

FLASH QUOTES

Haruka KITAGUCHI (JPN)

1st place - 60.47

Javelin Throw 600g W

Win is a win. Coming here, my aim was to throw 63m. And I think I was pretty far in the first attempt but I fell over the line. It was a big surprise for me that it happened to me because it had never happened to me before. I was in shock. We also had some rain during the competition which could also be a factor. But all the crowd was cheering for us and I liked this so much. I wanted to show something big just for the fans. Maybe I need to come back next year to improve. Now, I have Odlozil memorial in Praha on 3 June and I am very excited for this because of Koji Murofushi threw a national record there in the hammer throw many years ago. I have never been there before so I am very curious.

28 May 2024 17:40

Nikola OGRODNÍKOVÁ (CZE)

4th place - 59.34

Javelin Throw 600g W

I still have troubles with my technique and I am throwing very high. I have been throwing like this most of my life and I need to change it. I consult it with many people and I am trying to figure it out. I am a coach to myself so I need to work on it. I take it as a puzzle. I have to learn how to be more patient because physically, I feel well prepared and strong. I have to calm down but it is a good thing that I feel the energy.

28 May 2024 17:44

Cathelijm PEETERS (NED)

1st place - 54.31 (PB)

400 m Hurdles [76,2 cm] W

The conditions did not bother me too much. The track was wet, but at least it was not raining any more. I got a PB, that is always a good thing, but there is still room to improve. Today I messed up the rhythm on the final hurdles. I had to go from 16 to 17 steps and attacked it with the wrong leg. I do not want to be too picky, it was still a good performance, but I think I can go half a second faster this season. In Rome I want to make the final first and then anything is possible. Having success with the Dutch relay team allowed me to focus more on my training and on recovery, that was also important for my progress.

28 May 2024 17:50

Alessandro SIBILIO (ITA)

1st place - 48.25 (SB)

400 m Hurdles [91,4 cm] M

I competed in Ostrava three years ago - with an empty stadium. But today, it was a great atmosphere and I love this city. And have to say that I am coming back next year. I had a very good training in the last two weekd so I wanted to get this job done. This year was not going very well - I had some small injury but I am glad to do this race here in Ostrava. The European championships in Rome means a lot to me, it is a huge motivation and I want to show my bestt at home, in my country. We finally do our job as an Italian team. We are coming back now.

28 May 2024 17:55

Andre DE GRASSE (CAN)

1st place - 10.10 (SB)

100 Metres M

I am happy to be back in Ostrava - I love the atmosphere, I love coming here. It was a good run, SB, so now it is the time to go back, work on some things, try to get my speed back and now, I am getting ready for the 200m tonight. I always go out there and do my best and I do not think about who is in the race. I had fun and did what my coach told me to do. But I just want to be the best. I know how to be the best. It is always good to run against Marcell. We train together, we have some very good competition in training so it is always fun. But I need to keep working and I want to win a gold at 100 and I want to try to defend my title at 200m as well. My main event is 200m and I am looking forward to it tonight - I want to go sub 20s tonight so let's see what happens.

28 May 2024 18:22

Lamont Marcell JACOBS (ITA)

eq 3rd place - 10.19

100 Metres M

It was definitely not a good race. I need to watch it again with my coach to understand what went wrong. After 40 metres I just did not have the power to turn it on. But it is an experience to learn from before the European Championships. I have another race coming up in 2 days and I hope to do better there. With the Europeans taking place at home, I do not feel any special pressure. Andre De Grasse is a great guy and gives me a lot of motivation when we train together. But I do not think of this in terms of learning anything specific from him, I focus on myself.

28 May 2024 18:29

Natalia KACZMAREK (POL)

1st place - 50.09 (SB)

400 Metres W

It would have been nice to break 50 seconds before the European Championships, but it did not quite work today. The wind started blowing hard just before the race and that did not help. But I ran the final straight solo and managed to keep it up until the finish without tying up. Congratulations to Lurdes, who ran a great time behind me. I treat these races as training in a way. I have another one coming up in Oslo in just 2 days. The field will be tougher there and probably the conditions too, but it is mostly about placing. I am feeling very good right now, still in hard training, but also racing. When I reduce the training volume before Rome, I will get faster.

28 May 2024 18:47

Norbert KOBIELSKI (POL)

eq 1st place - 2.24

High Jump M

The conditions were very bad today. For one thing I could not even wake up properly, only my coach helped me with that. It was also rainy and windy, that is why Shelby and I did not want to go for a jump-off. It is an Olympic year after all, there was no point taking risks. The competition was one of those you want to forget, but the win is what matters. It is my third in a row. All of them were in poor conditions, that is why the heights were not great. In training in Belek I was going through the roof. I broke all my personal bests, so I am optimistic. My shape will be perfect for Rome, then it will be final tweaks before the Olympics.

