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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



TOP 30% FINISH FOR SRI LANKA AT TRINBAGO 2023

Amidst the breathtaking landscapes of Trinidad and Tobago, the stage was set for the highly anticipated 2023 Commonwealth Youth Games, a celebration of youthful athleticism and the spirit of unity.

Among the array of young talents, an 11-member contingent from Sri Lanka emerged as shining stars, leaving an indelible mark on this global sporting celebration.

The Sri Lanka Athletics contingent, consisting of three boys and two girls, succeeded to their mettle on the track and field.

Ayomal Akalanka emerged as a standout performer, seizing a silver medal in the fiercely competitive 400m Hurdles event.

Clocking an impressive 51.61 seconds, Akalanka not only secured a second place but also marked a personal best.

Nilupul Thejana's triumph in the High Jump event further bolstered Sri Lanka's standing.

With a soaring leap that reached a height of 2.00 meters, Thejana clinched a bronze medal, showcasing his extraordinary skills.

Munasighe tackled the 400m Hurdles in a commendable time of 1:03.44, marking a personal best and only narrowly missing a podium finish. Meanwhile, Arthavidu's cleared an impressive 1.95 meters in the men's high jump event.

Hansika Munasinghe's prowess extended to the Long Jump event, where her leap of 5.65 meters secured her the eighth position.

In the 800m heats, Kasuni Wickramasinghe demonstrated her potential with a time of 2:20.52, laying the foundation for future achievements.

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Collectively, Lankan athletes' remarkable performances culminated in an impressive overall ranking of 21 out of 71 Commonwealth nations and territories, positioning them within the top 30% of participants

Beyond the track and field, the Sri Lankan Beach Volleyball team held their own on the sandy courts. The spirited team encountered Trinidad and Tobago's "Team A," Cyprus, and England, displaying unwavering determination despite facing defeats in these matches. However, the team's fortitude shone through in their victories against Trinidad and Tobago's "Team B" and Saint Kitts and Nevis, securing 9th place out of 12 teams in the overall rankings.



Collectively, Lankan athletes' remarkable performances culminated in an impressive overall ranking of 21 out of 71 Commonwealth nations and territories, positioning them within the top 30% of participants. As the final echoes of competition fades away, Sri Lanka stands tall, a nation proud of its accomplishments and its promising future in the world of sports.

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

SILVER MEDALIST

K. L. AKALANKA
400M HURDLES - 51.61 Sec

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

BRONZE MEDALIST

R. P. NILUPUL PEHESARA
HIGH JUMP - 2.00m

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

4TH PLACE

D. A. SHALANI HANSIKA
400M HURDLES - 1:03.44s (SB)

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

4TH PLACE

LESANDU ARTHAVIDU
HIGH JUMP - 1.95m

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

8TH PLACE

D. A. SHALANI HANSIKA
LONG JUMP - 5.65 m

TRINBAGO 2023
COMMONWEALTH YOUTH GAMES

9TH PLACE

W. O. SAMEEN MADUSHAN
MANUJA NISAL
BEACH VOLLEYBALL

2ND OLYMPIC SOLIDARITY SPORT ADMINISTRATORS COURSE CONCLUDED



The 2nd Olympic Solidarity Sport Administrators Course (OSSAC) for the year 2023 concluded successfully. The OSSAC was conducted by the National Olympic Committee of Sri Lanka under the auspices of Olympic Solidarity from 10 – 13 August at the Sri Lanka Olympic House.

21 sport administrators representing National Sport Federations, Universities and Tri Forces were fully engaged with the four-day course which was facilitated by the Programme Director Professor B.L.H. Perera, National Course Directors Grp. Cpt. Nalin de Silva and Mrs. Oliviya Gamage, and Provisional National Course Directors Rear Admiral Shemal Fernando and Mr. Gobinath Sivarajah.

The OSSAC manual consists of 65 units under five themes - Principles, Structure and Leadership of the Olympic Movement, the Games, Athletes at the Heart of the Olympic Movement, Promoting the Olympic Values and Sport, and Management.

One of the participants, Kalani Siriwardhana, sports performance analysing Enthusiastic from the University of Ruhuna commented, "It is a great privilege to learn a vast area of Sport Administration including Olympic Values, Olympism, Anti-doping, Sports Science and Technology in Sports from the experts. The course included various activities such as group discussions, Q & A sessions and a cool debate. All of these variations helped a lot to gain knowledge and share my ideas, and the experiences of the Sri Lankan sports industry."

The Participants were as below.

Sri Lanka Triathlon -

Mr. Vajira Ranjan Ramanayake, Mr. Shanaka De Silva

Renown Football Academy -

Ms. Yamuna Niranjala Ilangakoon

Sri Lanka Hockey Federation -

Ms. H. A. Neranji Anuradha Kumari Attipola

Sussex College -

Mr. J. A. Kasun Chandana, Mr. Narendra De Silva

National Sports Selection Committee -

Major Ms. J H D Ishini Kumari Katuwangoda

University of Ruhuna, Matara -

Ms. Dona Kalani Sugandhika Siriwardhana

Sri Lanka Badminton Association -

Mr. Vinod Silva, Mr. G.G. Chamith Maduranga, Mr. Roshan De Silva

Sri Lanka Weightlifting Federation -

Mr. Gihan Kuruppu

Sri Lanka Navy -

Commander Yasiru Weerasekara, Commander A Chinthaka Gunarathne, Lieutenant Commander Karunamuni Sankha Madushan Silva

Sri Lanka Air Force -

Wing Commander Chamila Niranga Kahandakoralage, Squadron Leader Oshan Sameera Maginarachchi, Squadron Leader Dhanushka Boteju

Sri Lanka National Guard -

Mr. K.M. Gemunu Amaranayake

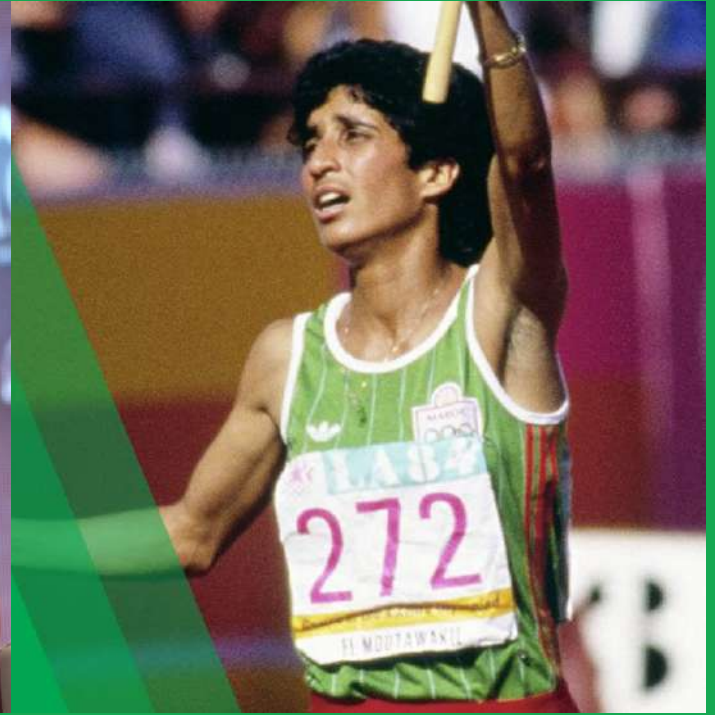
Sri Lanka Esports Association -

Mr. Ramesh Liyanage

Yachting Association of Sri Lanka -

Mr. Kaif Sally

WOMEN WILL MAKE HISTORY AT PARIS 2024



The 1984 Olympic Summer Games in Los Angeles were a pinnacle moment for me, in becoming the first-ever Arab African woman Olympic champion.

This victory was a source of pride not only for me, but also for many young girls and women around the world, who felt energised and motivated as a result.

However, the night before my race, all eyes were on me, making me very nervous. I was the only female athlete in the entire Moroccan delegation, competing in the finals of the 400m hurdles.

This event was introduced for the first time for women at those same Olympic Games.

Forty years later, I will be attending the Olympic Games Paris 2024 as a member of the International Olympic Committee (IOC).

I will witness for the first time in history the Olympic Games achieve gender equality, with exactly the same number of male and female athletes.

We have come a long way. In 1924, women made up only 5 per cent of the competitors.

In Los Angeles, we made up 23 per cent of the athletes. But thanks to the growing commitment of the IOC, these numbers have continued to increase, and women represented almost 49 per cent of the nearly 11,000 athletes at the Olympic Games Tokyo 2020.

In Paris, we will achieve the desired 50:50 ratio.

On top of this, by changing our rules, the IOC has placed gender equality directly in the spotlight at the Opening Ceremony, by not only

allowing but also actively encouraging each team to have one female and one male athlete jointly carry their flag.

The Olympic Games are a rare occasion when female athletes can make the headlines as much as their male counterparts.

We know that there are prime global broadcasting times at each edition of the Olympic Games.

We have adjusted the schedule accordingly to ensure that a gender-balanced number of medal events and total competition hours take place during those time slots.

Paris will be a proud moment for the Olympic Movement – the culmination of hard work by the IOC, sports federations, National Olympic Committees, organisers and, of course, the athletes.

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These Games will represent the pinnacle of our strategic commitment to gender equality. But it is certainly not the finish line.

Building on this extraordinary achievement, we are now encouraging our stakeholders to shift their focus beyond the field of play, where the situation of coaches needs considerably more attention.

In the past 10 years, just 10 per cent of Olympic coaches have been women. And this number has hardly changed.

But coaches are visible and influential decision-makers.

