, I was actually hoping to see 21.6, I got 21.5, so I am happy nonetheless.

10.07.2026 21:27

Simon KOECH (KEN)

3000m Steeplechase Men - 1sr 8:03.35

Today, I have to say that even though it was so hot, I tried my best to push and win this race. This place has a special meaning to me as it was the first time where I participated at the Diamond League back in 2023. This result is good for me because I know where my body is at the moment. I know what I need to improve and to continue the work. It was not hard today, but the last two laps, it was somehow tough. The body started to feel the fatigue. Now, the main goal is the Commonwealth Games.

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Agnes Jebet NGETICH (KEN)

3000m Women - 1st 8:08.95 MR, PB, WL

Coming here, I did not have any plan. My plan was to run a PB. My coach was like - you know you can do it. And I was like: Hey coach, this is the first race on the track. I am opening on the track because I have been on the road races and cross country lately. But for today, I am so happy and have to say thank you to him and to the whole team who helped me. I was coming here just to test if I still have the speed on the track. My last track race was in Tokyo and I see that it is so amazing. I just could not believe who I was on the track. Running side by side with Faith Kipyegon and with Jessica - it was a pleasure. It is a privilege. She is a nice lady, she is a queen on the track. She has been the role model to us. For now, I just go back to my coach and see what is next.

10.07.2026 21:36

Amanda MOLL (USA)

Pole Vault Women - 2nd 4.72

The competition felt very good, my early parts were very consistent and I was just going out there and competing like it was aggressive at the end. I didn't clear 4.82 and passed 4.47. I had some good attempts but ultimately, I didn't end up clearing it. But it felt really good. I am getting more used to competing with the other girls. Last year, it was my first time competing on the international stage and it was definitely intimidating but I think now I am getting more familiar with all these meets. I feel like I am a part of it now and am having more fun. Next year, we plan to go back to school to finish off our last year. My season is over now given that we started very early with the competitions in college but Hanna will continue and I will probaly travel with her to cheer her on. It is important for Hanna and me to focus on our own competitions. It usually works out if one of us doesn't have a good competition the other one kind of compensates. But we just try to focus on our own and celebrate the victories of the other once the meet is finished.

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Faith KIPYEGON (KEN)

3000m Women - 4th 8:24.21 SB

I am just happy I could run again. Still, I am not feeling very healthy and am still battling a very bad injury, but I am glad I still managed to run. Loosing is not good, but again, it is important to accept it when you are not 100% healthy. You need 100% to compete with the best people in the world. So I am just so happy to finish this race. Now I have to go back home, get good treatment and see how it is going. I still have some competitions left.

10.07.2026 21:46

Adaejah HODGE (IVB)

200m Women - 2nd 21.76

It means a lot to me coming out here, not only representing Georgia but also the British Virgin Islands. I came out here and executed the race. It's just about getting experience, so I am very happy to be against the best in the world. We are gonna go back after that World Lead again in the 200m. I have one more meet, the Commonwealth, so I need to get some more training under my belt. It has been a great season, I just want to finish out with something special and that's what I will be doing.

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Armand DUPLANTIS (SWE)

Pole Vault Men - 1st 6.07 MR

The competition fulfilled my expectations, the crowd over-exceeded my expectations. It was maybe a little bit underwhelming in my on mind, in my own eyes, but I am trying to stay positive and trying to take only the positives away from it - that I still came with the win and the meeting record. I think there was some more to give. It was amazing to jump here, I am not going to complain. It was very different. I do not think people even knew that we lived here and that me and my wife moved here. But I completely felt the crowd because the atmosphere and the energy towards me right now is way different than I have experienced here. They made me feel at home and I really appreciate that. This was a really special night, even if it was not my highest night. This is an unbelievable place. The training is amazing and the federation and the organization as well. Everybody has been so helpful and kind to me. And I have been having really, really good training.

10.07.2026 22:02

Graham BLANKS (USA)

5000m Men - 2nd 12:52.60

I almost came away with the win. I will make sure that in Lausanne I will be again in the contention I was in today. The goal for today was to do exactly what I did, except if had nipped him at the line that would have been great. The goal was to just relax and relax. The time was still pretty fast. The heat was not really a challenge because I come from Georgia, so I am used to these climates: humidity and heat. When I found out that the race would be at 9pm I wasn't too worried about it. I just forgot about it and raced.

