

Official Publication of the National Olympic Committee of Sri Lanka

# GoodSport

September 2023



Lankans ready for  
**Hangzhou**  
Challenge

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HANGZHOU 2022**



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# GoodSport

Asian Games 2022



**“Team Sri Lanka”**

**19th Asian Games Hangzhou 2022**





**SURESH SUBRAMANIAM**  
**PRESIDENT - NATIONAL OLYMPIC**  
**COMMITTEE OF SRI LANKA**

# ASIAN GAMES IS SERIOUS COMPETITION

The Asian Games 2022 is now a reality in Hangzhou, where hosts China and the entire Asian continent are flexing their muscles, seeking to wrest the initiative and prove to the rest of the world their dominance of that part in the globe in sports. In reality, the difference of competition in Asia and the rest of the Olympic world is wafer-thin and in some cases - the Asians are at the top.

Now, the new order of Asia is razor-sharp and in competition - I mean in sport - if one does not move with the demand of the hour, you are sure to be left behind.

Now, we come to the Lankan ground reality! For almost 17 years, the Lankan Athletic basket has counted zero. So, one cannot point a finger at the current predicaments that the country is facing. The Lankan athletic conundrum runs far deeper than that. To resolve it, are we contemplating sitting around the table and indulging in the perennial blame game or find reason for not winning an Asian Games medal since 2006?

Since Sri Lanka (then Ceylon) won a pole vault silver at the inaugural version in 1951 through

M.A. Akbar in New Delhi, we have accumulated 11 Gold, 11 Silver and 24 Bronze medals, making it a total of 46. But, since it seems the rest of Asia have mingled their inherent skills with the latest technology while we have ended up with a situation where we hardly have an international class track to train and compete.

Some may try to hide behind the fact that we are a small nation, but, much smaller nations have won even more Olympic medals. "According to Olympic Games in Tokyo, Bermuda and San Marino came in to focus.

Bermuda is just over 53 square kilometres in size and has a population of 65,000 people. Tokyo 2020 was the first time an athlete from the nation won a gold medal, with Flora Duffy triumphing in the women's triathlon competition. Prior to that, her compatriot Clarence Hill won a bronze medal in heavyweight boxing at Montreal 1976.

San Marino also tasted glory at Tokyo 2020, becoming the smallest nation to produce an Olympic medallist at the Summer Games. Surrounded by Italy, San Marino has a population of just under 35,000 people, and athletes from

the nation won silver and bronze in the mixed trap and women's trap shooting competitions respectively as well as a bronze medal in wrestling.

Sri Lanka definitely has a richer history in sports and is larger in size, but still we still boast only of two Olympic Silvers 44 years apart.

So, where are we and whom are we going to point a finger at? It is the politician or the respective sports ministers, but, it must be reminded that Sri Lanka's first Minister of Sports, V.A. Sugathadasa took his oaths in 1966 and we have been a part of the Asian Games since 1951. But, have all sports ministers thereafter played a straight bat when it came to the development of sports?

Is it the respective Federations, officials or coaches and how they have conducted their sports through the years?

Is it the athlete himself? - how they have taken their status quo for granted and succumbed under pressure.

Finally, is it a mix of all above factors which has resulted from a series of bad decisions and plasters that have not helped the game move along with required elements that needs to stay afloat with standards demanded by countries like China, Japan, South Korea and the emerging India?

It is high time we put our heads together to seek ways of developing one vision and one standard and set ways of sticking those standards to build a more competitive Sri Lanka tomorrow.



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**NISHANTHE PIYASENA**  
CHEF-DE-MISSION  
ASIAN GAMES 2022

## A HOLISTIC MISSION FOR EXCELLENCE

The 19th Asian Games in Hangzhou, China would be a catalyst as far as the Sri Lankan version of it is concerned. This, I say, with my team of officials with valid reasons in the form of “execute by example”. To make this statement a reality, we already have embarked on an amiable sixty-day multifaceted work schedule, where every team member was a resource centre, instead of another official on a sports tour.

Firstly, we were in the process of making visits to the centres where the available athletes were on training and gain introspect of the strengths and weaknesses of the available, while understanding as to how we could be of help to them at this moment of need. We also did a data analysis of athletes for posterity.

In condensation, the Asian Games administration team are on a holistic effort of creating the right atmosphere to the performing athletes, so that they could only be engaged in their given tasks at hand and concentrate on the stars in the sky rather than a mountain top.

That is the mission of the Lankan NOC administration. Among the responsibilities of the athletes, they must remain fighting perfect and be at the top of their fitness and health. Towards this task, we have the medical team headed by

the only Professor in sports and exercise medicine in Sri Lanka, Dr. Chaturanga Ranasinghe, who would be hawkeyed about the wellbeing of the athletic contingent in a bid to keep them competitive.

All-in-all, our team is duty-bound to keep things in the right frame while in Hangzhou. The Pre-Games analysis points to a better performance by the Lankan athletes in September and one cannot rule out achievements in the form of medals.

As the administrative team, we are up and running and the moment of truth is not far away.

# SMART TRIPLETS OF HANGZHOU 2022

LIANLIAN, CONGCONG & CHENCHEN



# THE NATIONAL SELECTION COMMITTEE: 'FAIRNESS BEYOND THE ACCOUNTABILITY'



The National Selection Committee is a body that is responsible for choosing the selection Committees of all the Sports in Sri Lanka to underpin the selection of the best sportsmen and women to represent the country in international sports events. Its role is crucial in ensuring that Sri Lanka is well -

represented in the global arena and that our athletes have the best opportunity to achieve success.

We best utilize the power vested on the committee for making recommendations in respect of appointing the Selection Committee of all National Sports Associations to produce the best, transparent and accountable selection process in sports. This is a significant responsibility that allows us to ensure that only the best and most qualified individuals are appointed to lead the selection process in each sports association. It also ensures that the selection process is transparent and unbiased.

Supervising, reviewing, standardizing, moderating, and regularizing selection criteria to the National Sports Selection is one of the primary responsibilities of the National Selection Committee. The committee works diligently to ensure that the selection process is impartial and that all athletes have an equal opportunity to be selected to represent Sri Lanka in international sports events. The committee's commitment to maintaining fair, transparent, and merit-based selection criteria is crucial to the success of Sri Lanka's sports industry. The selection criteria are designed to evaluate an athlete's potential to perform at their best in a particular sport. The National Selection Committee is responsible for standardizing the criteria used by all National Sports Associations, ensuring that the selection process is unbiased and impartial. Furthermore, the National Selection Committee regularly reviews and updates the selection criteria to keep up with the latest developments and trends in sports.

This step ensures that the criteria remain relevant and applicable,

allowing Sri Lanka to select athletes who are at the forefront of their sport. The committee stays informed of the latest techniques, training methods, and equipment, and incorporates them into the selection criteria where appropriate. The committee ensures that all athletes are evaluated based on the same set of criteria, and there is no favouritism or discrimination towards any athlete or National Sports Association. This moderation also ensures that the selection process is transparent, and all stakeholders, including athletes, coaches, and National Sports Associations, are aware of the criteria used to select athletes.

One of our key priorities is to allow a fair platform for national sportsmen and women to produce their opinions, grievances, and requests to underpin the selection process is fair, unbiased, and all-inclusive. We recognize that athletes are the backbone of Sri Lanka's sports industry, and their voices must be heard. Therefore, we always encourage athletes to provide

feedback and suggestions that will help us improve the selection process.

The National Olympic Committee is a wonderful helping hand to the National Selection Committee to conduct its duty to the excellence. The committee provides the necessary resources and support to ensure that the committee to carry out duties to the best of its ability. We work closely with the committee to ensure that Sri Lanka is represented in the best possible way in international sports events. It is noteworthy to mention the unconditional support given by the President of the National Olympic Committee and his staff at every stage of the selection process.

Furthermore, we are constantly striving to improve our processes and procedures to ensure that we can select the best sportsmen and women to represent Sri Lanka in international sports. We recognize that our success is directly linked to the success of our athletes, and we will continue to work tirelessly to

ensure that they have the best possible chance of achieving their goals.

In conclusion, the National Selection Committee plays a critical role in the development and success of Sri Lanka's sports industry. Our responsibilities include appointing the selection committee for all National Sports Associations, supervising and standardizing selection criteria, providing a fair platform for athletes' opinions, and working closely with the National Olympic Committee of Sri Lanka to achieve excellence. We remain committed to our mission of selecting the best sportsmen and women to represent Sri Lanka in international sports events, and we will continue to work hard to achieve our goals by respecting the international Sports obligations.

