



GoodSport



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

Fast Forward through Hangzhou (II)

FOR THE ATHLETIC AFICIONADO OF HANGZHOU



19th Asian Games
Hangzhou

The narration of the Hangzhou Asian Games experience is once again thinly combed out and served as a gourmet serve for the Lankan connoisseur who indulge in storing every bit of information that was dished out during the Games.

This is the second episode and in the first we served to you in our last episode on October 25.

In fact, this delicious serving is for the aficionado or the inner circle of athletic enthusiast who prefer the long serve.

This was how it was rolled out:

30 September 2023 – The first event at Athletics for Sri Lanka for the day featured Nadeesha Ramanayaka, performing in the Women's 400m Final, in which she came in 5th, clocking 53.72s.

Her performance was followed by Aruna Dharshana and Kalinga Kumara in the Men's 400m Final, where they came in 6th clocking 46.09s and 7th clocking 46.22s respectively.

Miles away in the Golf arena, after Thangaraja Nadaraja became the sole survivor at under 1 par 71 and two under in the two rounds, had a disastrous start in the third with a double bogey and two bogeys in the first the four holes.

Only the fourth was a par, yet overall, one under. With the round yet to be played, Nadaraja came back in the 5th birdie followed by another on the 6th. But faltered once again with bogeys in the 7th, 8th and another bogey to end up 7, + 3 over. With cushioning, Nadaraja finished in the tied 37th position with Singapore.



From page 01

01 October 2023 – Sleek Ravindu Hashintha Laksiri usurped much needed adrenaline when he cast away his Thai challenge - Ravipun Limphaibon with ease in his Squash Men's Singles Round of 32 match at the Hangzhou Olympic Sports Centre Squash Courts with a score of 3-0.

Afterwards, the Lankan Mixed Doubles duo – Chanithma Sinaly and Shamil Wakeel competed in their first Pool B match against the Malaysian duo – Aifa Binti Azman and Mohammad Syafiq Bin Mohd Kamal, and lost with a score of 0-2.

Meanwhile, Athlete Gayanthika Aberathna performed in the Women's 1500m Final and placed 4th clocking 4mts. 18.77secs. at the Hangzhou Olympic Sports Centre Stadium.

The beginning of the Weightlifting journey of Team Sri Lanka was marked when Dilanka Isuru Kumara competed in the Men's 61kg Group B. He placed himself in the 4th rank in the group and 12th overall with a total score of 241.

Concurrently, Archery for Team Sri Lanka got underway at the Fuyang Yinhu Sports Centre Qualification Field. During the morning sessions, Archer Sajeev de Silva competed in the Recurve Men's Individual Qualification Round and came in 69th place with a score of 614 while Archer Anuradha Karunaratne competed in the Compound Women's Individual Qualification Round and came in 51st place with a score of 623.

Lone fighter in golf, Nadaraja came up with a slightly better performance on the bow out when he had a par 72 finish the Asian Games excursion at the West Lake International Golf Course.

Nadaraja had three birdies and two bogeys and the Lankans finished tied with Laos and Bangladesh on 34.



02 October 2023 – A 17-year athletic dream came true for a minute for Sri Lanka until at the 4x400m Mixed Relay – the Sri Lankan team ran with a timing of 3mts. 14.25secs. and came in 2nd place at the stadium. However, the official result released a disqualification of the team under the code TR17.3.1 (163.3(a)) – lane infringement. Unfortunately, when the first athlete passed the baton to the second athlete, the first athlete was in the wrong lane before and during the pass, which triggered this code. Concurrently, Sarangi Silva competed in the Women's Long Jump Final and came in 6th with a result of 6.14 (+0.2).

The silver lining for the day was when Young shuttler, Viren Nettasinghe stamped his authority in his first-ever Asian Games outing when he made short work of Gurung Anish of Bhutan at 21-6 and 21-14 just under 26 minutes at the Binjiang Gymnasium court three. His effort certainly must have helped him boost his world overall rank 81 with this win. After his win Viren just smiled and said "I am ready" and he must be known just what he meant by that. He is down to take an opponent from Mongolia.

Meanwhile, Archery for Team Sri Lanka had mixed results at the Fuyang Yinhu Sports Centre Qualification Field.

During Compound Individual 1/32 Elimination Rounds, Archer Anuradha Karunaratne won against Emirati Joumana Alnajjar with a score of 135 – 127 in the women's category while Archer Sanjeewa Kumara won against Mongolian Jamiyangombo Purevdorj with a score of 139 - 137.

