



Jamaican gold rush

By JONATHAN MISHAL
YOUNG REPORTER (ISRAEL)

SHENZHEN — After Usain Bolt had powered to gold medals in world-record times in the 100 and 200m sprints at the 2008 Summer Olympics, his father memorably declared that the son had a secret. Bolt had been fueled by eating the local yam, a variety from Trelawny.



ATHLETICS

Does it stretch credibility to think that one item on the menu can propel one small island from the Caribbean to world dominance on the track? Since 2008, Jamaican runners have only gotten more and more assertive.

Here, at the 2011 Summer Universiade, Jamaica celebrated gold medals in the men's and women's 100 and 200 meters — Rasheed Dwyer winning in 20.20 and Anneisha McLaughlin in 22.54.

Jacques Harvey clinched the gold in the men's 100m while Carrie Russell claimed the women's title.

"There are so many runners in Jamaica. You must fight for your place on the national team," Dwyer said after crossing the finish line.

In a special interview with the FISU-AIPS young reporters program, he said. "This is an amazing feeling. I thank God for the opportunity to represent my country."

What, he was asked, is your secret?

"No secret," he said. "No secret. Sometimes you have to stop thinking and simply run."

Steve Mullings, a top Jamaican sprinter, has tested positive for the banned masking agent furosemide and he will not run at the World Championships in Daegu, South Korea, which begin later this month.

Dwyer said: "As long as nobody has proven anything, let them say whatever they want. And we will continue to run."

As it turned out, there was a tie for silver in the men's 200, between Thuso Mpuang of South Africa and another Jamaican, Jason Young, both timed in 20.59. "We just work hard. All the time," Young said.

"Don't make assumptions. Besides, we just love to run."

But many runners around the world work hard.

"Probably," Young said with a laugh, "not enough."

Host's aerobic gymnasts steal the show

By GAO CHANGXIN
CHINA DAILY

SHENZHEN — The Chinese aerobic gymnastics team won another two gold medals yesterday to wrap up its brilliant showing in Shenzhen, where it won five of the six golds in the competition.



AEROBICS

for the first time.

The squad's brilliance was based on a lot of hard work. So hard, in fact, that Tao Le broke

China won in mixed pairs, group, aero-dance, and aero-step competitions and finished fourth in the trio.

It also topped the team rankings alongside Romania, in a sport that was included at the University Games for

into tears as soon as he finished the six-person group competition, the last event in aerobic gymnastics.

China defeated Russia and Romania in the eight-team final with a score of 21.750.

"When it finished, I realized all the competition was over, and all the hardship in preparation came flooding back," said Tao.

"I just couldn't control myself when I remembered the tears, the sweat and the times we were injured or sick during training."

The 10-person team met and intensified training eight months before the Universiade. They did not even have a break during the Spring Festival, the most cherished festival in China.

Some of the athletes fought uphill battles to conquer psychological and physical problems, said coach Zhou Xiaofeng.

Minutes before the aerobics started on Sunday, Geng Ruowei said she could not make it onto the stage due to a sudden fever.

The 10-person aerobic step team was reduced to nine gymnasts and was forced to adjust its choreography. However, the late changes did not affect its performance in the final, which was close to perfect. The team's score of 17.750 beat Russia's 17.600 and South Korea's 17.520.

Zhou said he hopes the team's good performance at the Universiade will help the sport become more popular in China.

"China is a strong country in aerobic gymnastics. But not many people know about it and only a few young people want to be part of it. I hope our good performance at home this time can change that situation," said Zhou.



China won the aerobic gymnastics team gold yesterday, its fifth title in the Universiade.

ZOU ZHONGPIN / CHINA DAILY

Little mistakes add up to disappointment

By GAO CHANGXIN
CHINA DAILY

SHENZHEN — The devil is in the details. Consider China's Sun Yuheng bedeviled. Sun lost in the preliminary round of the 74kg taekwondo competition on Monday, watching his Universiade end on a one-point kick in overtime. Sun fought Korea's Kim Seon-uk to a 3-3 tie at the end of regulation before seeing the match slip away.

"I don't think I was outperformed," said Sun, in his third year at Yantai University. "It's just I wasn't perfect in some details. But those details cost me the entire match. I feel really regretful."

Sun said he was stronger but slower than Kim.

A different move here, a better block there, and things might have been different.

"I think I learned a lot through this match," Sun said. "Going forward I will be more strict with myself in daily training. How you do in a match is really a reflection of how hard your train on a daily basis."

Coach Kong Fantao said Sun had the ability to grab a medal.

"It was close. Let them fight again, and it's hard to say who will win," she said.

Sun was put into a sports school by his farmer parents when he was nine, and started

learning taekwondo in 2004. He finished second at the World Taekwondo Championships in 2008, and has won several national and provincial competitions.

He said he's had so much fun and learned so much that he'll stick with the sport after he graduates next year.

"I learned perseverance and respect and also cherish the feeling of concentration and outburst of emotions," he said.

His dream as a taekwondo competitor is to win a medal at the Olympics.

"Every athlete wants an Olympics medal. I will try my best to see if I can get there," he said. "After the match today, I think I have found out places that I can make improvements."



TAEKWONDO