**General Shavendra Silva,**  
WWV, RWP, RSP, VSV, USP  
Chief of Defence Staff,  
Head of the Sri Lanka Armed Forces

# CONTENT

LANKANS READY FOR HANGZHOU CHALLENGE	PAGE 12	RISING TIDES OF LANKAN SHORES	PAGE 74
COULD YUPUN BREAK THE ATHLETIC DEADLOCK?	PAGE 16	YOUNG LANKAN CRICKET READY TO DEFEND INCHEON GOLD	PAGE 76
LIVE WITH YOUR AIMS OF LIFE AND NOTHING IS IMPOSSIBLE	PAGE 38	RUGBY – CHALLENGE OF STANDING UP TO THE EAST-ASIAN WEIGHT	PAGE 82
EYEING TO IMPRESS AT THE TEAM EVENT	PAGE 40	JUDO – CHAMARA CONFIDENT OF PROVING HIS MIGHT	PAGE 84
YOUNG LANKAN SAILORS CHARTER ASIAN GAMES WATERS	PAGE 46	MIDAS ATHAPATHTHU TO TURN BRONZE TO GOLD	PAGE 86
CRUSBRO KID IN WRESTLING IS BEAMING	PAGE 48	WUSHU COULD BE THE CATALYST	PAGE 92
WEIGHTLIFTING: A JOURNEY OF CONTENTION	PAGE 50	DEFYING GRAVITY FROM SRI LANKA TO ASIAN GAMES SPOTLIGHT	PAGE 94
ESPORTS - NEW AND RED HOT	PAGE 52		
SUSAL MAKES KNIGHT'S LEAP TO HANGZHOU	PAGE 54		
RUKMAL PERERA TO DELIVER THE KILLER PUNCHES IN HANGZHOU	PAGE 56		
LANKA'S BULLSEYE DREAMS	PAGE 58		
KARATE DO: A LOT OF HOPE PINNED ON DENETHA	PAGE 60		
TAEKWONDO: CHALINDA AND MAHADULA COME OUT WITH HOPE AND COURAGE	PAGE 62		
AQUA TRIO SURGING THROUGH TORRENTS	PAGE 64		
SQUASH SENSATIONS READY TO MAKE WAVES	PAGE 68		
LANKAN ROWING PROWESS AIMING FOR HISTORIC TRIUMPHS IN HANGZHOU	PAGE 70		

# LANKANS READY FOR HANGZHOU CHALLENGE

If someone suggests that Asian Games is serious business, no one would dare to disagree with him. Yet, from a Lankan perspective, are we to once again write off the rest of the flock, barring the defending Gold Medal Holders in Asian Games Cricket – both our male and female willow-wielders? Ironically, the rest of the others do have a point to prove. The reason? Lankans have not been fruitful in their Medal yield mission since 2006.

The fable professes that if someone dares to knock on the door, it would open – now a few Lankans definitely are knocking on the door and they have proved that at the recently concluded highly acclaimed Asian Championships, in Thailand. It is only a time that it would be put to real test at the Hangzhou Asian Games from September 23 to October 8, 2023.

Athletes in the calibre of Yupun Abeykoon – the sole male 100m runner to break the 10secs barrier in South Asia, leads the Lankan promise. He is among the best of the rest in the short-distance

realm. In his day, he definitely brings out that WOW factor into Lankan athletics, in the same manner that female runners like Susanthika Jayasinghe and Damayanthi Dharsha along with Sugath Tillekeratne did in the 90s.

When one starts to set the ball rolling, the others follow. The best example is the impressive show the set of young athletes blazed the trail in Bangkok. There were records and important statistics in volumes. Sri Lanka ended up in the 4th position out of 42 Asian countries that featured in the Championships. List of Championship golds were listed as Japan 16, China 8, India 6 and Sri Lanka 3 (with a total of 8 medals).

Since the conclusion of that memorable show, the Lankan public has begun to believe and rely on Lankan athletics once again. There is no need to mention, petite Tharushi Dissanayake is already a household name with a record-breaking Gold in the 800 metres and Silver in the mixed 4x400m relay and women's 4x400m relay.

The other two gold medals were won by a 400metres women's event – Nadeesha Ramanayake (52:61secs.) and 4x400m men's – Aruna Dharshana, Rajitha Niranjana, Pabasara Niku, Kalinga Kumara and \*Pasindu Kodikara (took part in the heats and eligible for Gold) (3:01.56).

The list of medal winners read as – 4x400M mixed relay – Aruna Dharshana, Tharushi Dissanayake, Kalinga Kumara and Nadeesha Ramanayake – (Silver – 3:15.41), 4x400m women's relay – Nadeesha Ramanayake, Lakshima Mendis, Harshini Fernando and Tharushi Dissanayake, Dilhani Lekamge – women's Javelin throw (Bronze – 60.93.) Gayanthika Artigala women's 1500m (Bronze – 4:14.39).

For the Lankans, down on the card are 21 different sports, namely – Swimming, Archery, Athletics, Badminton, Boxing, Cricket, Golf, Judo, Artistic Gymnastics, Karate, Chess, Esports, Rugby 7s, Beach Volleyball, Rowing, Sailing, Squash, Taekwondo, Weightlifting, Wrestling and Wushu.

In the 2014 Incheon Games in South Korea, which was the last time cricket was a part of the Asian Games, the Lankans carried a strong contingent under former international senior professionals Lahiru Thirimanne and Dinesh Chandimal, who both later went on to captain the National team. Even at that juncture, they were not strangers in the Lankan

National Squad. As expected, Lankan men carried away the Gold beating Afghanistan in the final, while Chamari Athapaththu, who led the women's team, brought home the bronze. At present, she has turned out to be a cricketing celebrity in the women's international circuit.

Sri Lankan Cricket authorities, considering the tight cricket timetable, will be sending the Development Squad to Hangzhou, but surely that too would be a fighting unit, considering the talent at hand in Lankan men's cricket. Chamari Athapaththu, who already has one Asian Games Bronze, will be leading the female cricket counterpart, looking to climb a step higher with their good international exposure lately.

E-sports and Chess are new to the Asian Games circuit and are also unknown territory. Yet, if they are successful in their mission in Hangzhou, it would be a proud moment for Lankan sports.

On this premise, we would suggest we are not just Asian write-offs in sports. We have the inner strength to explore how to accomplish the inexplicable. If these athletes do possess the inner drive, they have the capability of turning tables. On your marks... get set...and the rest is history. Yet, they must also remember that international athletic medals do not come out of a genie-in-the-bottle.





# COULD YUPUN BREAK THE ATHLETIC DEADLOCK?



Once in a decade or two, Lankan athletic turns a new page with the advent with a performer who can stand up and say "Hey, I am among the best of the world and take note of me". Right now it is the sole figure of Olympian Abeykoon Mudiyanalage Yupun Priyadarshana or simply call him Yupun Abeykoon, who can boldly claim stake, pure on achievement and merit.

Once attached to the Sri Lanka Army, Yupun moved to Italy in 2015 and since he has been pursuing his career as a professional athlete with much success. He is currently regarded as the fastest Sri Lankan man as well as fastest South Asian man in men's 100m and 200m disciplines.

Prior to this there were trailblazers in the calibre of Duncan White who won the Silver in the 400-metre hurdles at the 1948 Summer Olympics in London, Susanthika Jayasinghe who bagged the year 2000 Sydney Olympic 200metres Silver at Sydney, Australia, and to a lesser extent athlete like Damayanthi Dharsha, Sugath Tillekeratne and Sriyani Kulawansa who kept the national flag fluttering for a given period of time and so much so the still the names are synonymous with sports loving minds of Lankans.

By far Yupun since Susanthika, is the athlete who has been regularly exposed to top class international competition and has usurped every ounce of experience. Therefore, it is difficult to list out his international experience and the results of it.

At the last Olympics in Tokyo, Yupun was only Sri Lankan male track and field athlete. On 31 July 2021, he completed his 100m race with a timing of 10.32 seconds in the Tokyo Olympics and was ranked sixth in the heat event and thus failed to qualify for the next round. Nonetheless he was named as Sri Lanka's flagbearer by the National Olympic Committee of Sri Lanka for the closing ceremony.

On 3 August 2022, Abeykoon won the bronze medal in the men's 100m final at the Birmingham



Commonwealth Games after finishing in 10.14 seconds. He also became the first Sri Lankan to win a Commonwealth Games medal in athletics since Sriyani Kulawansa and Sugath Thilakarathne's medal feats at the 1998 Commonwealth Games.

He also became the first Sri Lankan to win a Commonwealth Games medal in either the men's or women's 100m events. During the heat event of the 2022 Commonwealth Games men's 100m category, he managed to set an all-time fastest-ever timing in Commonwealth Games history for the event after finishing with a timing of 10.06 seconds. The previous record in the 100m men's heats was held by Canada's Glenroy Gilbert, who had finished the heat with a timing of 10.10 seconds during the 1994 Commonwealth Games.

Abeykoon's timing of 10.06 seconds in Heat 6 of the men's 100m event eventually earned him a spot in the semi-finals of the competition. He finished with a timing of 10.20 seconds in the men's 100m semi-final, which helped him secure a berth in the men's 100m final, thus, the only Asian athlete to qualify for the final. He also became the first Sri Lankan to reach the final of the 100m event in Commonwealth Games history.





