

GoodSport

SRI LANKA OLYMPIC WEEKLY NEWS BULLETIN

“When the going gets tough, tough gets going”

WELCOME
to the challenges of

2021





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

NOC NEWS

It's going to be challenging



Olympic Day Celebrations 2020
NATIONAL OLYMPIC COMMITTEE OF SRI LANKA



It's another episode of
"When the going gets **tough**,
tough gets going".

By December 2019 the National Olympic Committee was still relishing the exploits of one of the most successful South Asian Games where the NOC SL team left no stone unturned to see to that it ended up as the success that it was.

As 2020 entered the doorways of the building there were plans and hopes of galloping on with the victory march with the NOC SL think tank making minute details of how it's going to be. Nonetheless the work began with the customary Pirith chanting ceremony followed by Dana for the Buddhist clergy, thus invoking blessings for their tasks ahead of them.

But, as the year begun to mature the spasms of uncertainty began to creep in with the reported threat of Covid-19

and soon the threat turned into a pandemic situation and the country soon came under a lock-down situation, which was followed by an almost most two and half a months in-action.

From that point we – the NOC SL began to combat the waves of uncertainty – at times with at times zooming ourselves out of a situation and at times taking the bull by its horns. Now it is a new year and with it comes the new challenges and we are ready combat it!



This in earnest is how we stuck to our tasks in the year of 2020:

Tuesday 30th June 2020

ISSUE - 20

Olympic Day Celebrations held in grand fashion



“We are looking for a smarter post Covid period”
 – Suresh Subramaniam



Dawning of June 23, 2020 looked really like the blossoming of flowers at Viharamahadevi Park in the heart of Colombo.

In reality this was the first sports linked mega event that was on show since the Covid-19 pandemic took the world back by a few immeasurable scales.

At present, not that the demon is squarely dismembered, but, being an island nation we have been able to contain the epidemic somewhat so that day-to-day life seemingly have come back to its own; of course with a few health restrictions.

Truly it was an Olympic Day Celebration with a difference, yet it was held in a telling fashion at the National Olympic Committee of Sri Lanka Headquarters.

In spite there was no customary ‘run’ studded by a few hundred schools children, the day had its own unique celebrations which were quite unparalleled. For instance according to the health guidelines the one-metre distance between participants was maintained, yet there was a full house of people.

Monday 28th September 2020

ISSUE - 33

NOC SL News

Next Olympic medal may not be a pipe dream



Rs. 40 million upliftment for youth athletics with Crysbro-NOC SL “Next Champ” project

Sri Lanka's last Olympic Medal came our way, way-back during the change of the last millennium in the year 2000 at the Sydney Olympic Games when Susanthika Jayasinghe became the only Asian to win an Olympic sprint medal – a feat that stands up to date. Since, we

have been scraping the bottom in search for something elusive even at the Asian Games level without any success – a medal of worth, to call our own.

Not that the authorities have not been concerned or the cause has gone unnoticed. But, always there has been something amiss – they fail even to qualify in most cases.

These names were familiar in the international athletic circles. What we lacked in this sphere was a true blueprint that could be measured and checked back and was time bound. This led to lots of school kids giving up sports especially athletics, at the end of their school careers. They saw no solace in being a part of a system that is deflated. Now the far sighted conglomerate Crysbro who has been involved in the development of junior athletics for many a season has found another very influential partner in the National Olympic Committee of Sri Lanka (NOC SL) to come up with a project to changed the playing field.

In reality we have failed to produce the Susanthikas, the Dharshas, Thilakarathnes and the Kulawansas who saw to that the Lankan flag fluttered during international events in the world in most cases.



Olympic Medalist Susanthika Jayasinghe makes the keynote address

Lankans

Tuesday 06th October 2020

ISSUE - 34

TAFISA World Walking Day at Kelaniya



The TAFISA World Walking Day 24 Hours around the Globe has officially started and is going strong! On Sunday October 4 the Sri Lanka version of the walk was held at Kelaniya adjacent to the historic Kelaniya Temple premises with the participation of over seventy five participants.

Keeping to tradition in Sri Lanka too the walk took place with a set of teen roller skaters doing the walk.

Throughout the day, participants from all over the world are passing the baton at 10am local time, joining a relay going across the globe from east to west.



Monday 19th October 2020

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NOC SL News

A long-felt need has been brought into focus



Safe Sport on board now

With pride and responsibility that the Women's Committee of the NOC Sri Lanka in conjunction with the Wijeya Group and Maharaja Broadcasting launched the "Harassment Is No Game" campaign for the benefit of the entire athletic fraternity irrespective of which gender that they belong to.

The crying need of this day and age is Safe Sport where the athlete would be free of physical, sexual, mental, verbal torment and thus could only concentrate and take up the challenges ahead of them be it the track, the hurdle, the swimming pool or in any Olympic Sports.

Towards this endeavour, we have created a helpline for the athletes if they do happen to face such experiences.

Explaining the modalities of the programme was a panel of experts who either were responsible for drawing up the framework or people who were sportsmen and women who have experienced the inner sanctum of sports from the highest echelons.

Tuesday 24th November 2020

ISSUE - 41

NOC NEWS

Beating the odds of a natural calamity



Ladies from Sirimavo Bandaranaike Vidyalaya held sway to clinch OVEP championship

In an all ladies final, Sirimavo Bandaranaike Vidyalaya prevailed over Hillwood College Kandy in the final of the Olympic Values Education Programme (OVEP) conducted by the National Olympic Committee of Sri Lanka via the zoom technology over the weekend.

Speaking on the subject of “Engaging in sport by practicing Olympic Values teach the athletes to overcome barriers of Life” put forward by Sirimavo Bandaranaike as against the point of view put forward by Hillwood Schools’ -- “Engaging in Sport by practicing Olympic Values build a foundation to a future life” -

were the two subjects that the two contestants had to prove beyond any reasonable doubt to clinch the coveted title.

However, Sirimavo Bandaranaike Vidyalaya Ladies were more focussed on their given topic.

The winning team comprised Rosara Dayaratne, Detuni Perera, Ruvinya Weerakoon, Laseni Coralage while the teacher in charge of achievement was Mrs. Indira Ratnayake.

Initially twenty top schools around the island were showcased their speaking skills and they were -

Royal College Colombo 7, Sirimavo Bandaranaike Vidyalaya Colombo 7, Dharmaraja College Kandy, Methodist College Colombo 3, Chundikuli Gir’s College Jaffna, Gateway College Dehiwala, Trinity College Kandy, Good Shepherd Convent Kandy, Musaeus College Colombo 7, Hillwood College Kandy, Devi Balika Vidyalaya Colombo 8, Vincent Girls High School Batticaloa, Girl’s High School Kandy, Gateway College Colombo, St. John’s College Jaffna, Anuradhapura Central College, Bishop’s College Colombo, Mahamaya Girl’s College Kandy, Kingswood College Kandy and Pinnawela Central College Rambukkana.

Tuesday 15th December 2020

ISSUE - 44

NOC NEWS

Hi-tech arrives at the NOC SL Olympic House



NOC SL auditorium christened with pomp in spite of Covid scare

The spruced up Hemasiri Fernando auditorium of the National Olympic Committee of Sri Lanka was declared opened on 14 December 2020 by its president Suresh Subramaniam and Secretary General Maxwell de Silva.

The work of this Rs. 25 million project was inaugurated under Olympic Council of Asia -- "Olympicasia" and bore a cost of \$ 100,000 towards the project while balance expenses came from the coffers of the National Olympic Committee of Sri Lanka and philanthropists.

110 persons could be accommodated and it will contain all modern equipment that is required for a facility of this status.

The facility was christened with the holding of the Annual General Meeting presided also by the NOC SL President Suresh Subramaniam.

After the inauguration of the auditorium, the Secretary General of the National Olympic Committee commented that besides the monies that were spent to make this dream a reality, there were a lot of -

personnel like Mr. Nishantha Jayasinghe who was in-charge in executing the project, project-manager Srinath Wijetunga, Mr. Ranjith Jegamohan, Ms. Gayathri Liyanage, Tuan Aflal Mansoor and a lot of other sub-committees who burned a lot of midnight oil to project set sail on time.

The picture shows NOC SL President Suresh Subramaniam addressing the gathering at the Annual General Meeting.

