

FLASH QUOTES

Adriana Vilagoš (SRB)

2nd place - 61.22 (SB)

Javelin Throw 600g W

My technique is not the best at the moment, but I am very happy that I managed to compete here today. Although the distance is not big, I am still glad that I was able to improve my technique throughout the competition. Also, mentally, I was able to improve my approach out there. Regarding the upcoming U20 European Championships, I hope that I will be in a much better form then, so I am able to throw much further than I did today. I also hope that I manage to improve my technique until then, so that a bigger throw comes out. I feel that I need to improve my technique in the run up, but also in the final stage of my throw. It definitely needs more power, so I have a lot to improve. The crowd out here helped me a lot today, as the adrenaline boost stopped me from overthinking - it was fantastic. Maybe the fact that I am becoming older and more experienced in international events likes this makes it easier to interact the athletics fans out there.

27 Jun 2023 17:41

Viktória Forster (SVK)

1st place - 12.82 (NR, PB)

100 m Hurdles [83,8cm] W RB

I heard the gun and then I was just running like never before. I left everything there, I did not mind any hurdles, I was just running it as a flat 100m. And it worked... The big motivation for me was that I had Ditaji running with me and I was really glad when I heard she was scheduled to run here. We have the European U23 championships coming soon and we will meet again. This result just confirmed that we are going the right direction. I think I will remember this day for a very long time.

27 Jun 2023 17:49

Haruka Kitaguchi (JPN)

1st place - 63.72

Javelin Throw 600g W

Oh, the weather could be a bit better today to throw further. Fortunately, the sun is coming and I managed to throw over 60m in the first round and then over 63m in the second attempt. I really needed to win here and to get very important points for the World Ranking. Two days later, I'm going to compete at the Laussane Diamond League and I would like to be ready to face even stronger rivals and be able to be competitive with them. If even I'm based in the Czech Republic for training, I still don't feel like at the home meeting, but for me it's a big honour to be so close to Barbora Spotakova. That is a great experience! I hope, it will help me to overcome my personal best of 66.00m even this season. I didn't improve my PB for almost four years, so if I see even 66.01m on the screen, I'll be the happiest athlete in the world. My physical shape is promising and great. Physically, I'm ready to throw far, but I have a lot to improve in my technique to be more or less stable in my result.

27 Jun 2023 17:49

Nikola Ogrodníková (CZE)

3rd place - 58.84

Javelin Throw 600g W

I think this competition was going well in the end and also the weather was not as bad as they showed in the weather forecast. The crowd was there too what was very nice. To be in the sector with Barbora Spotakova again, that was also special. Everybody was cheering for her and we all enjoyed maybe one of our last competitions together. Personally, I felt very tired from the beginning because even after the return from Poland, it was more complicated. But the fans who were here were really a big support and I wanted show some nice attempts especially because of our home crowd.

27 Jun 2023 17:53

Jessie Knight (GBR)

1st place - 54.96

400 m Hurdles [76,2 cm] W

Because I came out here with one of the fastest times this year, I felt a bit more pressure. Sometimes when you have run well, you have got a lot more to live up to in a way. I snuck in another 54, but it was a lot messier than my last race, so I think that is the thing with the hurdles - you can fluctuate by that one or two seconds. One wrong hurdle and you can lose half a second. I am just lucky to have won that one with the mess it was, but I am happy. That is my second Gold meet that I have won, so I am really happy. Ahead of the World Championships, I think that just being competitive - all of these girls will be there, and same with the race in Turku that I did - it just gives you confidence. Sometimes, it is not event about time, it is just about winning and being competitive with the best girls, so I am really happy onto Lausanne Diamond League on Thursday now. I don't think I was winning, and made a bit of a mess. I don't even know what my stride pattern was, but I stuttered into nine quite badly. I felt lots of bodies on my shoulder, but hopefully my coach makes me work really hard through winter, so my strength gets me through. I love this meet. I've come here for the last four years - indoors and outdoors - I love it. The people are friendly, it is always a full stadium, and I am really excited because I have won another one of the gold spikes, so it is the best thing you could win on the circuit - so I am really excited about the trophy.

27 Jun 2023 18:28

Akani Simbine (RSA)

1st place - 09.98

100 Metres M

I was a bit lucky with the weather to go under the 10 seconds. I am glad I managed to finish the race healthy and this is a nice results on the way to the world championships. Maybe, if it was a bit warmer like it was yesterday, it could have been even faster. For me, Ostrava is always a meeting to come to. This is my fourth or fifth time here and everytime I come here, the stadium is full of fans, the crowd is amazing and I also did the kids clinic yesterday and it is just amazing meet. My next start is on Sunday at the Diamond League in Stockholm.

