

Flash quotes

As of THU 4 JUN 2026

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Rumesh Tharanga PATHIRAGE (SRI)****Javelin Throw Men - 1st 92.62m NR, MR, WL**

I tried my best today to throw the national record. I managed to improve it by 30cm. Even though I had only two valid attempts today, I am very stable mentally. It was very hot in Rabat and the weather in Rome feels good to throw further than at the last competition. Winning today feels like a Sri Lankan festival.

04.06.2026 19:36

Anderson PETERS (GRN)**Javelin Throw Men - 2nd 83.91**

Second place with 83.91m is pretty good. I am showing some form of consistence. I won in Rabat, this time I came second - you win some and you lose some, this is athletics. Pathirage's 92m is pretty decent, seeing him throw so far was motivating for me. It is my first time here in Rome and I have to say that the stadium is pretty decent.

04.06.2026 20:24

Molly CAUDERY (GBR)**Pole Vault Women - 1st 4.80 SB**

I am great. I am very happy with today. I had a short approach with 10 steps. I had a great indoor season and sometimes you need to take a deep breath, it is a journey. I think it was a smart move to skip 4.80 because I just came back from Rabat, there was a bit of a risk and I wanted to take it easy, not to pressure my body. Having home championships and doing the Diamond League is super important for me. It is fabulous to attire the crowd. I am taking everything in here, also the 12x200m relay.

04.06.2026 21:04

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Nina KENNEDY (AUS)

Pole Vault Women - 2nd 4.80m =SB

It feels good to be back. I haven't been competing for the year and a half. Just to be back here competing with girls is super exciting. I had a kind of stumble at the beginning of the competition. Sometimes you just have to align variables to make the perfect jump. I was in a bit of trouble today but still managed to equal my SB. I am an ex-gymnast and it takes a lot of gymnastics into pole vaulting. There are just centimeters which are making the difference in jumps. I am happy to jump 4.80m but still wanted to jump a bit higher. Molly jumped really well, I went for the win but unfortunately I came second and that's OK. One of the goals of this season was to be undefeated and unfortunately I did not make it. But maybe I can do it next year.

04.06.2026 21:08

Andy DÍAZ HERNÁNDEZ (ITA)

Triple Jump Men - 1st 17.59 DB

This was my first competition of the outdoor season and I am very satisfied. I am feeling great. Winning the Diamond League in Rome three times in a row - I really made history. I got so much energy from the audience. I would have liked to jump further but hopefully I will be able to do so at my next competition in Oslo.

04.06.2026 21:16

Anna COCKRELL (USA)

400m Hurdles Women - 2nd 52.77 SB

The race was alright, I would give it a B+ or 9 out of 10. Still some things I have to work on. I need to talk to my coach about it. I won here in 2024 but I knew that today it was going to be fast. My next race is the LA Grand Prix. My dad is here in the stadium.

04.06.2026 21:18



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Emma ZAPLETALOVÁ (SVK)

400m Hurdles Women - 1st 52.58 WL, NR

It has been the crazy start of the season. I didn't think I would be able to start my season with two national records. It's amazing, I am enjoying it a lot. My focus this season is the European Championships. I want to improve my personal bests. There weren't any changes in training for indoors and for outdoors. Sometimes we improvised because of knee issues. Transition from indoor to outdoors was a bit challenging for me and that's why this results surprised me. I want to improve again, and again and again. The pressure mostly comes from myself.

04.06.2026 21:22

Gabriel TUAL (FRA)

800m Men - 1st 1:43.66 SB

The recipe for today was not to go too fast on the first lap and then try to finish strong and that's what I did. I am quite proud. I hope to get a better score in my next race in Stockholm. Running again in the stadium means a lot to me. I won the European 800m title here in 2024. I was hoping this would give me some good strength and it did! I want to defend my title in Birmingham, but it is going to be tough.

04.06.2026 21:24

Jordan SCOTT (JAM)

Triple Jump Men - 2nd 17.33m

It took a lot of adjustment today to get to 17.33m, more than I would generally like to. I have a bit of idea where I am now and I know what to work on next. This is a good distance I jumped today, although not where I wanted to be today. But I am grateful to stay healthy. It feels good to still keep the world lead but at the same time I would like to improve it. It is rough when sometimes you cannot figure it out. I could have extend the world lead today.

