

Flash Quotes

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Daniella BUNCH (USA)

Shot Put Women - 2nd

I'm very happy. I didn't really come here with any expectations, so it is great to make the top three. I've changed a few things in my training after a disappointing indoor season. In the past I was very good at throwing the heavy implements, but I've changed to work much more with the 4kg to get more of a feel for the shot. I hope my performance here will give me a lot more attention.

13/05/2017 18:51

Anita MÁRTON (HUN)

Shot Put Women - 3th

It is always the same with me, the first throws are bad and on the end I make myself angry and throw better, but still not what I hoped for. I was struggling in the beginning, when I improved my speed the throw was better. I still have the world lead and I'm glad with that.

13/05/2017 18:53

Lijiao GONG (CHN)

Shot Put Women - 1st

This is my first competition of the season and I was a little bit nervous at the beginning. However, I improved with each throw. The competitors pushed me hard and motivated me to throw better. Later this month I will go aboard for training and I will compete in the Rome and Lausanne Diamond Leagues.

13/05/2017 18:55

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Melissa BOEKELMAN (NED)

Shot Put Women - 6th

Yes, I qualified for the World Championships! So happy with that! I know I was strong, but it has to come out. Already throwing the qualification this early in the season, it takes the pressure away. I worked so hard for this, I train with my boyfriend, he is coaching me. Last week Doha and today Shanghai, I hope to reach the final of the Diamond League, as I'm 8th on the DL standing at the moment. Looking forward to this season!

13/05/2017 19:01

Bershawn JACKSON (USA)

400m Hurdles Men - 1st

It was great, I felt good. I didn't back off too much down the back straight and executed coming home. You know I had a terrible season last year. I lost my father and my best friend. This season I'm mentally back. I've had a long career and this will be my last year in the sport. I just want to go out with a bang.

13/05/2017 19:14

Rasmus MÄGI (EST)

400m Hurdles Men - 3rd

I'm happy with the first race of the season. It was the chance to check whether everything is working well. It was a good first race of the season and the atmosphere was great.

13/05/2017 19:18



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LJ van ZYL (RSA)

400m Hurdles Men - 2nd

I started this race more aggressive this time. I came here to run the qualification and I did. I'm for sure one my way to a nice season. My first time in Shanghai was in 2008, 9 years later I still enjoy it to run in Shanghai.

13/05/2017 19:19

Faith KIPYEGON (KEN)

1500m Women - 1st

I like my new Olympic Nike clothes, you look different in it. But the clothes doesn't run, the mind and the legs do. I did like how the race goes. I was hoping for 3:58 or faster, but I'm really happy to start my season with 3:59. Running below 4 minutes is not easy. I'm so happy that my coach is here and is the pacer in the men's 800m (Bram Som), I'm proud of him.

13/05/2017 19:22

Michael RODGERS (USA)

100m Men - 2nd

With all the false starts at the beginning, I was kind of over the race before it began. It was also hard to gauge where I was in the race (because of the lack of people in the race). I was aware I was either first or second after 70m and I should have gone sooner. I didn't get the victory this time in Shanghai (this was Rodgers' fifth podium finish in Shanghai) but I'll try to get it next time.

13/05/2017 19:34



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Jennifer MEADOWS (GBR)

Pace

I enjoyed it pacing in Shanghai for the 1500m girls. The startlist was amazing, especially with Faith in the race. I tried to run economic and give Faith the chance to run sub 4 minutes. Glad she made it! Faith is so strong, I strongly believe she will show us some great races this season. She reach a new level of running.

13/05/2017 19:34

Bingtian SU (CHN)

100m Men - 1st

The false starts didn't effect me at all. I was not nervous before the competition because I am confident with my current shape and I know if I perform as usual the result would not be bad. This is a good start for my season. I fely under threat between 60-70m but from then I produced my best performance. Since 2015 I have changed my technique so my goal is to continue to improve in this area.

13/05/2017 19:39

Natasha HASTINGS (USA)

400m Women

I came to Shanghai with no expertations, first race of the season. I new the track in Shanghai is fast, therefore I hoped for a a sub 51. I'm satisfied with my time for now. My goal for this season is to get on the podium in London.

