

FLASH QUOTES

Haruka KITAGUCHI (JPN)

2nd place - 63.88

Javelin Throw 600g W

It is a pity I could not win in Ostrava. I feel like I owe it to this crowd as they created a great atmosphere and I really wanted to throw more. But today, it was not my day and not my best race. I felt like my throws were improving towards the sixth attempt but today, it was not possible to throw more. I should be able to keep the same run-up. I should be running the same way in every attempt. But I have to fix it. I hope that I am going to throw further at the national championships. Today, I was more focused on the control of the front part of the javelin but I could not throw with 100 per cent. I need a bit of training to keep the technique in every throw. To compete here in Ostrava, it is always amazing. Next time, I am going to speak check with you.

24 Jun 2025 17:21

Adriana VILAGOŠ (SRB)

1st place - 64.87

Javelin Throw 600g W

This is my third time here, but the first time that I won, so of course it is important, even though I was not 100 per cent happy with my performance. I had some issues recently, but I am slowly getting into better shape again. I have been working on my technique and it is paying off. Haruka is a great athlete and beating her gives me greater confidence. I was thinking she was probably going to throw much farther, so I have to throw farther, too. Being the world leader and now beating the Olympic champion is a great feeling. My next competition will be the European Team Championships.

24 Jun 2025 17:21

Filip OSTROWSKI (POL)

1st place - 1:44.74 (PB)

800 Metres M R1

I am not surprised. I came here to win today. The PB was expected, too. I actually thought I would be able to run a World Champs qualifying time, too. But I did not really take any initiative during the race, so I only have myself to blame it was not faster. There will be other opportunities. I believe there is a lot more in store. I am not sure yet where I will be competing this season, we have to wait and see.

24 Jun 2025 17:26

José Carlos PINTO (POR)

1st place - 3:34.19 (PB)

1500 Metres M R1

My original plan was just to run a fast final 300 metres. But the pace was slowing down, so I just went for it. Recently in Italy I had a race which went slow in the second half and I ran 3:36, so today I was telling myself not to let it happen again. I set a one-second PB, which is great when you run the final 500 metres on your own. I know I am in 3:32 shape. It would be a lot easier to run that sort of time if I had some other guys to chase.

24 Jun 2025 17:43

Amálie ŠVÁBÍKOVÁ (CZE)

1st place - 4.66

Pole Vault W

Finally, I am taking home this victory from Ostrava and this beautiful golden spike trophy. I am glad for how this ended up and also for the jump over 466 because we had really very difficult conditions today. The wind up there was extremely strong today. I have to say, that mostly we had the head wind and I did not manage to even have one jump in the warm-up. Maybe that is the reason why I needed three attempts to clear the first height. But then, I felt relieved and started to fight. The crowd here is great and it is also thanks to the fans that I managed to win. My program is full now - I will put my feet up in the car and will go home tonight straight to my bed. We are leaving to the team championships tomorrow, so I hope I will be able to compete in a couple of days again.

24 Jun 2025 18:28

Daniel SEGERS (BEL)

1st place - 44.63 (PB)

400 Metres M

This was only my third race of the season and I had already set two PBs, so I knew I could do something special here. Everyone says this track is great for running fast. I am now going back to training, since there is still time to go until the World Champs. I want to go a bit faster before them. In Tokyo, we want to get on the podium in the relay, but I want experience for the future, so I would like to do the individual as well. It all started with the Borlee brothers and everyone wanted to be like them, that is how we established such a strong 400 metre running culture in Belgium

24 Jun 2025 18:45

Thelma DAVIES (LBR)

1st place - 10.91 (NR, PB)

100 Metres W

I have been consistent all season with performances just outside 11 seconds, so it feels great to finally break it here with legal wind. In the race I just focused on myself. Obviously the other ladies are very competitive and experienced, but I executed my race. I am going back to the US to train at LSU. There is still a lot of things I need to work on. The World Champs are obviously on my mind. I want to take it one race at a time. I think I am capable of making the final and we will see what happens there.