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Megan SIMMONDS (JAM)

100m Hurdles Women - 1st 12.50 SB

It is quite a good result. I wanted to run faster but the season is long so we are taking it step by step and day by day. This is for everybody who have told you that you could not do it and who didn't believe in you. You need to believe in yourself. This season is for my fans. Always when I step to the start line I think I have ten opportunities to do well and show what I am capable of. This is who I am. Early in my career, the surroundings took me away from who I am but going to Tokyo last, training in a fantastic group, I came back to who I am. I am excited and I am winning races. There is no a better feeling. I am living a dream right now.

04.06.2026 21:39

Mark ENGLISH (IRL)

800m Men - 2nd 1:43.80 SB

I was just trying to control the first 600m of the race and see where it would take me in the finish. Thankfully it went well. I felt good in Shanghai earlier, had a bit of a setback in Rabat but I am back to competing strongly now. Gabriel was just a bit too strong today but there are plenty of more races in the season, hopefully. Every race I go to, I try to win it. I have already ran the standard for the European Championships. That is going to be a big one. I am very much looking forward to it. The 800m at European level is underestimated. It is quite difficult. There are a lot of fast guys out there. I will give my best in Birmingham.

04.06.2026 21:45

Likina AMEBAW (ETH)

5000m Women - 1st 14:18.41 WL PB

I am very happy to win my first Diamond League meeting. (Seeing her time) Oh, I did not know that I ran such a time. The people here in the stadium are very good, they helped a lot. I work very hard, also for the sprint. For the moment I run the 5k, maybe in the future I will also race 10k.

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Orlando BENNETT (JAM)

110m Hurdles Men - 2nd 13.31

I do not know if this was a good race, it was not really the best. I just tried to get through the race and through the hurdles. Maybe it was because of the low temperatures? It was also a back to back race. I came here to execute and I really did. I love to race here. Next meeting will be Doha. And then I go home to Jamaica and rest a bit. This is an off-season for me so my goals are staying in the circuit and getting good times and good rewards.

04.06.2026 22:13

Trey CUNNINGHAM (USA)

110m Hurdles Men - 1st 12.98 MR, WL, PB

This was a long time coming. I kind of hoped to run this last year. Beating the meeting record of Allen Johnson, who is all-time great, set 27 years ago, is special. He was one of the legends of the event. I am very excited for the World Ultimate Championships. It's going to be 16 fastest people and only one winner. We don't get to race a lot so I will enjoy it. The motto this year is to enjoy what is happening right now. I had struggles with my travels, my luggage got lost. But I am always ready, I pack extra pair of spikes and kit for the race day in my backpack.

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Julien ALFRED (LCA)

200m Women - 1st 21.93

Win is a win. I wanted to go a bit faster but I will take the win. I am healthy and that's important too. I am a lot stronger now than I used to be and that's why I could push a bit extra in the second part of the race. I expected the pressure from Melissa. I am kind of satisfied with this Diamond League win, but still I wished to run faster.

04.06.2026 22:39

Henriette JÆGER (NOR)

400m Women - 1st 49.60 SB

My next race will be in Oslo, I am looking forward to it, it will be great. In Stockholm they do not have the 400m. I am really happy about this race, coming so close to my PB. I am hoping to get a new PB this summer. The recipe for a PB is to stay focused and be patient, find motivation and stay in your lane, stick to your plan. My shape is really good, I feel very good. Running in this stadium is amazing, the last time I ran here was at the European championships in 2024.

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Emmanuel ESEME (CMR)

100m Men - 2nd 9.94 NR

I always believe in myself, also in a race like this with so many medallists. It was a good race. I did not have a good start and was behind a bit. But I kept my race, I did my thing. The finish has always been my strongest part. I am so proud of myself, of my coach and of my training. Other people can do great things, but I can also do great things. I want to keep going and become the best in the world. For my next races I am waiting for confirmation. I won the 100m at the African championships last month and I will compete at the Commonwealth Games because Cameroon is part of the Commonwealth.

04.06.2026 23:01

Noah LYLES (USA)

100m Men - 1st 9.88 SB

I had a great finish. I can go again. Who want's to go? I was having a great block session yesterday. I showed it today. This season might be different but it doesn't mean the goal is different. I am not showing anywhere to lose. I am here to win. 10m before the finish line I knew the race was over and I had already won it. I was thinking about how I was going to celebrate it.

