

Flash quotes

As of SAT 3 MAY 2025

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Mingkun ZHANG (CHN)

Long Jump Men - Retired

Though I won the last Diamond League in Xiamen, my ankle was a bit hurt. These two stops (on the Diamond League circuit) are too close for me to recover. When I did my warm up, I already felt not so sure about the rest of the competition. After the first attempt, I decided to retire to save myself for the rest of the season. I will focus on the connection between the run up and the jump, to ensure a safe season.

03.05.2025 18:31

Jorinde van KLINKEN (NED)

Discus Throw Women - Second

I was really happy to get the result tonight, it was a lot better than the last stop in Xiamen. This is my second competition, I am really glad to see the progress. I had a 15 hour flight to compete. This week I feel a lot better, I recovered from the jet lag. I got good feedback from my coaches after Xiamen and I feel right away those technical points are very helpful. I had good consistent training in between, so it all contributed to a satisfying result. It gives me great confidence for the rest of the year.

03.05.2025 18:41

Yaimé PÉREZ (CUB)

Discus Throw Women - Third

To be honest I did not feel very well today. I felt my body was a little tired and I did not deliver my best performance. But I'm still happy to have been among the top three today. The most difficult thing for me was not feeling my legs well, which I depend on to throw. But it is part of the job and I have to keep improving to obtain good results. After this competition, I will go back home and keep working in training. I have been away from home for a long time without my coach which might effect my results also.

03.05.2025 18:49

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Valarie ALLMAN (USA)

Discus Throw Women - First

I feel so excited about this competition tonight. In my first meet in Xiamen last week my nerves got the better of me and today I just knew I was going to go for it. To see 70 metres pop up gives me a lot of confidence and momentum. so I'm leaving China happy and excited to go home, I go with a lot of good perspective of what these next few months need. I try not to think about the winning streak (back to 2023). I face my own nerves and worries whether it is time zones or travel and I try to take it just one meet at a time.

03.05.2025 18:49

Wayne PINNOCK (JAM)

Long Jump Men - Third

This is just preparation for later in the season. It is early in the season I'm not trying to do anything crazy this early in the season. I'm just trying to prepare for the big moments, that's where I normally get ready. I'm not too bothered by this meet I just hope to go back home and get ready.

03.05.2025 19:03

Heng SHU (CHN)

Long Jump Men - Second

I was hoping to surpass 8.2m but considering how tight the schedule was before this competition in this season, being able to deliver this result gives me confidence for the future events. I think my take off point has become inconsistent again which is a big problem for me. I fouled first two jumps which put pressure on the third, then fouled the fourth again, so there was more pressure on the fifth. Fouling is a serious problem for me now. I used to be very stable with my take off point, but lately it's changed. I think it is mainly because I am a bit off rhythm. As long as I can stay in rhythm, I will manage to reduce fouls as much as possible. I am really grateful to everyone who supports me. Their ongoing support and encouragement help me pull through at key moments.

03.05.2025 19:06

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Karsten WARHOLM (NOR)

400m Hurdles Men - First

It was a very messy race. I hit a couple of hurdles, so actually 47.28 with such a messy race shows potential. I don't think I learned anything from today I almost stopped and lost quite a bit of time. Still a win is a win and 47.28 is not too shabby. Now it is going back home to training and prepare for Oslo. You always want to use every occasion to send a message, the message I sent is my potential is very good, once I clean up my races, which I'm sure I will.

03.05.2025 19:13

Yuhao SHI (CHN)

Long Jump Men - First

The result tonight for me is really beyond my expectation. Like last year, I was having a fever before the competition and I was not in my best shape. During the competition, I tried my best at the very beginning because I knew I was no longer as young as the other athletes to fight until the last round, so I had to give myself all in. I have achieved all the podium positions in the Diamond League, first, second and third.

03.05.2025 19:16

Fanny ROOS (SWE)

Shot Put Women - Third

I'm super happy to have done a PB. I did well during the indoor season, I threw a 19.28m at World Indoors and tonight is just a continuation of that and tonight I came out on top. It is nice and sets up confidence for the season ahead. I'm super happy.

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Carl BENGSTRÖM (SWE)

400m Hurdles Men - Third

It was a hard run tonight. I just wanted to push all I could. Sub-49 is a good season opener for me tonight. I'm happy. This early in the season, I'm just seeing this as a training, so I will work my way into the season and here in China I like it. It has been a good day.

03.05.2025 19:26

Matheus LIMA (BRA)

400m Hurdles Men - Second

I was expecting more to run a 47 second race, but I made several mistakes in the last three hurdles. The end of the race was the most difficult part for me today. But in general I am happy with the result. I would like to thank my coach and my family. I will keep working in training to improve my performance in the upcoming competitions this year.