13/05/2017 19:43



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Kipyegon BETT (KEN)

800m Men - 1st

I'm very happy with my performance. My training has gone well and it is my first time in China, so my first time in such conditions. I'm very excited for the future and I hope to perform well for the rest of the season through to the World Championships in London.

13/05/2017 19:52

Robert BIWOTT (KEN)

800m Men - 2nd

This is my second best time, good to open the season with. The last 100m was my my stronges point, I was behind and come to the front from outside. This tells me my body is getting in shape.

I get so many support of my friends in Kenya, the once I train with. They help and assist me a lot to reach where I am standing now. I believe they are watching me now in Kenya, that is a nice thought. We motivate each other. When I come back I tell them to put your hart into the training and race.

13/05/2017 19:52

David RUDISHA (KEN)

800m Men - 4th

It was kind of a start for me. I've have had a different build up with not running in Australia this year and it was my first race of the season. I ran a 1:45, which shows me where I'm at and it is something to build on. I hope to put some things in place to improve for my next race.

13/05/2017 19:55



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Ben Youssef MEITÉ (CIV)

100m Men - 3rd

The false start did not bother me as you need to remain focused. I didn't think it was a great race today but third is not too bad.

13/05/2017 19:58

Yu WANG (CHN)

High Jump Men - 2nd

It is a honor to compete with all these high-level athlets. Today I improved my seasons best, but I am not that satisfied with that because I think I could jump better. I will go to Ji Nan for my next competition. I hope I can improve my performance in the next competition.

13/05/2017 20:01

Mutaz Essa BARSHIM (QAT)

High Jump Men - 1st

I'm happy with the win. It was an important win and important points. It was the weirdest competition ever. I had some problems with my footing and I think that is why so many people struggled. But I did what I had to do and I was pleased with the win.

13/05/2017 20:04

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Ruth JEBET (BRN)

3000m Steeplechase Women - 1st

I am really happy to win today. I trained for the cross country in the winter and because of the different type of training I think I lost a little bit of edge for the track. Today I felt much better than in Doha (where Jebet finished second to Kiyeng). My aim now for the rest of the season is to retain that nice Diamond League trophy in my house.

13/05/2017 20:09

Elaine THOMPSON (JAM)

100m Women - 1st

I was happy with my preparation and the way I executed the race today. I made a great start and I was able to bring it home. I am pleased with the time. My aim now is to go back home and compete in the Jamaica Invitational later this month. From there it is all about preparing for the rest of the season and the World Championships.

13/05/2017 20:16

LaShawn MERRITT (USA)

200m Men - 2nd

Happy I'm healthy! For some reason I started slow, I don't know why. But luckily I could catch up on the end. I don't think this has something to do with my 400m background. It is that you line up with the best sprinters of the world. I'm feeling good for now.

13/05/2017 20:26



Flash Quotes

Adam GEMILI (GBR)

200m Men - 3rd

It was my fastest ever opener so I have to be pleased with that. I made a good start, but it was a messy race and my (lack of) fitness showed. It was a long way to come for a race but I've enjoyed every minute. I hope to be faster by the time I get to London (World Championships).

13/05/2017 20:27

Noah LYLES (USA)

200m Men - 1st

I'm very excited. I spoke to my coach before the race and he told me to work on my positions which I managed to do. I come off running a good indoor season and at World Relays. The expectation for the rest of the season is to focus on the 200m - I think that is my strong suit. I next plan to run in the Diamond League in Rome and the Adidas meet then it is on to US Trials. I'm certainly excited by my start to the season and I hope there is more to come.

13/05/2017 20:31

Dani STEVENS (AUS)

Discus Throw Women - 2nd

It was another second place (Stevens' fourth in Shanghai) and it was nearly a win. It was a difficult competition and a long competition, although I like throwing with the men. I love throwing in Shanghai it is good circle and good conditions.

