



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



LEADING THE WAY INTO THE SAFE ZONE

It was a day that the workforce of the National Olympic Committee, meaning the real core of activity in the institution which also could be termed as the staff and the Ex-co had to take a short break from their grueling chores and change on to a frequency that spelled out their rights at the workplace, especially where gender equity and its allied responsibilities are concerned.

Leading the way was the Women's Committee; later christened as the Gender Equity Committee of the NOC SL. In their quest to educate populace of this island nation – or to be specific the sportsmen/women and associates on their rights and responsibilities while engaging in their sphere of activity.

It was termed as a Workplace harassment seminar – by Leads Organisation which is a nonprofit organisation in Sri Lanka involved in emergency humanitarian aid, community development and child protection.

They have done the same in other work places in active atmosphere.

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Niloo Jayatilake - NOC SL Gender Equity Committee Chairperson

In charge of giving an insight on the do and the don'ts at the work place to the NOC SL hierarchy, the NOC SL and the NOC SL Gender Equity Committee were Nadisha Wickremnayake – Advocacy coordinator and attorney-at-law and Dinesha Perera – attorney-at-law Advocacy Manager at Leads.

Guiding the way explaining as to what was in store during the session was the Chairperson Gender Equity Committee NOC SL Niloo Jayatilake who has a view to a balanced society and life in public, private and sport. She also a vice president of the National Olympic Committee of Sri Lanka.

Jayatilake explained “This seminar is very important from the Gender Equity Committee point of view. Why we thought of having this today was - the NOC SL office and its Ex-co members are the brand ambassadors of this apex body of Olympism, coming under the International Olympic Committee.

“So we as the brand ambassadors of sports to have to walk the talk in what we preach to the sports community. In terms of learning we as a committee introduced Safe Sport to Sri Lanka in 2018.

“Now that the process has been set we are getting many complains in the pipeline and ones which we have already processed.



*Dinesha Perera
Advocacy Manager of LEADS*

“ This seminar is very important from the Gender Equity Committee point of view. Why we thought of having this today was - the NOC SL office and its Ex-co members are the brand ambassadors of this apex body of Olympism, coming under the International Olympic Committee ”

*Niloo Jayatilake
NOC SL Gender Equity
Committee Chairperson*

“So believe that the apex body of sports in this country, representing the Olympic movement in Sri Lanka, that at our workplace we have to be mindful of the process.”



*Nadisha Wickremnayake
Advocacy Coordinator of LEADS*

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“The areas in the agenda are – Sexual Harassment and the other kinds of harassments. How does sexual harassment occur in work places, identifying sites of such places and the cost of sexual harassment based on the ILO policy. Besides, how should employers respond to such instances of sexual harassment, through the existing policies, then prevention – what are the laws and policies related this kind of situations; what can organisations and institutions do to prevent them from occurring. The mechanisms and procedures to follow and what are the remedial action.”



Suresh Subramaniam - NOC SL President

Finally, Ms Jayatilaka spelled out was it was all about “How your rights”. In terms of Human Rights identified in the international arena, fundamental rights based on our constitution of our country, then violation of fundamental rights with practical examples.

President of the National Olympic Committee of Sri Lanka said “This is one of the important aspects that we started after I got elected in 2018. The purpose of this committee is not to find fault or policing anybody. The purpose is to bring awareness. Today the world has changed. Sometimes someone cannot make a statement.

“ If someone says some words without really meaning any harm, it could be misconstrued into harm’s way. So these are things that must be aware and also learn to respect each other and move forward”

***Suresh Subramaniam
NOC SL President***

“It may be misconstrued to sexual harassment or bullying. A couple of days ago, the deputy Prime Minister of the United Kingdom had to resign purely on bullying charges. When I read his side of the story it spelled out that he had said that the public servants of his country were not active and he was pushing them on. But, he was charged under bullying. In reality it is only a very thin line that divides sexual harassment and bullying. If someone says some words without really meaning any harm, it could be misconstrued into harm’s way. So these are things that must be aware and also learn to respect each other and move forward.”



LONDON MARATHON: SIFAN HASSAN OVERCOMES INJURY TO CLAIM ROLLERCOASTER VICTORY IN DEBUT MARATHON

It has been dubbed one of the greatest victories of all time - it was also one of the most dramatic



Sifan Hassan, a two-time Olympic champion on the track but someone who had never raced a marathon, winning in London against a fearsome field of champions, each experts over 26.2 miles.

That would be remarkable enough but early on Hassan looked like she was going to have to drop out.

She was limping, struggling with a hip injury and at one stage pulled to the side of the road to stretch out the issue as her rivals disappeared up the road.

"She needs to stop," Britain's marathon world champion Paula Radcliffe said on BBC TV.

"Somebody needs to give her some advice to step off and stop trying to run on."