# ARUNA DARSHANA

Date of Birth: 19th January 1999    Age: 24

## PERSONAL BESTS

Discipline	Performance	Wind	Date
200 Metres	20.65	+0.5	30 MAR 2023
300 Metres	33.57		17 MAR 2021
400 Metres	45.45		29 JUL 2023
400 Metres Hurdles	53.5h *		30 SEP 2016
4x400 Metres Relay Mixed	3:15.41		15 JUL 2023
4x400 Metres Relay	3:01.56		16 JUL 2023

## HONOURS

- Asian U20 Champion & Asian U20 championship record holder in 400m – 45.79 (2018)
- Asian U20 Championships Gold Medalist in 4x400m relay (2018)
- Asian Championships Gold Medalist in 4x400m relay (2023)
- Asian Championships Silver Medalist in 4x400m Mixed relay (2023)
- World U20 Championships Finalist in 4x400m relay (2018)
- Two times National Champion in 400m (2018 & 2019)



# DILSHI KUMARASINGHE

Date of Birth: 11th May 1999    Age: 24

## PERSONAL BESTS

Discipline	Performance	Date
400 Metres	53.40	05 DEC 2019
600 Metres	1:30.14	17 MAR 2021
800 Metres	2:02.52	09 APR 2021
4x400 Metres Relay	3:35.06	24 APR 2019

## HONOURS

- Asian U20 Championships Silver Medalist in 400m - 2018
- Asian U20 Championships Bronze Medalist in 800m - 2018
- Asian U20 Championships Bronze Medalist in 4x400m relay - 2018
- Asian Championships Finalist in 4x400m relay - 2019
- South Asian Games Gold Medalist in 400m - 2019
- South Asian Games Gold Medalist in 800m - 2019
- South Asian Games Gold Medalist in 4x400m relay - 2019
- South Asian U20 Championships Gold Medalist in 800m -2018
- National Champion in 800m - 2020



# H V DINUKA DESHAN

Date of Birth: 06th October 2000    Age: 22

## PERSONAL BESTS

Discipline	Performance	Wind	Date
200 Metres	21.81	-2.6	08 JUN 2022
200 Metres	21.71 *	NWI	11 MAR 2022
200 Metres	21.75 *	+2.4	30 OCT 2021
400 Metres	46.46		29 JUL 2023
4x400 Metres Relay Mixed	3:19.99		30 JUL 2023
4x400 Metres Relay	3:06.05		14 JUN 2022

## HONOURS

- National Championships 4th Place in 400m(46.46) - 2023
- National Championships 5th Place in 400m(47.09) - 2022



# GAUANTHIKA ABERATHNA

Date of Birth: 23rd December 1986    Age: 36

## PERSONAL BESTS

Discipline	Performance	Date
400 Metres	55.62	12 AUG 2014
800 Metres	2:01.20	02 AUG 2022
1500 Metres	4:09.12	30 OCT 2021
5000 Metres	15:55.84	31 OCT 2021
4x400 Metres Relay	3:41.10	07 DEC 2019

## HONOURS

- Sri Lanka Record Holder in 1500 meters (4:09.12)
- Sri Lanka Record Holder in 5000 meters (15:55.84)
- Asia's Best Performance in 2022 – 800m (2:01.20)
- Asian Indoor Games Gold Medalist in 800m – 2017
- Asian Indoor Championships Gold Medalist in 1500m – 2018
- Asian Championships Silver Medalist in 800m – 2017
- Two times Asian Championships Bronze Medalist in 800m – 2019 & 2023
- Asian Championships Bronze Medalist in 1500m – 2023



# JAYESHI UTHTHARA

Date of Birth: 16th March 2004    Age: 19

## Personal Bests

Discipline	Performance	Wind	Date
4x400 Metres Relay Mixed	3:19.99		30 JUL 2023
200 Metres	25.06	-0.6	08 MAY 2023
200 Metres	24.77 *	NWI	11 MAR 2022
400 Metres	54.13		29 JUL 2023
4x400 Metres Relay	3:37.07		30 JUL 2023

## HONOURS

- Asian U20 Championships Gold Medalist in 4x400m mixed relay – 2023
- Asian U20 Championships Bronze Medalist in 400m – 2023
- National Champion in 400m – 2023



# KALINGA KUMARAGE

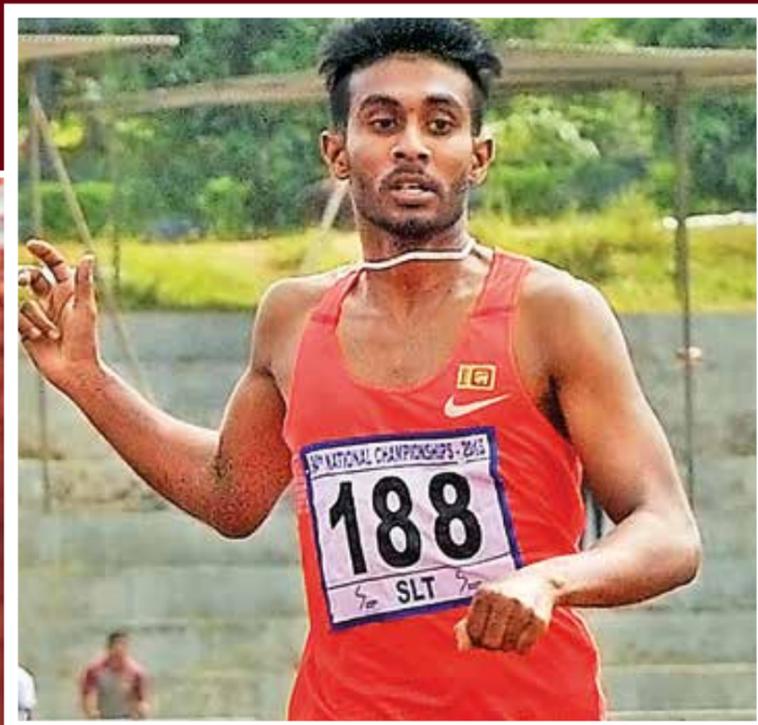
Date of Birth: 25th September 1992 Age: 30

## PERSONAL BESTS

Discipline	Performance	Wind	Date
200 Metres	20.85	+1.3	09 APR 2021
200 Metres	20.71 *	+2.3	29 OCT 2018
300 Metres	33.20		17 MAR 2021
400 Metres	45.07		29 JUL 2023
4x400 Metres Relay Mixed	3:15.41		15 JUL 2023
4x100 Metres Relay	40.09		29 MAR 2023
4x200 Metres Relay	1:23.90		11 OCT 2022
4x400 Metres Relay	3:01.56		16 JUL 2023

## HONOURS

- Asian Championships Gold Medalist in 4x400m relay (2023)
- Asian Championships Silver Medalist in 4x400m Mixed relay (2023)
- Asian Championships Silver Medalist in 4x400m relay (2017)
- Four times National Champion in 400m (2020,2021,2022 & 2023)



# LAKSHIMA MENDIS

Date of Birth: 17th August 2002 Age: 21

## PERSONAL BESTS

Discipline	Performance	Wind	Date
4x400 Metres Relay Mixed	3:26.39		18 AUG 2021
200 Metres	24.43	+0.9	20 MAR 2023
400 Metres	54.13		28 JUL 2023
4x400 Metres Relay	3:33.27		16 JUL 2023

## HONOURS

- National Record & Asian Championships Silver Medalist in 4x400m relay-2023
- World U20 Championships Finalist in 4x400m mixed relay – 2021



# LAKSHINI SARANGI SILVA

Date of Birth: 27th October 1996    Age: 26

## PERSONAL BESTS

Discipline	Performance	Wind	Date
100 Metres	12.18	-1.5	16 AUG 2019
Long Jump	6.65	-1.4	12 FEB 2022
4x100 Metres Relay	44.89		06 DEC 2019

## HONOURS

- Sri Lanka Record Holder in Women's Long Jump – 6.65m (2022)
- Commonwealth Games Finalist in Long Jump – 2022
- South Asian Games Gold Medalist in Long Jump – 2019
- South Asian Games Gold Medalist in 4x100m relay – 2019
- South Asian Games Bronze Medalist in Long Jump – 2016
- 5 times National Champion in Women's Long Jump – 2016 to 2023



# NADEESHA DILHANI LEKAMGE

Date of Birth: 14th January 1987    Age: 36

## PERSONAL BESTS

Discipline	Performance	Date
Javelin Throw	60.93	12 JUL 2023

## HONOURS

- Sri Lanka Record Holder in Women's Javelin throw – 60.93m (2023)
- Asian Championships Silver Medalist in Javelin throw – 2017
- Asian Championships Bronze Medalist in Javelin throw – 2023
- Commonwealth Games 5th place in Javelin throw – 2018
- South Asian Gold Medalist in Javelin throw – 2019
- 8 times National Champion in Women's Javelin throw – 2009 to 2023



# NADEESHA RAMANAYAKE

Date of Birth: 25th August 1994    Age: 28

## PERSONAL BESTS

Discipline	Performance	Wind	Date
4x400 Metres Relay Mixed	3:15.41		15 JUL 2023
200 Metres	24.06	+0.3	30 MAR 2023
300 Metres	38.76		17 MAR 2021
400 Metres	52.61		13 JUL 2023
800 Metres	2:07.41		04 OCT 2017
800 Metres	2:07.1h *		14 AUG 2016
4X100 Metres Relay	47.43		29 MAR 2023
4X400 Metres Relay	3:33.27		16 JUL 2023

## HONOURS

- Asian Championships Gold Medalist in 400m – 2023
- 2 times Asian Championships Silver medalist in relays
- 4 times National Champion in 400m – 2018 to 2021



# NISHENDRA HARSHANI FERNANDO

Date of Birth: 15th March 2000    Age: 23

## PERSONAL BESTS

Discipline	Performance	Date
400 Metres	54.60	25 APR 2023
4X400 Metres Relay	3:33.27	16 JUL 2023

