



# GoodSport NEWS

S R I L A N K A O L Y M P I C W E E K L Y N E W S B U L L E T I N

SPORTS NEWS

*Federation News*

## JAFFNA BOY PUVITHARAN BREAKS NATIONAL POLE VAULT RECORD

Today twenty-two-year old Arunthavarasa Puvitharan representing the Sri Lanka is a kind of a celebrity.

This young lad who hails from Chavakachcheri in the Jaffna peninsula set up a new National Record for the Pole Vault at the National Trials for the Asian Games and the Asian Athletic Championships recently.

He cleared 5.15metres in the Pole Vault surpassing the 5.11 done by Is-hara Sandaruwan in 2019.

Puvitharan's road to success certainly did not come on a platter.

He lost his father who was a chronic diabetic in 2011 when little Puvitharan was only eleven years old.

While his mother who is a housewife with another daughter to look after she had the burden of filling the food basket.

Meanwhile young Puvitharan who more interested in athletics was a keen student of athletics.

At that juncture the Principal of his school Chavakachcheri Hindu College singled him out and put him under the wings of his Physical Training teacher.

In turn a trained coach by the name of Mathumanahen was asked to guide the young Pole Vault at the request of the CHC, PT teacher.

The combination developed well as Puvitharan cleared record 4.50 in the National School Games Under 18 event in 2017 and bettered it two years later at the 2019 games by clearing 4.70metres.

By then the Sri Lanka Army had spotted his talent and had taken him under their wings.

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In 2021 representing the Army Puvitharan cleared a distance of 5metres and he was on his way up.

Speaking to GoodSport Puvitharan said “I still do not have my own Pole Vault, at this meet I had to borrow a vault from one my compatriots,

***“I still do not have my own Pole Vault, at this meet I had to borrow a vault from one my compatriots”***

“But, some of the expatriates have promised purchase a vault on my behalf.

“My initial aim in the next leg of my journey is to reach a distance of 5.50metres and clear it.



“Right now I am still in the mid half of my athletic career and I know that I have to improve tremendously to reach the real international standards.

“I am determined to reach that goal sooner than later”.

***“My initial aim in the next leg of my journey is to reach a distance of 5.50 metres and clear it”***



# SUCCESSFUL FIRST EDITION OF “IOC CERTIFICATE: SAFEGUARDING OFFICER IN SPORT” COURSE



The course, which ran online from September 2021 to April 2022, offered participants 250 hours of learning, covering all areas of safeguarding in sport.

Each module contained a section dedicated to the athletes' perspective, ensuring the athletes' voice was at the forefront of the programme – and some 97.5 per cent of the 2021 cohort rated the representation of the athletes' voice in the programme as good to excellent.

The pioneering “IOC Certificate: Safeguarding Officer in Sport” course, designed to help protect athletes' safety, successfully concluded its first edition. The 69 students from 38 countries across all 5 continents who enrolled in the inaugural course expressed great satisfaction, with 97.5 per cent of them rating its academic content as “very good” or “excellent”.

## IOC

Of these participants, 84 per cent were from National Olympic Committees (NOCs), International Federations (IFs) and National Federations (NFs), and 95 per cent are or will be responsible for their organisations' safeguarding policy.

All NOCs could enrol one candidate free of charge thanks to a dedicated Olympic Solidarity scholarship programme.

Those who completed the course praised its approach and delivery. “The course has shone a bright light on safe sport,” said Gobinath Sivara-jah from the Sri Lankan NOC.

“It takes a brilliant approach with the research and has offered a tremendous learning opportunity.

“I can highly recommend the course if you want to bring your Federation's safeguarding efforts to the next level,” added Sarah Füsseck, Integrity Manager at the International Ski and Snowboard Federation (FIS).

General view of the entrance to the IOC Safeguarding Officer's.

## Building a new safeguarding community

The IOC Certificate: Safeguarding Officer in Sport seeks to establish an international network of highly skilled safeguarding officers in sport across the Olympic Movement. This initiative aligns with Recommendation 5 of Olympic Agenda 2020+5, which calls for the IOC to “further strengthen safe sport and the protection of clean athletes”.