However, Karunaratne lost against Indian Jyothi Surekha Vennam in the Compound Women's Individual 1/16 Elimination round with a score of 132 – 145 and Kumara lost against Taipei Chinese Chang Cheng-Wei in the Compound Men's Individual 1/16 Elimination round with a score of 128 - 148.

Later, Archer Sajeev de Silva competed against Kazakhstani Daulet-keldi Zhangbyrbay in the Recurve Men's Individual 1/32 Elimination round and lost with a score of 5-6.

The Hangzhou Olympic Sports Centre Squash Courts saw 2 close defeats for Team Sri Lanka.

Mixed doubles duo – Chanithma Sinaly and Shamil Wakeel, played against Filipino duo Jemyca Aribado and Robert Andrew Garcia in Pool B, and lost with a score of 1 – 2.

Then, Ravindu Laksiri was defeated by Malaysian Muhammad Addeen Idrakie Bin Bahtiar after battling for 58 long minutes with a score of 1 – 3 in the Men's Individual Round of 16.



From page 02

03 October 2023 – The whole nation joined in elation as Nadeesha Dilhani Lekamge quenched the 17-year-old Asian Games athletic medal thirst at the Hangzhou Olympic Sports Centre Stadium. This highlight occurred when Lekamge successfully grabbed the Silver Medal in Women's Javelin Throw with a mega performance of 61.57 - a new Personal Best.

Meanwhile, the Athletics contingent, Gayanthika Aberathna and Tharushi Dissanayaka competed in Round 1 - Heat 2 and 3 respectively of Women's 800m. Aberathna came in 3rd in her heat clocking 2mts. 07.17secs. while Dissanayaka came in 2nd in her heat clocking 2mts. 05.48secs. Their performances were followed by the Lankan Men's 4*400m Relay team, comprising of – Dinuka Deshan, Kaushika Keshan, Rajitha Rajakaruna and Pasindu Panambara, competed in Round 1- Heat 2 and placed 2nd clocking 3mts. 06.60secs. All 3 athletes qualified for the Final of their respective events.

Meanwhile, Lankan Mixed Doubles duo - Chanithma Sinaly and Shamil Wakeel, defeated Chinese duo – Li Dongjin and Zhou Zhitao, in Pool B match with a score of 2-0 at the Hangzhou Olympic Sports Centre Squash Courts.

At the Xiaoshan Sports Centre Gymnasium, Indika Dissanayake battled in the Weightlifting - Men's 73kg Group B and he managed to come in 3rd place of the group and 11th overall with a total of 285.

Lanka's new number one seed Badminton player, a prodigy who is on the rise in the World Ranking of 81 or below, twenty-year-old Viren Netasinghe opened a new page in -

game's history when he became the first reach the round of 16 at the 19th Asian Games at the Binjiang Gymnasium.

He did short work with Mongolia's Enkiibat Sumiyasuren scoring 21-8 and 21-16 and with this achievement, Viren was to meet one of the top players in the Asian circuit Chou Tien Chen of Chinese Taipei the next day.

With unreadable eyes, but with a wry smile Viren explained "Of course I am with my passage so far at the Asian Games. This is only the beginning, there is a long and winding road ahead of me".



04 October 2023 – It took an 18-year-old petite girl to break through the 21-year-old seemingly unbreakable barrier barring the Lankan island nation from Athletics' Gold medals at Asian Games.

The star of the night, and undoubtedly at the Games even, Tharushi Karunarathna ran with the hopes of the nation and bagged the Gold medal of the Women's 800m Final at the Olympic Sports Centre Stadium with a super performance of 2mts. 03.20secs.

Meanwhile, in the same Women's 800m Final, Gayanthika Aberathna managed to come in 8th clocking 2mts. 05.87secs.

But, Sri Lanka was in for 2 more treats through the night.

The women's relay team, comprising of - Nadeesha Ramanayaka, Jayeshi Uththara, Sayuri Mendis and star Tharushi Karunarathna stroke Bronze clocking 3mts. 30.88 secs. in the Women's 4*400m Relay final.

A short while later, the men's relay team, comprising of – Aruna Dharshana, Kaushika Keshan, Rajitha Rajakaruna and Kalinga Kumaraage, matched their Bronze clinching the medal in the Men's 4*400m Relay with a timing of 3mts. 02.55secs.

Meanwhile, Sri Lanka men – the men's defending Gold Medalists crashed to an unexpected 8 run defeat to be eliminated in their first outing.

Afghanistan taking the first lease of the wickets were bowled out for 116 – an average of under 6 runs per over.

For the winners NA Zadran top scored with 51 while MS Mohammad (20) and S. Kamal (23) top scored. Fast bowler Nuwan Thushara bowled best for Sri Lanka with figures of 4 for 17 in three overs while skipper Sahan Arachchige bagged 2 for 26.

