

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY**Ashley SPENCER (USA)****400m Hurdles Women - 2nd, 54.72 SB**

This is my third race of the season so it is still early days. I wanted to run 15 strides and I managed to execute the race that way until hurdle 10, so I am happy with that. I wanted to run 54 seconds and progress which I have done so it is job done tonight. It is my first time here in Doha and I love it, it's beautiful here. I really hope to come back for the IAAF World Championships.

03.05.2019 19:09

Dalilah MUHAMMAD (USA)**400m Hurdles Women - 1st, 53.61 MR WL**

It is quite great winning my season-opening race in Doha. I am happy with the performance here tonight and it is good to have a feel of the tracks for the World Championships. The weather was great and the fans were fantastic. I know the season is going to be a long one and my coach and I are perfecting our plans for the season. I look forward to a wonderful time here again at the World Championships in September.

03.05.2019 19:10

Nijel AMOS (BOT)**800m Men - 1st, 1:44.29 WL**

Though I was expecting the win but it was tough out there. Winning my first race of the season gives me a good feeling. I love the timing as well and I hope to continue winning throughout the season. My major aim for the year is to be injury-free and have a good result here again in Doha at the World Championships later in the year.

03.05.2019 19:21

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Emmanuel Kipkurui KORIR (KEN)**800m Men - 2nd, 1:44.50 SB**

I am pleased with the result and I am satisfied with the time because it is the first race of the season for me. It is good to get it out of the way and now I can focus on my next races ahead of the IAAF World Championships, I want to come back here for that of course. I cannot express how happy I am tonight, my tactics were good as I front ran then slipped into second place, reacting to the field. Next, I will race at the Rome IAAF Diamond League in June.

03.05.2019 19:21

Tobi AMUSAN (NGR)**100m Hurdles Women - 2nd, 12.73**

I hit the ninth hurdle and I think that was what made the difference. All the same, I'm okay with the result. My goal here tonight was to ensure I execute my plan and I think I did just that. The race was great and I'm happy to be in Doha. The season is quite long and I'm not worried about the races ahead. I hope to remain injury-free for the rest of the season and I hope to perform well at the World Championships.

03.05.2019 19:31

Danielle WILLIAMS (JAM)**100m Hurdles Women - 1st, 12.66 SB**

I didn't expect that, it was a big surprise so I am very happy. It was a big step forward for me, I am so happy I got the win, I went for glory. Now, I just need to remain consistent and stay injury free.

03.05.2019 19:39

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Daniel STÅHL (SWE)**Discus Throw Men - 1st, 70.56m DLR WL MR**

I had great power and I have been working on my technique a lot and training hard in the gym so I expected it and I am really happy. Training has been going very well so tonight was no surprise at all. It was a great atmosphere and the people working here are fantastic, I hope to return here for the IAAF World Championships and win again. The big focus though is always to have fun and big power.

03.05.2019 19:41

Hillary BOR (USA)**3000m Steeplechase Men - 2nd, 8:08.41**

Finishing second behind Soufiane (El Bakkali) a world silver medalist, is a great achievement and it means I'm doing something right. My goal now is to go back and study the race and see how I can improve. I hope to participate in one or two more Diamond Leagues meet before the end of the season but that depends on my coach. My major target is the USA Championships which I hope to do well and hopefully be back in Doha for the World Championships. I love the stadium and the atmosphere here tonight is great.

03.05.2019 19:50

Soufiane EL BAKKALI (MAR)**3000m Steeplechase Men - 1st, 8:07.22 WL**

It is great being here in Doha and to win here tonight means a lot to me. I am happy for the win and the time was a big time, I am very happy with it. Now, it is about progressing further.

03.05.2019 19:57

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Ramil GULIYEV (TUR)**200m Men - 1st, 19.99**

I feel good opening the season with 19.99. It means my training is paying off and I hope to improve on it as the season progresses. We've had a long summer and most of my trainings have been indoors. So winning my first outdoor event of the year with the time posted is good. I know it's going to be a long season and I hope to keep running faster. I hope I can win here again at the World Championships.

03.05.2019 20:02

Sam KENDRICKS (USA)**Pole Vault Men - 1st, 5.80m SB**

It is great to come here for the first time and to open my season here, too. For some strange reason, we all had issues out there so it was an odd one, it wasn't easy for us tonight but it is early in the season still and it was a great competition. We didn't know who was going to win until nearer the end, I tried the meeting record but it wasn't to be and I didn't take all three attempts. Now, it's all about getting ready and in shape in time for the IAAF World Championships.