The IOC announced that, following the success of the first edition, the second course will begin in September 2022.

# SIBLINGS DOMINATING IN LANKAN MUAY THAI

*Bassam and Maryam Murthasa at Muay Thai front*



Among the more unknown sports in Sri Lanka, Muay Thai stands, but with shining young stars.

To draw the image of Muay Thai, sometimes referred as Thai Boxing, is a combat sport that uses standu striking along with various clinching techniques. This discipline is also known as the “art of 8 limbs”. Originating in Thailand, the sport became widespread internationally in the late 20<sup>th</sup> to 21<sup>st</sup> century, when Westernised practitioners from Thailand began competing in kick-boxing and mixed-rules matches as well as matches under Muay Thai rules around the world.

On 20<sup>th</sup> July 2021, Muay Thai was granted full approval to be recognized as an Olympic sport.

It is registered as 63<sup>rd</sup> National sport of Sri Lanka under the Ministry of Sports.

9 year old Bassam Murthasa began his journey in this art at just 2 years of age. Under the wing of his trainer, Master M. H. M. Fahid, little Bassam has reached exceptional heights.

Bassam told GoodSport, “My ambition is to win a Gold Medal in the Olympics one day”.

A few of his achievements are as follows.

**IFMA Muay Thai Youth World Championship- 2022 in Malaysia**

- Wai Kru Competition - Gold medal
- Fight -one to one bout - Silver medal

**IFMA - Virtual World Championship 2021**

- Max fit event - Gold medal
- Muay Mai event -Silver medal

**UTS Virtual World Youth Festival-2021**

- Max fit event - Gold medal
- Muay Mai event - Silver medal

**Youth Ambassador for Muaythai in UTS Youth Festival- 2020**

Inspired by her brother, Maryam Murthasa too stepped into the field at the age of 9.

Some of her achievements are mentioned below.

**IFMA Muay Thai Youth World Championship- 2022 in Malaysia**

- Wai Kru Competition - Silver medal
- Fight - one to one bout - Bronze medal

She also won the Gold medal in Muaythai National Championship 2020.

# WHAT THEY SAY ON FEDERER RETIREMENT

As tennis prepared for life without Roger Federer, those representing their nations at the Davis Cup by Rakuten Finals Group Stage lined up to pay tribute to one of the sport's very best.

Federer announced that he will retire from competitive tennis at the age of 41 following the Laver Cup, confirming that his body is no longer capable of competing at the highest level.

Davis Cup played a significant role in the career of Federer, who contested 27 ties in national team colours and was an integral presence as Switzerland were crowned champions in 2014 following victory over France in Lille.

There were plenty more celebratory moments as 20 Grand Slam singles titles and an Olympic gold medal attest, and those who have shared a court with him were quick to place on record their respect and appreciation.

Here's what some of them had to say:

## Lleyton Hewitt (AUS)

"He has done everything in our sport you could possibly dream of.

"He was the greatest of that time and our era – obviously there have been a couple of other guys who have really put their hand up.



But just his win-loss record in the mid-2000s, he was pretty much unplayable, with only Rafa [Nadal] able to beat him on the clay.

"Most of all though he has been a great ambassador for our sport, and I have always said that you don't want to push these guys out of the game. You want to hold onto them because they are greats and have done so many great things.

## Richard Gasquet (FRA)

"I played him already in 2005. It's a big shock, it's not easy for everybody. I know it will be wonderful at the Laver Cup.

"A tough loss for tennis, it will be different after that. It's still tennis, but it won't be the same without Federer.

"His technique, his charisma – it was all crazy. There is just one Roger Federer."

## Guillermo Coria (ARG)

"I am personally proud to have been on the tour with him. It is impressive how he evolved as a player and as a person.

"He always had a way of being and a quality of person that I greatly admired."

## Taylor Fritz (USA)

"There's not really anything I can say that will describe what he means to tennis. He's everything, you know?"

"You have two of the best players of all time in men's and women's [tennis] retiring, basically right at the same time. It's crazy."

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### Miomir Kecmanovic (SRB)

“It was really a pleasure to get to know him. I spent the whole week with him at his home in Switzerland.