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Joe KOVACS (USA)

Shot Put Men - 2nd 21.87m

It was a good day today. It was the second competition of the outdoor season. I knew there was a bigger throw in me but it's a long season I will try to get it in the next competition. The rest of the season is going to be good, as long as I am healthy. My wife (also my coach) and me we are working on new staff. Now I am ready to get back home and go back to training. My body was feeling good today but it didn't connect. Sometimes when you feel good, you just need to relax and result will come. I am confident that my body is ready for the big result but I just need the right timing. At my age we say you can't teach old dog new things but we are still something different. Maybe today wasn't perfect, it wasn't 22m but we are always learning. It has been my 14 season and I can still learn.

04.06.2026 23:11

Melissa JEFFERSON-WOODEN (USA)

200m Women - 2nd 22.17

This year I do not have a specific goal, just being able to enjoy my presence on the track and have some fun. Overall this was a good race, a pretty good opener, I guess it was my fastest opener this year. And it was pretty solid. I wanted to win, the competitor in me wanted to win, of course. I gave it all in me, I was putting together a good race. But in the curve I was too long. I was finishing strong. Hopefully you will see me again in Rome. I loved it here.

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Klaudia KAZIMIERSKA (POL)

1500m Women - 2nd 3:59.24 SB

We didn't follow the pacer and I kind of didn't expect it. I was repeating to myself that I ran the same race last week and I can close fast on this pace. I was reassuring myself that I can stay in the pack and finish strong. I knew I could do it. I was pushing really hard just to challenge Nikki to the finish line. I just kind of missed a moment when girls ran away with Georgia, that was a tactical mistake. It is a lesion for the future. I will travel back to the USA tomorrow, where I am based. Then I will compete at the Los Angeles Grand Prix.

04.06.2026 23:15

Georgia HUNTER BELL (GBR)

1500m Women - 1st 3:58.63 SB

It was a fast last lap. I do not know, it felt hard today. I needed evidence to get confidence. I am really happy, happy about the way I ran the race. Every race you have to be your A game. The 800m will be tough. Tonight the third lap was slow. At the 1500m anything can go anyway, that is so interesting about the 1500m. So you have to be prepared for every scenario. It will be difficult to go for both, the Commonwealth Games and the European championships. I prefer to win one, so I will probably just stick to one championship. Plus I would like to come first in the Diamond League final as I came second last year. I want to get my win there.

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Erick PORTILLO (MEX)

High Jump Men - 2nd 2.23m

I feel good but also that I could jump higher. I had really though jumps but this is my only second competition of the season. I know I can jump higher this season, I want to clear 2.30m. After winning the world indoor silver medal, everyone was telling me that I will feel the pressure but I feel the same. I try to stay humble and work hard. My goal is very clear - I want to become the Olympic and world champion. I enjoy high jumping.

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Leonardo FABBRI (ITA)

Shot Put Men - 1st 22.14

I was looking for a night like this. But I had good stress good pressure tonight. I was counting down the time for the event. And my first couple of throws were very tight. I needed to let it go. I came back from China and I knew I was capable of 22 plus. It is still amazing. I was a little bit too stupid because I celebrated too much after the third attempt, so I could not improve anymore. I think tonight I will rather rest, I will go right to sleep because I have a competition coming up in Lucca.

04.06.2026 23:22

Lurdes Gloria MANUEL (CZE)

400m Women - 2nd 49.77 PB

It was a really good start of the season for me and my first race under 50 seconds. I was worried a bit about the late start of the race but the conditions were great. This is a huge achievement for me.

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Matteo SIOLI (ITA)

High Jump Men - 1st 2.28 SB

I am very happy to be here. I am very happy to win in this stadium. It is a big honour, a big pleasure for me and so I am very happy. Gianmarco Tamberi is an idol and I work a lot to be like him. I know it is very difficult, but I improve myself to be like him. Since Florence Diamond League 2023 I dreamt of such an evening. It is an incredible night for me. I think tonight I will not sleep. I do not know what made me jump so well, but I think I can jump better. Today it was just 2.28, so let's stay down to earth. Having this home crowd, having my friends here in the stadium, it is crazy. The Italian fans are crazy. They helped me a lot, high jumps fans in the curva sud (south curve) helped so much. My next goal is to jump well in Doha. We are ready for it.

04.06.2026 23:28

Bozhidar SARÂBOYUKOV (BUL)

Long Jump Men - 1st 8.26m

I am extremely happy because I have won my first Diamond League meeting but I am not pleased with my result. The crowd was great and probably that motivated me to jump the furthest in the last attempt. My goal for this season is to set a personal best and a national record. I want to show the best version of myself.

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