03.05.2019 20:13

Caster SEMENYA (RSA)**800m Women - 1st, 1:54.98 MR WL**

I'm excited winning here in Doha. The first race of the season is tough and you may not be able to predict how your body is going to respond to the push but the weather is great and it was wonderful tonight. For me, I believe nothing is hard in life because it is up to you how you take life. As an athlete, I believe in sportmanship and what sports teaches you is to keep pushing on despite all odds. I know life could be difficult at times but I'm a believer and I believe there is always a way to resolve issues. One of my firm beliefs is that there is always a way out for everything. So if a wall is placed in front of me, I jump it. I'm going to keep enjoying my life and live it. I will keep on training and running. To me, impossibility is nothing.

03.05.2019 20:15

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Caterine IBARGUEN (COL)**Long Jump Women - 1st, 6.76m SB**

It was a good series of jumps but three fouls is not great. I am happy to win and with the winning jump and next, I head to Rome to compete in their IAAF Diamond League.

03.05.2019 20:18

Elijah Motonei MANANGOI (KEN)**1500m Men - 1st, 3:32.21 WL**

Winning here tonight feels good. I followed the pacemakers and my plan paid off. Starting the season like this is something I've always looked forward to and I hope to keep winning. My target for the year is to successfully defend my title in Doha and it is good to start with a win at the same venue where the World Championships will be held. The stadium is beautiful and I love the turnout and the support from the fans.

03.05.2019 20:26

Timothy CHERUIYOT (KEN)**1500m Men - 2nd, 3:32.47 SB**

I enjoyed the race today, it was a good day. I was injured and out of training for three months and have only been back in proper training for two weeks so I can be pleased with this evening. I will next compete in Stockholm, God willing and my aim for the year is to come back here and win a medal at the IAAF World Championships.

03.05.2019 20:27



Flash Quotes

Yaroslava MAHUCHIKH (UKR)**High Jump Women - 1st, 1.96m PB**

I was so surprised that I won because I am the youngest competitor here, so I am extremely happy to take the win and to jump a personal best. It is my first time here and I would love to come back for the IAAF World Championships but I cannot get carried away. I hope I will now receive some invitations to other IAAF Diamond Leagues and I will next compete in Stockholm in a few weeks' time, I hope to repeat tonight's form again there.

03.05.2019 20:33

Jamile SAMUEL (NED)**200m Women - 2nd, 22.90**

Running my first 200m of the season in Doha is good but I think I need to improve on my performance. For me, the race was great but my bend was weak so I need to improve on that. It is good competing at the same venue of this year's World Championships. My targets this year is to improve my personal best and hopefully to come back here and win at the World Championships.

03.05.2019 20:41

Dina ASHER-SMITH (GBR)**200m Women - 1st, 22.26 WL**

I didn't know what to expect in my first race of the season but I ran faster than I thought I would so I'm really happy. I ran a good race technically and this is a beautiful arena, I'm so glad I came here. To win in this stadium means a lot to me and it was nice to test out the arena and the track before the IAAF World Championships. There was a great championship atmosphere here and my aim is to come back here healthy and just try to do my best. Tonight, I didn't expect to win in that way against such an accomplished field so it's a good sign but the season is only just beginning.

03.05.2019 20:46

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Tomas WALSH (NZL)**Shot Put Men - 2nd, 22.06m SB**

I lost my head so I'm annoyed with myself but it was half expected after travelling for 18 hours to get here. It was my first competition of the season in the northern hemisphere so I felt nervous and I was off a bit technically. It's all part of the challenge, though and I'm used to it. I'm just annoyed because I knew I had more in the tank. The whole shot put field is young and we think we can do some big surprising things this year. Next, I'll compete in Poland, which is in six weeks' time and I'm not worried about starting my season early because we've already had our national trials so there's a chance to rebuild in the mid-season. Is there anything less than gold at the IAAF World Championships?

03.05.2019 21:03

Ryan CROUSER (USA)**Shot Put Men - 1st, 22.13m**

I am happy winning here tonight. I feel fulfilled starting the season with a win though the competition was tough. I never knew I could post the result I had considering the stress of travelling over 20 hours to be here and I also had one of my down practice moments two days ago but I'm happy I overcame that. It is a good start and I hope for the best for the rest of the year. I look forward to be back here for the IAAF World Championships in September.

03.05.2019 21:04

Hellen OBIRI (KEN)**3000m Women - 1st, 8:25.60 WL**

I'm happy winning at this great arena which will also host the IAAF World Championships. I'm happy to begin the season with a win despite taking a break from training for some time. The final lap was very tough but I've always posted a good result in the final 100m. My next race will be in Stockholm. I hope to remain in top shape for the World Championships.

03.05.2019 21:09

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