28 May 2024 19:08

Steven GARDINER (BAH)

1st place - 44.39 (SB)

400 Metres M

It is kind of cool today, which made it more difficult, but it was a good race and the victory is an important one. The weather certainly made running a lot harder. I am satisfied with what I did. Between now and the Olympics it will be basically just training. I am planning on competing maybe once more during that period.

28 May 2024 19:10

Leonardo Fabbri (ITA)

1st place - 22.40

Shot Put 7,26kg M

I am just working on my technique and it leads to big results. I work on these little movements, simple things which help a lot. I just need to find myself in a good position to throw far. I am just a little bit upset because it was my fifth competition when I am getting so close to my target. I am very consistent but I miss a big throw. I am sure that it is coming. I have a great opportunity in ten days in Rome and I am looking forward to throwing a huge result, and I really believe in it. With my home crowd, I will throw that ball as far as possible. First Rome, then Paris... I am a big shot put fan and Crouser and Kovacs are great friend of mine but first of all, they are huge athletes. They both can throw 23m and watching somebody doing it is just amazing. And also it is a big challenge for me. I do not want to copy them because I have my own technique but I love watching these two guys throw. I think I can do something really crazy this year but I am not thinking about any specific mark. I continue my training and I know something crazy big is coming.

28 May 2024 19:23

Djamel SEDJATI (ALG)

1st place - 1:43.51 (WL, SB)

800 Metres M

This as my first 800m this season and I was curious about my performance. I found myself in the good position in this race and had the power to finish on the first place. I had a very good 1000m race in South Africa where I won the first place and I would love to continue like this also in Stockholm where I have my next start. I needed this for my self confidence before Paris. I was doing very well in the trainings and I believe that I still can show some fast times this season. Hopefully the best one in Paris.

28 May 2024 19:39

Molly CAUDERY (GBR)

1st place - 4.84 (MR)

Pole Vault W

The conditions were really challenging today. I worked through a lot of things but it went great and the crowd was amazing. The fans really carried me throughout the competition and I had a lot of fun. I had a few third attempts in the competition, I would have liked to jump it in the first attempt and maybe I would have had attempted higher bars. But I am happy I came here and got the 4.84 bar with the meeting record. So in overall, I am pretty happy with how it went. This was my first time in Ostrava and I loved the crowd, the track and I loved the fact that everybody was cheering for me and they were just great. I think in a major championships, you cannot really tell how high it is going to be, but the way the pole vault is at the moment, it is so strong, and it is going to be at 90s bars to take the win in Rome or Paris. It is going to be a big fight.

28 May 2024 19:47

Ditaji KAMBUNDJI (SUI)

1st place - 12.68

100 m Hurdles [83,8cm] W F

I see it very positively. A lot of people believe in me and they have great expectations. But I think it is a positive thing to have these people cheering for me. It is the hurdles so every single round is important and you have to stay focused, clean, and in the final then everything goes out. I like Ostrava, I like the track and the food in the hotel, that is always very important and the positive energy that is all around. Even if conditions were not the best today, everybody had fun so I loved being here. I am the younger one so I learn so much from my sister and that we are now able to compete on the same level, to go to the same competitions, it is so amazing. To share a room with somebody so close to you, it is so comforting. It is so positive to have your sister around.

28 May 2024 19:53

Ewa SWOBODA (POL)

1st place - 11.05 (SB)

100 Metres W

I am super happy. In my first individual race of the season I expected to run 11.10. But I ran even faster and the conditions were not good. It was more of a side wind than tail wind and it was pretty cold. It was a strong field, so I am satisfied with the win. I live literally half an hour away from Ostrava, so I just came straight from home today. I am not planning on any more competitions before Rome. World Relays in the Bahamas took a lot out of me, so I need to rest more, not compete. As for the European Championships, I do not want to make any predictions, but I would be satisfied with a medal of any colour.

28 May 2024 20:00

Andre DE GRASSE (CAN)

1st place - 20.09 (SB)

200 Metres M

I came here to test my fitness and endurance, to see where I am at, so yes, I am satisfied with two victories. It is great to be back healthy. I am grateful to have made it this far in my career and to have this kind of longevity. Making the Olympic podiums for the third time in a row would be a dream come true. Marcell Jacobs is a great training partner and training with him helps me with my 100 metres, which is what I want to work on. Beating him today at that distance may give me some bragging right there.