03.05.2025 19:31

Chase JACKSON (USA)

Shot Put Women - First

I felt really good tonight. On Tuesday, I had a breakthrough in my training so I kind of knew either I could throw really far or I will not be able to hold the breakthrough, but I was able to hold it in, so I am happy with that. I have been working on using my left arm more, and I felt what I needed to feel during my training, and I was able to carry it over to the competition. I think I just got a little excited, so I did not really get hold of the change that I wanted, but I was happy about where I went. I was hoping I could throw a little bit further to get a national record, but I know it will come soon though.

03.05.2025 19:31

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Halimah NAKAAYI (UGA)

800m Women - Third

I really enjoy today's race and the result I achieved. Shaoxing is my third stop in China this year. This trip has been amazing for me. The stadium is nice and the audience today are very enthusiastic. I am going to work in training and I look forward to the upcoming Rabat Diamond League.

03.05.2025 19:36

Jessica SCHILDER (NED)

Shot Put Women - Second

I was not really happy with the result for the day. I think during the competition, I wanted it too much, and three times, it the shot went through my fingers, which has never happened before. Thus, I have to go home with the second place. In Xiamen my nails were broken, but they are all good now. Even won a bad day, I still got a 19.50m throw, so I am happy with the result. We are making some changes to get me back into shape. I need to get used to the technique when I go back home for more training, and use in the right way. I am confident we will find it back again.

03.05.2025 19:37

Berihu AREGAWI (ETH)

5000m Men - First

I'm so happy. I work very hard. Yes, maybe I target the 10,000m at the World Championships.

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Sarah BILLINGS (AUS)

800m Women - Second

I am so happy and satisfied with my performance today. I am glad that I did not let anyone else effect my rhythm during the competition. It was hard during the race but I found some good opportunities - a couple of gaps - and I took them. The crowd was amazing. The atmosphere definitely encouraged me. I am going to Japan in two weeks to race the 1500 meters. I am very excited about that. I hope to continue to keep doing what I'm doing now, and I will enjoy the upcoming events.

03.05.2025 19:47

Cordell TINCH (USA)

110m Hurdles Men - First

It sounds pretty good (to be joint fourth on the all-time list). I just want to go out there and compete after winning last week. As I continue to go through the season I try and get better each week. I've changed a lot (over the winter) in my every day life and the training. It takes a while in your first year as a pro, it is a learning process. Tehnically last year was my first full season as a pro. I've learned a lot from the older people that I've been around and sometimes the younger people. There is a lot of things that I've added to be the best athlete I can. I felt like I was going to run something fast, but it is matter of trying to finish those races when I get out well. Because I get well and I get a little relaxed towards the end. I didn't know it would be 12.8 fast, but I thought it would be at least faster than 13.06 (That Tinch ran to win in Xiamen last week).

03.05.2025 19:58

Rasheed BROADBELL (JAM)

110m Hurdles Men - Third

I opened my season with 13.37 and today improved my season's best to 13.24. It is just my second race of the season, and I know I will get better as the season goes on. I am in my new training program now. I believe I will get better result by my next race. Every race I aim to improve my time, and that's been happening, so I feel good about it. I love this stadium and I would love to come back next year.

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Anavia BATTLE (USA)

200m Women - First

I am getting used to winning at the Diamond League. It is such a good feeling. I wouldn't say that was the best execution for a race that I have had, I had to work today and I need to put some pieces together when I get back. It is a really good place to be in May. I really enjoy the Diamond Leagues in China. I hope to do the Rome Diamond League and then work some things out with the Grand Slam meet. I'm willing to do both the 100m and the 200m at the US Championships and hopefully make the team for the World Championships.

03.05.2025 20:07

Rhasidat ADELEKE (IRL)

200m Women - Second

I came in with heavy legs today but at the end I am quite happy with my overall performance. It was a good run, and I am looking forward to building towards the rest of the season. Everything went pretty smoothly. I am going to keep training, work on my speed and my turnover. My next competition is in Guangzhou at the World Relays next weekend. I hope to achieve a good result there too.

03.05.2025 20:11

Henriette JÆGER (NOR)

200m Women - Third

It was a great race, I got a really bad start but I still managed to finish top three. It is early in the outdoor season, so it is a good start. I am a 400 metre runner, although the start was not what I expected, I had a good last 100 meter to catch up. I will have a competition with my relay team (at World Relays) next week, I am excited and hope to qualify for Tokyo.

