

Flash Quotes

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**Janieve RUSSELL (JAM)**

**400m Hurdles Women - 2nd**

I was nervous today, because I had a little problem with my leg, but I just wanted to be proud of myself. Winning Gold Coast CG last month gives me confidence, and this shows that I train very hard. I didn't started the race as I wanted to, but the battle on the end with Muhammad helpt a lot to run this time. I knew I was under preasure as she is in shape and I had a lot of work to do to catch up with her. Happy with this pb!

12/05/2018 19:08

**Dalilah MUHAMMAD (USA)**

**400m Hurdles Women - 1st**

"I didn't think I had taken the race (she won by 0.01) and I was relieved to have won. To be honest, I wouldn't have minded either way. I just wanted to go out and run well.

"I am pleased to run so quickly early in the season. I have lacked a little motivation during training this season because there is no major championship. For the rest of the season, I just want to focus on the Diamond League."

12/05/2018 19:09

**Sage WATSON (CAN)**

**400m Hurdles Women - 3rd**

"It is my first top three in the Diamond League. I just wanted to run to my full potential today. I maybe wanted to run a little faster, but I'll take it."

12/05/2018 19:15



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Flash Quotes

**Danniel THOMAS-DODD (JAM)**

**Shot Put Women - 2nd**

"It was tough out there today. I threw in a circle like I have never done before. It felt like it was very gritty, like it had sand all over it. I think a lot of the rotational throwers struggled.

"I had a few fouls which were over 18.50m, but I managed to hold it together and produce a good last throw (18.70m), so I have to give myself a pat on the back for that."

12/05/2018 19:24

**Raven SAUNDERS (USA)**

**Shot Put Women**

I knew I had more and I hate losing. I missed a few practicing weeks, and couldn't count on my technique. This is my first diamond league, and it's great. I can tell you that it is totally different that collage! All the crowd but I was not nervous at all. I just have to fix some things. You can expect a lot coming season.

12/05/2018 19:25

**Lijiao GONG (CHN)**

**Shot Put Women - 1st world lead**

Today's competition was good, I was intended to break 20 meter's record though, but it's a pity that I wasn't managed to. The weather today actually is easy for me to hit a good result. In the following training, I will focus on the physical training to get a better performance. For the diamond league, I probably will not join every single one, but I will try to get more points to get a better rank.

12/05/2018 19:28



Flash Quotes

**Birhanu BALEW (BRN)**

**5000m Men**

Competition was good. Pace was easy. I came here to run a good time.

12/05/2018 19:34

**Caterine IBARGUEN (COL)**

**Triple Jump Women - 1st, SB**

It was an incredible meeting today. I feel excellent because of my status, the environment and the passionate audience. It was a quite tough competition since the competitors are really strong and high level. I did not effected by the weather today. I do not have a specific goal for the rest of the year. I just want to keep improving my performance for my family and my country because they are my motivation!

12/05/2018 19:39

**Isaac MAKWALA (BOT)**

**400m Men**

Was a good race, not so tough, was fine! I ran a season best, that was my plan, I did and that's good. But I also had to win it, but I collapse a bit on the end. I had suppose to be increase the last 50m. Next race I'll catch him (Gardiner).

12/05/2018 19:40

**Isabelle PEDERSEN (NOR)**

**100m Hurdles Women**

Thank you so much! I messed up at hurdle 8, was so close to a national record. But it is my second best time ever. See you in Hengelo (FBK Games)!

12/05/2018 19:49



Flash Quotes

**Shanieka RICKETTS (JAM)**

2nd

"Im very happy. It was a best performance in the Diamond League. To go out to a leap in the 14.50s was very pleasing."

12/05/2018 19:50

**Mirela DEMIREVA (BUL)**

2nd

Just looking for a ritm, sometime I have the height but is the distance not good, somtimes I have the good run up, but isn't my leaps.

12/05/2018 19:51

**Steven GARDINER (BAH)**

400m Men - 1st

"I felt really good today and had some fun. To set a meet record of 43.99 feels so good. I felt I had the race in the last 120m."

12/05/2018 19:54

**Brianna McNEAL (USA)**

100m Hurdles Women - 1st,MR

I feel great and it was an intense competition. Other athelets are very strong. It is a big motivation to me to win the golden metal in Shanghai after gaining the silver one in Doha. The rainy weather did not effect my performance. Compared to the weather in 2016 Rio de Janeiro, the rain was not a problem at all.

