



Flash quotes

As of SUN 31 MAY 2026

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Devynne CHARLTON (BAH)

100m Hurdles Women - 2nd 12.28

I feel pretty good, I think it has been a bunch of meets and to stay consistent like this, is a big deal early in the season. I had a lot of travel, to handle that, I take a lot of naps. Running those times all around the world is a testament to where I am at training. It was a rough early part of the season but we made it work. The goal coming into this outdoor season was to replicate my indoor results outdoors. What we are doing in practice is working, we are paying a lot of attention to the back-end. It's showing out here. I will take a short break and go back home, then I will be competing in Zagreb and Paris Diamond League.

31.05.2026 19:53

Nadine VISSER (NED)

100m Hurdles Women - 3rd 12.47 SB

This is a very good result, probably my fastest season's opener ever. I am used to running these times much later in the year and my race wasn't even perfect. This gives me a great feeling towards the rest of the season. I missed the Diamond League races in China because it was too early in the season for me and because of the long travel. Last year, I started very early and it all went great but I wasn't at my best anymore when the most important races of the season came up. I don't want to make that mistake again. It was crazy when I saw the times from the girls in China, especially because it's this early in the season. The group is on a roll, but I can say the same about my training group. I am very happy that Marione Fourie joined our group.

31.05.2026 19:54





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Tobi AMUSAN (NGR)

100m Hurdles Women - 1st 12:28 MR

I am really pleased with the result. To be honest I felt like I excuted the race close to the best of my ability. Winning was the main objective and a Meeting Record is a fantastic bonus. The atmosphere in Rabat is incredible and the crowd was absolutely electrifying. I have competed here several times and the support is always special. Looking ahead, my focus is to stay healthy for the upcoming events and continue performing at the highest level.

31.05.2026 19:58

Emma ZAPLETALOVÁ (SVK)

1st 52.82 WL NR

Wow, it's a win and a first time under 53 seconds. I am really surprised and shocked because this is my first race of the season. I am happy with the victory, my first in a Diamond League actually, but the time means a bit more to me. I didn't expect to run this fast in my first race of the season. I had some knee problems during my preparations. That's why I had to withdraw from earlier races. I wanted to do more sessions on the hurdles before I would start with the competitions. Honestly, I was still struggling with my knee during the warming-up. I didn't know how the race would go. Therefore, I am even more surprised. The race today was perfect. It is for sure different to not have Femke Bol in the race anymore. She was always there and almost always won. I said to myself: ok, Femke is not there anymore. I will try to follow in her steps.

31.05.2026 20:12





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Anna COCKRELL (USA)

400m Hurdles Women - 2nd 53.18

It was on okay race, I mean I made some mistakes in the last 100m so I definitely gonna watch the race back and clean that up but overall it's my best opener by far so I take it. I did some 400m races before, the main reason is I needed to work on flat speed. It is an indicator that this work is going in the right direction. We were just trying to break the chain with the 300mH personal best. My next race is in Rome, I may run a few shorter distances in the coming months.

31.05.2026 20:14

Jorinde van KLINKEN (NED)

Discus Throw Women - 2nd 66.72

A second place is very good for me now. I had a good week in training and I am happy to see some progress compared to my last competition. Before, I wasn't able to train properly because of some cartilage problems in my knees. It bothers me sometimes, but now it's under control and I am happy that the good training sessions of last week is directly translated in my results. The Diamond League is definitely one of the highlights of my season. Making it to the final is always a massive goal. I don't think it's necessarily a good decision to take competitions like Ramona out of the qualification standards for the World Championships. It is a fact that you get an advantage from the wind and I would never dispute that. However, you can get significant wind at plenty of other venues too. If you organize a competition by the coast, you can experience the exact same conditions, so ruling it out feels like nonsense to me. I think the biggest issue is that they have set the qualification standards so incredibly high now. Chasing a specific distance used to be great, motivating goal for most athletes. We have reached a point where achieving those standards is no longer realistic for the majority of competitors, and I think that is a real shame.

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Valarie SION (USA)

1st 68.75 MR WL

I had to really work to find my groove. Each round I threw a little better, with a meeting record here in Rabat, it's just amazing. When I came in 2019 it was my first competition on the professional circuit and Perez broke the meeting record. It was the coolest thing, and now it just feels like a full circle moment. It has been really fun to come to Africa and experience that energetic culture, so I am gonna enjoy every moment of it. The women's discus is quite competitive now. There are many women I feel that are getting momentum. 70m is always that mark I am trying to enforce, I can tell I am coming into better competition shape.