The Lankan inning started with a bang with opener Lasith Coorsepulle making 16 runs in just 12 balls, but with the of Coorsepulle the Lankans inning lost its momentum and were all out for 108 in 19.1 overs.

GoodSport NEWS

From Page 03

Young Badminton player Viren Nethasinghe who made his way into the last 16 of the Asian Games, showed some raw courage taking on Chou Tien-Chen -- who is globally rated in the top range at No 13 at that time, made the latter fight losing the first round at 21-16, but, Viren lack of exposure at the top was amplified Chen and took the game at 21-10.

Nonetheless, Viren proved that with the right backing and guidance, he could be a noteworthy opponent at that level in the future.



05 October 2023 – Birmingham 2022 star Nethmi Ahinsa competed in the Women's Freestyle 53Kg 1/8 Final at the Lin'an Sports Culture & Exhibition Centre and lost to Kazakhstani opponent Marina Sedneva with a score of 4-5 (Victory by Fall).

The fall was tragic, but, Nethmi lived to fight another day.

Meanwhile, Heshanee Hettiarachi battled in the Women's Individual Kata Round 1 Pool 1 at the Linping Sports Centre Gymnasium and she ranked 8th with a total score of 34.30.



06 October 2023 – Karateka Denetha Fernando started his journey in Men's Kumite - 67kg at Linping Sports Centre Stadium, when he competed in the Round of 16 against Malaysian Prem Kumar Selvam. Denetha lost for 0-2 at the end of the bout.

His performance brought an end to Team Sri Lanka's journey at the 19th Asian Games Hangzhou 2022 and Sri Lanka ranked 25th jointly with Macau, China as at 06. 10. 2023.



08 October 2023 – The fantabulous closing ceremony officially brought an end to the 19th Asian Games Hangzhou 2022.

The occasion was graced by many dignitaries including - the Premier of the State Council of the People's Republic of China and the Acting President of the Olympic Council of Asia.

The event also featured a nod to the next Asian Games at the Handover Ceremony between the HAGOC and Japan as well as at the Performance by the next host city – already building up the anticipation for the 20th Asian Games Aichi-Nagoya 2026.



All in all, it is only fair to say that Hangzhou 2022 set a new standard for Asian Games and was certainly a festival to remember for a long time to come.



LANKAN PARA ATHLETES BRINGS 11 HANGZHOU MEDALS HOME!



Photo Courtesy: ThePapare.com

Sri Lanka emerged as a powerhouse at the 4th Asian Para Games in Hangzhou, clinching a remarkable tally of 11 medals - 2 Golds, 5 Silvers, and 4 Bronze and left an indelible mark on the competition, displaying exceptional talent and determination.

Nuwan Indika Gamage stood out as the most successful athlete, securing two medals – a Gold and a Silver.



He claimed the Gold in the Men's T44 100m and a Silver in the Men's T64 Long Jump.

It should be highlighted that, Gamage shattered both the Games record (11.63s) and the Asian record (6.68m), classified as a T44 athlete.

Adding to the Gold medal tally was Pradeep Somasiri, who dominated the Men's T46 1500m with a new Games record, clocking in at 4 minutes and 5.14 seconds.

Meanwhile, Samitha Dulan Kodithuwakku also etched his name in the record books by breaking the Games record in his classification (64.09m) and securing a Silver medal in the Men's F64 Javelin.

Sri Lanka's prowess extended to the sprinting category with Anil Prasanna, clinching the Silver in the Men's T63 100m.

It was evident that Sri Lanka's para-athletes were on a winning streak as Saman Maduranga Subasinghe earned the Bronze medal in the Men's T47 400m.

Birmingham 2022 medal winner - Palitha Bandara, reaching a personal milestone with a throw of 14.15 meters, clinched the Bronze medal in the Men's F63 Shot Put event.

Not to be overshadowed, Sri Lanka's female para-athletes demonstrated their skills in the Women's T47 Long Jump finals, with Janani Dananjana and Kumudu Priyanka both reaching the podium. Dananjana secured the Silver, while Priyanka took home the Bronze.

Reaching beyond age barriers, Nav-eed Raheem from D.S. Senanayake College and Galina Basnayake from Lyceum International School Wattala secured the Bronze and Silver medals, respectively, in their respective S9 400m Freestyle events.

In total, 26 Lankan athletes participated in a diverse range of disciplines, showcasing their talents across various sports, including Rowing, Archery, Wheelchair Tennis, Table Tennis, Powerlifting, and Badminton. While not everyone could claim a medal, the dedication and perseverance of all the athletes should be celebrated!