03.05.2025 20:12

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Bayapo NDORI (BOT)

400m Men - Second

The race went very well there, it is very similar performance from last week's race (Where Ndori won in Xiamen). I think I ran the race very well I lost the race in my last two steps and that is when (Bailey) managed to pass. I think we've had a good past week for Botswanan 400m running. We do have our challenges but that is true of the whole continent, but this shows we will always show up and compete well.

03.05.2025 20:19

Christopher BAILEY (USA)

400m Men - Second

I am happy about refreshing my personal best after last week, it felt great. It was not my best race, but I cannot complain about the result. Everything has worked out pretty well right now, I have a lot of faith in my coach. Every time we step on the track together, there is always great competition. I expect everyone to run their best. For the rest of the season, my main goal is to stay healthy and maintain my momentum.

03.05.2025 20:21

Busang Collen KEBINATSHIPI (BOT)

400m Men

It was more like a rematch from last week and I'm happy with the performance today. Last week I did a 44.5 and this week a 44.6, so it shows we are heading somewhere. I am surprised by the performance. I am the youngest in the field, so this is my time to learn a lot from the experience, so that in the future I know that I can deliver. I've been trying to adjust a bit and work on my back straight, so hopefully by the World Champs I can be in PB shape.

03.05.2025 20:24

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Jo-Ane van DYK (RSA)

Javelin Throw Women - Third

I am very happy with today's performance. It is my seasons best. I came here to try to push a bit further and I think I achieved my goal. It is still early in the season, I am looking forward to moving further. I will go back to South Africa to continue my training programme and then in two weeks, I will be in Tokyo for the competition there. I hope to achieve a satisfying result there too.

03.05.2025 20:39

Elina TZENGKO (GRE)

Javelin Throw Women - First

I had an amazing competition in front of the Chinese crowd. I enjoyed every moment of the night and I am very happy for myself. I tried to do the same thing as I did in the last meeting (in Xiamen when she also won) and it was great for me. I know that I can throw far, so I try to focus use the right technique and execute perfectly, so the javelin would go far. This is a long season for me, I aim to throwing consistently over 60 meters.

03.05.2025 20:40

Qianqian DAI (CHN)

Javelin Throw Women - Second

Today's result surpassed my expectation. This is the third competition for me of this season, I was hoping to deliver a stable performance but the result surprised me. I think it benefits from the training program I did during the winter time. I will keep work on improving my performance and I am looking forward to the competition in South Korea this year.

03.05.2025 20:46

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Letsile TEBOGO (BOT)

100m Men - Third

I am pretty happy with how I performed today. We are still building up for the main part of the season and I get more excited with these challenges and competing against the guys. Today shows I am on the right level and I can deliver more in the coming weeks. Last week my mind was still on the 400m, so I needed to do everything I could to focus on the 100m. I'm next going to prepare for the World Relays and then the Doha Diamond League.

03.05.2025 20:49

Akani SIMBINE (RSA)

First

Another win. I'm not happy with the race but taking the win is good. I'm not happy with the start, it is just frustrating that I did not get it right today but I was at least able to make up for that mistake and get the win. I have World Relays and then Atlanta the following week and then on to the Diamond League in Morocco. It is a busy May but I'm looking forward to working on what I need to work on to get better.

03.05.2025 21:02

Yaroslava MAHUCHIKH (UKR)

High Jump Women - First

I like my performane tonight, I improve it step by step on my competition from last week because now I jumped two metre at the first attempt. I like the atmosphere of China, it is fun. There are so supportive and I would like to come back here next year for Diamond League. The different between last week and this is I get my shape and I hope to improve my shape for the the World Championships in Japan.

03.05.2025 21:17

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Menno VLOON (NED)

Pole Vault Men

I am happy with my performance today. The jetleg is over now. I slept well and have better energy for the competition. The stadium is amazing, the atmosphere was great, and the track was brand new and I performed quite well. I think it is a good start for the season. I do need more training since we have had three weeks of travel with the championships and Diamond League events. I will keep training and working on improving my results. My next competition will be in my home country in four weeks. I will have a little more time for training and hope to achieve satisfying result there.

03.05.2025 21:19

Armand DUPLANTIS (SWE)

Pole Vault Men - First

The jump did not feel that great, and the run did not feel that great either. So to have a good attempt while not feeling my best is actually a really good thing. I will keep working on my speed. I am going to take another month with no competitions - just train hard and make sure I can build up to a really good, healthy, and strong season leading into Tokyo in September.

