

Flash Quotes

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



Huihui LYU (CHN)

Javelin Throw Women - Winner 66.47m

I feel great. This is my second Diamond League win. The conditions are good and the audience also. I like this stadium very much. I am satisfied with the result, it shows the level that I have. The result is great. The World Championships is the most important competition for me this year, so I prepare following the schedule of my coach Lyu Gang. I want to make sure I make the best at the World Championships. In 2015 I won the silver medal, in 2017 the bronze medal and in 2019 I hope to have a better result. Unfortunately I have not seen much of Rome. We arrived on June 4th but tomorrow we will leave for Budapest.

06.06.2019 18:07

Lina MUZE (LAT)

Javelin Throw Women - Third 63.72m

The conditions were very warm, but I felt really good this evening. I'm very satisfied with throwing 63.72 metres, but a little disappointed with the my 4th, 5th and 6th throws. In the future, I hope I am able to improve my technique so I can have better final throws. Half way through, I was in the lead, but I knew that wasn't enough to win, so I carried on fighting to throw further. Unfortunately, I felt a cramp and that really affected my performance towards the end of the competition.

06.06.2019 18:21



Flash Quotes

**Eda TUGSUZ (TUR)**

Javelin Throw Women - Second 64.51m

This was only just my second performance at a Diamond League meeting, and I felt a little bit stressed because of the very strong field here. But already during the warm-up I realised I can be in top form today, and my goal was to fulfill an Olympic standard here. When I achieved it, I got excited and even aimed to catch Lyu in the last throw, but such a big desire turned out to be a bit of a joke. In any case, I feel really happy with such a strong start of the season. I hope I'll be in shape to break my PB and NR this year, maybe closer to the World Championships or during the big event in Doha.

06.06.2019 18:27

**Barbora ŠPOTÁKOVÁ (CZE)**

Javelin Throw Women - Seventh 61.51m

Here in Rome I returned to the international arena after giving birth to my second child and after coming back from maternity leave. Honestly, I tried not to set any goals or to expect anything from myself here, as every competition for me now is like a new start of my career. To be back into the field after the second child is a big difference. In 2014, I came to the Golden Gala in Rome with my life partner and with the first child, but this year I decided to come alone. And you know what? I think it was one of my biggest mistakes, as I'm not used to be this relaxed. At home, I have to move and to do something every minute, but here I just came into the room and it felt too boring. It looks like I have to be in tonus to perform well. In any case, I'm satisfied with my coming back, even if my feelings today were far from ideal. A few things went wrong, and I think the worst of all was my run-up. Maybe one of the reasons for my performance was the windy weather. I have to cope with all the things from the beginning, and I hope I'll manage to do it already this season.

06.06.2019 18:38



Flash Quotes

**Darrell HILL (USA)**

**Shot Put Men - Second 21.71m**

Today was tough, a true test in my competitive spirit. I could not have asked for more, even if my result is one cm under my PB. This throw was better than my PB throw at the season opener. Because after that competition I sprained my right wrist and since that I have not been able to train. It is my first time in Rome, I even saw the Colosseum, we took a taxi to get there. Plus I ate pasta and pizza, so I got a nice Italian experience. I will leave tomorrow for the US, take one week of rest and then I will be back at the Prefontaine Classic. The Diamond League is very important for me, it is our professional circuit, it is super exciting and I hope to win the Diamond Race.

06.06.2019 19:43

**Darlan ROMANI (BRA)**

**Shot Put Men - Third 21.68m**

I'm very pleased with how the competition went this evening. I kept throwing further everytime, so it's all good. The competition here was very strong. They also improved, improving each time with helped the motivation. Now it's time to focus on the next competitions. I'll be competing at the Pan-American Games, the World Championships in Doha, and also the Military World Games because I'm also in the army.

06.06.2019 19:43

**Darlan ROMANI (BRA)**

**Shot Put Men - Third 21.68m**

I'm very pleased with how the competition went this evening. I kept throwing further everytime, so it's all good. The competition here was very strong. They also improved, improving each time with helped the motivation. Now it's time to focus on the next competitions. I'll be competing at the Pan-American Games, the World Championships in Doha, and also the Military World Games because I'm also in the army.