31.05.2026 20:29

Jacory PATTERSON (USA)

400m Men - 1st 44.11 MR SB

Overall, I am really happy with my performance today, I feel I implemented my plan well and gave my best. I am also pleased with my Season Best and the Meeting Record, it is always a good sign that things are moving in the right direction. There were not any challenges during the race, and I was able to stay focused throughout. The crowd created an amazing atmosphere, which made the experience even better. Now my main focus is the Ultimate Championship in September, and I am looking forward to do a great performance there.

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Audrey WERRO (SUI)

800m Women - 1st 1:56.56 MR

I feel very good and I was very surprised of my finish time, because it's still early in the season and it's so close to my PB. It's a great way to start the season. Last year I stepped up from the junior scene to the senior level. I learned many things, now I can put them into place too. I don't know where it will go, but I don't put any limit on myself. I improved on both the physical and mental side, now for nine month already I have been a professional athlete and have no more classes on the side. And I have also become more confident. My next race is in Stockholm.

31.05.2026 20:47

Joe KOVACS (USA)

Shot Put Men - 1st 22.58 MR WL

I would love to know how many Diamond Leagues wins I have, but no, I do not know. My wife and I just built a training facility and I would love to put banners on the walls with all the special results. So maybe I should start counting them because I am pretty grateful for every one of them. My first Diamond League was in 2012 so it is good to start the year with a win and a healthy body. You can not just copy the things you did in the past, so this result says that I am able to adapt, that I trust my wife in training and that I do this as a proud dad. I think this is one of my best openers ever, it is crazy for me. It shows me that there is always more in the tank and that keeps me going for more. I was not expecting any result. I had no marks in training indicating how far I was going to throw. I did not go to China because I was not sure where my body was. The kids were sick, so I was afraid that I would catch something too. I love coming to this meet because the weather is always great and somehow the people in the corner love the shot put.

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Yassine HSSINE (MAR)

200m Men - 6th 20.18 NR

I am really happy to achieve the National Record as it reflects the hard work I have been putting in. I want to thank my coach for his support in helping me to reach this milestone, I also want to thank the crowd for their support as they have been incredible. It is always great to make an achievements in your country.

31.05.2026 20:59

Kenneth BEDNAREK (USA)

200m Men - 1st 19.69 MR

I didn't expect to run that fast but I knew I had a good sub 20 in me. Being in China running those 100m's felt easy to me, I was doing a few mistakes here and there, but I learned. I just came out here to my baby and executed the race. I will be focusing on both distances this year. Last year was a good tell-tell of what I can do in the 100m but it's a stepping stone for next year. Obviously, there are the Ultimate Championships. You are gonna see fast times and good competitions out there. Being able to go against the best, I mean I am one of the best, but I like competing so I can't wait for another year. Oh, yeah, indeed, it's the second time I won here. It has been three years since I have been here, I kind of forgot what it looked like but there are a lot of fans out here, I love the city of Rabat, I love Morocco.

31.05.2026 21:07





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Tina CLAYTON (JAM)

100m Women - 1st 10.85 SB

I think it was a solid performance overall. I am happy with the result, especially because I managed to get a Season Best which shows I am moving in the right direction. However, I still need to fix a few things. The biggest challenge I faced is the level of competition especially when you line up against strong athletes everyone is there to win, so you really have to be at your best. The crowd was fantastic, I really enjoyed the energy and the support from the fans. Looking ahead, my main goal for the rest of the season is to stay healthy and keep improving.

31.05.2026 21:13

Letsile TEBOGO (BOT)

200m Men - 2nd 19.96 SB

The last time I ran a 200m, it was a 20.70, so improving my season's best was bound to happen today. Consistently lowering my season's best shows there is clear progress and that there's light at the end of the tunnel. I'm happy with how things went and I'm already looking forward to the next one. I believe everything has its start and its finish, so we just take it step by step. We don't overcomplicate things, but we still have the Ultimate Championships ahead of us. That remains the main goal and the main target. This results shows that I am right on track.

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Yared NUGUSE (USA)

1500m Men - 1st 3:30.35 MR SB

This results says that I am back. I am back where I was right before. I really wanted to show up this outdoor season and win races, do really good. It was a really close finish. I knew they were there. I said to myself: don't give up yet. Keep pushing, keep pushing. I did and the fall... it was worth it. No worries, I am ok. My next races are the Diamond League races in Stocholm and Oslo. The Diamond League final is definitely a main goal for me.

31.05.2026 21:23

Matthew HUDSON-SMITH (GBR)

400m Men - 2nd 44.25 SB

It's good to be back, I have had a lot of niggles but it is a great opener. Now I need to build on that for the rest of the season. Last year was a bit of a difficult one, I was juggling the birth of my daughter and then coming into this year I had some family issues going on which made me miss the World Relays. My next race will be in Stockholm.