## HONOURS

- National Record & Asian Championships Silver Medalist in 4x400m



## PABASARA NIKU

Date of Birth: 14th July 1999    Age: 24

### PERSONAL BESTS

Discipline	Performance	Wind	Date
200 Metres	21.29	+0.5	30 MAR 2023
400 Metres	46.13		31 MAR 2023
4X400 Metres Relay	3:01.56		16 JUL 2023

### HONOURS

- Asian Championships Gold Medalist in Men's 4x400m – 2023
- Asian U20 Championships Gold Medalist in Men's 4x400m – 2018
- In top 8 at World U20 Championships 4x400m – 2018
- South Asian U20 Championships Bronze Medalist in 400m – 2018



## PASINDU LAKSHAN KODIKARA

Date of Birth: 16th May 1999    Age: 24

### PERSONAL BESTS

Discipline	Performance	Wind	Date
200 Metres	21.67	-0.2	30 JUL 2023
300 Metres	34.48		17 MAR 2021
400 Metres	46.65		03 AUG 2018
800 Metres	1:53.18		17 AUG 2019
400 Metres Hurdles	52.56		06 MAY 2018
4X400 Metres Relay Mixed	3:19.99		30 JUL 2023
4X400 Metres Relay	3:02.74		30 AUG 2018

### HONOURS

- Asian Championships Gold Medalist in Men's 4x400m – 2023
- Asian U20 Championships Gold Medalist in Men's 4x400m – 2018
- Asian U20 Championships Silver Medalist in 400m – 2018
- In top 8 at World U20 Championships 4x400m – 2018
- South Asian U20 Championships Gold Medalist in 400m Hurdles – 2018
- South Asian U20 Championships Silver Medalist in 400m – 2018



# RAJITHA NERANJAN RAJAKARUNA

Date of Birth: 03rd January 1997    Age: 26

## PERSONAL BESTS

Discipline	Performance	Date
300 Metres	34.08	17 MAR 2021
400 Metres	45.98	28 JUL 2023
4x400 Metres Relay	3:01.56	16 JUL 2023

## HONOURS

- Asian Championships Gold Medalist in Men's 4x400m – 2023
- In top 8 at Asian Championships 400m – 2023
- 4 times Bronze Medalist & 2020 Silver Medalist in 400m at National Championships – 2018 to 2023



# RUMESHKA RATHNAYAKA

Date of Birth: 27th June 1996    Age: 27

## PERSONAL BESTS

Discipline	Performance	Wind	Date
100 Metres	11.51	+0.9	17 MAR 2018
200 Metres	23.40	+1.3	09 JUL 2017
4X100 Metres Relay	45.49		11 FEB 2022

## HONOURS

- Asian Championships Silver Medalist in 200m – 2017
- Asian Championships Finalist in 100m – 2015
- South Asian Games Gold Medalist in 100m – 2016
- South Asian Games Gold Medalist in 4x100m relay – 2016
- South Asian Games Bronze Medalist in 200m – 2016



# THARUSHI KARUNARATHNA

Date of Birth: 18th November 2004    Age: 18

## PERSONAL BESTS

Discipline	Performance	Date
4x400 Metres Relay Mixed	3:15.41	15 JUL 2023
200 Metres	24.83	04 DEC 2022
400 Metres	53.41	21 MAR 2023
800 Metres	2:00.66	16 JUL 2023
4x400 Metres Relay	3:33.27	16 JUL 2023

## HONOURS

- Sri Lanka Record Holder in Women's 800m – 2:00.66 (2023)
- Asian Championships Gold Medalist in 800m – 2023
- Asian Championships Record holder in 800m – 2:00.66 (2023)
- 2 times Asian Championships Silver medalist in relays
- 2 times Asian U20 Champion – 800m & 4x400m mixed relay
- Asian U20 Championships Silver medalist in 400m



# USHAN THIWANKA PERERA

Date of Birth: 22nd January 1998    Age: 25

## PERSONAL BESTS

Discipline	Performance	Date
High Jump	2.30	08 MAY 2021

## HONOURS

- National Record Holder in High Jump – 2.30m (2021)
- 2 times National Champion in High Jump – 2018 & 2019



# YUPUN ABEYKOON

Date of Birth: 31st December 1994    Age: 28

## PERSONAL BESTS

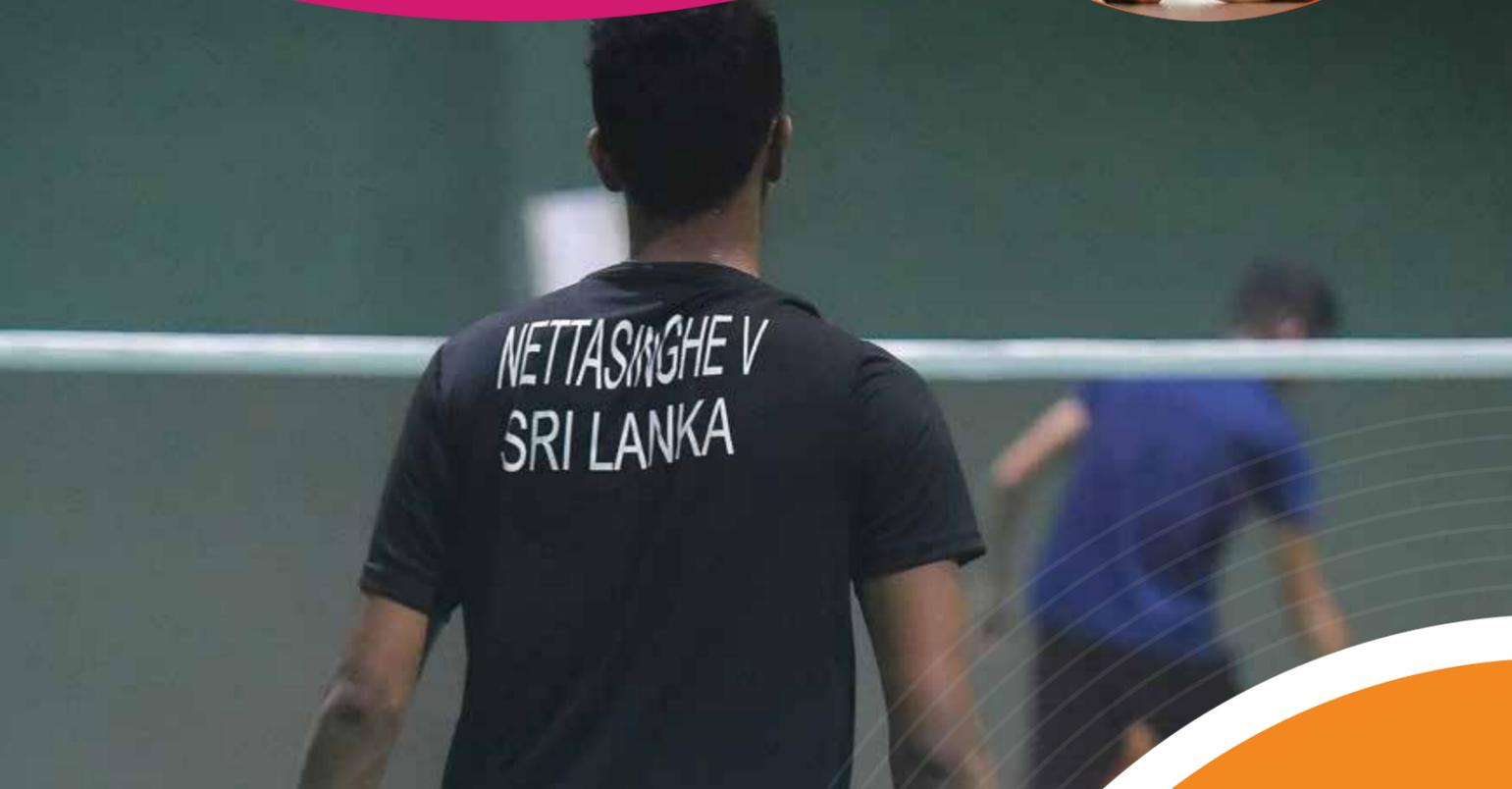
Discipline	Performance	Wind	Date
100 Metres	9.96	+1.6	03 JUL 2022
150 Metres	15.16	+1.4	24 APR 2022
200 Metres	20.37	+0.1	22 MAY 2022
4x100 Metres Relay	39.43		08 OCT 2015

## HONOURS

- Commonwealth Games Bronze Medalist in Men's 100m – 2022
- National & South Asian Record Holder in 100m – 9.96(+1.6)
- National & South Asian Record Holder in 200m – 20.37(+0.1)



LIVE WITH YOUR  
AIMS OF LIFE  
AND NOTHING  
IS IMPOSSIBLE



Once Ana Punchihewa who lead the winning Cricket World Cup Administrative team in his role also as a top marketer described how he sees reaching the top of the mountain in success. He said, "When you are at ground level and aspire to reach the top of the mountain you have to reach to the stars above, while reaching for that goal, you will suddenly realize that you are at the top of the mountain. For a moment if you feel that the summit is a safe haven, you would realize that on the

other side is a huge slide back to base. So, always keeping reaching to the stars".

Now for young Viren Nettasinghe who is the sole Lankan representative in Badminton for the Asian Games is a person who has to fill a huge pair of shoes. He not only has to wear them, but is expected to keep performing at the expected level.