But Hassan, a former refugee who left Ethiopia for the Netherlands as a 15-year-old, did not stop.

She continued, reeled in the Olympic marathon champion and last year's winner in London before sprinting for glory on The Mall.

"To outkick them is remarkable," Radcliffe said. "It's not just winning it, it's the way she was out of contention and yet she fought back to beat the Olympic champion, the defending champion. She is an inspiration and that is just phenomenal."

Before the race the 30-year-old was not talking like someone confident of winning a marathon.

She admitted she was "scared" of competing over the distance. She said she cried at the prospect on the morning of the race.

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"Sometimes I wake up and it is like 'why the hell did I decide to run a marathon?' But also, at the same time, I am very curious [about how I will perform]," she said in the pre-race news conference.

Hassan's build-up was also impacted by the holy month of Ramadan which, as with others who follow the religion of Islam, meant abstaining from eating or drinking during daylight hours.

That is not ideal preparation for a marathon.

When asked how she changed her plans from those that saw her win 5,000 and 10,000m gold at the Tokyo, she said: "I have not really changed the way I train. I just added a little bit the endurance because also I am fasting. I didn't add that much."

Even in the closing stages there was more drama for Hassan.

Hassan won in a time of two hours 18 minutes 33 seconds.

She almost missed collecting a drink from the drinks station, something track runners do not even have to think about. But Hassan veered across the road after realising her mistake, collected her bottle and even recovered to offer 2022 London Marathon winner Yalemzerf Yehualaw a swig. That said, she still almost collided with a support motorbike.

"I'm born to have drama," she joked.

"I didn't practise getting a drink. I saw the other athletes go and I thought 'where are they going?'. So I grabbed a drink."

After completing the win, Hassan's bubbly personality came pouring out in an interview with the BBC's Gabby Logan. It was almost as entertaining as her run.

"It was just amazing. I never thought I would finish a marathon and here I am winning it," she said.

At one stage she had her head in her hands, clearly still unable to fully comprehend what she had done.

"My leg was bothering me," Hassan added. "I had a hip problem a week ago. I forgot to tape it this morning. I stopped and stretched, and they got away, but I started to feel good after 10km."

In the end, the more than two-hour race came down to a sprint in the final few metres. First Yehualaw was dropped, leaving Hassan in a three-way fight with Olympic champion Peres Jepchirchir and Ethiopia's Alemu Megertu - the runner-up last year.

Given Hassan had now run four times as far as her normal distance, you would think she would be tired. Not a chance...

"At 20km I knew that I could kick on because I didn't feel that tired and I didn't care how I finished, I just wanted to get there," she said.

"They said the marathon would hurt but I felt really good, even after 5km and 15km! When I saw the finish line, I thought, is that really it?"

"She just defies convention. She hasn't run that in a normal way and that's why it is the greatest marathon win that I have seen, because of the way she did it"

Commentators



Hassan with the winner of her male counterpart - Kelvin Kiptum who was just 16 seconds outside Kipchoge's world record, finishing in 2 hours 1 minute 25 seconds

Commentators were stunned as she crossed the finish line, arms outstretched.

"Sifan Hassan has done something that nobody could ever have expected," Steve Cram said. "She was struggling, she was grabbing her hip, stopping to stretch it off."

"She can hardly believe it; this might just be the best success of her life."

The BBC's Andrew Cotter added: "She just defies convention. She hasn't run that in a normal way and that's why it is the greatest marathon win that I have seen, because of the way she did it."

"Two World Championship golds and two Olympic golds on the track, but that is the best win of her life."

#EARTHDAY2023: FIVE WAYS THE OLYMPIC MOVEMENT IS INVESTING IN OUR PLANET

This year's Earth Day theme – *Invest in our Planet* – highlights the importance of investing time and resources in solving climate change and other environmental challenges. The Olympic Movement is playing its part, reducing the footprint of the Olympic Games, using the power of sport to promote innovative solutions, and coming together to make sport more sustainable. Here are five examples of how the Olympic Movement is investing in our planet:

1. Sustainable food – Paris 2024 puts it on the menu



The world's food systems are under enormous pressure, linked to climate change, unsustainable agricultural practices, accelerating biodiversity loss, and soil degradation.

Changing dietary patterns is a large part of the solution.

Paris 2024 will use its platform to demonstrate how a more balanced and environmentally conscious diet can be taken to scale.

Next year's Olympic Games makes six menu commitments for everyone attending – spectators, athletes, staff, volunteers, the media and the Olympic and Paralympic family – and at all venues. The organisers have committed to:

- Cutting by 50 per cent the carbon footprint of each meal, compared to an average French meal, thanks to measures such as doubling the amount of plant-based foods;

- Halving the use of single-use plastic compared to similar events and previous Olympic Games editions, for example, by installing fountains and using returnable glass bottles;
- Sourcing more locally: 80 per cent of ingredients will be sourced in France, of which a quarter will come from less than 250km away;
- Fighting food waste with careful portion and quantity control, promoting "zero waste" recipes and behaviour;
- Securing the reuse of all catering equipment for future events;
- Reserving 15 per cent of jobs for people with a disability or disadvantaged people.