“I’m really thankful for that experience that I got to know him, just to see how he lives day to day.

where I watched him play and growing up, then being able to play against him, which is incredible experience, especially playing him in Centre Court Wimbledon. It’s like playing in his backyard. It doesn’t get better than that in tennis.

“From our view, he changed the tennis, and he was the first to come and change tennis the way we know it. I mean, what he started doing, then

“He brought the game of tennis to a new level, and I thank him for that. It is a big loss to our sport.”

### Mikhail Kukushkin (KAZ)

“He is a great champion. I believe he is the one that has brought a lot of people from other sports to tennis. He is the one who made tennis so popular in the last 10, 15 years.



*Roger Federer lifted by his fellow Team Europe mates and Team World members followed by his final professional match at the Laver Cup*

“I’m extremely sad. I think we’re all going to miss him.”

### Alex de Minaur (AUS)

“He’s an icon of our sport and one of the people I looked up to. I’m sure everyone on the planet looks up to Roger. He is a flat-out genius on the court and if you’re growing up and don’t want to be like him then you don’t have much idea about tennis.”

“Roger became kind of my idol because of one-handed backhand.

“I’ve been in that transition period-

later Novak and Rafa, it’s just that we’re in that, like, moment of end of an era soon. And it’s magnificent for us to be part of that. One day when you tell your grandkids you played in the same era as Roger, Rafa, Novak, and Andy, it’s something that lives forever.”

### Sebastien Grosjean (FRA)

“I saw Roger coming on Tour when he was a junior, I played him on big stages, and it is going to be a big loss for the game.

“Obviously Rafa and Novak, they’ve won more Grand Slams than Roger now, but he was the first one. He was the one that made tennis so popular.”

### Tommy Paul (USA)

“Yeah, he is an icon. He is like the most-liked tennis player of all time. Really nice guy. Sad to see him go. Kind of wanted to play him before he left. Definitely wanted to get a W over him at some point. That would have been nice to have on the résumé.”

# ELIUD KIPCHOGE BREAKS THE WORLD RECORD AT THE 2022 BERLIN MARATHON

*The double Olympic champion lowered his own world record by a massive 30 seconds at his fifth Berlin marathon on Sunday 25 September.*

Kipchoge shattered his own world record, with a time of 2:01:09 to win the Berlin marathon. It's the second time the Kenyan runner has set the official men's world record at the race in the German capital.

Kipchoge's previous best in an official 42.2km race was 2:01:39 set on the same course in 2018.

Ethiopia's Tigist Assefa won the women's race on Sunday in a course record of 2:15:37, the third fastest time in history.

## How Kipchoge's second world record race unfolded

The Ethiopian pair of Guye Adola and Andamlak Belihu, were the only brave athletes who stayed with Kipchoge's blistering pace until the 10km point of the men's race, which they crossed in 28:23, well within the world record target. But Adola, the 2021 winner, soon fell off the pace set by Kipchoge's preferred pacemaking duo of Moses Koech and Noah Kipkemboi as they approached the 14km point.

They reached the halfway mark in 59:51 well within their pre-race target of 60:50 and 96 seconds faster than he ran when he broke the world record in at the same course in 2018.

It was down to Kipchoge and Belihu at the 25km after dropping off the -



last pacer, at which point the 37-year-old began to gradually pull away from the Ethiopian.

With 15km to go it was down to Kipchoge and his unstoppable mind majestically pounding the streets of Berlin, breaking an occasional smile, chasing his second world record in five years.

At 35km he was over one minute within his world record pace but slowed slightly and with 2km to go he was nearly 36 seconds faster than his 2018 winning time.

As he tackled the last kilometre on his way to winning his 17th marathon of 19 starts, Kipchoge's face lit

up delighted that he has again defied human limits.

He crossed the finish line for his fourth win in Berlin, with the official time clocked at 2 hours, 1 minute, and 9 seconds, punching his fists in the air before hugging coach Patrick Sang, as the world celebrated another remarkable feat by the greatest ever marathoner.

This was his second marathon this year after winning the Tokyo Marathon in March.

He is also the first human to run the distance in under two-hours, when he did so in specialist conditions for an unofficial event.