12/05/2018 19:54



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Flash Quotes

**Christian TAYLOR (USA)**

**400m Men - 5th**

"If felt amazing. I thought I could race these guys but they were at another level. Wow. It just shows that jumpers are not quite sprinters. But I'm so pleased to be given this opportunity. The whole week has been amazing."

12/05/2018 19:56

**Mariya LASITSKENE (ANA)**

**High Jump Women - 1st**

Everything is fine. I am really pleased with the preparation and the way the competition went. I do not count how many victories, I leave that for the journalists. My aim now is to continue in the Diamond League and target the European Championships."

12/05/2018 20:00

**Mariya LASITSKENE (ANA)**

**1st**

Everything is fine. I am really pleased with the preparation and the way the competition went. I do not count how many victories, I leave that for the journalists. My aim now is to continue in the Diamond League and target the European Championships."

12/05/2018 20:00



Flash Quotes

**Kendra HARRISON (USA)**

**100m Hurdles Women - 3rd**

As you saw I hit the eighth hurdle. I made a great start but it just goes to show, I have to clean up my race. The 100m hurdles is really anyone's race. This run has been an awakening."

12/05/2018 20:06

**Jonathan KITILIT (KEN)**

**800m Men - 2nd**

It was a close competition today but i felt good about it. In the following training i will keep improving and get myself in the final.

12/05/2018 20:07

**Marcin LEWANDOWSKI (POL)**

**800m Men - 3rd**

"I know myself my main goals is the Euros and I build my season step by step, and this is a great start."

12/05/2018 20:08

**Kimberly WILLIAMS (JAM)**

**Triple Jump Women - 3rd**

"I wanted to jump further today and I hoped to do a little better. My last jump was very close to not being a foul. I do not think it was 14.80 (the winning mark) but it was more than 14.35m (her best mark)."

12/05/2018 20:11



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Flash Quotes

**Wycliffe KINYAMAL (KEN)**

**800m Men - 1st**

A pb and meeting record, the race was fine. First 400m were ok, I was in position 3. We were fighting the last 100m, but I was stronger and I knew it. I come from the same village as Rudisha, he was always my example. Now I take over the

12/05/2018 20:11

**Shaunae MILLER-UIBO (BAH)**

**200m Women - 1st**

"I'm pleased with the way I performed today. It is good to get the win in a stacked field. I'm still training for the 400m, but my focus this season is going to be the 200m. You are going to see me race a lot more 200s this year."

12/05/2018 20:19

**Marie-Josée TA LOU (CIV)**

**200m Women - 4th**

"I'm pleased with my run today. It was my first 200m of the season. I'm just happy, because at the moment I am tired."

12/05/2018 20:22



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Flash Quotes

**Sergey SHUBENKOV (ANA)**

**110m Hurdles Men - 3rd**

This is my first competition and i like shanghai to be the start. It's pretty much my favourite city to compete. I was very cautious because it was raining during the race. It is a bit humid whether compared to my home town, but i was satisfied for my performance. The competitors are strong as usual so i had to stay close. For the further competition, i will prepare for the European race and hopefully i will have a good season.

12/05/2018 20:29

**Omar McLEOD (JAM)**

**110m Hurdles Men - 1st**

"It's a great victory. I was overcome with emotion. I would normally have two races by this time of the season. I have been battling a lot of injuries this winter, a had a hamstring strain, shin splints and a month ago I picked up a slight adductor problem. Today I was running on blind trust. It was great to come out here and complete the three-peat. This meet loves the hurdles and their hurdlers."

12/05/2018 20:33

**Sam KENDRICKS (USA)**

**Pole Vault Men - 9th**

"I don't often make too many mistakes, but today I did. I just got on the wrong choice of pole at the wrong height. I then had the privilege to then watch a great competition between Renaud (Lavillenie) and Piotr. Today was just not my day."

12/05/2018 20:37



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Flash Quotes

**Dafne SCHIPPERS (NED)**

**200m Women**

Was the first 200m of the season, this is always a tough one for me. Feel a bit sick, but I'm satisfied with this race. I didn't win, but it doesn't matter. Wil know that my next 200meters will be better. Feeling will be better after every race.

12/05/2018 20:42

**Renaud LAVILLENIE (FRA)**

**Pole Vault Men - 1st**

"I am feeling happy. It was not an easy day today. The conditions were very hard. It was nice to get the win (Lavillenie's first at the Shanghai meet since 2014). There is definitely more room for improvement. I only jumped off 16 steps today and my full run up is 20. The most important thing for me is I am injury-free, and I wasn't last season."