03.05.2025 21:19

Simon Kiprop KOECH (KEN)

3000m Steeplechase Men - Third

Today I can say I was pleased with position three (the same as he achieved in Xiamen last week) I know something good is coming. Yes I'm very satisfied with my performances in China, I'm very happy. My next race is in Rabat Diamond League. This season my hope is to be on top at the World Championships.

03.05.2025 21:21

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Jordan SCOTT (JAM)

Triple Jump Men - Second

I am fine with my performance in general. I won last week in Xiamen and to get the second place today, I think is a strong start to the season. But also it put pressure on the rest of the season. I think not having my coach with me has been difficult this week. Having to make all the decisions by myself was tough. I will go back to training and keep improving my performance for the upcoming events.

03.05.2025 21:23

Abrham SIME (ETH)

3000m Steeplechase Men

Yes, I expected to win (today). Last week in Xiamen I made a mistake, I race a good race on a fast track, I'm happy. My goal this year is to be world champion and I believe I can do it.

03.05.2025 21:43

Yaming ZHU (CHN)

Triple Jump Men - Third

I feel that the result today was a bit lacking. I will need to make some corrections and adjustments in my training. I felt my accuracy on the run-up and the take-off was not good enough. I need to focus on board accuracy and the rhythm of my approach run. Also I need to keep training and to improve my speed and explosive power. Hopefully after making those changes, I can show better performance in the next competition.

03.05.2025 21:45

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Nicola OLYSLAGERS (AUS)

High Jump Women - Second

Tonight was a great improvement from the competition last week. I enjoyed it. I felt last week because my run up was too close, I started to feel shy of the bar and I didn't have courage to attack it. So today the battle was not with my competitors but with my mindset, so I felt I had that joy so every step attacked at 100 per cent. My coach said 'your faith needs to carry you'. Yaroslava had some great attempts at two metres and I am so happy that the two of us are back up there and when the two of us compete together well, it is great.

03.05.2025 21:47

Eleanor PATTERSON (AUS)

High Jump Women - Third

I would love to jump higher but I am happy to come away with third. It has been seven weeks since I do not have a coach, managing myself and making decisions are not easy for me. I am heading to another competition straight after this and I will have my coach there and that is going to be wonderful. It is nice to have people around to guide me and I think it will make all the difference in the world. My goal would still be two meters and to clear higher bars. I am confident that I have higher jumps in me.

03.05.2025 21:51

Marione FOURIE (RSA)

100m Hurdles Women - Third

I am very happy, the time was very constant from last week. I think I can go much faster by the time I get to Tokyo. The start today was much better than last week (when she also finished third in Xiamen), I am happy about the race. I have managed to hold it together well since my coach passed away five weeks ago because I have managed to switch my mindset, I don't like people to doubt me and am I just running for him (Juan Strydom).

03.05.2025 21:54

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Kishane THOMPSON (JAM)

100m Men - Second

I come to win in the begining of the season and I am happy with the result. I have not been racing since Paris last year and I need the competition to positioning for the season. I know what I need to work on after this race and I just need to move on quickly. Just focusing on executing perfectly and same for the rest of the season. I would not say too much at this moment for the target too early for the season , but after the race I can easily tell what I need to further work on and definitely we can do better and better.

03.05.2025 21:55

Emmanouil KARALIS (GRE)

Pole Vault Men - Second

I am really happy to jump over six metres so early in the season. It was amazing, I feel really good. Everyone jumped well and I hope to be back here next year. I love China, I have now twice jumped over six metres here. Mondo really is an amazing ambassador for pole vault, I just try to be the best version of myself to be in the hunt. I will continue to work on my speed and strength and aim to more consistently jump six metres and jump even higher.

03.05.2025 22:03

Edmund SEREM (KEN)

3000m Steeplechase Men - Second

This is my second diamond league and I am really happy with it. Last week in Xiamen, I finished 4th place and I ran 8.08 with my personal best, and this time I had better result, so I am improving. Moving forward, I am aiming for the World Championships and to run under eight minutes.

03.05.2025 22:05

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Rachid MURATAKE (JPN)

110m Hurdles Men - Second

I am really glad about the result tonight. It was pretty intense and tight but I ended up with a podium. The target is to break my personal best and run under 13 seconds. I'm excited for the rest of the season.

03.05.2025 22:06

Danielle WILLIAMS (JAM)

100m Hurdles Women - Second

The competition was pretty good, it was a strong one and I finished well. I had a pretty good start, but in the middle I got a little bit difficult around hurdle eight, which threw me out a little bit, but I finished strongly. I have really had a tough training this week so my aim was just come here and put things together into a solid race. In this race, it helped me to understand what I need to work on.

03.05.2025 22:14