24 Jun 2025 18:50

Jan ŠTEFELA (CZE)

2nd place - 2.24

High Jump M

I am very angry about my performance. But there is nothing I can do at the moment. 224 - that is not what I can jump. I know I can jump much more and much higher. It just did not come yet. The only positive fact is that the world championships is only in September so there is no rush. It will be more important to bring medals from the worlds than from Golden Spike. The fans support was a massacre - I have to thank all fans that they pushed me, I enjoyed it a lot and thanks to them, I even managed to jump 24. I think I missed the trophy only by one attempt. But there was something missing today and it did not happen. I did not have the feeling. But this is just a next step towards Tokyo.

24 Jun 2025 18:58

Dmytro NIKITIN (UKR)

1st place - 2.24

High Jump M

It was a nice competition but I still need to work on some things. It is evolving. This is my first time in Ostrava and I liked it very much. The sectors are pretty much the same, I did not feel it any different. Especially the fans were very supportive. I train in Ukraine. But I am heading to the team championships at the moment. I hope I will be able to jump well.

24 Jun 2025 19:02

Tobi AMUSAN (NGR)

1st place - 12.45

100 m Hurdles [83,8cm] W

All the tracks are the same, trust me. It is not only about the track. But the stadium is electrifying, so the goal was to come up out here, take the win and then prepare for the next big one next week. I heard that Ostrava is a record environment for the hurdlers. I think it is my second time here and I take it as a privilege to run - to be out here and competing. As you know, last year, I was injured and now I am just getting back the things that I feel. I excited now that I am healthy and I am competing. We have a couple more competitions left before the championships so I am taking one at the time. Watch good!

24 Jun 2025 19:09

Dylan BEARD (USA)

1st place - 13.13

110 m Hurdles [106,7 cm] M

Yes, I was well behind at one point in the race, but to me mentally it does not matter. It is about running your own race. On the 9th and 10th hurdles I started to see I am gaining momentum and then I was able to overtake Grant just before the finish. The season has been going very well. This is my fifth race of the week and every one of them was a little breakthrough. I got a season's best at the Paavo Nurmi Games, then two PBs in Paris and now this win. I am going back to the US now to prepare for the US Trials. The goal is to make the team. One guy gets a bye, so it will be a little easier. First I need to make the final, as I have never made the final at the national championships.

24 Jun 2025 19:16

Peter BOL (AUS)

1st place - 1:43.80

800 Metres M R2

Of course I am happy, it was a good race for me. This is my first race in Europe and I came from Australia just a few days ago. The training has been going well and the crowd is awesome, which really gets you going. I have got just 5 more races coming up in Europe, Lyon, Monaco and Madrid. The goal is to come back to the world top 10. I would like to run a 1:42 in Monaco. After that I will continue my preparations at home, as the World Champs are close to our time zone.

24 Jun 2025 19:21

Jakub DUDYCHA (CZE)

5th place - 1:44.48 (NR, PB)

800 Metres M R2

I have great feelings after the race despite the fact that my stomach is protesting. To break the national record in front of the home crowd, that is something special. I can say that is a dream come true and I cannot even describe it. I was going from the 5th place and I managed to keep the pace and finish the race. So it was good and it is super special to soak up this atmosphere in Ostrava. I do not know what to expect from myself in the rest of the season. I think it is going well and maybe it will be a big surprise for everyone.

24 Jun 2025 19:28

Grant HOLLOWAY (USA)

2nd place - 13.13

110 m Hurdles [106,7 cm] M

This is not the way I execute the race. The time is all right.

24 Jun 2025 19:29

64th OSTRAVA GOLDEN SPIKE



Isaac NADER (POR)

1500 Metres M R2

2nd place - 3:29.37 (NR, PB)

I think it could have been faster today. The race - the pace makers were a little slow for me. But OK, it is a national record and I am happy for this. But this national record was easy for me. The Kenyan man slowed down in the last 200m and I am not very happy about it. The next year, if the meeting organisers put the wave lights, the pacers will be better and the times can improve even more.

24 Jun 2025 19:36