The Games are set to serve up some 13 million sustainable meals!

2. Clean hydrogen – The Games shine a light



As climate change increasingly threatens our future, recent Olympic Games have used hydrogen to demonstrate its potential. Hydrogen causes no emissions when produced with renewable energy. It could play a vital role in the transition to carbon-free societies. It currently offers some of the best potential to eliminate emissions from airlines, shipping and industry.

The Olympic Games Tokyo 2020 gave hydrogen a starring role. The Olympic Village used hydrogen for power and heating. Worldwide Olympic Partner Toyota supplied approximately 500 Mirai hydrogen-powered vehicles to transport staff and officials. And for the first time in the history of the Games, hydrogen fuelled both the Olympic and Paralympic cauldrons in Tokyo.

More recently, during the Olympic Games Beijing 2022, hydrogen-powered vehicles were used at one of the Games' competition zones, Zhangjiakou, as a demonstration of hydrogen's potential.

Meanwhile, at the International Olympic Committee (IOC)'s headquarters in Lausanne, hydrogen-powered cars, provided by Worldwide Olympic Partner Toyota, are used to transport guests and officials. The IOC's hydrogen fleet also serves as a vital demonstration project, inspiring green momentum in the region.

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3. Paris 2024 Aquatics Centre – Serving people while respecting the planet



To reduce the cost and carbon footprint of the Games, Olympic Agenda 2020 requires Games organisers to minimise construction and build new venues only when there is a long-term local need for them. Paris 2024 organisers will use existing or temporary infrastructure for 95 per cent of their venues. The only new competition venue built for the Games, the Olympic Aquatics Centre, shows how a venue can serve local communities – while respecting the planet.

The Aquatics Centre building materials are in large part bio-sourced, with the timber structure and roof frame blending seamlessly into the surrounding.

Meanwhile, its 5,000m² roof will be covered with an innovative photovoltaic panel structure. It will be one of France's largest urban solar farms. Its innovative design was conceived to increase energy efficiency over the lifetime of the building. Its interior will be fitted with recycled materials, all made in France to showcase the country's environmental expertise. The seats will be made entirely from local plastic waste by a local provider.

After the Games, the Aquatics Centre will be transformed into a multi-use sporting facility. It will be able to switch from a 5,000-seat venue to a 2,500-seat facility,

addressing the needs of local communities of Seine-Saint-Denis – an area which currently lacks swimming facilities.

4. The Sport for Nature Framework – protecting the planet through sport



Addressing the loss of nature is key to protecting the health of the planet and to responding to climate change. According to the World Economic Forum, biodiversity loss represents the fourth greatest risk to the global economy. Failure to respond to climate change and biodiversity loss are among the top five most severe risks facing the world in the long term.

In December 2022, the IOC – in partnership with the International Union for Conservation of Nature (IUCN), the United Nations Environment Programme (UNEP) and the Secretariat of the Convention on Biological Diversity (CBD) – launched the first-ever Sports for Nature Framework. Its aim is to transform the relationship between sport and nature, making sure sport minimises its impact and uses its influence to help restore and protect nature.

The IOC and Paris 2024 are among the first signatories of the framework, which brings together sports federations, leagues, clubs and event organisers. They commit to protecting and avoiding causing damage to important species and habitats; restoring key ecosystems; creating sustainable supply chains; and educating and inspiring the wider sporting community.

5. The Olympic Forest – growing trees in Africa's drylands



Climate change is devastating the African drylands, since rising temperatures and changing weather patterns make survival harder for local communities. Overuse of land, including through forest clearing and overgrazing, means that the soils are losing fertility and are often no longer productive. Many people struggle to produce enough food. Poverty and migration are increasing.

In 2021, the IOC started an initiative to grow 590,000 native trees across 90 villages in Mali and Senegal, host of the Youth Olympic Games Dakar 2026.

These trees offer vital solutions. They absorb carbon dioxide, a leading cause of climate change, and they also improve soil fertility, prevent erosion, and provide shade. When drought causes crops to fail, many trees are able to survive, producing fruit, nuts and seeds for sale or consumption. This way, they can help local communities adapt to climate change and increase their food and economic security.

The IOC and its implementing partner TreeAid work closely with local communities, making sure they are willing to be part of the project and involving them in the species selection process, and equipping them with knowledge to ensure they can maintain the trees in the future.

