

Flash Quotes

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**Thomas BARR (IRL)**

**400m Hurdles Men - 3rd**

This is my first race of the season and I am really excited to compete with the two best athletes (400m hurdles) on the track. The result is a good starting point for the season. I expect to run faster for the races later this year.

18.05.2019 19:08

**Rai BENJAMIN (USA)**

**400m Hurdles Men - 2nd**

This is my first Diamond League competition in the 400m hurdles and I am quite excited about the result today. I have not set up any specific objectives for myself since it is still in the very early stage of this season. I will go back home after this stop, keep training and do my best in the coming competitions.

18.05.2019 19:08

**Abderrahman SAMBA (QAT)**

**400m Hurdles Men - 1ST**

It is a great feeling for the first Diamond League race of the season. It was a great race and Rai and I pushed each other to the line. The main goal is the World Championships (in Doha) later this year. This year is a big year and I feel better this year.

18.05.2019 19:14



Flash Quotes

**Christin HUSSONG (GER)**

**Javelin Throw Women - 3rd**

I am a bit tired tonight because of the time difference but it is a perfect start of the season for me. I didn't expect so many people here in Shanghai. My performance was better today than last year.

18.05.2019 19:17

**Lina MUZE (LAT)**

**Javelin Throw Women - 2ND**

Today shows that my winter preparation went well - two PBs is a great present for me. It is two and a half years since I suffered a bad knee injury and missed the Olympics, so today is a great day for me.

18.05.2019 19:19

**Huihui LYU (CHN)**

**Javelin Throw Women - 1st**

I still have room for improvement on today's 66.89m. I will adjust myself (for future competitions) and get well prepared for the Doha World Championships.

18.05.2019 19:22

**Lijiao GONG (CHN)**

**Shot Put Women - 2nd**

I am pretty satisfied with the result today though it is a pity I did not achieve first place. The American athlete Ealey Chase is very young and competitive. I am confident and ready to embrace the challenges and competitions in this long season. Hopefully I can get better results in the coming World Championships.

18.05.2019 19:30



Flash Quotes

**Yomif KEJELCHA (ETH)**

**5000m Men - 1st**

I am amazed by my performance today. I felt very relaxed for all of the race and my power is so much better at the end of the race. I am very confident now.

18.05.2019 19:32

**Chase EALEY (USA)**

**Shot Put Women - 1st**

To compete against Lijiao Gong was actually a little nerve-wracking because I have looked up to her for so long. My series wasn't so good today but I'm pleased with my distance (for the winning throw). I've changed coaches (to former World Indoor champion Ryan Whiting) and changed to the rotational technique ten months ago and I feel that has made the difference.

18.05.2019 19:33

**Selemon BAREGA (ETH)**

**5000m Men - 2nd**

This is an easy competition for me today. With the Diamond League goes, I hope to get a better record and I am aiming for winning the next world championship.

18.05.2019 19:37

**Salwa Eid NASER (BRN)**

**400m Women - 1st**

I thought today went okay. I would say 50-50. I have trained well over the winter. Today was just okay.

18.05.2019 19:40



Flash Quotes

**Christine BOTLOGETSWE (BOT)**

**400m Women - 3rd**

Today is my first race this season and my first time being in Shanghai. I did not expect that many people here in the stadium. I am satisfied with the result today and hope to keep the good performances for the rest of this season.

18.05.2019 19:42

**Sydney McLAUGHLIN (USA)**

**400m Women - 2nd**

I feel good today to run close to my PB. This is my first time in Shanghai and I like the city.

18.05.2019 19:43

**Andre de GRASSE (CAN)**

**200m Men - 2nd**

It has taken me a while to recover fully from my injuries. I am happy with my achievement today. This is my second time in China. I am looking forward to the forthcoming competitions this season and wish to come to DL Shanghai next year.

18.05.2019 19:49

**Clarence MUNYAI (RSA)**

**200m Men - 3rd**

The time 20.37 second is my season's best and I feel excited today. The Stockholm Diamond League is in my plan and the long term goal is the 2020 Tokyo Olympics.

18.05.2019 19:50



Flash Quotes

**Aaron BROWN (CAN)**

**200m Men - 1st**

It was a rock solid field today and I am pleased with the performance. I felt in Doha I ran a great curve then gave it all away on the straight. It was nice to win, build some momentum and gain some more respect from the guys (200m opponents). I've just got to keep that going.

18.05.2019 19:53

**Yu WANG (CHN)**

**High Jump Men - 1st**

The placing tonight is exciting, but actually I am not satisfied with my height. The result was not as good as I expected as I had some problems with my jump pace in the last round. Before the meet, I expected to go higher than 2.30m. I really appreciated the audience and my family that came to support me tonight. In the following meets, I will focus on strengthening my powers and polishing my skills to get fully prepared. The goal I would set for this year is hopefully somewhere around 2.35m.

18.05.2019 19:55

**Gudaf TSEGAY (ETH)**

**1500m Women - 2nd**

I am quite a relaxed person. Today's result makes me pretty satisfied. I am preparing for and looking forward to the World Championships.

18.05.2019 20:01

**Winnie NANYONDO (UGA)**

**1500m Women - rd**

I am very satisfied with the score today. Shanghai Diamond League is my first competition of the year and the time 4:01 is my personal best. I am looking forward to the next stop.

18.05.2019 20:06



Flash Quotes

**Aleia HOBBS (USA)**

**100m Women - 1ST**

Wow! Today is my biggest win. I knew what I needed to do. I needed to start well, which I did and I managed to hang on. I fractured my wrist two weeks ago playing laser tag. Someone ran into me - it was a total accident. Fortunately, I have not missed too much training - it has mainly been block starts over the past couple of weeks.

18.05.2019 20:10

**Blessing OKAGBARE (NGR)**

**100m Women - 2nd**

After the long trip, I am happy to bring home today's result. I hope to keep improving my performance and end the season in a healthy status. This is my sixth time in DL Shanghai. I always love the atmosphere here and would love to come back here again.

18.05.2019 20:10

**Elaine THOMPSON (JAM)**

**100m Women - 3rd**

As the first competition of the season, I was expecting to perform better. I like the audience and the atmosphere tonight in the stadium and in the following race of the season, I will be seeking better performances.

18.05.2019 20:13



Flash Quotes

**Nathan STROTHER (USA)**

**400m Men - 3rd**

I am not that satisfied with my result today, I believe I could perform better. It is my first time in DL Shanghai. The audience are full of hospitality and cheered me up. I will keep trying to improve my performances. I aim to achieve better results as the season progresses.

18.05.2019 20:20

**Michael CHERRY (USA)**

**400m Men - 2nd**

The second place is pretty okay for me today. Many rooms of improvement I can see from today's competition and I will get it improved with my coach together. The Stockholm Diamond League, I'm coming!

18.05.2019 20:20

**Fred KERLEY (USA)**

**400m Men - 1st**

My goal was to get out well and finish strongly. I believe I got out well but maybe could have finished stronger. The aim was to win, so this sets me up nicely for the rest of the season.

18.05.2019 20:25

**Sergey SHUBENKOV (ANA)**

**110m Hurdles Men - 3rd**

It is my traditional routine to start my Diamond League season. I am fine with the result but I need to see how I can improve. I would like to do my best, achieve good results and win the DL trophy again this year.

18.05.2019 20:31



Flash Quotes

**Omar McLEOD (JAM)**

**110m Hurdles Men - 1st**

It was difficult for me mentally to compete today. My auntie Tracey died yesterday but then I asked myself what would she want? And she would want me to race. It was hard today, I just wanted to finish, win and get the job done. When I crossed the line I started crying. I dedicate my win tonight in her memory.

18.05.2019 20:33

**Wenjun XIE (CHN)**

**110m Hurdles Men - 2nd**

The gold sportswear I wore tonight was from Liu Xiang and it did bring me good luck as I achieved a personal best 13.17. I will fly to the US for more training after the competition today to improve myself, especially the first 7 steps for the 110m hurdles.

18.05.2019 20:35

**Sifan HASSAN (NED)**

**1500m Women - 5th**

Im my entire career I have honestly never lacked as much speed. My aim was not to finish last (laughs). I have been in heavy endurance training, so I'm really lacking speed. I would have preferred a quicker pace to have used my strength, so I'm reasonably happy with fifth.

18.05.2019 20:38





Flash Quotes

**Ling LI (CHN)**

**Pole Vault Women - 3rd**

I am really pleased with my performance today. I felt energetic and it made me compete better with the top athletes. For the following meets, especially in Doha (World Championships), I will focus on my body balance and power training. I gained much confidence and more experience from the result today, but my training condition is better. The next goal is to pursue higher heights and avoid injuries.

18.05.2019 20:47

**Jianan WANG (CHN)**

**Long Jump Men - 2nd**

It's quite pity I missed the victory by 8cm on my rival (Tejay Gayle). I will get a series of training to back to the right track for the Doha World Championships.

18.05.2019 20:51

**Bingtian SU (CHN)**

**100m Men - 5th**

Tonight is my first competition of the year but my time 10.05 is far from satisfying. It's difficult to catch up after 60 metres and therefore I will practice more to improve in the last 40 metres. I have improved since 2011. My first Shanghai Diamond League in 2011 I ran around 10.20.

18.05.2019 21:03



Flash Quotes

## Christian COLEMAN (USA)

### 100m Men - 2nd

This is my first race for nine months. It is always a struggle to get in good form after such a long time away from competition, so I didn't have any specific expectations for today's race. In general I am fine with 9.86 today. It was very tight between Noah and me. I am training hard and preparing for the rest of this season. My next race is the 200m in Stockholm. I am looking forward to performing better there.

18.05.2019 21:57

## Katerina STEFANIDI (GRE)

### Pole Vault Women - 1st

It is always hard to clear big heights off a shorterned run-up (12 steps) so early in the season but it is always nice to win. It did not fall in a good training week, hopefully my next competition will fall in a better part of the training cycle. I actually introduced a little skip at the start of my run up for the first time. I realised that it will help with the direction of my run up, so we made that adjustment.

18.05.2019 21:58

## Andreas HOFMANN (GER)

### Javelin Throw Men - 1st

I feel a bit lucky with the way the tip landed on my first throw. The wind was swirling around and I think lots of throwers had difficulties toay because of that. 87m for my season opener is not a bad start.

18.05.2019 22:00

## Beatrice CHEPKOECH (KEN)

### 3000m Steeplechase Women - 1st

It is nice to start the year with a 9:04 having opened last year with a 9:07 time. My speed endurance is strong and now the aim is to improve my speed as the season progresses.

18.05.2019 22:01



Flash Quotes

**Tajay GAYLE (JAM)**

**Long Jump Men - 1st**

I'm excited by the performance, especially to win a Diamond League and so early in the season. I didn't expect to jump as far as my PB today because I've been lifting some heavy weights. I'm talented and work hard and I think I have more to come.

18.05.2019 22:01

**Noah LYLES (USA)**

**100m Men - 1st**

I said to my coach in warm up "today is the day." I feel hot. I knew if I got out of the blocks and if I was anywhere close, I knew I could come late for the win. My next race is in Rome over the 200m. Those guys (the 200m athletes) have been having fun, but now it is my time to have some fun (over 200m).

18.05.2019 22:05