For more than a decade and a half, Olympian shuttler Niluka Karunaratne has been the Atlas in the national and international domain for Sri Lanka. He was indomitable as long as he chose to scale in and around the court in a Lankan sense and he called the shots. Now the Atlas has unburdened himself from that chore, and thus an heir apparent has been given the

task of accomplishing the Asian Games 2022 medal task for Badminton. Right at this moment Viren's international world ranking of 111 set by WBF is by far the best for Sri Lanka.

Daunting task but, Viren says that he is waiting and ready to take up the challenge. He said "I feel great that I have been given the task of running the next lap for international badminton, nonetheless this is only a beginning and there is a huge mile to be covered. Niluka has done so much that I have not achieved, yet I am confident that I will use my skills to enhance the image of Lankan Badminton like he did or do better than that. I feel that is the way that you could pay a tribute to a past player of that calibre. Right now I am only twenty years old and I have a long career ahead of me. I am happy

to be the player I am today and I will try my very best to come out with a performance to remember. Now I have the Asian Games and following that is the 2024 Paris Olympic Games. I feel that if I could be on this path and right attitude even an Olympic or other similar medal can be a possibility.

He said "The task ahead of me is very challenging. But, if you are ready to succumb to that pressure it would not do any good to my vision and passion. I think one must believe in yourself and have the resolve that there is nothing that you cannot accomplish.

"In the Asian circuit I am quite aware that there are a huge number of players who are really good and have better ranking in countries like China, Japan and Korea. But, I believe that I will continue to stay positive

and stand up the challenges ahead of me and accomplish the unbelievable. I train six days of the week – two sessions each day. I keep Sunday only as my day of Sabbath.

"My next aim is to do some overseas training – maybe in India or Malaysia because to maintain Asian Games level of competition you must be in that sort of training and competition. That will be my only yardstick in that level of competition."

Finally, Viren ascertains that no matter how hard your life is, one must not give-up on your dreams. Even at this young stage of my career I faced many obstacles, but, I kept my cool and resolve and worked hard to be where I am today. Now it is up to me to move ahead on the right direction.



# EYEING TO IMPRESS AT THE TEAM EVENT

The very sight of the Ridgeways – Lankan Golf Headquarters at Model Farm road is awe inspiring. Unlike any other sports venue this place has a consecrated expression that leads from the gateway to the heart of nine holes. Its inaudible picture paints an ambiance of serendipity that speaks a language of its own.

Sri Lanka's century old association with the game is ample testimony to that and sure that it has gone through tests of time. At the same time, they have also narrowed down the amateur and professional differences greatly and now the top players are duly recognised with no apathy.

Golf became a part in the Asian Games family in 1982 in New Delhi, but two games later, Sri Lankans produced its first Silver medalist through that legend – the

late Nandasena Perera at the Beijing Games in 1990.

This feat was equaled by veteran Anura Rohana in 2002 in Busan, South Korea and he is still a player in the reckoning considering the fact that he would be in action in Hangzhou along with rest of the Asian Games 2023 squad.

The Assistant Coach of the playing squad Pradeep Kumara is of the view that they must have a different approach to the task, if Sri Lanka hopes to be among the medals table in 2023.

Pradeep explained, "Considering the fact that the Lankan players faced a certain impediment during the Sri Lanka Golf Open, but as for us we take it as a key learning to ascertain our real current standards and form and it is time to sharpen the skill arsenal looking forward for the Asian Games. In fact, we are in the midst of a serious training session.

"As for the players there is time for skill development and all four players – Mithun Perera, Anura Rohana, Thangarajah and Prabhakaran are aware of the intricacies of the game of golf. Confidently I can say as a team, this unit is the best so far Sri Lanka fielded the game of golf as a team. So, in the team segment at the Asian Games we are in a good position to win a medal.

Pradeep said that he has reason to claim so. He said "Yes, we do have the task of competing the talent of players

representing countries such as Japan, Thailand or India. Still we have the services of Anura Rohana who won Silver at the Asian Games. Both Mithun Perera and Thangarajah are top players at the PGTI circuit, so what we have to do here is to pool our resources and concentrate for a team medal. We are aware that most of the golfers from these top golfing nations are individual players and are not strong on team play. For instance, India's Udayan Mane who played at the 2023 Sri Lanka open, represented India at the last Olympic Games, yet, our players performed much better than him during the tournament. What we experienced there was that as a team we have a better understanding and are willing to play as a pack.









# YOUNG LANKAN SAILORS CHARTER ASIAN GAMES WATERS

In a remarkable display of budding talent, the youngest team to grace the Sri Lankan contingent at the upcoming Asian Games is set to steal the spotlight. Taalya Tranchell, a spirited 15-year-old sailor, and Tharen Nanayakkara, a precocious 16-year-old, embody the spirit of determination and enthusiasm as they prepare to represent their nation on the international stage.

Taalya Tranchell's sailing journey, which began when she was just 12, has rapidly evolved from small experiences into a remarkable voyage. She eloquently

describes this transformation, saying, "It's like initially you are in a tiny boat and suddenly you find yourself guiding a yacht. First it was the little experiences that I encountered in my career and suddenly I find myself being a part of this huge Asian Games experience. Truly I feel it is a huge honour for me to be a part of this show piece spectacle because I am one of the first girls who have been bestowed with this challenge and I honestly feel that this would inspire a lot more girls taking up sailing."

Tharen Nanayakkara, at 16 years old, boasts a remarkable wealth of international sailing experience and numerous national championships. His youthful energy is perfectly aligned with his words, saying, "I am extremely excited to represent my country at the upcoming Asian Games.

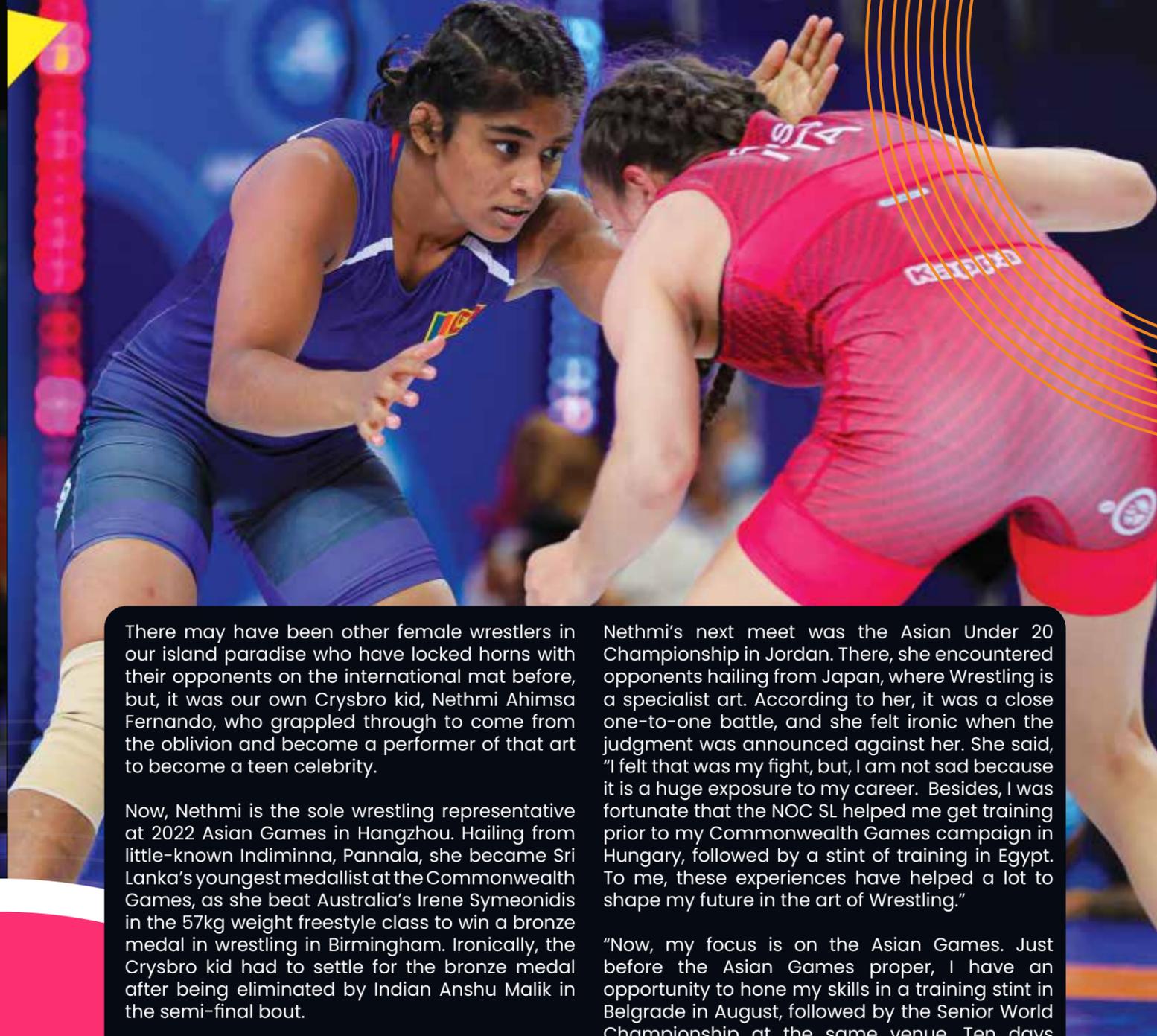
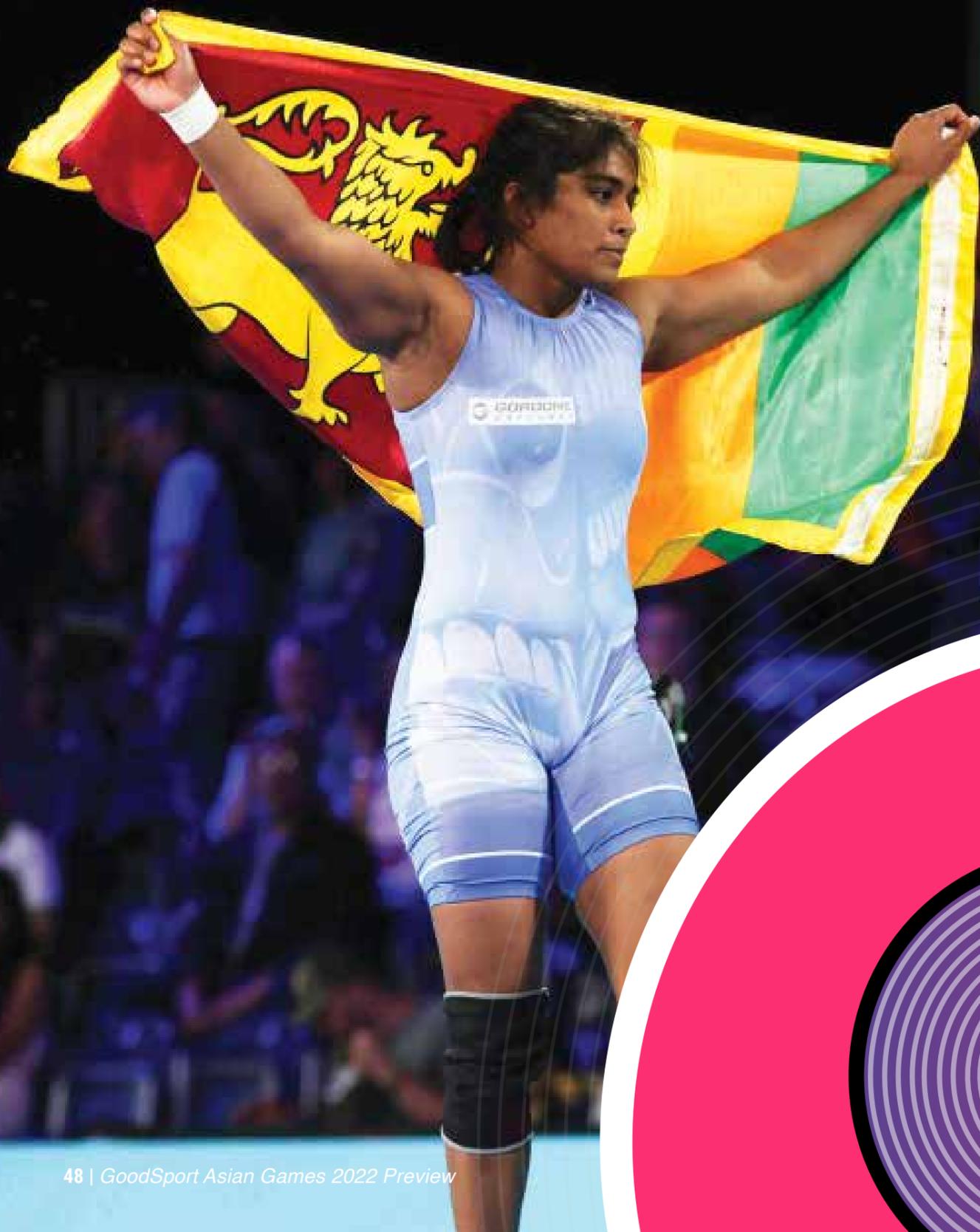
My vast international sailing experience, together with my numerous national championships makes me confident as I hope for a podium finish. Although I am slightly nervous, my training with both the Victorian State team, Sri Lankan

national team and the other international camps along with my physical strengthening and nutrition program puts me in a favourable position to be on an even keel during the regatta."

Taalya, at 15, and Tharen, at 16, form the youngest duo within the Sri Lankan contingent. Their joint venture embodies the spirit of youthful determination and skill, showcasing the remarkable potential that young athletes can bring to the world of sailing. Taalya's aspiration to promote sailing among girls holds the promise of a more inclusive sailing landscape, while Tharen's confidence and experience serve as a testament to the capabilities of the new generation. With their sails unfurled and spirits undaunted, this dynamic duo is destined to inspire new generations as they navigate the waves of the Asian Games.



# CRYSBRO KID IN WRESTLING IS BEAMING



There may have been other female wrestlers in our island paradise who have locked horns with their opponents on the international mat before, but, it was our own Crysbro kid, Nethmi Ahimsa Fernando, who grappled through to come from the oblivion and become a performer of that art to become a teen celebrity.

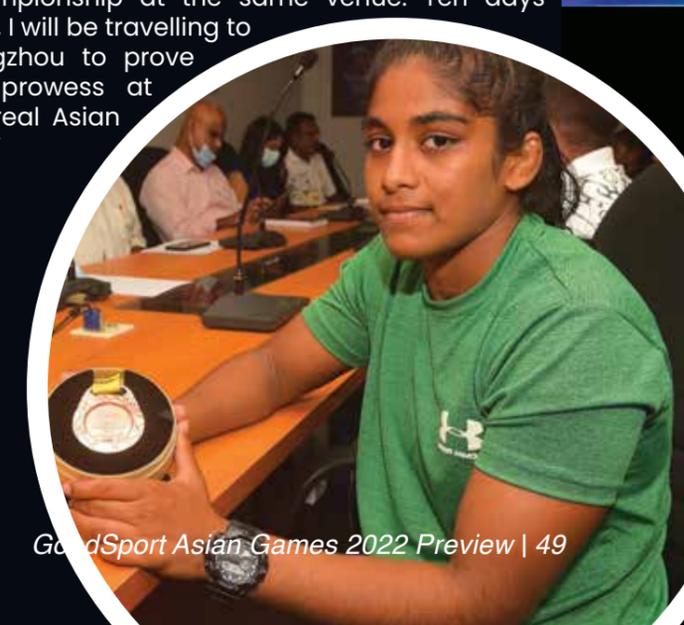
Now, Nethmi is the sole wrestling representative at 2022 Asian Games in Hangzhou. Hailing from little-known Indiminna, Pannala, she became Sri Lanka's youngest medallist at the Commonwealth Games, as she beat Australia's Irene Symeonidis in the 57kg weight freestyle class to win a bronze medal in wrestling in Birmingham. Ironically, the Crysbro kid had to settle for the bronze medal after being eliminated by Indian Anshu Malik in the semi-final bout.

Nethmi's eyes were glistening when she explained about the Asian Games and the run-up to it. She explained, "Following the Commonwealth Games, I took part in the Under 23 World Championship. There, I beat the Colombian opponent, went on to register wins against Moldova and America and grabbed the 5th position in that category in the world.

"My next quest came in the form of a World Ranking tournament, which is a senior tournament and I ended up in the 17th position. My next destination became the Asian Senior Championships. I had an opponent from Uzbekistan and ended up being ranked 9th.

Nethmi's next meet was the Asian Under 20 Championship in Jordan. There, she encountered opponents hailing from Japan, where Wrestling is a specialist art. According to her, it was a close one-to-one battle, and she felt ironic when the judgment was announced against her. She said, "I felt that was my fight, but, I am not sad because it is a huge exposure to my career. Besides, I was fortunate that the NOC SL helped me get training prior to my Commonwealth Games campaign in Hungary, followed by a stint of training in Egypt. To me, these experiences have helped a lot to shape my future in the art of Wrestling."

"Now, my focus is on the Asian Games. Just before the Asian Games proper, I have an opportunity to hone my skills in a training stint in Belgrade in August, followed by the Senior World Championship at the same venue. Ten days later, I will be travelling to Hangzhou to prove my prowess at the real Asian test."



# WEIGHTLIFTING: A JOURNEY OF CONTENTION

Unlike the Commonwealth Games, the challenge of the Asian Games proposition is daunting for both Indika Dissanayake and Dilanka Isuru Kumara in the 74kgs and 55kgs categories respectively. Yet, they are ready for the task and ready to match ounce to ounce, pound to pound with the rest of the weightlifting giants at the Hangzhou spectacle.

Exposure-wise and experience-wise, both Dissanayake and Isuru Kumara have proved to be the best among the talents, where Dissanayake won a Silver at the 2018 Commonwealth Games and Kumara won a bronze at the 2022 Commonwealth Games.

Dilanka Isuru Kumara started weightlifting in 2010 and he broke into the platform while participating in the Junior National Weightlifting -

Championship. There, noticing this potential, the authorities gave him the opportunity of testing skills.

He was a part of the 2019 World Weightlifting Championships prior to the Birmingham Games and is scheduled to take part in the 2023 World Weightlifting Championships -- an upcoming weightlifting competition scheduled to be held in Riyadh, Saudi Arabia in September 2023. The event will also serve as a mandatory event to qualify for the 2024 Summer Olympics in Paris, France.

Meanwhile, Dissanayake says that he is ready to take up the Hangzhou Asian Games challenge. He said, "I will be taking part in the 74kgs category and this will be a visit to that hallowed hall. I am hoping to make a mark at this third attempt -



either to be among the medal winners or some other weight class achievement.

"The Asian Games is also a qualifying yardstick for the 2024 Paris Olympic Games and prior to the Asian Games proper, I am scheduled to take part in some other competitions and that would help me to be in the right state of competition at the Asian Games.

"I have been in this category of competition for the past 15 years or more and at present, I am attached to the Sri Lanka Navy. My last medal was a Bronze at the Commonwealth Weightlifting Championships and also I have won six medals at various Commonwealth competitions. Also, I have won several medals at the South Asian Games too and I am among the top rankers in Sri Lanka in Weightlifting."

## ESPORTS - NEW AND RED HOT

Esports is making its debut at the Asian Games in Hangzhou, the People's Republic of China, as a medal event after being held as a demonstration sport in Jakarta 2018.

The medals at Asian Games 2023 will be awarded in seven Esports events - Arena of Valor (Asian Games Version), Dota 2, Dream Three Kingdoms 2, FIFA Online 4, League of Legends, PUBG Mobile (Asian Games Version) and Street Fighter V: Champion Edition.

President Ravin Wijetilleke explained, "With Esports being the fastest growing sport in Sri Lanka, I'm excited to see Sri Lankan Esports athletes getting the opportunity to represent their country and compete for medals at the Asian Games this year. Esports is a young sport and we look forward to instilling Olympic values in this

next generation of digital athletes through Esports. With the support of our Esports community, we wish our team the very best, to not just win, but to inspire the next generation of Esports athletes of the country."

In the fray representing the Lankan team are -- Mohammed Rizny Mohammed Azmy (Razor), Ramesh Kavindu Ishara Fernando Ponnampemurage (Jimmy), Chamuditha Watshan Dharmasiri Halwinne Chamararalalage (Luciferr) and Mohamed Riham Mohamed Ramji (Tauter).

On their way to glory, the following were the team achievements -- National Ranking: 1st Place, Esports National Qualifiers - 1st place, Road to Asian Games (RDAG) PUBGM: 2nd place and IESF Asia Regional Qualifiers: Group stage 12th place



# SUSAL MAKES KNIGHT'S LEAP TO HANGZHOU

In a triumphant return to the grand chess battleground, Sri Lanka unveils its secret weapon for the 19th Asian Games in Hangzhou – International Master Susal De Silva, a mere 17-year-old chess wizard.

Susal's moves on the board have already dazzled the chess arena. Holding the Sri Lanka National Chess Champion title for three consecutive years is a testament to his mastery of strategy. But he's not content with just local accolades. Susal commands an impressive ELO rating of 2407, showcasing his global chess dominance. Venturing beyond borders, Susal's chess conquests extend to the Western Asian Chess Championship 2022, where he claimed the under-18 category crown and the 44th Chess Olympiad, where he orchestrated his way to the top point score, leaving rivals in awe. In a thrilling showdown at the FIDE World Cup 2023, Azerbaijan felt the impact of Susal. He stormed into the second round, becoming the first Sri Lankan to achieve such heights.

Malith Akalanka, Team Manager of the Chess squad, echoes the sentiments of a nation rallying behind their knight, "As the Team Manager of the Chess team representing the 19th Asian Games

2022, I hold a strong belief that our gifted player, IM Susal De Silva, who has consistently brought honour to Sri Lankan Chess, will undoubtedly achieve a remarkable performance in the forthcoming Asian Games 2022. Susal's unwavering determination and dedication to his craft are emblematic of his commitment to excel. The horizon seems promising, and the day when Susal attains his and our cherished dream of Sri Lanka's First Grand Master appears to be drawing ever nearer. With optimism and pride, we eagerly await the upcoming Asian Games 2022, fully confident that Susal De Silva's pursuit of excellence will undoubtedly illuminate the Sri Lankan chess landscape and leave an indelible mark on the sport."

This Asian Games marks more than just a competition – it signifies Sri Lanka's long-awaited return to the grandest chess stage after 2006. Not just that, this Hangzhou edition also marks the grand return of Chess to Asian Games after 2010. With every pawn pushed and every queen poised, Susal De Silva promises a spectacular show, igniting hope for an elusive chess medal in Sri Lanka's trophy cabinet.



# RUKMAL PERERA TO DELIVER THE KILLER PUNCHES IN HANGZHOU

Pugilist Rukmal Prasanna is no stranger to the international ring. Prasanna, who was also a feature at the 2022 Commonwealth Games in Birmingham, will step into the boxing ring once again donning the Lankan gear at the 19th Asian Games in September this year.

At the Birmingham Commonwealth Games 2022, Rukmal registered a 3-2 win against his Kenyan opponent in the first round to finish in the 5th position there.

Hailing from Gamini Maha Vidyalaya, Ingiriya, Prasanna has won the national championship in his weight category as well. Besides, Prasanna also won the gold medal in the 57kg category

at the Les Ceintures International boxing meet in France prior to that.

The 23-year-old Prasanna registered this win by defeating Canada's Al Ahmadi in the final of Men's Bantam Weight (56kg). In the Semi-Final meet, Prasanna defeated Italian boxer Erilmas to qualify for the final.

As a teenager, Prasanna broke into the international boxing ring when he won a bronze medal at the Jechey Memorial tournament in Bulgaria in 2016.

Experienced Harsha Kumara will accompany Prasanna as Head coach while Chaminda Jayathilaka will travel as Assistant Coach.





## LANKA'S BULLSEYE DREAMS

As the Hangzhou Asian Games beckon like a distant target, Sri Lanka's archery team emerges as a force, wielding their bows to conquer the arena. This year's team boasts a trio of exceptional archers: Sajeev De Silva, Anuradha Karunaratne, and Wasantha Kumara.

At the forefront of the Sri Lankan contingent is Sajeev De Silva, a name synonymous with Archery in the Lankan arena. De Silva boasts an impressive athletic resume with multiple national championships and international achievements under his belt, including a silver and two bronze medals at the South Asian Games, earning him a reputation that extends beyond borders. He will be participating in the Recurve event in the upcoming Games.

Anuradha Karunaratne and Wasantha Kumara, both past national champions, add diversity to the team with their participation in the Archery Compound event. Karunaratne, attached to the Sri Lanka Police, carries a graceful yet determined demeanor as she draws her bowstring. A double Silver medalist at the South Asian Games, her consistent success speaks volumes of her commitment to the sport. Similarly, Kumara,

attached to the Sri Lanka Army, stands as a testament to unwavering discipline and commitment. While comparatively new to De Silva and Karunaratne, his rapid rise in the archery ranks holds the promise of a bright future.

Samantha Rajapakse, coach cum manager of the team, exudes confidence and pride as he speaks about his charges. "Sri Lanka is fielding a very strong Archery team for the Asian Games this time," he declares. "All 3 players have been past National Champions and they have represented Sri Lanka at many international tournaments and won medals. So we are very excited about the opportunity this time. They have been performing very well amidst a lot of challenges but I am very sure they will do very well at the Games this time for sure."

With an impressive track record and unyielding determination, their journey embodies the resilience of a nation that has not tasted Asian Games archery glory - a narrative they are poised to rewrite with every arrow loosened.



# KARATE DO: A LOT OF HOPE PINNED ON DENETHA

Sri Lanka Karate-Do Federation (SLKF) was started on 12th of May in 1975; since then, the sport has developed into every nook and cranny of the island and, in all definitions, it is a moving entity. So much so, at the 19th Asian Games in Hangzhou, it is feature.

Keerthi Basnayake – a Karateka in his heart and soul, is playing his role as the manager of the Asian Games Karate duo in this 2023 episode.

Basnayake explained as to how they would pit themselves to live with the challenges at hand. He said, "The contingent consists of one male and one female karateka. Twenty-one-year-old Denetha Fernando is in the 67kgs category and we have pinned a lot of hope in him for this game.

"He has remained unconquered for several years in the Lankan stage and at the last South Asian Championships, he won the Gold Medal. To be precise, Denetha has been in the game for the past five years and, in the last five years, he

has stayed unbeaten. At present, in his weight category in the sport, he is ranked 12th in Asia and the 114th in the World Rankings."

Speaking of the female contestant, Basnayake said, "Hansani Hettiarachchige is the female contestant and is a physical instructor in a school by profession. She also has stayed unbeaten for the past three years and also has been named as the best performer during that time. At the last Asian Championships, she brought home the Gold Medal.

"She is a very talented fighter with a lot of intent and definitely she should end within the last eight at Hangzhou.

"Speaking of the current status of the game, Denetha even at this tender age of 21, has convinced us that he is Asian Games medal material. In reality, the pros and cons of Karate in the future will depend a lot on the performance of Denetha.



His skill and ability is very good and, if he performs creditably at the Asian Games, the game of Karate is sure to move on to a different level in the short term and a pathway for the long run.

"Ironically, the game of Karate lacks international exposure. In fact, there are many competitions around the world, but, we simply cannot afford to be a part of it due to financial constraints."

# TAEKWONDO: CHALINDA AND MAHADULA COME OUT WITH HOPE AND COURAGE

**Chalinda Sampath:** Hailing from the real Sri Lankan outback of Solewewa, Jayanthipura in the Kurunegala District is a promising artist in Taekwondo and is currently training overseas for the Asian Games, courtesy National Olympic Committee Sri Lanka.

The 29-year-old Taekwondo player explained his route to Hangzhou. He said, "From Jayanthipura, my road to Hangzhou came from the sweat of my brow. At present I am attached to the Taekwondo Unit of the Sri Lanka Air Force, under coach M.R. Ratnasekera. At present I am training under scholarship provided by the NOC SL in Germany."

"At the 2019 South Asian Games, in the 53-60kgs weight Category I won the Gold Medal. I also have remained the champion in my respective weight categories since 2014."

"With my training overseas and the exposure gained by contesting in competitions such as the Asian Games I hope to improve my skill and ability and bring more accolades to my motherland."

**Mahadula Irangani Sisirakumari:** She will appear in the 49kgs and under, weight category. She explained her route to the Hangzhou Asian Games, "I hail from Medirigiya and till I entered Kelaniya Campus I was there. Once in university I did my degree in Sports and Recreation Management. It was only there I got involved in Taekwondo among many other recreations. In fact, at the University I received colours in five sports – Tennis, Taekwondo, Track and Field, Netball and Elle."

"While engaged in Taekwondo I came under the influence of coach Ruwan Alahakone and by the time I finished my degree with a class one classification and also the batch-top, I already had become a national

level Taekwondoist. Thereafter I also did a M-Phil in sports science under the supervision of Professor Arjuna de Silva – the chairman of SLADA and Prof. Anuradhini Kasturiratne who headed the Public Medical Unit at the Kelaniya Campus."

"In 2019 I had my first taste in international Taekwondo and there I won the Silver medal in the 49kgs and under category. Thereafter with the implications of Covid-19 hampering the sport, we hardly had opportunity of local or offshore competition."

"In 2022 once again, we formed the Taekwondo national pool. There I was made the women's captain. In 2022 I was back in international competition and won the 5th place in another Asian Championship in Pakistan. Then in the Mount Everest championship – another ranking tournament, I obtained the 9th place and on May 2023 I took part in the Taekwondo World Championships and there I was placed in the 32nd position."

"My International ranking is 120 while in the Asian region I rank within the first thirteen. As a challenge the Olympic Gold is held by a Taekwondoist from Thailand, but I am hoping with my Asian ranking I will get a good draw and if that happens I will not rule out a bronze medal."



# AQUA TRIO SURGING THROUGH TORRENTS

With the scent of chlorine in the air and determination in their hearts, the Sri Lankan swimming squad gears up for a promising showcase at the upcoming Asian Games in Hangzhou.

Matthew Abeysinghe OLY, a beacon of Sri Lankan swimming, stands ready to grace the waters of the Asian Games in Hangzhou across three events: the 50m Freestyle, 100m Freestyle, and 50m Butterfly. Renowned as the National Record Holder in all Freestyle categories, his aquatic achievements glisten brightly. Matthew made history by securing the 6th position in the 100m Freestyle at the 2018 Asian Games, becoming the pioneering Sri Lankan swimmer for an Asian Games 100m finals. A true luminary, he stands tall as the greatest and most decorated athlete in South Asian Games history, adorned with a total of 14 gold medals, 2 silver medals, and 1 bronze medal. Having graced the Olympic waters in both 2016 and 2020, Abeysinghe's aquatic finesse and unswerving dedication are set to shine brighter than ever before.

Ganga Senevirathne, embarking on her maiden journey to the Asian Games, emerges as a rising star poised to illuminate the swimming world. At the upcoming Asian Games, she will be competing in the 50m, 100m, and 200m Backstroke events. A multiple medalist at the 2019 South Asian Games, Ganga's journey from a national athlete to an Asian Games contender exemplifies her unwavering commitment to her craft. With a silver medal from the 18th Singapore National Swimming Championships under her belt, Ganga Senevirathne's presence in the pool promises to be a captivating one.

Akalanka Peiris is gearing up to showcase his skills at the Asian Games in Hangzhou in the 50m and 100m Backstroke events, along with the 50m Butterfly, in which Peiris

holds the distinction of being the National Record Holder in all three categories. Having participated in the 2018 Commonwealth Games and the 2018 Asian Games, Peiris is no stranger to the international swimming arena. As he prepares to dive into the competition once again, he brings a blend of experience and skill that promises to make a noteworthy impact in the Hangzhou pools.

Amidst the training trials, Coach Manoj Abeysinghe stands tall as the lighthouse guiding his swimmers through the tumultuous currents. "We had a lot of challenges when it came to training. Nonetheless, the swimmers will always do the best for the country", he commented. Amidst the splashes, strokes, and hopes of a nation, the aquatic trio is primed to claim their rightful place in the sun-soaked hallways of Sri Lankan sporting history.







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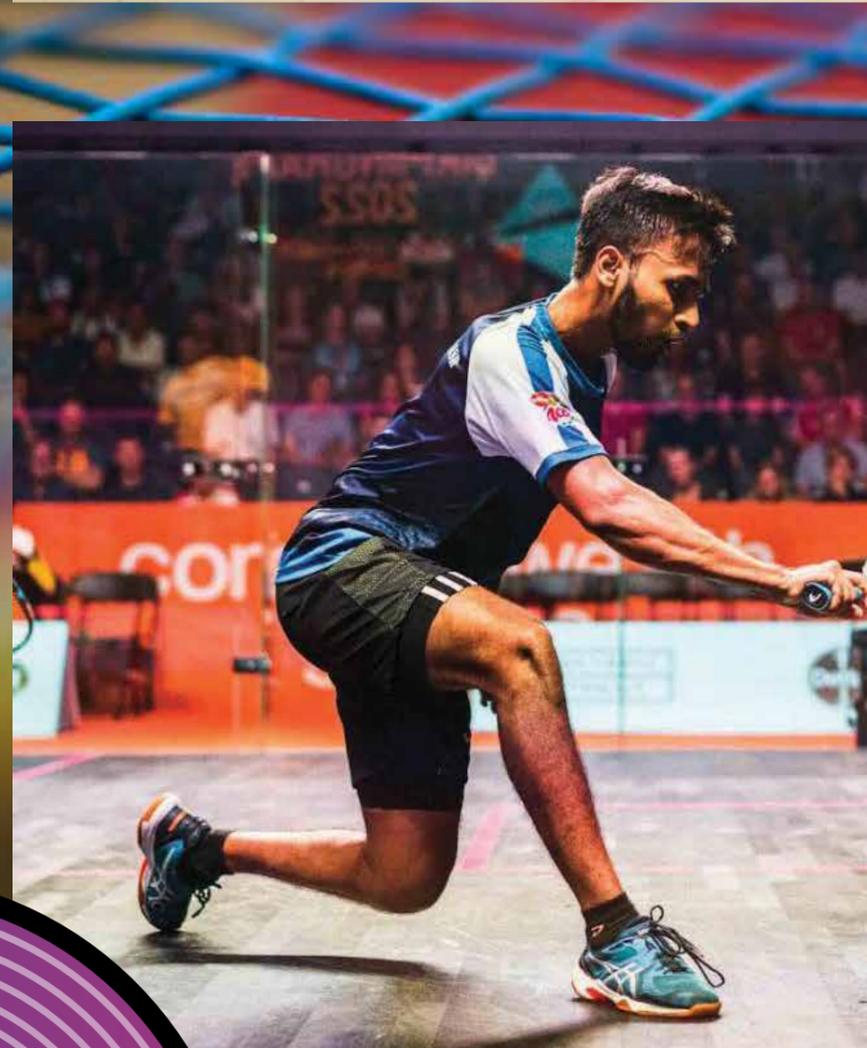
# SQUASH SENSATIONS READY TO MAKE WAVES

The Lankan squash squadron boasts exceptional talent and experience, as they are ready to take on the Hangzhou challenge, with a sense of determination and pride. Like a symphony of athleticism and skill, the team's trio are ready to orchestrate their way to victory on the grand stage. With their eyes set on the podium, they carry the hopes and dreams of a nation, eager to witness their performance unfold amidst the fierce competition.

Leading the pack is Ravindu Laksiri, a true powerhouse in men's squash in Sri Lanka. With an impressive record of being the national champion ten times, Laksiri's prowess on the court is unmatched. His international ranking at 121 in the PSA World ranking demonstrates his consistent performance at the highest level. Laksiri's achievements include winning multiple prestigious events like the 42nd Senior National PSA Satellite and eight PSA Satellite events, cementing his status as a formidable competitor. At the upcoming Asian Games, Laksiri will be participating in the Men's Singles event.

In the Women's category, Chanithma Sinaly stands out as a talented and promising player. Ranked number 2 in Sri Lanka, Sinaly has an international ranking of 180 in the PSA World ranking. Sinaly has secured the national championship title in 2022 and also emerged as champion in both the 42nd Senior National PSA Satellite and the SLS Open PSA Satellite Open series L1 and L2. Her mixed doubles Plate championship at the Commonwealth Games further exhibits her versatility and adaptability on the court. At the upcoming Asian Games, Sinaly will be competing in the Mixed Doubles event.

Joining Chanithma is Shamil Wakeel, a player who has consistently performed at a high level in both national and international competitions. