



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

FEDERATION NEWS

Anandian Senura de Silva wins boy's double



Crysbro-NOC SL scholarship holder Bimandee Bandara lives up to expectations - wins double

Crysbro-NOC SL scholarship holder Bimandee Bandara lived up to expectations when she bagged the All Island Under 15 and Under 18 Table Tennis titles conducted by the Western Province Table Tennis Association at the S. Thomas' Indoor Stadium, Mt. Lavinia recently.

Bimandee Bandara beat Oneli Lehansa of Musaeus College Colombo 7 at 11/3, 11/3, 11/5 to become the Under 15 Girls Champion and -

then she followed it by beating Jithara Warnakulasuriya 11/8, 11/6, 13/11 to clinch the Girls Under 18 Championships to complete a double.

There was a similar performance on the boy's championship too. There Senura De Silva of Ananda College Colombo bagged the under 15 and 18 titles beating Akesh Dimantha of Vidyarthi College Kandy in the under 15 final and then beating Chandupa Alahakoon of Kingswood Collage Kandy.

These age group segments were to be held previously alongside with the Open Men's and Women's tournament in February but were postponed due to safety concerns.

This tournament is approved by the Table Tennis Association of Sri Lanka and is an annual held event listed in the TTASL tournament calendar.

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Due to Covid 19, the Table Tennis Association of Sri Lanka and its affiliated clubs could not conduct tournaments during 2020.

Still within the 2020 tournament Calendar and being only the second ranking event held so far for the under 15 and 18 age groups, the under 15 boys segment attracted 71 players whilst 53 players competed in the girls category.

The Under 18 boy's age group saw a line-up of 58 players and 44 players in the girls Under 18 category.

All matches were keenly contested by players trying their best to outperform their opponents in the qualification stages to reach the main draw.

In the boys under 15 event quarter finals; Senura Silva (Ananda College) bt Hareen Nimdinu (Dharmashoka Ambalangoda) 11/5,11/5,11/5, Janith Batugedara (Royal College) bt Kakeru Hennayaka (Ananda College) 11/8,11/7,11/7, Dewmath Weerasena (Lyceum Nugegoda) bt Haseera Dinusara (Dharmashoka Ambalangoda) 11/9,12/10,11/9, Akesh Dimantha (Vidyarthi Kandy) bt Vinuka Gunawardena (Royal College) 11/8,11/8,11/6.

In the semi-finals Senura Silva bt Janith Batugedara 11/5,11/6/11/6, Akesh Dimantha bt Dewmath Weerasena 11/8,11/7,13/11.

The Finals was contested between Senura Silva and Akesh Dimantha where Senura bt Akesh 13/10, 11/9,11/6 to be the boys under 15 champion.

In the Girls under 15 Quarter-finals; Bimandee Bandara (Hillwood Kandy) bt Shenali Mendis (Musaeus College) 11/5,11/3,11/3, Heshi Nirmi (Prajapathi Ambalangoda) bt Sandithie Jayasinghe (Musaeus College)11/9. 11/7, 14/16, 12/10, Nadithi Rehansa (Prajapathi Ambalangoda) bt Minna Hassim (Ladies College) 13/11,10/12,11/4,11/9, Oneli Lehansa (Musaeus College) bt Lesanya Sethumdee (Dharmashoka Ambalangoda) 11/3,11/7,11/8.

In the semi-finals Bimandee Bandara bt Heshi Nirmi 11/5,11/7,11/7 and Oneli Lehansa bt Nadithi Rehansa 9/11,6/11,13/11,13/11,11/3. In the Finals Bimandee Bandara bt Oneli Lehansa 11/3, 11/3,11/5 to become the Under 15 Girls Champion.

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In the boys under 18 competition quarter finals; Senura Silva (Ananda College) bt Chanul Dulshen (Dharmashoka Ambalangoda) 11/5,11/7,11/7, Thisas Ranchagoda (Royal College) bt Yasiru Maleesha (Vidyarthi Kandy), Chandupa Alahkoon (Kingswood Kandy) bt Hasitha Udara (Kingswood Kandy) 13/11,6/11,12/10,12/10 and Dhanushka Wijesinghe (Kingswood Kandy) bt Hiruna Warasuwithana (Ananda College).

At the Semi-Finals Senura Silva bt Thisas Ranchagoda 11/4, 11/13,11/7,11/3 and Chandupa Alahakoon bt Dhanushka Wijesinghe 10/12,11/9,11/9,11/6. In an entertaining final that went on to all 5 sets, Senura Silva bt Chandupa Alahakoon 5/11,15/13,11/6,3/11,11/7 to bag a double.



In the Girls Under 18 category Bimandee Bandara (Hilwood Kandy) Ayla Chitty (Ladies College), Maneesha Shalindi (Dharmashoka Ambalangoda) bt Heshi Nirmi (Prajapathi Ambalangoda) 11/7,11/5,11/7, M.H.K Kavindi (Dharmashoka Ambalangoda) bt Nadithi Rehansa (Prajapathi Ambalangoda) 13/11,11/8,12/10,11/13,11/8, Jithara Warnakulasuriya (Ladies College) bt Sanduni Prabuddhika (Dharmashoka Ambalangoda)

In the Semi-Finals, Bimandee Bandara bt Maneesha Shalindi 11/7,11/5, 11/7 and Jithara Warnakulasuriya bt M.H.K Kavindi 6/11,11/7,7/11,13/11,11/8. In the all important girls finals Bimandee Bandara bt Jithara Warnakulasuriya 11/8,11/6,13/11 to clinch the girls under 18 championships to complete her double. Mr. Yohan Deshapriya, a former national player was the chief guest and distributed all certificates to the quarter finalist onwards and trophies to the semi-finalists, runners up and champions.



