

FLASH QUOTES

Elina Tz3nggo (GRE)

1st place - 65.40 (PB)

Javelin Throw 600g W

It was a great competition and the first golden spike meeting for me. I was very well prepared and I expected the throws like this since 2020 when I threw 63m and I am very excited I made it at this competition.

My goal is to be on the podium at the world championships and also European championships. I do not have a lot of meetings in my schedule because of the preparation for the worlds. So now two more competitions and then the championships. I feel very strong and very well. It was a great year for me. I started a college so I did not have the chance to travel for the training camp but I stayed home in Greece. I prepared in Thessaloniki - in Chalkidiki. I want to thank my all family, my friends and my coach for the support.

Bylo to dnes svela soutez a take je to muj prvni start na Zlate tretre. Citila jsem, ze jsem skvele pripravena a na takovy hod jsem cekala uz od roku 2020, kdy jsem hodila pres 63 m. Jsem velmi nadsena, ze se mi to povedlo zrovna tady v Ostrave. Muj hlavni cil je umistit se v prvni trojce na MS a take potom pokracovat na ME. V sezone zatim nemam v planu moc zavodu, kvuli priprave na MS. Ted to budou dalsi dve akce a pak MS. Citim se velmi silna i po technicke strance, priprava byla skvela. Sice jsem nemohla odcestovat na soustredeni nekde do tepla, protoze jsem nastoupila na vysokou, priprava doma na Chalkidiki probehla super. Dekuji moc za podporu moji rodine, pratelum a trenerovi.

31 May 2022 17:31

Collins Kipruto (KEN)

1st place - 1:44.58 (SB)

800 Metres M RB

It's my fastest race of the season and, honestly, it was beautiful and really clever. I decided to keep the pace from the beginning and expected to clock the time I did. I started current outdoor season very weak because of ankle injury and I didn't want to risk at the previous competitions. Hopefully, I already recovered pretty good and every day I feel better and better. Certainly, if I started today in the race A in much stronger field, then I could be even faster and very close to my PB. In any case, now I have chance to start in strongest races at next competitions thanks for today's result and to improve more.

31 May 2022 17:34

Nikola Ogrodniková (CZE)

2nd place - 62.78

Javelin Throw 600g W

I finished second so I am bit disappointed because I came here to win on my home stadium. The performance was not bad at all but I feel that the run up is not ideal yet. I have to tune it up. I am satisfied especially with the last attempt. I put it a bit too high but the next time, I will make it better. I really liked the support of the young fans on the stands. I always felt the energy when I was preparing for the attempt. I think the atmosphere was great.

Skoncila jsem druha, coz me trochu mrzi, protoze jsem tady prijela vyhrat. Vykon neni uplne spatny, ale citim, ze rozbeh jeste neni uplne dobry. Musim ho doladit. Jsem spokojena hlavne s poslednim pokusem, hodila jsem to trochu vysoko, ale priste to treba trefim lepe. Libilo se mi, kolik mladych fanousku bylo na tribunach. Kdyz jsem se pripravovala k pokusum, vzdy me trochu zamrazilo. Myslim, ze atmosfera byla skvela.

31 May 2022 17:42



Nethaneel Mitchell-Blake (GBR)

1st place - 10.10 (SB)

100 Metres M RB

I have worked so hard, it is my fastest race since 2017 so I am really happy. The relay earlier went really well so I have to give thanks to God today for these performances. We were grateful to get the stick around and then to get a season's best in the 100m, it is a perfect day. It is a beautiful stadium with a really receptive crowd, this is such a historic meet so it is an honour to compete here. I will hopefully next race in Rabat and then go from there, I have trained so hard so this is validation for all of my sacrifices - I moved countries, changed coaches and it is now paying off. I am coming into shape at the right time so I want to be at all three major championships this year - it is all about the medals this year, not the times - I am so grateful that I am now enjoying my second wind in the sport.

31 May 2022 17:52

Reece Prescod (GBR)

1st place - 09.93 (PB)

100 Metres M RA

I saw Nethaneel's race just before and that fired me up, he ran well and that definitely motivated me. It was a great race so I am really happy about that. I feel in a good place and I will next compete in Slovakia, hopefully get myself into some hot races now after running that time.

Tesne pred sterem meho zavodu jsem videl vitezstvi Netheneela ve druhem behu. Bezel moc dobre , a to me hodne namotivovalo. Byl to skvely zavod a jsem opravdu stestny. Citim se skvele, ted budu zavodit na Slovensku, take doufam, ze se jeste poradne nazhavim na nejake dalsi zavody.