FIRST SRI LANKA GOLF RANKING WIN FOR TEENAGER RESHAN ALGAMA AT VICTORIA GOLF RESORT



(L-R): 1st Runner up - M.U.Chanaka Perera Winner - Reshan Algama, 2nd Runner Up Uchitha Ranasinghe

Teenager Reshan Algama, turned fifteen in February 2023, held his nerve playing among heavily experienced Golfers comprising a playing Pro on the PGTI circuit, the past National Amateur Champion, few teaching professionals and seasoned Amateur Golfers with loads of experience.

Reshan having made his debut appearance overseas representing Sri Lanka Golf in Bangladesh recently, performed quite well for a debut appearance and visibly that single experience has helped Reshan improve rapidly growing in confidence and showing the ability to deal with pressure.

Reshan Algama's opening round of 78 secured joint 4th place with M.U. Chanaka Perera the past Amateur National Champion, behind the joint leaders Uchitha Ranasinghe and Priya Hemantha an experienced teaching Pro playing on his home Course. In 3rd place one stroke behind the joint leaders was Vijitha Bandara the only PGTI playing Professional in the field, who also holds the current Course Record at seven-under-par.

No one would have imagined that Reshan 4 strokes adrift of the leader after round 1 would be the winner of this competitive WAGR Sri Lanka Golf Ranking Monthly event this early in Reshan's young golfing career. Reshan shot a one-under par 71 in Round 2 to move up two positions, one stroke behind Priya Hemantha on a two-round total of 148.

Reshan Algama Teeing off for the first time in the Leaders flight in the 3rd round played excellent Golf showing maturity and ability to withstand pressure carding a solid 2 over par 74, surging into a three-stroke lead from the only playing professional in the field Vijitha Bandara, with Priya Hemantha slipping a few places along with Uchitha Ranasinghe, Chanaka Perera, Chalitha Pushpika of the Sri Lanka Navy.

No one would have imagined that Reshan, 4 strokes adrift of the leader after round 1, would be the winner of this competitive WAGR Sri Lanka Golf Ranking Monthly event this early in his young golfing career

The final round was an excellent test of character for Reshan Algama who took on Vijitha Bandara and Priya Hemantha and withstood the pressure to card a solid one over par 73 to maintain the 3 stroke-lead from Vijitha Bandara and secure his first victory at the senior level of Golf in Sri Lanka at the Victoria Golf Resort, a challenging course up to international standards, with the longest yardage at Par 72 and recognized among the 100 most beautiful Golf Courses in the world.

Congratulations to Reshan Algama, a rising young star for Sri Lanka Golf and an encouragement and endorsement of the young talent that has emerged from the Junior Golf development programmes of the RCGC and Sri Lanka Junior Golf conducting regional and junior championship golf tournaments for over ten years now. Credit to Reshan's Coach and his closest confidant, his enthusiastic dad, quietly supporting and encouraging the youngster to perform at his best.

A great day and ray of hope for Sri Lanka Golf as the young star overturned the senior brigade challenging for the National team spots for a brighter golf future for Sri Lanka.

Courtesy - Sri Lanka Golf

This is a series of insights into sports in the words of the International Olympic Committee

History of - BADMINTON

What is Badminton?

Badminton is a racket-and-shuttle game played on a court by two players or doubles teams. The sport takes its name from Badminton House—home of the Duke of Beaufort in the English county of Gloucestershire.



By whom, where and when was Badminton invented?

In 1873, the Duke is credited with bringing a version of the game—Poona—back from India and introducing it to his guests. The sport quickly grew in popularity, and in 1877, the first set of written rules were devised by the newly formed Bath Badminton Club. The Badminton Federation of England was created 16 years later, and in 1899, it organised the first All England Championships.



What are the rules of badminton?

The exact rules of badminton have changed over time, but the aim is to land the shuttle in-bounds in the opponent's half of the court without the opponent returning it successfully. Matches are currently played to a best-of-three games, with the first to 21 points winning each game. Each player or doubles team must win each game by two clear points, except if a game reaches 29—all, a single sudden-death point is played.

Badminton and the Olympics

Badminton made its debut as a demonstration sport at the 1972 Olympic Games in Munich. It was not until the 1992 Games in Barcelona that it was officially included on the Olympic programme, with men's and women's singles and doubles events. The mixed doubles event made its debut in 1996 at the Atlanta Olympic Games. Since then, the number of events has remained unchanged.



Best Badminton players to watch

Viktor Axelsen (Denmark) and Chen Yufei (People's Republic of China) were the singles champions at the Olympic Games of Tokyo 2020, and continue to be among the best badminton players to watch. Indonesia, Malaysia, Japan, Republic of Korea, India, Spain, Chinese Taipei, and Singapore have all also produced exciting badminton players to keep an eye on.



Badminton competition rules and event format at Paris 2024

Each of the five events will have a preliminary group phase, before the top 16 singles and top 8 doubles teams qualify for a direct knockout single-elimination bracket to determine the medallists.