27 Jun 2023 18:29

Barbora Špotáková (CZE)

6th place - 57.23 (SB)

Javelin Throw 600g W

There was this idea to have such farewell competition - we were thinking about it since autumn. But I wanted to say goodbye to athletics in an active role. So I started to train a bit with a few young people, despite the fact that I think it was still a bit brave step. To compete at such a big event like Golden Spike, in my age... it is challenge and I am glad I managed it safe and sound. I definitely was a bit scared but it was worth it. It was nice. The preparation took me basically from October until now. Of course, I did not train as much as before and did not go to the training camps. But you need to train every day to keep such shape. But I am glad I managed to do also different activities than I did in the past.

I think the best memories from Ostrava will be from today. It was very strong and emotional experience - the fans were shouting my name and cheering loud... I think I gave many many autographs today. Even my son Janek was surprised when he saw all the fans waiting for my signature. It used to be very difficult during my professional career but now I had enough time to enjoy the time with all the fans. I think even throw on the level of 60m was possible today. But this is the matter of my age - I was just a bit afraid to push it too much. I just did not want to be the last today and in the end, I am glad for my performance. I felt that my opponents were maybe a bit scared of me today.

27 Jun 2023 18:39

Diribe Welteji (ETH)

1st place - 3:57.38 (MR, SB)

1500 Metres W

I have been feeling great all the race. We asked to pace our race under 4 minutes, but it turned out that I could be even faster especially over the last lap. Meeting record wasn't in my mind, but I happy I managed to overcome it and to improve my season best. This season is long and we're going step by step.

27 Jun 2023 18:42

Amálie Švábíková (CZE)

2nd place - 4.64 (PB)

Pole Vault W

The wind was changing all the time today and we had long breaks between the jumps. In the end, I really felt without any power and my technique was not good enough in the end. Maybe, if the conditions were a bit better... It will be good next time. I am glad we managed to build on the results from indoors. I was a bit affraid if we can use the results from indoors but I think we are going the right direction now. We are improving the technique and the phisycal shape is there.

27 Jun 2023 18:43

Muzala Samukonga (ZAM)

1st place - 45.05

400 Metres M

I came here with the expectation of running a National Record, but, unfortunately, the way that I ran did not make this possible. All I can say is that this overall result and performance are still good for my preparation. My target for the World Championships is to run fast, and, hopefully, finish in a top-three position, so I can medal - that is my main target. For my next races, I need to improve my approach to the second bend, especially my speed. The crowd here in Ostrava is amazing, I really appreciate their support. In fact, this win is all down to them and the way they were cheering me out there. They are the reason why I won this race.

27 Jun 2023 19:00

Tina Šutej (SLO)

1st place - 4.64

Pole Vault W

I have really tough competition's schedule this summer, and if even it looks like I'm never tired, it's not true. I was really tired in Paris, that is why my result there was so bad. Coming here I didn't think about season or personal best. I just wanted to defend my victory from last year and I did it. I'm not really happy about my jumps. There is still a lot of work, but I think I'm getting where I need. We have still a long time till Budapest Worlds. I hope, I'll figure it out in the next two months.

The conditions also weren't so helpul to jump really high tonight. It was raining and sunny, the wind changed at every attempt. I'm just happy I managed to clear my open height as I did it in my third attempt only.

Last week, I have been competing at the European Team Championships and it was really stressful to perform for the team and to get points for Slovenia, but in our sport, individual results are important always. I know I can jump better because I had better jumps in trainings, in warm-up and even in competitions. But right now, I'm struggling a little bit with some technical issues especially with position of my upper body. I figgured it out today but it was too late. If I am focused on this problem from the beginning of the competitions, I can do really beautiful jumps and I can jump really high.

27 Jun 2023 19:04

Natalia Kaczmarek (POL)

1st place - 50.88

400 Metres W

I think the wind affected the competition a bit, I felt it in the curves and the final time could have been better but generally, it was a good run. I am sure there are also many Polish fans in Ostrava. This is a good place for me - I won last year, I won this year and I hope it will also come next year.