31.05.2026 21:25





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Yaroslava MAHUCHIKH (UKR)

High Jump Women - 1st 1.97

This was not the result that I was expecting, but it is good to be back. My successful attempt at 1.97 was a really good one. I liked my technique on this jump. My only jump at 2.02 was so close, but needed some technical improvements. However, I really liked the stadium, the atmosphere and all the children who came out to cheer for us. You could feel that they are interested in sports. It was great to do my blue-yellow make-up again. I am thinking about doing it more often because people don't recognise me anymore without the eyeliner. People came to me during a training session in my home country asking if I was Yaroslava Mahuchikh. My next competition will be the FBK Games in Hengelo, The Netherlands. Afterwards I'm going to Zagreb.

31.05.2026 21:30

Lavanya WILLIAMS (JAM)

100m Women - 2nd 10.95 PB

It was my first Diamond League. I am really happy about my execution, there is more to come. Trainings are going very well, now I need to understand each phase of the race and get better. I am still very young, so I am here enjoying myself. The crowd here is wonderful. I am not sure about the next competitions yet.

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Cambrea STURGIS (USA)

200m Women - 1st 22.21

I would give the performance of today a B, I came out of the curve hard and fast, and although I feel I could have been even stronger coming out of it, I stayed composed and pushed through all the way to the finish line. Overall, I am happy with the result. The main challenge was that moment coming off the curve, I saw Kayla, but I focused on staying calm, running my own race and finishing strong. I really love the atmosphere here, the crowd is spectacular. I have been in Rabat before, and it is always a great experience. My goals for the rest of the season are improving my ranking and perform well in both 100m and 200m events.

31.05.2026 21:37

Nina KENNEDY (AUS)

Pole Vault Women - 1st 4.80 SB

I am so happy, having a year and eight months, close to two years off. The way I won today was really amazing, I don't think that the girls were expecting that. I was expecting that, I have been training really really hard. It's cool to show that out here today. I felt comfortable with the long approach, that's what training is for, you work through your body, the niggles. I haven't jumped of the full approach for a year and eight months, so I am very rusty. 4m80 is definitely not bad, especially in the first attempt. I have Rome in a few days so I didn't take any further jumps. I am just unloading accordingly given that we are that early in the season. Competition intensity is very high, so I will definitely be sore tomorrow. In Rome, I will be achy but I will be fine. It was so fun to be back with the girls, I met them in the hotel. Everyone was so nice out here today, I can be a real competitor and have my head down but they welcomed me with open arms and all congratulated me.

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Kayla WHITE (USA)

200m Women - 2nd 22.28 SB

I feel amazing. I came out here with no pressure and just do the things that I do in practise. I am knocking down my seasons best and I am excited about that. I love Rabat. I came here in 2023, they have an amazing hospitality and the fans are amazing. I am going back to the US now for a 200m in Texas. I hope to come back to Europe later in the season.

31.05.2026 21:49

Imogen AYRIS (NZL)

Pole Vault Women - 2nd 4.70

I am very happy with this result. A second place in this stacked field is amazing. The girls are incredible competitors so to come away second is really exciting. This is my best result ever in the Diamond League. I had three good attempts at 4.80. That height is the next step. I really hope to get that bar soon. It is right there, I can feel that I am really close to it. Hopefully I can put it together and go over to the next step. My next competitions are Turku, then Ostrava and I am hoping to get a chance to compete in the Paris and Monaco Diamond League. I hope that the result of today gives me a spot in these competitions.

31.05.2026 21:55

Anderson PETERS (GRN)

Javelin Throw Men - 1st 86.08 SB

I think it is a pretty good start to my season with a 86m throw and Season Best. However, I had some challenges with a bit of wind and I also had one throw that hit the camera line but still went over 80m. As an athlete you have to adapt to moments like these. The atmosphere here in Rabat is great and the crowd was fantastic. My future plan is to compete at the Commonwealth Games and the Ultimate Championship.

31.05.2026 22:06





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Frederik RUPPERT (GER)

3000m Steeplechase Men - 2nd 7:57.80 AR

Rabat is indeed a place with many emotions for me. The race was very similar to last year, I kind of copied it but the competition was even faster. After the first 600m I didn't believe in it because I felt very rusty but then I just kept rolling, it was again an acceleration race. The crowd was again fantastic, it just carries you. The crowd loves El Bakkali and playing that role of the "enemy" is special. After last years 8:01 here, the European Record was definitely my goal. I ran a good 10.000m and the last training sessions were very fantastic, I couldn't have done that last year. So, I knew I was in a good position but to run it, is something different, but it feels amazing that it worked out. I chose to run the 10.000m, because we wanted to take advantage of this year, that has only one peak, to run other events. I will run the 5.000m in Turku and then a 1500m in Hengelo to work on my strengths and weaknesses. It's incredible to be the first European to break the 8min barrier. I have trained all winter with this one goal in my head, I didn't miss a single training day, so it feels great when it finally pays off. I am really looking forward to the European Championships and everything else is a bonus.