13/05/2017 20:39



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Sandra PERKOVIC (CRO)

Discus Throw Women - 1st

I real like Shanghai (it was Perkovic's fourth victory here) it is always a great throwing circle and although I won, I know I am better shape than (66.94m). It wasn't easy competing with the men. It was a long competition and with the high jumpers in the same area it was not easy to make any technical adjustments. But I know I am in better shape, so I am happy with first.

13/05/2017 20:45

Hyvin KIYENG (KEN)

3000m Steeplechase Women - 2nd

I've done my best. My body was not feeling like it did in Doha where I won the 3000mSC. My strongest point is the last 400m, this time Jebet started accelerating from the beginning. I would love to have won here, but my time is ok and see it as a good training. The main goal is London. Faith and I motivate each other, we are good friends. We both have still a long way to go. Athletics is not something you are forced to do, you need to like it. I do!

13/05/2017 21:03

Philip MILANOV (BEL)

Discus Throw Men - 1st

I've got 2 throws over 65 I thought, which where a red flag. This was a bit discepointing. For one of my first competitions this is good. My body felt good in the warm-up, I felt strong. My 64.94 is not perfect, but I'm confident that the better shape will come. My training in the winter had up's and down's in terms of results, therefore it is now the time to find the rhythm and throw constantly. I have my own rituals during the competition, it is more on mental level in term of focussing. I also have to eat a lot during our competition. Because of the nerves I burn a lot calories. I mostly eat bananas. I'm still studying, Digital arts and entertaintment. I'm in my second year, still 3 year to go. Sport is my number one, but it is pretty hard to combine a fulltime study ans topsport, but willing to do both.

13/05/2017 21:07

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Hellen OBIRI (KEN)

5000m Women - 1st

I was happy with the race and I am pleased with the race (it was a world lead 14:22.47) I move on now to Rome where I hope for a PB. Making the move up to 5000m (having featured in her earlier days as a 1500m runner) has not been difficult for because I used to do cross country. I hope to go on from here and continue to improve through to the World Championships.

13/05/2017 21:09

Luvo MANYONGA (RSA)

Long Jump Men

The track was really fast and that made it difficult and I did a few fouls (three) and that was a distraction. I didn't get the distance today I wanted as I was looking for 8.80m, but I know it will come (Manyonga jumped a magnificent Diamond League record of 8.61m in round six). I am pleased to win again. My success has been down to hard work, training, dedication and commitment. I hope now to just go on and win everything I can this season.

13/05/2017 21:13

Wenjun XIE (CHN)

110m Hurdles Men - 3rd

It is amazing to have such a great performance in my hometown. This is always the place I produce my best result. I was a bit lost in the months leading up to the competition because of injuries, but in the end I opted to compete. The result has built up my self-confidence. I believe if I keep practising I will beat my PB.

13/05/2017 21:20



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Omar McLEOD (JAM)

110m Hurdles Men - 1st

I didn't get out that great and that did not allow me to control the race. I didn't execute that well and it turned into a bit of scrap. I know Orlando (Ortega in second) is a great competitor, so I'm pleased to win. Every time you go out to the track and win, it is a confidence booster. You don't want to be defeated as that throws your confidence off.

13/05/2017 21:23

Sam KENDRICKS (USA)

Pole Vault Men - 1st

I haven't seen all my friends (the other pole vaulters) since last year, because I have been away for so long. This is the first meet that we see each other again, so we had a lot of fun competing. The wind was a bit strange in the beginning, the wind was swirling, but we are all professional athletes, so it doesn't matter. The competition started with a long warm up. I hung around with Shawn (Barber) and Kevin (Menaldo) and talked about tattoos. My second win here in Shanghai was like deja vu - every single bar I jumped this year was almost the same as last.

13/05/2017 21:27

Marie-Josée TA LOU (CIV)

100m Women - 3rd

I have had a hard time with injuries. In Paris last year I hurt my heel and then in the indoor season I had an injury with my hamstring, so I have missed quite a lot of training time. I'm happy with third and I know I can get stronger in the next few months in time for the World Championships.

13/05/2017 21:28