28 May 2024 20:04

Pia SKRZYSZOWSKA (POL)

2nd place - 12.71

100 m Hurdles [83,8cm] W F

There was wind, storm and rain today. I had to warm up in the rain. But that actually gives you valuable experience. What if the Olympic final takes place when it is raining? I started the season very fast and I had two good, consistent runs today. I changed my tactics this season and I am competing lightly. I need a strong stimulus to run fast. That is why I am a good championship performer. In Rome I will start as the defending champion, something I have never done before. It is good in a way that I am not the European list leader, there will be less pressure on me. At the European Championships I will most probably ran in the 4x100m as well.

28 May 2024 20:09

Armand DUPLANTIS (SWE)

1st place - 6.00

Pole Vault M

Of course, it was a bit more difficult to all of us in the field because of the weather. The pole vault is very sensitive event when it is cold and windy. But I just tried to jump the best I can. Honestly I think that for what it was today, I am happy with some jumps that I took. I would love to be even better but it was still fun. I was very surprised with my third attempt on 6.25. I knew that it would take the best jump of my life to get this and it was actually really a good one. This gives me a big confidence going forward and to the next competitions. It was very solid. You never know what kind of conditions you get - it is outdoors so sometimes you get very tricky conditions. I guess on the first two attempt at 6.25 I was going to make sure it was safe and that I had enough energy to go forward. That is why the first two jumps, I was playing a little bit safe. But in the last one, I felt good enough to try at least in this attempt and I was surprisingly close. You know, people wanted to see it. Sometimes, it is like that. It is a nice thing to get the feet over it. I did not get the whole body over it but at least, I got the feeling about where the bar is. I just need good conditions to be able to make it.

28 May 2024 20:40

Julian WEBER (GER)

1st place - 87.26

Javelin Throw 800g M

It means a lot to me to win here in Ostrava and i felt great. I had very nice throws despite the fact that the conditions were not perfect - we had headwind so it was not that easy. But technically, I felt very good and the throws were nice. I understand that the fans were cheering for Vadlejch. He was throwing well but this time, I was a little bit better than him. Our next clash will be at the European championship and it will be an open fight again. And that is not only us who want to win. It will be a really good competition too. Tis is just my second competition of the year and there are still many things I have to focus on and many things to improve. But I have a very good feeling at the moment and I hope that it stays like that. I improved some things since last year and I am looking forward to the next competitions. Next year, I am going to do a competition in Mainz - my home town so I hope Jakub will come also to my competition also with the next guys.

28 May 2024 20:45

Jakub VADLEJCH (CZE)

2nd place - 86.08

Javelin Throw 800g M

I cannot say I am not satisfied with my performance because 86 meters in these conditions - that counts. I managed to throw 4 metres further than last year so if I manage the same at the peak of my season - to throw 4 meters further than last year, I would be very satisfied. I had to fight the head wind and still, Julian had one of his best series of his life. So we can build on this. Last years, I was throwing let's say less than I wanted so this could give me more optimism.

28 May 2024 20:49

Ciara MAGEEAN (IRL)

1st place - 4:01.98 (SB)

1500 Metres W

It was a very different race to what I hoped and planned. I did not feel good in the middle of the race and fell right back. If I was honest I was like Oh, it is not my day. But it still I managed it to the finish. So I know I am in a good shape just my legs get some days a little bit heavy. So I am glad to come away with a win. This is only a second race of the season for me and I had a big 800m PB on saturday, so the travel, racing and I am just getting used to be back and working on that track. It was good - you need these tough races to be good at the major championships.

28 May 2024 20:55

Lurdes Gloria MANUEL (CZE)

2nd place - 50.59 (NRU20, PB)

400 Metres W

I am super excited about my result and I was only dreaming about such performance. After the start, I wanted to catch up with Kaczmarek because we saw with my coach that she has very similar starts. So I tried to catch her. I managed to keep up with her until the last 100m. The Olympic ticket is a dream, I am speechless. I was expecting to just collect some points for the ranking and this is just dream come true.

28 May 2024 20:59



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63rd Ostrava Golden Spike

Alexander DOOM (BEL)

2nd place - 44.44 (PB)

400 Metres M

I know that Steven is very fast on the first 200m so I needed to anticipate a little bit on that. But I know that my last 100m are very strong. Today, I am glad for being number 2 - he is an Olympic champion so it is hard to beat him. It is quite funny. After the World indoor championships everything went very well. The first race in Marrakesh was really good and I am happy for my results. I keep on growing. I keep on working towards Rome - first thing is to get to final and then we will see what is possible. There are some strong guys in the field - especially the British ones. My dream is to get three medals - with the mixed, individually and with the men's relay. I think we are ready for it and fast times are coming.

28 May 2024 21:04