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Kimani JACK (GBR)

High Jump Men - 2nd 2.30

It was my Diamond League debut and honestly that was the best meet I have been to my entire life. I mean it's only a debut I am not gonna get to gassed about it but hopefully I can do so many more of these. This is definitely something I wanna do, I wanna keep growing in the sport and improving. It was a good start. Honestly, I did expect to jump that high, because I felt very good before the meet. It didn't start as planned but sometimes that happens and it is about how you respond. I don't know yet if I am gonna stay in the NCAA system, me and my family are gonna make the decision after my season is finished. Because I still have the Commonwealth Games and the European Championships. It turns out how it compares, I don't want noise, the crowd is a lot bigger but I am a kind of person who likes that stuff, so that's just amazing for me. I want to compete as well as I can at those champs, it's a great opportunity and I am looking forward to represent my country. And I just want to have fun, because that's what the sport is about, so we see how things will go.

10.07.2026 22:11

Miltiadis TENTOGLOU (GRE)

Long Jump Men - 1st 8.61 MR, WL

When you jump 8.50 and then you jump 8.60 - that is just crazy. I do not think it happened many times in history. I know I am in a really good shape and to be honest, I wanted a little bit more. If you saw my last jump, I think there was a space for a slight improvement. I did the jump and immediately, I touched my head because I thought I made a small mistake. But it is a very good competition, very normal. The meeting record from Pedroso - that is the most important for me today. Before this season, I changed three things: I changed my spikes and now I jump with the middle distance spikes again. I had pain when I jumped with harder ones, so I needed the soft ones. I changed my run up a lot since last indoor season - by 1,5m. And I am just healthy and well. Last year, I was not healthy and could not perform. This season, I expect something close to 8.70 and I believe I can do it because I have many good competitions ahead of me.

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Wayne PINNOCK (JAM)

Long Jump Men - 2nd 8.39 SB

I came out here, executed what coach told me to do. I am very grateful coming from a bad cycle of competitions in China and Rome. I came out here, did my best and came out with a great jump. To be on the world stage, competing with all these professional and great athletes is not easy. But it's really the best on the day. I came out here with the plan to execute on my first jump and that's what I did and am very excited about that. I will just get back to the drawing board, get back to practice, do what I normally do. I know that something is there. It is just on god's timing, now I am taking it patiently and just go far from there.

10.07.2026 22:22

Oblique SEVILLE (JAM)

100m Men - 1st 9.88

My aim is always to win, I am just staying consistent: winning and getting to the end of the season. My motive is to win every race I compete in. I will never underestimate athlete I am going against, because everyone has class. But they have also to prove that I am the World Champion as well. The start wasn't that great, but I still have to finish well. What matters is winning. I love competing in Europe because last year I haven't lost a race here. The aim is to be unbeatable.

10.07.2026 22:36

Oleh DOROSHCHUK (UKR)

High Jump Men - 1st 2.32

I am very glad for my jumps today and really wanted to get over 2.35 today. But it was a hard competition for me today because I did not feel like myself. I do not know the reason, maybe it was too hot. All of my attempts were good, just I need to improve little technical mistakes and it will be fine. Now, I am going home and will spend like two weeks at home, then we have two weeks of the training camp and will get ready for Birmingham. I have no special goals for this season, maybe to do more of good technical jumps. But I would love to jump over 2.35. And if it is with fun, it is even better.

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Dominic Lokinyomo LOBALU (SUI)

5000m Men - 1st 12.52.55

I fight every time, but finally, I got the win. My coach always tells me to not underestimate my opponents and just for the time to come. I just did not want to allow anybody to beat me in that last 50m. It was really amazing to get my win and I knew that today it could be the day. Mo Farah - he is a role model for me and I learn a lot from him and other legends. I try to have the same kick and also the mental approach. He was very strong mentally, once he was in the front. I have one competition over 3000m in Switzerland now and then the big goal is the European Championships.

10.07.2026 22:42

Jordan ANTHONY (USA)

100m Men - 2nd 9.92

It was a funny race. I came to Europe in May, my first race was June 4, I think. It was Rome. A lot of people do not know my dad passed in June a couple of years ago. So June always hits heavy for me. So I had to go through mental health stuff, but that is what makes us professional athletes. You have got to overcome certain situations that you deal with in the outside world. And this was just like a starter. I showed myself like I am still who I say I am. It just took a couple of steps back and a few steps forward to understand the dance routine. So now I understand the dance routine and I can perfect it. I do not regret coming to this sport because it is different and it is fun. But I do miss the feeling of scoring a touchdown. You cannot replicate that.

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