27 Jun 2023 19:05

Kristjan Āeh (SLO)

1st place - 68.55 (MR)

Discus Throw 2kg M

In the warm-up, I felt like a bit lazy and was getting a bit tired, missed the speed. I mean, 68m is not a bad result, but maybe there were some problems with the grid. It was just not my day, I know I am prepared better than this. But maybe next time. After the European Games in Poland, I got really tired and that may also be the factor. My shape is coming back but still, it was not what I hoped for. On Sunday, I have the next start on the Stockholm Diamond League and then, the nationals.

27 Jun 2023 19:09

Lada Vondrová (CZE)

2nd place - 51.43

400 Metres W

The key is the last 100m. The finish is the alpha and omega of the good 400m run. But it was kind of out of power, there was no sparkle today. I am glad I managed to beat the rest of the field which was pretty strong. And the second place at the Golden Spike - that counts.

27 Jun 2023 19:12

Wilhem Belocian (FRA)

1st place - 13.25

110 m Hurdles [106,7 cm] M

Taking the windy conditions into account tonight, I expected to run under 13.30. It's nice to understand that our trainings and preparation for the World Championships are on the right way. I'm where I have to be this time. In Ostrava, I also wanted to try something I have been working on with my coach last 10 days. We're trying new type of acceleration between hurdles. Unfortunately, today it was so-so. If I cope with this task, I'll be much faster. Then we will be able to speak about new level of my results.

What I really enjoyed today is the atmosphere at the stadium and this huge attention from kids who came to watch competitions. Certainly, I'm on the track to do the best I can, but I also like to share my experience and some great moments with young generation.

27 Jun 2023 19:35

Jasmin Camacho-Quinn (PUR)

1st place - 12.42 (MR)

100 m Hurdles [83,8cm] W RA

I have a lot of things to clean up, but I will take it. There is a lot of things on my race to clean up. I just feel there are a lot of things that I have not been able to focus on - but, I will take it, a win is a win. It is cold out here, it is what it is. Had we had this yesterday, it would have been a lot faster, but I will take it. I did better than I did last year. There is a lot more to come. For me, I like training and competing, obviously - we have got to compete, so I just know a lot of the things I have to fix. Out of the blocks I was not fired up, I should say. I don't think I had a good start - it is what it is. I mean, I have trained and raced against Tia a lot, we used to train together, so I know how Tia is out of the blocks, and when she gets going. It didn't surprise me - we used to train together - but at that point I was just telling myself to keep it together, and do whatever I could across the line. I did set a time I wanted to run today, but on account of the weather, and the wind - I don't know if there as a negative wind - but taking that all into account, I don't know. I broke the Meeting Record, so, I need to be happy about this, at least.

27 Jun 2023 19:51

Ernest John Obiena (PHI)

3rd place - 5.90

Pole Vault M

Tonight, I was far from what I wanted to show today. I've been struggling to cope my jump together. I had some problems with runway as well as with take-offs. It is something I need to work on. This year, I joined the 6m Pole Vault club. It's great achievement and, certainly, I would like to improve more, but I don't feel pressure that I should do better and better going over 6m at every single competition. I know, it is not easy but it is still possible, as Mondo does it. I just need to be more consistent with my technique. On the other hand, I don't think there is any technical flaw that I need to fix right now. But the consistency is definitely lacking. That's normal with adjustments but I am a patient guy when it comes to progress. So, let's wait at least for my next stop in Stockholm.

27 Jun 2023 19:56

Armand Duplantis (SWE)

1st place - 6.12 (WL, MR, SB)

Pole Vault M

I feel good, and when you go out to the track and don't leave that many centimeters behind, it is always a good thing. I think that today's 6.12 is pretty much about the highest I was going to jump today - I am pretty satisfied. The jump at 6.12 is good for the day. I don't think I left too many bars out there, at least, I don't think I did. It is a little bit colder than I would have liked today, and I think your body doesn't react the same way to the chilly weather - it is a little bit harder on the legs, it takes a bit more to keep running. It feels that you can't relax as much, you have to push and push. I would rather have a nice rythmn, and your body just flows. If we would have been able to jump yesterday, that would have been better. I like jumping on the this side better, there is a lot more energy. The energy is better, and it is a better set up. You get better winds, and, hopefully, next year we will keep the same set up. With better weather, it could be really good. I like Ostrava, and I like places where I can jump high, and I am going to go to places where I can jump high, because it is good preparation for the World Championships - for me, I want to go to places that have good crowds, and good history, and where I can jump high. This meet is definitely one of those. I can only be myself, Usain Bolt and I are completely different people, so I try to jump as high as I possibly can, and that is about all I can do. You learn to not worry too much about the expectations of breaking records. I go out at every meet, and try to do the best I possibly can - try to get the highest bar I possibly can, and stay up there. Other than that, I don't think I could have done more than that. I am going to go in there and have confidence that I am going to jump high, and that I am going to jump over 6 metres - at try to put the Meeting Record at least a little bit higher than it is. Other than that, I can not really control what everybody else's expectations are. If I didn't have high expectations of myself, I would have jumped a lot lower than I did over the last two years.

27 Jun 2023 20:12

Jakub Vadlejch (CZE)

1st place - 81.93

Javelin Throw 800g M

Honestly, I have no idea why I did not throw well today because I felt good. It is true that it was cold because I like temperatures over degrees. But sometimes there are these days when the feelings and the technique does not meet together and maybe it also helps for the future competitions. It is not always for free to tm is not that bad but hrow far. I tired to change a couple of things during the competition but it just did not work. In fact, the 82m is not that bad in the end. I had the feeling that everybody was kind of suffering today. But it was just one of these competitions. The trophy will go to the other trophys - I do not have any special place for it yet but I will put it to the box until I create a special place for it.

27 Jun 2023 20:24

Saúl Ordóñez (ESP)

1st place - 1:44.85 (SB)

800 Metres M

The truth is I am very happy because I really enjoy competing here in Ostrava. I am very pleased with this win here in front of such an amazing crowd, and I really want to congratulate the organisation fot putting such a good meet together. This is a fantastic place, I love it, really love it. We are really looked after like nowhere else, and I am hoping that I will be able to keep coming back in the future.

27 Jun 2023 20:29

Lamecha Girma (ETH)

1st place - 3:33.15 (PB)

1500 Metres M

I wanted to go under 3:30 tonight and I really was ready to set new Ethiopian record, but weather was a little bit cold and windy and the pacemaker didn't go the way I asked. After being on mark of 1:51 at 800m mark, I decided just to go to the win. Steeplechase is still my main distance, but we planned to compete this summer at flat 3000m and 1500m to increase my speed preparing to the World Championships in Budapest.

27 Jun 2023 20:31

Tomáš Staněk (CZE)

3rd place - 21.71 (=SB)

Shot Put 7,26kg M

I definitely needed this result - I came here to improve my mood after Poland and despite the slight knee pain after Chorzow, I came into the competition motivated and determined. Then I got angry because all the guys were ready to throw over 21m and I knew I have to push it too. I only regret that I had to wait longer for one attempt because of the 800m start - in this weather in shorts and T-short, it just does not help you. But to finish third after the world record holder and the multiple world medallist who have the PBs on the level of 23m - I take it.

27 Jun 2023 20:39



62nd Ostrava Golden Spike

Ryan Crouser (USA)

1st place - 22.63 (MR)

Shot Put 7,26kg M

I am happy with the result, especially considering how I felt - I felt pretty good earlier in the day, but then right around Round 1 the jet lag set in. I had one of the worst warm-ups that I have ever had. It's been a long time since I last had warmed up that poorly. So, considering how the body felt, and how the warm-up went, I am happy with 22.63. All in all, it was a very good day. It wasn't pretty, it wasn't very technically proficient at all, but to throw a really ugly 22.60 plus is always a good. The kind of brain-body connection wasn't there, I was having trouble setting my feet exactly where I wanted them. Everything just felt a little flat and out of rythmn. I didn't have that top end gear to really accelerate through. Usually, if I am throwing well, I have that ball in my neck I can feel that acceleration path, but I felt that ball getting away from me, and getting ahead - then, you just play catch up and lose that connection. That is what I struggled with today, and just didn't have that top end gear to really accelerate through the ball, so I had to bring it back down and play a bit of a reactive game with myself of trying to be aggressive, but realising that top end speed wasn't there today. That was a bit frustrating because training has been going well. Call it jet lag or whatever that might be, but I just didn't have that top end speed. It is a good start of my European campaign. It is my third day of being in Europe, which is one of the highest jet lag days, and to come out and throw an ugly 22.60 plus, I am happy with it. On days like this I am thankful for the self-coaching. After an absolute abismal warm-up, to be able to make corrections - I don't even know if I even hit 21 metres in warm-ups, maybe a 21, so a very poor warm-up. Thankfully, If I had been relying on a coach that is not traveling with me, it would have been a really bad day. In days like today that is when it is to my advantage.

27 Jun 2023 20:48