Athletes and IOC President mark 100-day countdown to Tokyo 2020

A group of riders from the Union Cycliste Internationale (UCI)'s World Cycling Centre in Switzerland met with International Olympic Committee (IOC) President Thomas Bach to kick off the final countdown to the Olympic Games Tokyo 2020 this summer.

The athletes and the IOC President came together by the official Tokyo 2020 countdown clock in the Olympic Capital of Lausanne at the very moment that marked exactly 100 days to go to the Olympic Games on April 14.

“Now the real countdown has started and, comparing it to an athlete, it is the final lap. So, we need to get ready for the final sprint with –

regard to the organisation, but also with regard to the athletes. Now everybody has a clear vision of these Games,” said the IOC President.

TOKYO 2020

“The message to the athletes is ‘Here we go! It is just 100 days. These final days of preparations – I know from my own experience – are very, very important,” he explained. The group of ten road cycling and mountain bike riders included athletes from four continents (Africa, Americas, Asia and Europe). With some still hoping to qualify for the Games this summer, including Olympic scholarship-holder Tumelo Makae, from Lesotho, they heard words of encouragement and advice from –

President Bach, himself an Olympic champion in fencing at Montreal 1976.

“Our coach gave us a good advice at 100 days to go to our Olympic Games. He said: ‘Right now, we have discussed all the problems we may face when it comes to the Games. If anything comes up that we have not discussed before, it's not a problem.’ This proved to be extremely well advised.”

“I can only tell the athletes: get ready in this spirit. We'll be waiting for you in the Tokyo Olympic Stadium on 23 July,” President Bach concluded.

IOC NEWS

Leading the way for female Muslim athletes

Hi, I'm Aya Medany, a modern pentathlete and fencer from Egypt. I've experienced first-hand the difficulties of being a Muslim woman in elite-level sport. I am now a member of the IOC Athletes' Commission and hope to represent the voice of female Muslim athletes worldwide.

I faced many challenges in my sport.

There is a strong tradition in Arab countries and in Africa that you must work and study hard to have a good job, so it was difficult to balance this with my sporting ambitions.

I decided then that I wanted to wear a hijab while competing, but the International Swimming Federation's (FINA) rules stipulated that I could not wear a full swimming suit with long sleeves and trousers and that the shoulders and knees must be visible.



Finding a new path

I tried to fight against this decision, but nothing changed.

Eventually, I accepted it and competed at London 2012, but I couldn't manage to improve on my

Aya Medany has competed at three Olympic Games in modern pentathlon and is using her voice to empower all female Muslim athletes. Channelling the anger from experiences within her own sporting career, Aya is a passionate advocate for the right of Muslim women to wear the hijab while playing sports.

Another challenge was my status as a Muslim woman competing in sport.

Although I was ranked world number three going into Beijing 2008 and I was expected to win a medal for my country, I could only finish in eighth place.

result from four years previously in Beijing.

Because of this, I decided to quit the sport.

I had no funding, the 2011 revolution in Egypt was still an issue, and I felt as if nobody was prepared to listen to me about the hijab and that there was no fairness left in sport anymore.

As a member of the IOC Athletes' Commission, Aya's goal is to change attitudes and she encourages you to fight to be heard too.

I cried. I was upset. I felt as if I had let my country down.

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Then one day, I was approached by the president of my National Federation.

He said I was one of Egypt's biggest role models and that the younger generation looked up to me and wanted to be like me.

I entered the IOC Women and Sport Awards as my country's candidate and won the IOC Continental Trophy for Africa in 2014.

This was the beginning of my second journey in sport.

After feeling depressed a couple of years previously and thinking that there was no fairness anymore, suddenly I had won a trophy and was given money to support a programme helping girls, the young generation and sport in general in my country.

Joining the IOC Athletes' Commission

I felt that no one in Egypt understood the culture of sport, so my goal was to change attitudes.

I went to 15 schools and reached more than 300 children and young people, teaching them fencing and shooting, and organising a competition about the Olympic Games and the Olympic Movement.

At the end of the project in 2015, I decided that I wanted to be a member of the IOC Athletes' Commission so that I could help Arab and African athletes facing the same problems I had with the hijab.

I didn't succeed in getting elected the first time, but after a few months the IOC President contacted me and asked if I wanted to join.



It was like winning an Olympic medal for me – being a part of the Olympic family is amazing. I never dreamed of being in a place like this.

When I enter and see how people work and how well-organised it is, I can't help but be impressed.

I'm trying to learn and do everything possible for the athletes from Arab, Muslim and African backgrounds. I hope I can do better and achieve more.

Speaking out

Joining the Athlete365 Community is an amazing opportunity for you, particularly those of you from African countries and small countries, to strengthen your own voice -

while discovering more about the Commission's work.

You can access our newsletters, you can find out about the courses we run and you can always reach out for support.

When my situation with the hijab arose, there were no platforms like this to speak out.

I fought until I had a voice and I encourage you to do the same.