31 May 2022 17:54

Joe Kovacs (USA)

1st place - 22.25

Shot Put 7,26kg M

This is my second time here but my first trophy. So I have to carry something back home. I am happy about that. For me and Tom Walsh, we were just trying to get through the day. We got stucked on the airplane on the way here, I think in total hours of travel. Finally, we got to Prague last night at 2am. We woke up today just a couple of hours ago. I am not happy only because of the win - but almost three throws over 22 and 22.25 even in this circumstances. This is the meet I wish I could come every year. Now, I do not have to worry about the US trial about making the US team because I have the automatic bib so I am happy to be here. The crowd is watching every single throw so to compete in the Czech Republic and Poland, it is always my favourite meeets.

Jsem tady podruhe, ale ve skutecnosti je to poprvce, kdy si odvezu kristalovou trofej. Pro mne a Toma Walshe to bylo dnes spis o preziti celkoveho dne, protoze jsme meli skutecne komplikovany prijezd do Ostravy. Celkove zabrala cesta asi 42 hodin a bylo to silene. V podstate jsme se probudili jenom par hodin pred mitinkem. Ale o to vic mne tesi nejen toto vitezstvi, ale i to, ze jsem ostreloval hranici 22 metru i pres takovy stav. Toto je mitink bych rad absolvoval kazdy rok... Miluji mitinky v Ceske republice a v Polsku. Divaci fandi a sleduji kazdy pokus, je to skvela atmosfera.

31 May 2022 17:58

Natalia Kaczmarek (POL)

1st place - 50.16 (PB)

400 Metres W

I am absolutely excited about my new PB. I would never think of running such a great time today. The eight lane was an advantage for me today. I did not need to follow my opponents but I still had the feeling I was going a bit slow. Only in the finish, I saw that there is four of us running at the same level. I gave everything out of me and it got me the victory. I even think I still have some power in my legs. So I believe to run even faster in the close future.

Jsem absolutně nadsena z nového osobního rekordu. Vůbec by mě nenapadlo, že právě dnes si zaběhnu tak skvělý čas. Výhodou byla osma draha, kdy jsem v první polovině závodu nesledovala soupeřky kolem. Měla jsem ale dojem, že bezím dost pomalu. Teprve až v cílové rovině jsem viděla, že jdeme čtyři na stejné úrovni. Dostala jsem ze sebe maximum a stálo to na vítězství. Navíc si myslím, že nějaké síly mi ještě zbyly, takže snad mohu bezet ještě rychleji.

31 May 2022 18:04

Diribe Welteji (ETH)

1st place - 3:59.19 (SB)

1500 Metres W

It was great to have one more experience running with adult athletes. I was in shape to go under 4 minutes and even faster, but I need to save the energy for Ethiopian trials. It's going to be huge battle and fast race. Yes, I'm young enough, but I'm full of ambitions and I want to be selected to the World Championships in Eugene this year. That is my goal.

Byla to obrovská zkušenost zavádět s dospělými atlety. Cítila jsem dobrou formu na to, abych mohla jít pod čtyři minuty a popřípadě ještě rychleji. Ale potřebuji setřit síly na etiopskou kvalifikaci. Čekají mě rychlé závody. Ano, jsem ještě mladá, ale mám velké ambice a chci se letos probojovat na světový šampionát do Eugene. To je můj cíl.

31 May 2022 18:14

Emmanuel Wanyonyi (KEN)

1st place - 1:44.15 (SB)

800 Metres M RA

It was a good race so I am very happy with the outcome. The time was good and now I look forward to the rest of the season, I hope to do well.

Byl to dobrý závod - já jsem pochopitelně velmi šťastný, že se mi podařilo ho vyhrát. Čas byl dobrý a nyní se těším na zbytek sezony. Doufám, že bude úspěšná.

31 May 2022 18:15

Lamecha Girma (ETH)

1st place - 07:58.68 (WL, MR, NR, PB)

3000 Metres Steeplechase M

This is my second time in Ostrava and I am very glad for this result. It was my plan to run this fast and to achieve the world leading time. I felt strong and confident - good to feel like that as the world championships is approaching. Now just two more starts and then focusing on Eugene. I will start in Rabat now.

Jsem v Ostravě už podruhé a jsem za tento výsledek velmi rád. Můj plán byl bezet takový čas a jsem rád, že se mi to povedlo. Cítím se silný a sebevědomí mi nechybí, což je před MS, které se blíží, docela dobře. Teď mě čekají dva další starty a budu se připravovat na mistrovství světa. Budu bezet na DL v Rabatu.