31.05.2026 22:11

Emmanuel WANYONYI (KEN)

800m Men - 2nd 1:43.56 SB

The race was so good, my fastest of the season. At the same time, it was very tough. I have done my best and 1.43 is not a bad time for me. I expected a race like this where someone would push me to my maximum. My focus this season will be on the 800m, not the 1500m.

31.05.2026 22:18





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Freweyni HAILU (ETH)

1500m Women - 1st 4:58.25 SB

I am very happy with the race. The pacer didn't run as I expected but I am still very satisfied with how the race went. I wanted to win, and I did, so very happy with the result. My next race is in Rome.

31.05.2026 22:23

Isaac NADER (POR)

1500m Men - 2nd 3:30.43 SB

My feeling during the race was not great. In the past few months, I did a lot of volume and I only have two weeks of track sessions in the legs. That is not much, but the idea is to get in peak shape later on the season as my main goal is the European Championships. Of course I went for the win today, but Yared Nuguse was incredibly good. It was an amazing race. My family from Casablanca was in the stands with my face on their t-shirts. I hoped to give them the win. It makes me a bit disappointed that I could not succeed. My next competition will be Rome and afterwards Oslo.

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Thomas RÖHLER (GER)

Javelin Throw Men - 4th 81.61

It has been a while but it feels great to be back at a Diamond League. It was the next logical step after my result in Nairobi. My body is well, I know what I am doing, but it's javelin where every detail counts. The first Diamond League after I think seven years and coming fourth is completely fine. It would have been sad not to come back even after all those difficult years, because I still enjoy it very much. The last years have shown me and all other people out there who want to understand it, that I just enjoy throwing the javelin, being with the guys, to see the javelin flow. Long-term has been always my thing and Los Angeles is very tempting. I have to admit that when the first Diamond League called me to tell me I had a spot, that felt very good. There are still a lot of familiar faces that have been at many Olympic Games like Yulius but on the other side there are many new faces like Rumesh who I like very much. Last year in Tokyo there were 11 nations in the final, which was a record, and it's amazing to see that mix of people, of nationalities but also ages. Me and the other throwers of my generation have definitely contributed to it. Before me there were only athletes from the Finland, Germany, Great Britain, Czech Republic and some from America. It's a technical event where experience still pays off, so that explains the longevity of some of the thrower's career. Tomorrow morning I am flying to Rome, another Diamond League, and then Nice, hopefully Ostrava and Dessau.

31.05.2026 22:26

Eleanor PATTERSON (AUS)

High Jump Women - 2nd 1.94

I have mixed feelings about the competition. I am happy to come away with a second place. That is always a privilege. I feel like I had a lot of better jumps in me, especially on 1.97, so that is frustrating. I flew a lot in the last eight days with the Diamond League in China, then back to Australia to get my visa for Italy and then to Rabat. To feel as good as I did, I knew I could bring this result today. But I keep on jumping 1.94. It is getting a little bit annoying. There is definitely a great height in me. I am ready to take it to another level and with a little more training under my belt, I think I can do that. I missed some technical sessions because I had some issues with both feet in the last period of time. My next competition is in Italy. Italy is like a second home to me so I am really excited for that one.

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Max BURGIN (GBR)

800m Men - 1st 1:42.98 SB

It was an incredible race, it was a great atmosphere and an exciting run from my perspective. I wasn't sure if I was gonna front run it all but with 200m's in the decision was made and I had to stick with it. I felt very happy and to win a Diamond League as well has been a few years. I haven't won an official Diamond race before. The audience is amazing and the stadium as well, lovely weather, great crowd, the other stadium in the background is really impressive, I was looking at it during the race. I have got two big championships, the Europeans and the Commonwealth Games, and I am also looking at the British Record at some point which is hopefully within reach.

31.05.2026 22:57

Soufiane EL BAKKALI (MAR)

3000m Steeplechase Men - 1st 7.75.25 WL

Attending Rabat meeting in my home soil is always great and what makes it greater this year, is the attendance of His Highness our Prince Moulay EL Hassan. His attendance was a big motivator for me and I would like to thank him so much for his presence. I would like also to dedicate this victory to His Majesty our King Mohamed 6. Also, I would like to thank the supporters who were incredible as always. The race was not difficult as I prepared well for it. Achieving the World Lead is also a great thing and I am happy for it.

31.05.2026 23:43