06.06.2019 19:43



Flash Quotes

**Caterine IBARGUEN (COL)**

Long Jump Women - Second 6.87m

I'm very very happy with this result, things went well for me this evening. It was a very strong competition here, all looking very strong, and jumping some of the best marks this season. Now, I'm going to prepare for the World Championships, and come out strong. I'll be competing in the Triple Jump for sure.

06.06.2019 20:07

**Brittney REESE (USA)**

Long Jump Women - 3rd 6.76m

Physically I'm really ready to jump over 7 meters, but today some things went wrong. In spite of the great support at the stadium, I wasn't able to catch my usual competitions mood and my jumps were flat, too flat. After Rome, I'll come back home to work on technical moments. But first all, we have to think about competitions schedule. I need to compete more and more to return my feelings after two-year brake at the highst level.

06.06.2019 20:10

**David KENDZIERA (USA)**

400m Hurdles Men

It was a tough race, but I knew I had to keep going to grab one of the top spots. The conditions were very warm, but I still managed to get a SB this evening, so I'm happy.

06.06.2019 20:16



Flash Quotes

**David KENDZIERA (USA)**

**400m Hurdles Men**

It was a tough race, but I knew I had to keep going to grab one of the top spots. The conditions were very warm, but I still managed to get a SB this evening, so I'm happy.

06.06.2019 20:16

**Rai BENJAMIN (USA)**

**400m Hurdles Men - Winner 47.58s**

I feel pretty good, the race was tough. I am happy that I progressed from Shanghai. My technique was good until the ninth, tenth hurdle. It is warm here, I am very happy about that. The energy of the audience here motivated me. The stadium and the crowd are great. We saw the Pantheon and the Colosseum - it is amazing how they left everything how it was.

I will fly home, enjoy a few weeks at home, train hard. My aim is to fix this last hurdle.

06.06.2019 20:27

**Ayomide FOLORUNSO (ITA)**

**400m Hurdles Women - Ottava 55.99**

Emozionante gareggiare qui in casa allo stadio Olimpico perche c'e' un tifo incredibile. Oggi onestamente avrei voluto fare un tempo migliore, ma non sono tanto dispiaciuta perche' e' solo la seconda gara di una lunga stagione. Prendero' per buono quello che ho fatto oggi e proseguiro' con il lavoro che devo ben consolidare. Comunque ho buone sensazioni ed e' una prova di crescita aver gareggiato qui con tante avversarie importanti.

06.06.2019 20:27



Flash Quotes

**Brandon McBRIDE (CAN)**

800m Men - Third 1:43.90min

I am happy with this race. My training has been going on very well. But I made a few mistakes: I did not have the confidence to stick with the leaders. This is the second race of the season and the SB is not bad. My next race will be in Boston.

06.06.2019 20:33

**Nijel AMOS (BOT)**

800m Men - 2nd 1:43.65

It was really great and fast race that implemented all my expectations. I would like to do 1:43 and I did it. Ok, I lost two hundreds second only, but I even don't upset with it. It just means that today isn't my day, but let see what will be happened tomorrow. I know that people expect from me to cross the finish line first always. But it I take it easy and don't want to have any pressure before the competitions. I have power to improve more, but I don't want to think how fast I'll be tomorrow. I have no limits.

06.06.2019 20:33

**Shamier LITTLE (USA)**

400m Hurdles Women - Second 54.40s

This was a good competition. I knew those ladies were going to push me to a good time. I felt good, this is only the second race in my season and now I got a SB. I will train hard to get better. The Diamond League is not as important, but it is always good to get some good Diamond League races and run into the final. I like Rome, I will be here for three more days to explore it. After that I will run in Oslo and have a couple more races in Europe.

06.06.2019 20:35



Flash Quotes

**Malaika MIHAMBO (GER)**

**Long Jump Women - Winner 7.07m WL, PB**

It was time for me to get this 7m jump out finally. I am over the moon. I thought I would start with 7.00m or so, but now I achieved already 7.07m! This is only the beginning of the season, so I can hope for a good season. The jump was good, powerfull and I had a good "flying height". I do not yet know if I will celebrate tonight. I am here with my co-coach Sören Eisenhofer. My coach told me that it was ok to achieve a new PB without him...

I hope to stay healthy. I am only at the beginning of this year's training, the peaks will be in August and in October. I hope to be able to keep the level or even improve it.

06.06.2019 20:43

**Aleia HOBBS (USA)**

**100m Women - 3rd 11.12sec**

Today it was the most competitions race I have ran ever. Certainly, it was interesting what I'm able to do in such situation, but for sure, I didn't expect to finist in top three. I was strongly focused on my line and on my race only and I'm really glad with the result. I could be better technically, but that is my way to improve nearest future. My goal is to win every one race I'll run.

06.06.2019 20:43

**Zuzana HEJNOVÁ (CZE)**

**400m Hurdles Women - 3rd 54.82**

I didn't expect to finish in top three today as our field was really strong, but I was going to fight. I tried to push myself as much as possible during last metres of the distance. I always was strong and fast close to the finish, but I should be also faster from the beginning. That is what we are working on. But today I satisfied with everething. I was good technically over the hurdles, I kept my tempo and I raced my race witjout looking around. And I'm glad that we have enough time to prepare for Worlds Championships in Doha. I'm going to be in shape there.

06.06.2019 20:48



Flash Quotes

Dalilah MUHAMMAD (USA)

400m Hurdles Women - Winner 53.67s

The race tonight went really well, it was another solid win. I'm very happy with the time, it's always great to win, especially with such a strong competition here. Tonight, it was some of the best girls in the field, so it's great to come on top. I've got some competitions coming up next in Poland, and Oslo, where I am hoping to achieve a SB. Later this year, we have the World Championships, and I'm going to continue to listen to my coach and prepare well for that.

06.06.2019 20:49

Dina ASHER-SMITH (GBR)

100m Women - Second 10.94s

The race wasn't what I expected, and I had a really fast start which is really good. Opening the season with sub 11 seconds isn't bad at all, especially when I'm still feeling a little rusty. Actually, if I can run 10.94 when I'm feeling rusty, it's not bad at all. The rest of the season, I'm going to continue to listen to my coach, and train hard so I perform well and the World Championships later this year.

06.06.2019 20:54

Takatoshi ABE (JPN)

400m Hurdles Men

I knew that our field is going to be very strong and maybe nobody expected to see me among three first runner on the finish. But I knew if I managed to do what I was ready for, if I cope with some technical things we improved this year, then I'll be close to the top. Today I was able to use 13 steps rhythm between the hurdles and to be faster after each hurdle. That is usual things for strongest hurdles in the world, but I managed to do it for the first time. And that is my way to improve more.

06.06.2019 20:57





Flash Quotes

**Donavan BRAZIER (USA)**

Winner 1.43.63 WL

I feel very good with this win, it was a good start. Nigel Amos always sets the pace for the races but I knew I could come away with a win. Recently, I've had some really close races, but this is a great winning time and WL. Finishing so close it's very nerve racking but I'm glad I got a win tonight. My next competitions are going to be in the USA, and these are big ones because competition is so strong. The World Championships are still very far away so I'm not thinking about that yet.

06.06.2019 21:00

**Selemon BAREGA (ETH)**

5000m Men - Second 12:53.04min

This was not a good race. I organized everything but in the end Telahun Haile overtook me. Yet, it was a good training for me. I hope to do better in my next races in Oslo (3k) and Hengelo (10k).

06.06.2019 21:11

**Yemaneberhan CRIPPA (ITA)**

5000m Men - Nono PB 13.09.52

Sono contentissimo, ho sofferto un sacco soprattutto negli ultimi 800 metri, ma in gare come queste e' normale che sia cosi'. Comunque il mio obiettivo era quello di fare il personale e ci sono riuscito abbassandolo di dieci secondi, quindi bene cosi' e ora penso ai prossimi impegni.

06.06.2019 21:12



Flash Quotes

Sandi MORRIS (USA)

Pole Vault Women - Third 4.66m

This competition was ok. I was making a lot of changes, trying out new poles. Was it the poles or was it how I was jumping? My coach will tell me later. I did not have a coach with me today, so it was very difficult for me. I will have to decide later if I stay with those poles or not. I can stay with those poles, but I will have to change some technical things. I had no idea what was going to happen today. I got out to be surprised.

06.06.2019 21:13

Hagos GEBRHIWET (ETH)

5000m Men - Third 12.54.92

It was a good race, and I'm happy with my time. Now I will focus on my next races and try to improve. We have a very strong Ethiopian team for the World Championships. I will be concentrating on the 10K which is a very hard race.

06.06.2019 21:19

Gudaf TSEGAY (ETH)

1500m Women - Third 3:59.96min

The race was very good. But the pace of 2.07 was not good for me, it was too slow. I would have needed a 2.04 pace or so. But I am happy with the result. Now I know that I can focus on the World Championships in Qatar. I came here to Rome from training in Ethiopia. Maybe I will run in Rabat, but I will run for sure in Ostrava.

06.06.2019 21:28



Flash Quotes

**Filippo TORTU (ITA)**

200m Men - Quinto 20.36

Esordio stagionale dal quale mi aspettavo sicuramente qualcosa di meglio. Ora voglio rivedere bene la gara per capire dove ho sbagliato e dove posso migliorare. Comunque mi sento tranquillo e felice di aver gareggiato davanti ad un pubblico eccezionale.

06.06.2019 21:36

**Antonio ALKANA (RSA)**

110m Hurdles Men - Third 13.30s

I am satisfied with this is, at least I achieved a SB. My technique was bad at the end of the race, but the start was ok. The field was strong, that is always nice. I will run next in Hengelo and in Rabat. At the World Championships I want to take it round by round and finish with a good time.

06.06.2019 21:46

**Salwa Eid NASER (BRN)**

400m Women - Winner 50.26s

It was a hard race. I was not expecting to run so fast because the season just go started. In London in 2017 I got second and I feel I can do better, so my aim is to be the World Champion. I need to improve my technique.

06.06.2019 21:48



Flash Quotes

**Michael NORMAN (USA)**

200m Men - Winner 19.70s WL, PB, MR

I still have a lot of technical issues with myself, like: be patient.

I am really happy with the time, there was a good flow, it was amazing. I did not have any expectations coming into this race. I just want to improve myself and not chase a time. The atmosphere here is great and the weather, too.

I changed a few things race pattern-wise. I was a lot stronger today and I tried to hold the composure. I want to go back and work with my coach. I have not really watched the race yet.

My coach told me to pull down a little bit because it is a long season. I am just happy now if I am progressing like this.

06.06.2019 21:51

**Getnet WALE (ETH)**

3000m Steeplechase Men - Second 8:06.83min PB

I feel so good. I only got an injury on my foot from somebody's spikes. The weather was very good, excellent conditions, I am happy. Italy is a good country for me and this stadium is so beautiful.

06.06.2019 22:10

**Robeilys PEINADO (VEN)**

Pole Vault Women - Third 4.66m

I felt really comfortable tonight, it's my first Diamond League meeting here. I jumped well, and the mark of 4.66m makes me happy. The weather conditions were warm tonight, but it didn't really affect me, I felt ok. My next competition are going to be in Spain, and Rabat, for the Diamond League. All these will help me prepare for the World Championships later this year.

06.06.2019 22:10



Flash Quotes

**Omar CRADDOCK (USA)**

**Triple Jump Men - Winner 17.50m**

I feel great, phenomenal, tremendous!

This is my first Diamond League win after six years in this professional circuit. I am having a lot of fun. I heard that the Diamond League wants to move the triple jumpers from the event, so I wanted to show that we are good entertainers. I started in my heart and in my mind. Plus, I saw the kids I worked with in a camp two days ago, that gave me an extra boost. My next competition will be Monaco Diamond League. And for the end of the season I have gold in my mind. It will build piece by piece.

06.06.2019 22:12

**Gianmarco TAMBERI (ITA)**

**High Jump Men - Quarto 2.28m**

La prima gara e' sempre un interrogativo perche' si arriva dopo mesi di lavoro in cui non si gareggia. La gara e' diversa, ci sono tempi a terra differenti rispetto ad un allenamento, una velocita' d'ingresso diversa ma e' un adattamento che viene veloce. Comunque mai nella vita mi e' successo di fare l'esordio migliore rispetto alla gara successiva, quindi sono convinto al 90 per cento che gia' a Rabat saliro' a 2.30. Stasera i complimenti non vanno a me ma a quella curva di tifosi fantastica che abbiamo slo noi al mondo.

06.06.2019 22:13

**Shericka JACKSON (JAM)**

**400m Women - Second 51.05s**

It was a really tough race, but I felt pretty good. It was a good evening, but maybe it wasn't what I expected. It felt more like training to me, so I just wanted to execute as best as possible. The next competition are the Jamaican trials, so I'm going back home and train hard, so I came back out strong.

06.06.2019 22:14



Flash Quotes

**Laura MUIR (GBR)**

**1500m Women - Second 3.56.73**

This is the start of the season, and I'm definitely getting there. It's my SB, and I've never done 3:56 at this time in the season. It feels great. I'm going to train to train hard to run even faster now. Having Dibaba in the race, and trying to stay with her is extra motivation. We had the top of the field here this evening, they are all world class athletes, so I feel very proud to be amongst them, but always aim to run my own race. This season I'm working on my progression and recovery, and it's definitely less stressful without the pressure of having university exams.

06.06.2019 22:34

**Gianmarco TAMBERI (ITA)**

**High Jump Men - Fourth 2.28m**

The first competition of the season is always complicated because you compete after so many months of training. Competing is different from training because there are different jumping phases. In all my career, after my season's debut I've always jumped better so I am sure that in Rabat I will jump 2.30m.

06.06.2019 22:34



Flash Quotes

**Bohdan BONDARENKO (UKR)**

**High Jump Men - 1st 2.31 =WL**

I had incredible difficult weeks since Shanghai Diamond League. It looked like it was time to decide whether I'll stay in athletics more or it's a time to do something different. Nobody knows how many mental and physical work we done until today. Only now I can say that I came back after injuries, surgeries and long period of recovery. Today I used my usual tactic to miss some heights. Firstly; because I still feel discomfort in my foot and secondly, because I need to know that I have limited numbers of jumps. It makes me more focused and give additional motivation. After took a win here I just decided to stop competition as I already got my main goal and fulfilled the Doha standards. Now I'll be feel more relaxed and hope that it means I'll jump higher.

06.06.2019 22:34

**Filippo TORTU (ITA)**

**200m Men - Fifth 20.36s**

I am not satisfied with my time. I expected to execute better. I need to carefully watch the race to understand where I made all my mistakes and get from there.

06.06.2019 22:36

**Alex QUIÑÓNEZ (ECU)**

**200m Men - Third 20.17s**

I'm feeling good now, but before felt a little nervous at the start of the race. I knew I had to get running so I could produce a good result. I've been working hard, I was sure I could do a good result but wasn't confident if I would grab one of the top spots. Now, I'm going to carry on with my normal training so I can perform well at the Pan American Games and the World Championships. I want to get out there and do the best I can.

06.06.2019 22:36



Flash Quotes

Noah LYLES (USA)

200m Men - Second 19.72s

This race didn't really go as expected, winning is what is always expected, but I run faster than in the last race so I can feel great things will happen. The next competitions are in the USA, and before thinking of the World Championships, I have to make the team. It's really a question of making or not making the team. I need to stay healthy, improve my start, as much as my finish, so I can come out strong.

06.06.2019 22:40

Majd Eddin GHAZAL (SYR)

High Jump Men - 2nd 2.28m

Fantastic spectators today made me full of energy. Today I was able to jump even higher, at least 2.31m, but I still have some technical mistakes at the two last steps of my runway. It's too difficult to improve some technical moments as my coach moved to Oman and I was forced to train alone following his plans and looking through the video during the practices. Despite of that I'll be focused this season to clear Tokyo Olympics standards.

06.06.2019 22:45

Andrew POZZI (GBR)

110m Hurdles Men - Second 13.29s

I'm very happy with the time, 13.29s is a good time, but it could have been a lot better. I'm happy with how my training is coming together, especially being heavy in the blocks. It definitely felt faster today, which shows my training is paying off. Coming here always feel like home, especially because I've been travelling so much. I was in Shanghai for the Diamond League a couple of weeks ago, then in Madrid for the Champions League final so these races also feel like training. Especially, with the World Championships happening so late this year, it is normal to be still training at this time in the season.

06.06.2019 22:46





Flash Quotes

Maksim NEDASEKAU (BLR)

High Jump Men - 3rd 2.28m

I came to the Golden Gala thinking not only about a possible win, but first of all about the Tokyo Olympics standard. I'm ready for it and today I even tried to postpone my last attempt to 2.33m, but that was unsuccessful. I like to play with heights; I like to put myself under pressure. Such situations lead me to strong results and good jumps. 2019 is the first year I'm performing at the Diamond League meetings all season and I already finished in the top three for the second time. I think it's not bad for a 21-year old athlete. I just try to take as much experience from any competition as possible. I learned a lot from my rivals but sometimes it's not enough to make technical corrections during the competitions. Today I had some little troubles with my runway and I would have really needed the advice of my coach. But a such situation makes me just stronger.

06.06.2019 22:51

Genzebe DIBABA (ETH)

1500m Women - Winner 3:56.28min WL

I waited for my race with such a strong field. I was sure that I am in a good shape to clock a WL in Rome. And I am happy I managed to do so. But honestly I am ready to run faster even now.

06.06.2019 23:06

Benjamin KIGEN (KEN)

3000m Steeplechase Men - Winner 08.06.13 WL

I feel good, and I'm very happy with the time this year. I also prayed for this to happen, and God made it happen. But if I didn't believe in it, this wouldn't have happened. My goal for the rest of the season is to run as fast as last year but without any injuries, so I should be able to improve. Winning at the World Championships is definitely my target.

06.06.2019 23:07



Flash Quotes

**Sergey SHUBENKOV (ANA)**

110m Hurdles Men - 1st 13.26sec

It was a big pleasure for me to win, but my result could be a bit faster. Yes, I won; but this victory wasn't as comfortable as I would like it to be. But I like such kind of races when the winner isn't clear until the finish line. I'm the fighter and today I was able to show that. People always compare my last season to the current one. So, we have to correct something in order to make it as successful as I was last summer. We have to do our homework about mistakes. Today I had to find the best way to improve. I have to be focused as I want to be faster, faster and faster. Last year I missed the European record just from one hundredth and I still keep it in my mind aiming to break it.

06.06.2019 23:07

**Pedro Pablo PICHARDO (POR)**

Triple Jump Men - Second 17.47m

It's been a good night, but not really what I expected. I expected better than this, but it's only my first competition this season. Although this is just the start of the season, I'm aiming to jump an average of 17.50m every time. Let's see what happens, I'm not yet at my best, and I know I can do much better. We have the World Championships later this year, and it's every athlete's goal to be there, and do their best. I'm very pleased I'm competing for Portugal. Things are going well, and the Portuguese have welcomed me with open arms, so I feel very happy.

06.06.2019 23:08



Flash Quotes

Angelica BENGTTSSON (SWE)

Pole Vault Women - 1st 4.76m PB, NR

I'm very satisfied with everything I managed to do in the field today. I had put all my power and energy, and decided I was going to win in that last attempt. It was a difficult fight tonight, and we were all faced with technical challenges. The field today today was like being at the World Championships final, and I didn't really expect such strong rivals. But this year, I'm thinking more and more about the Tokyo Olympics, and the World Championships in Doha, so I try to see every competition is the World final. When I failed to jump 4.66m, I was stressed but tried to remain calm, and to think it wouldn't be so important to win. Then, I started coping with my nerves more easily. I hope today was the first step to become more confident, and to perform with the strongest pole vaulters, just enjoying the competition.

06.06.2019 23:18