31 May 2022 18:36

Tina Šutej (SLO)

1st place - 4.65 (=SB)

Pole Vault W

Honestly, I wanted and I was really prepared to jump higher. I planed to improve world lead mark at least to 4.74m tonight, but we had tricky conditions. The wind changed direction during each attempts and it was too difficult to be accurate with my runway and then do good take-off. That is why I was managed to clear 4.50 and 4.60 on third attempt only. I left a lot of my power on these heights being very focused on last jumps. My next stop will be at the Diamond League in Rabat and if conditions are good, I'll try to fulfill my shape in much stronger result and maybe even National Record. But you know what? One of the main goal for today's competitions for me was to get this amazing Golden Spike Trophy. I knew I had the strongest personal best among competitors and most people expected me to win, but I never think about my advantage during the competition. Moreover, Norwegian girl did great job tonight improving personal best and national record. So, I was a bit lucky to win here.

Uprimne receno, chtela jsem a byla jsem pripravena skocit vys. Chtela jsem posunout letosni nejlepsi svetovy vykon alespon na 474 centimetru. Melz jsme vsak slozite podminky. Vitr se menil po kazdem pokusu a nebylo snadne najit spravnou drahu. Proto jsem prekonala 450 a 460 az na treti pokus. Stalo me to ale hodne sil. Muj dalsi start bude na Diamantove lize v Rabatu a pokud tam budou dobre podminky chtela bych tam prodat svoji dobrou formu. Skocit lepsi vykon a treba i prekonat narodni rekord. A abych byla uprimna, mym hlavnim cilem na techto zavodech bylo ziskat tu krasnou sklenenou trofej. Byla jsem podle osobnich rekordu favoritkou a vetsina lidi cekala, ze vyhraji. Ja jsem nad tim moc nepravyslela, navic Norka predvedla skvelou praci a zlepсила si osobni rekord. Takze moje vitezsvi podporila i velika davka stesti.

31 May 2022 18:51

Alexander Ogando (DOM)

1st place - 45.37 (SB)

400 Metres M

It was a wonderful race and I really enjoyed it. I am not that much happy with the time but I enjoyed it anyway. Thank you so much for inviting me to be here in Ostrava. It was my first time and I hope I will be back next year.

Byl to pekny beh a hodne jsem si ho uzil, i kdyz s tim casem zas tak spokojeny nejsem. Dekuji, ze jste me sem to Ostravy pozvali a doufam, ze se za rok opet vratim.

31 May 2022 18:55

Jasmine Camacho-Quinn (PUR)

1st place - 12.56

100 m Hurdles W

I was just asleep in the blocks but I am tired from travelling from competing on Saturday in the US, so I don't know what happened but I still did what I had to do. It is really great here, I really enjoyed my time here. I am in great shape but need to react better - my next meeting will be in Poland on Sunday.

Trochu jsem zaspala na startu v blocich, ale mam za sebou narocnou cestu z USA a jsem trochu unavena. Netusim, co se na tom startu stalo, ale nakonec jsem stejne udelala to, co jsem chtela. Je to tady skvele a ja jsem si zavod uzila. Jsem ve skvele forme, ale budu muset v dalsich zavodech zlepšit reakci na startu, Hned v tom dalsim, v nedeli v Polsku.

31 May 2022 18:55

Aminatou Seyni (NIG)

1st place - 22.21 (NR, PB)

200 Metres W

I am very glad for the victory because the field was very strong. I feel confident and it was a big honour to run against Allyson Felix on her last circuit. But as a sprinter, you have to focus on yourself and stay calm. The emotions are very nice now in the finish. I am glad to have had the chance to run here and win this trophy.

Jsem za vítězství hrozně moc ráda, protože jsem měla silné soupeřky. Citím se silná a plná emocí - bylo mi ctí bezet po boku Allyson Felix na jej závěrečném turné. Ale jako sprinterka se musím soustředit sama na sebe a zůstat soustředěná. Emoce v cíli byly ale krásné. Jsem ráda, že jsem měla tu šanci takto bezet.

31 May 2022 19:16

Femke Bol (NED)

1st place - 36.86 (WB, WL, MR, NB)

300 m Hurdles W

I'm pretty surprised to be so fast tonight. Honestly, I expected to run 37 with something because for me it's just a begin of the season. That is why I still don't believe that all-time world best was possible to do in the first race this summer. It shows that I'm fit but we still have to wait for my real result till the peak of the season. If even tonight distance was 100m shorter, it hurted a lot today. It explains that I do my work like crazy. My coach said me that 300m is like a sprint and I did it. I didn't expect that I'll be as much successful at 400m Hurdles like in this race, but I really looking for further competition to know what I'm really ready for.