12/05/2018 20:49

**Changrui XUE (CHN)**

**Pole Vault Men - 3rd**

It was a good competition to me, the competitors are strong but i was satisfied for the result. This is my first outdoor meeting this year and it's a good start. It was not rain when i compete, but i was more cautious and self-protective due to having a kid. For the following Japan and US competition, i will keep trying and get better performance.

12/05/2018 20:49



Flash Quotes

**Huihui LYU (CHN)**

**Javelin Throw Women - 1st**

First of all, I would like to congratulate Gong Li Jiao which won short put. I am pretty satisfied with my performance and I'm glad to win this competition. I am looking forward to the challenges and hopefully I could keep improving myself in the coming months.

12/05/2018 20:53

**Zhenye XIE (CHN)**

**100m Men - 3rd,SB**

My pace in the last 30 meters are not as good as i expected, but as my first outdoor competition, i did not have a high expectation and it's not a bad start. My pressure is not as much as SU's. Also, today's competition helps me to adjust further training focus and help to make out the action plan to improve in a technical field.

12/05/2018 21:02

**Beatrice CHEPKOECH (KEN)**

**3000m Steeplechase Women - 1st**

Was a tough race, it was raining before the start, and had some problems to breath because of the humidity, felt a bit sick. I didn't change any plans because of the rain, still had the world record in my head. But it makes me a bit confused. I know I'm in shape, the times on training shows. With a race in good circumstances, I will go for the world record again.

12/05/2018 21:07



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**Bingtian SU (CHN)**

**100m Men - 2nd, SB**

Although it kept raining today, I still felt amazing about the competition. I was emotionally effected by the rain but as soon as i heard the bang of the gun, i immediately focused on the game. As a veteran in the field, what i focused on will be mainly on the result of my performance. I was glad to compete with the world-class competitors but i was a little bit suprised that i was not the champion. Overall, it was a good start and we have great team members like Xie and other young athletes. I do look forward to their further performance.

12/05/2018 21:07

**Reece PRESCOD (GBR)**

**100m Men - 1st**

"When I saw the rain tonight I thought, 'yes', I train in these conditions all the time in the East Midlands (of England). It suits me. My expectations going in was I knew I had it in me (to win) as long as I executed my race. It is definitely the happiest moment in my time on the Diamond League circuit. I don't know what will happen next (in terms of Prescod's next competition), I will need to speak to my agent."

12/05/2018 21:13

**Justin GATLIN (USA)**

**100m Men - 7th**

"I got stuck in the little in the blocks tonight, and I just had too much ground and distance to make up."

12/05/2018 21:18



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**Luvo MANYONGA (RSA)**

**Long Jump Men - 1st**

"This is a great country and the track is really fast. It was great to see the Chinese jumpers bring their A game. When Shi (Yuhao) went out to 8.43m, I said to myself, I have to think straight. This competition is not a walk in the park.' I was really pleased to respond with 8.43m (in round four) and 8.56m (in round six and world lead). I think you will see that the long jump will be the event to watch this season. I am happy and satisfied with today. My next competition is in Taipei."

12/05/2018 21:20

**Marcelina WITEK (POL)**

**Javelin Throw Women - 2nd**

The crowd and the place is amazing here! But it rained and the grip of the javelins were wet, that was a but of a challenge. The 64 meters are okay, but I want more.

12/05/2018 21:21

**Timothy CHERUIYOT (KEN)**

**1500m Men - 1st**

The race started fast, I tried to maintain the pacer. Yes, I was looking at Samuel Tefera the last meters, I was sure I was going to win the race. I needed to run a good time, this race is good for the DL points.

12/05/2018 21:25



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**Henry FRAYNE (AUS)**

**Long Jump Men - 3rd**

"Tonight I ticked all the boxes. I have had that many injuries over the past six years my body is not conditioned to jump six times, so the intention was always to have just four attempts (he passed in rounds four and six). The aim in future is just to continue to be injury-free. The distance 8.15m was not quite what I was hoping for, but I hope to come back for the Rome Diamond League and jump out to 8.30m, 8.40m or 8.50m."

12/05/2018 21:27

**Orlando ORTEGA (ESP)**

**110m Hurdles Men - 2nd**

Again I become second \*smile\*, I was closer than last year! I'm happy! Since a long time the race felt good, even it rained. The shape is good, I wanted to win and I know it is possible. My dad (coach) and my management (Global Sports Communication) is a huge support here in Shanghai. China is a country which has good hurdlers, that's nice to compete in.

12/05/2018 21:27

**Eda TUGSUZ (TUR)**

**Javelin Throw Women - 3rd**

"The conditions were not good today, I expected to throw a little further but I am happy with third place in the Diamond League."

12/05/2018 21:32



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