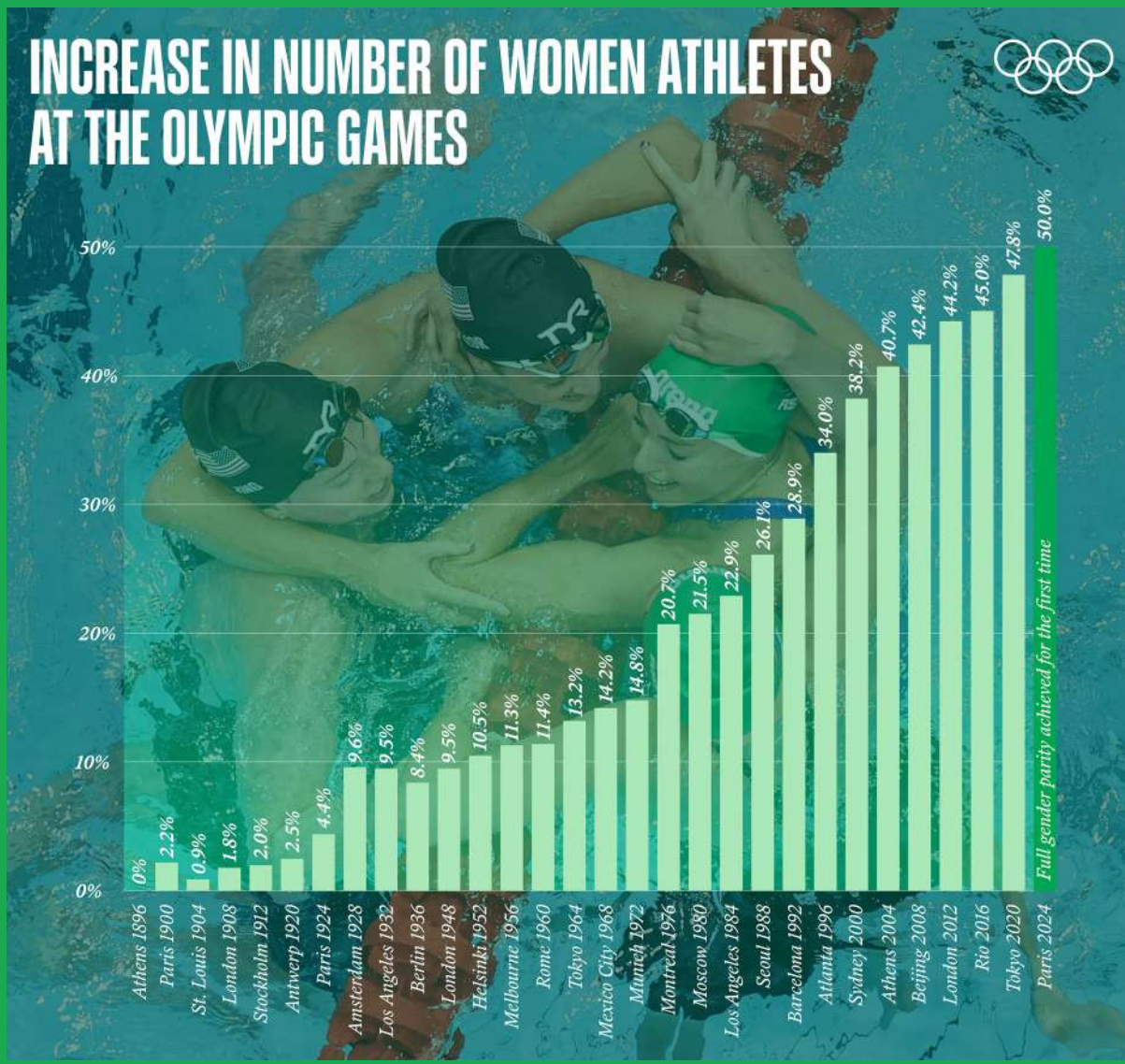
We need women and young girls to see female coaches, to believe that they too can achieve positions of responsibility and influence.

We need women coaches in sport for the same reasons the corporate world needs female representatives at the top leadership level.

The challenge starts at grassroots level and things will take time to correct, because a coaching career typically takes 10 to 12 years of competition at national level before reaching Olympic level.

It takes more time to become a coach than to become an elite athlete. Although the IOC does not have direct influence on the choice of coaches for the Olympic Games, we are committed to addressing the challenge and to supporting stakeholders in creating pathways for more women to reach the highest levels of coaching.

The Women in Sport High-Performance Pathway Programme (WISH) is a key element of the Olympic response, equipping over 100 women from more than 50 countries and 17 sports to coach at elite level, and it is gaining momentum.



To be sure, multiple other challenges remain.

Just like the athletes we serve, success is not easily achieved.

It takes time, effort, courage and tenacity.

Now, we need to make sure that the positive steps towards true gender equality at Paris 2024 translate into lasting change.

by Nawal El Moutawakel

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