Jsem docela překvapena že jsem byla dnes tak rychlá. Čekala jsem čas 37 a něco, protože jsem teprve na začátku sezony. Proto stále ještě neverím, že hned v prvním závodě sezony bylo možné zaběhnout světové maximum. Je vidět, že jsem fit, ale na skutečný velký výkon si musíme počkat až na vrcholy sezony. Trať byla o sto metrů kratší, než jsem zvyklá, ale i tak to hodně bolelo. Je to důkaz toho, že svoji práci dělám naplno. Trenér mi řekl, že 300 metrů je jako sprint, takže jsem bezela od začátku naplno. Netuším, jestli budu stejně úspěšná v závodech na 400 metrů překážek, ale uvidíme. Hledám další možnosti, kde svoji formu overit.

31 May 2022 19:26

Anderson Peters (GRN)

1st place - 87.88

Javelin Throw 800g M

What we have been working on for the past few years has really started to show recently so I am really happy and grateful for that. To throw ninety meters at the beginning of the season is pretty good but I have to make sure I throw that when it really matters at the World Championships and Commonwealth Games, so right now it is all about the consistency and making sure I keep throwing over eighty-five meters. The atmosphere was lovely today and the competition was very good. My next meet will be in Hengelo. I would like the gold medal at both the major championships this year but also get another big throw.

Nedavno se začalo projevovat to, na čem jsme posledních pár let pracovali. Jsem opravdu šťastný a vděčný. Hodit na začátku sezony devadesát metrů je docela dobré, ale musím mít jistotu, že to také hodím na mistrovství světa a na Hrách Commonwealthu. Tam na tom opravdu bude záležet. Teď je to sečeno o důslednosti a jistotě, že budu pravidelně překonávat pětadesát metrů. Atmosféra byla dnes skvělá a soutěž velmi kvalitní. Další mítink absolvuji v Hengelu. Ale hlavním cílem je získat zlato na dvou nejdůležitějších šampionátech a také předvést další dlouhý hod.

31 May 2022 19:40

Jerome Blake (CAN)

1st place - 20.14

200 Metres M

I felt very confident in my training so coming out here, I felt good and knew I could run fast - it was all about executing properly. I wasn't happy with the time, I think I was pushing too hard and forcing myself to get nineteen seconds - I just need to relax and let the time come. This is my coming out year - letting everyone know who Jerome Blake is. I have nothing to lose and everything to gain so I just run with no pressure on me, just running with confidence and making sure I have fun. I will go to Rabat next week and then it will be go-time for the business end of the season. I am young, my coach and training group call me Young Moose because I am very new to the game, just building my experience with one race at a time. This is my first professional season but I have really good people in my corner who keep me grounded, I am very real and doing what I need to do while having fun. It is a four-year goal I have - to run consistent times and to medal at the Paris Olympics two years from now.

Pri treninku jsem se cítil velmi spokojený, takže jsem šel do závodu sebevedome. Vedel jsem, že musím bezet rychle, všechno bylo o správném nastavení a provedení. S časem nejsem spokojen, myslím, že jsem na to přilís tlačil. Chtěl jsem zabehnout pod dvacet sekund, potřebuji se ale nakovy výkon víc uvolnit a čas přijde. Toto je můj coming out rok, dávám všem vědět, kdo je Jerome Blake. Nemám co ztratit, mohu jen získat. Proto behám bez tlaku pouze na sebe. Chci se ujistit, že mě bude behání bavit. První týden jedu do Rabatu a pak bude čas na konec business sezony. Jsem mladý a můj trenér a všichni ve skupině mi říkají Young Moose protože jsem v seriálu závodu nový. Sbírá zkušenosti závod od závodu, vzdát tohle je moje první profesionální sezona. Mam kolem sebe opravdu velmi dobré lidi, kteří mě drží při zemi. Jsem spokojený, dělám co potřebuji a zároveň se bavím. Je to můj dlouhodobý čtyřletý cíl. Behat vyrovnané časy a za dva roky získat medaili na olympijských hrách v Paříži.

31 May 2022 19:47

Maykel Massó (CUB)

1st place - 8.14 (SB)

Long Jump M

It my only second competition this year and I feel I already gain the good enough shape. Four jumps over eight meeting say about my consistency and give me the hope that bit later we will be manage to get next level. But on the other hand all these results were possible due to the warm andv strong support from the tribune. That was the energy I really needed for good jumps as I didn't felt like 8-meters jumper at my last training session. Finally, my technique was Ok and fast track was helpful to hide some little mistakes. I know I can already jump 8.50-8.60, but for sure not now yet. Maybe, in Eugene or even next year. I need a bit more time and experience. Yes, Tokyo Olympic medal gave me more confidence, but we're not in hurry and we don't want to rush things with my coach. My title doesn't push me. I always go to competition trying to enjoy them and to do my best.

Byl to můj druhý závod v sezóně a cítím, že mám dobrou formu. Čtyři skoky přes osm metrů vypovídají o mé konzistenci a jsou nadějí, že v průběhu sezóny se posunu ještě dál. Ale na druhou stranu, tyto výkony byly možné jen díky podpoře fanoušků na tribuně. Tohle byla energie, kterou jsem potřeboval pro dobré skoky. Na posledním tréninku jsem se jako osmimetrový skokan necítil. Teď byla konečně moje technika v pořádku a rychlý povrch v sektoru mi pomohl skryt pár chyb. Víím, že mohu skákat kolem 850 až 860 centimetrů, ale teď to ještě určitě nebude. Možná v Eugene nebo klidně až příští rok. Potřebuji více času a posbírat více zkušeností. Ano, olympijská medaile z Tokia mi dodala sebevědomí, ale nikam nespěcháme a nechceme s trenérem nic uspechat. Můj titul mě nijak netlačí. Dál závodím a snažím si to užít. Dát ze sebe to nejlepší.

31 May 2022 19:48

Gianmarco Tamberi (ITA)

1st place - 2.30 (SB)

High Jump M

We still have 6-7 hours till my birthday so I am still 29, I am still young. I love cakes but unfortunately I am on diet until the world championships. But maybe tonight I will try. Thank you to organizers to prepare a cake for me as a surprise. I knew I was in good shape coming to Ostrava. But I wanted to jump high as this crowd was also just amazing. I was also hoping for the good weather and it was OK. This is a point from where we start. I have a Golden Gala meeting next week which is one of my main targets this year. Because I was struggling a bit at the beginning of the season, I wanted to push myself so I did this half-shaved face again. I needed to fight and this is my weapon. And I did it. And finally I got this beautiful trophy. I promise I will not break it.

Do mych narozenin stale zustava nejakzch 6-7 hodin, takye mi je stale jenom 29 a jsem stale mlad. Miluji dorty, ale bohuzel jsem ted na diete az do MS, ale mozna to dnes porusim a trochu si dam. Dekuji moc organizatorum, ze mi pripravili takove prekvapeni. Vedel jsem, ze mam letos dobrou formu a chtel jsem v Ostrave skocit vysoko, protoze divaci byli uplne uzasni. Take jsem doufal v dobre pocasi a nakonec to vyslo. Pristi tyden mam Golden Gala v Rime, ktere je take jednim z mych hlavnich vrcholu letosni sezony. Protoze jsem se ze zacatku sezony trochu trafil, tak jsem opet skakal jako napul oholeny muz. Je to jako moje zbran a neco co mne motivuje. Myslim, ze se mi to dnes povedlo a jsem strasne rad, ze si odvezim tutol krasnou trofej. Slibuji, ze ji nerozbiju.

31 May 2022 19:58

Radek Juška (CZE)

2nd place - 8.11 (SB)

Long Jump M

The 811 jump is definitely a good performance and it counts. But I already missed the beautiful trophy already second time at Golden Spike so I am a bit upset for this reason. But I fulfilled the criteria to start at the European champs and gained some more points which is good. I still think there is a lot of space to improve especially in my run up technique. This season, I really want to get closer to my PB and to jump 822 which is the qualification limit for the world championships.

Urcite si cenim toho vykonu 811, ale uz podruhe mi utekla ta trofej, po ktere tak moc touzim. Je to limit na Evropu, body na rankingu, takze myslim, ze se to posouva dobrym smerem. V skoku myslim byly stale hodne rezervy. Na prkne tedy nebyla uplne zadna, ale co se tyce techniky, tak je na cem jeste pracovat. Stale nemam tu spravnou pozici v rozbehu, kterou bych potreboval. Chtelo by se to minimalne priblizit osobaku a ja bych chtel dat limit na svet 822.

31 May 2022 20:06