Dilshi shines with three records set at Athletic Nationals

A Sri Lanka record and two new meet records were set during the 98th National Athletic championship held under strict COVID-19 health protocols because of the coronavirus epidemic held over four days at the Sugathadasa Stadium.

There are 72 national sports Federations registered with the Sports Ministry. However, only Sri Lanka Athletics (SLA) and Sri Lanka Badminton (SLB) were the only two national sports bodies to successfully conduct the National Championship for the year setting an example for other associations.

Sri Lanka Badminton successfully conducted the Li Ning Sri Lanka Shuttle Challenge while Sri Lanka Athletics organized the 98th National Athletic Championship.

For the first time in the history of the Athletic Nationals, participation was limited to top ranked athletes in each event. As a result the competition was worked off according to schedule because there was no congestion of events.

The gold medallists at the 2019 Kathmandu South Asian Games (SAG), in addition to Elite, National and International level athletes took part in the Athletic Nationals.

The Sri Lanka record was set by Sachini Perera of Sri Lanka Army in the women's Pole Vault event clearing 3.56 metres erasing the mark of 3.55m held by Aniththa Jegatheswaran.

The two new meet records were set by Suranga Silva (6.33m) in the women's long jump and Dilshi Kumarasinghe (2:02.86) in the women's 800m.

Dilshi clocked the season's second fastest time in Asia this year.

She defeated Sri Lanka record holder Nimali Liyanarachchi and international athlete Gayanthika Abeyratne who were placed second and third respectively.

Second-placed Nimali was the gold medallist at the 2017 Asian Athletic Championship in Bhubaneswar while Gayanthi won the gold medal at the Asian Indoor Games held in Turkmenistan the same year.

Meanwhile, rising youth athletic star Amasha de Silva was crowned as the fastest woman athlete in Sri Lanka.

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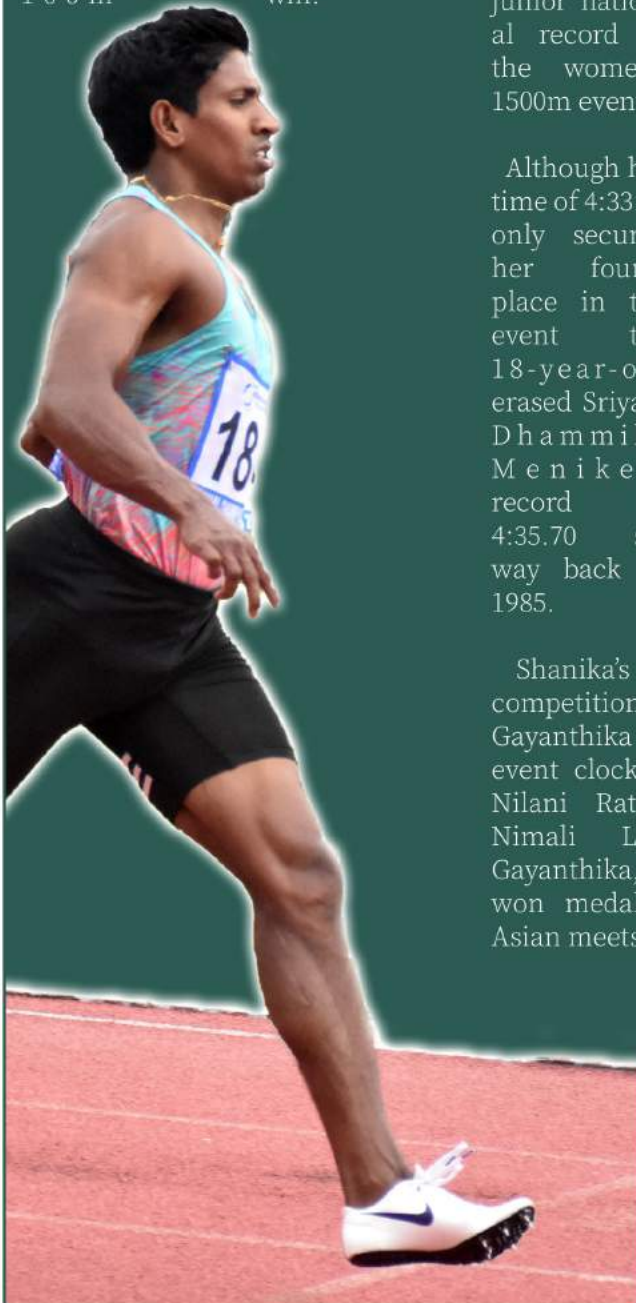
FEDERATION NEWS

GoodSport NEWS

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Her time of 11.55 seconds equalled the best timing achieved by Olympic medallist Susanthika Jayasinghe in the 100 metres. More significantly, national champion and international medallist Rumeshika Rathnayaka who clocked 11.88 was pushed into second place.

Meanwhile Himasha Eashan once again established himself as the fastest on Lankan tracks with his 100 m win.

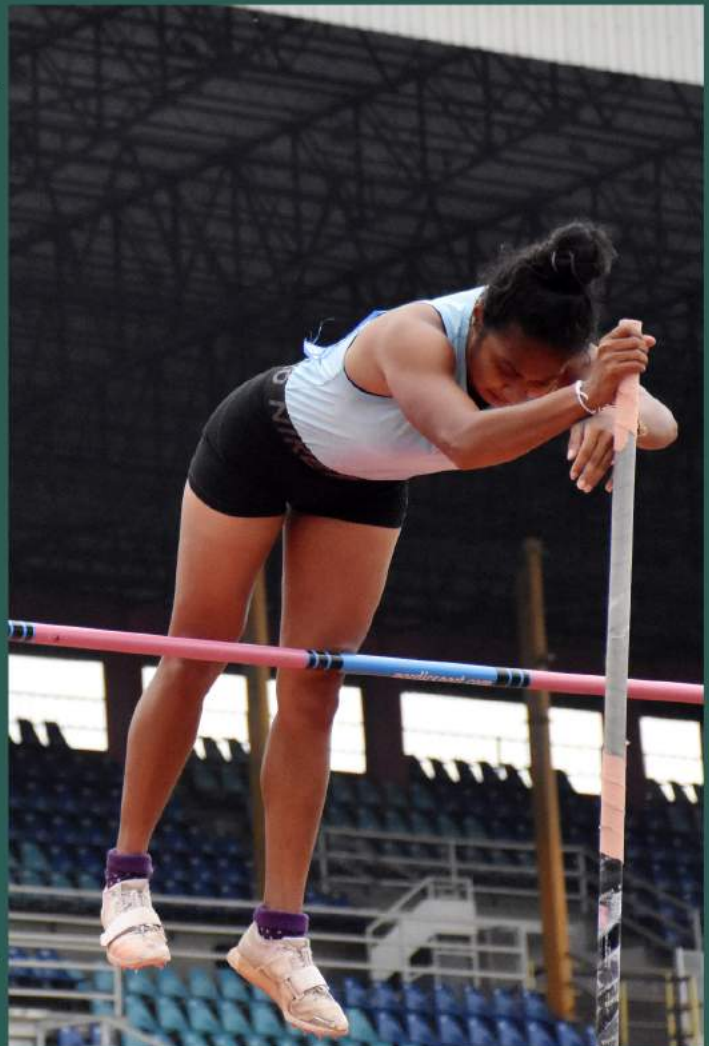


Another highlight was the emergence of promising middle distance runner from Holy Cross College, Kalutara Shanika Lakshani who shattered a 35-year-old junior national record in the women's 1500m event.

Although her time of 4:33.40 only secured her fourth place in the event the 18-year-old erased Sriyani Dharmika Menike's record of 4:35.70 set way back in 1985.

Shanika's feat came amid intense competition from Sri Lankan stars Gayanthika Abeyratne who won the event clocking 4:17.58 followed by Nilani Rathnayaka (4:21.28) and Nimali Liyanarachchi (4:28.13). Gayanthika, Nilani and Nimali have won medals at South Asian and Asian meets.

Many veteran athletes were made to bite the dust at the National Championships while new stars emerged.



The reigning national champions in the 1500 men Hemantha Kumara, Ishara Sandaruwan (pole vault) and Sreshan Dhananjaya (triple jump) were some of the national poolists who failed to win their events.

Meanwhile, according to the qualifying standards set by Sri Lanka Athletics, 20 have qualified to be in the Elite pool and 17 in the national pool.

By Susil Premalal