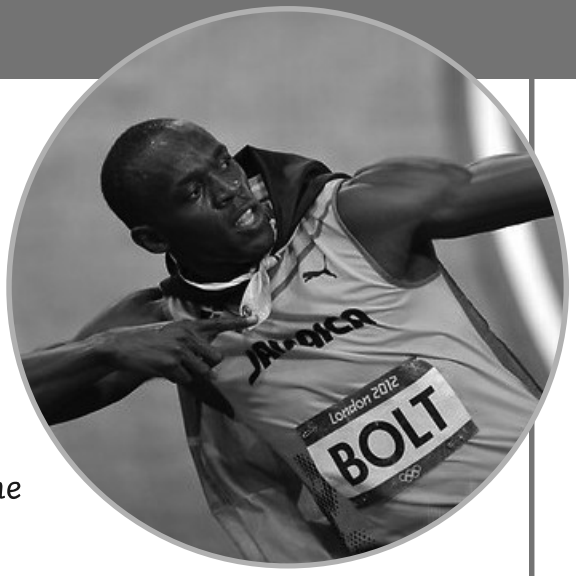
# Usain Bolt

## Biography

So, how do you become the best sprinter of all time?




Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' Whilst at secondary school, Usain focused on sprinting, which led him to win his first High School Championships medal. Since then he has set new world records, overcome injuries, won many medals, become a hero in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica. As a child, he really enjoyed playing football and cricket.

Bolt took part in his first race whilst at primary school, however, at that time he preferred playing cricket. In an interview, he once said that if he hadn't become a sprinter, he would have loved to be a fast bowler like his cricketing hero, Waqar Younis.

At high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and liked playing practical jokes.

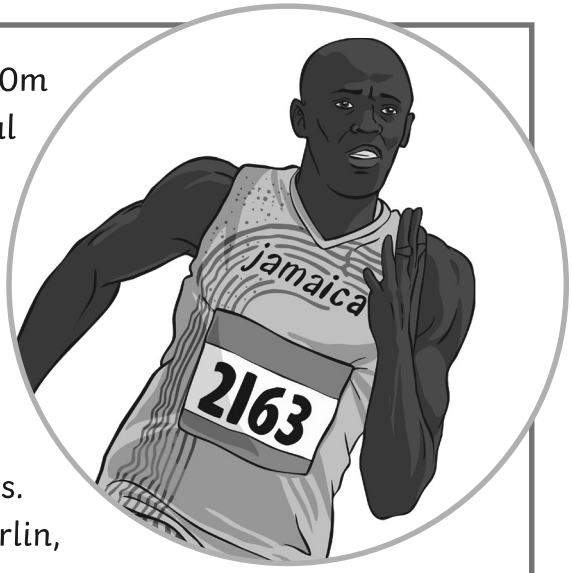
The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals but he did set a new personal best in the 200m race. The World Junior Championships came next and it was here that Bolt became the youngest World Junior gold medallist.

| Olympic Games | Event | Medals |
|---|---|---|
| 2008 Beijing | 100m, 200m, relay | Gold |
| 2012 London | 100m, 200m, relay | Gold |
| 2016 Rio De Janeiro | 100m, 200m, relay | Gold |

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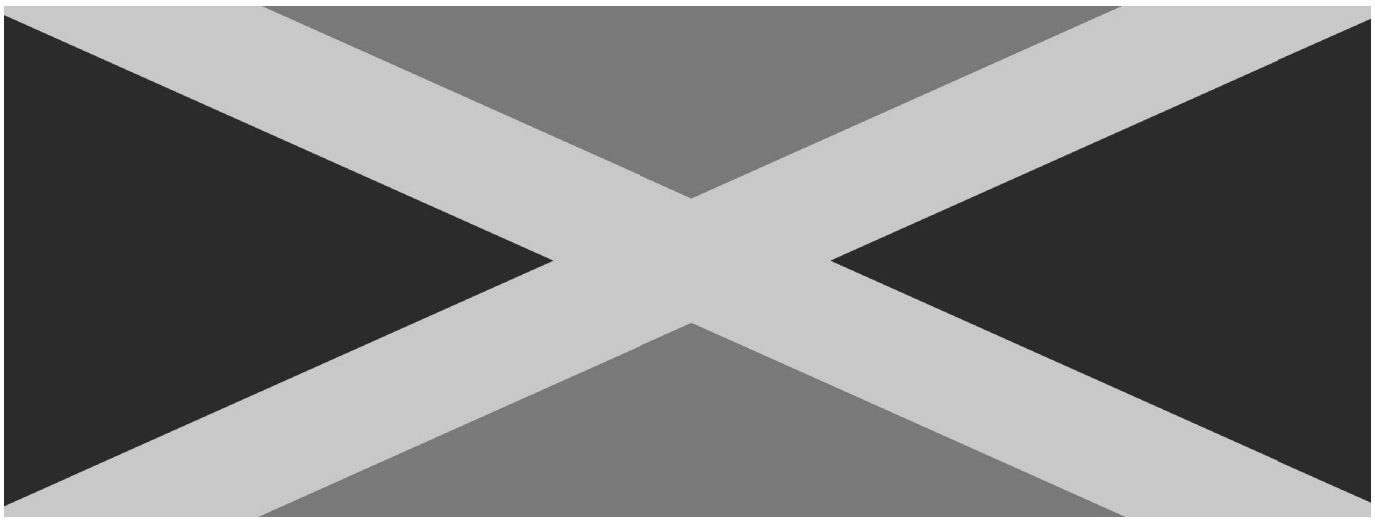

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. It was then that he turned professional and was given a place on the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a leg injury stopped him from winning any medals.

As the years passed by, Usain took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records and won gold in the 100m, 200m and relay events. This was followed by the World Championships in Berlin, where he improved his times even more.

Bolt competed in the 100m, 200m and relay at the London 2012 Olympic Games and won gold in all three events again. After the races, a fellow runner said, 'There's no doubt he's the greatest sprinter of all time.'

During the 2016 Rio Olympics, Bolt yet again won gold in all three races (100m, 200m and relay) and was also awarded the 'triple-triple' meaning he had won gold in 3events in 3 Olympic Games. However this amazing achievement didn't last long as in 2017, Bolt and his team mates were stripped of the gold medals from the 100m relay in the Beijing Games due to one of his teammates being disqualified for taking a banned substance.

In 2017, at the World Athletics Championships, Bolt's success didn't continue. He won a bronze medal in one event and in another, he collapsed on the track with a hamstring injury and had to be helped across the finish line by his teammates. This was Bolt's final ever race.





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# Questions

1. When and where was Usain born?

2. Usain didn't win any medals at the 2001 World Youth Championships but he did set a personal best time in the 200m race.

   ☐ True

   ☐ False

3. What was Usain the first junior sprinter to do in 2004?

4. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

5. How many gold medals did Usain win in the 2008, 2012 and 2016 Olympic Games?

6. How do you think Usain felt after the 2017 World Athletics Championships?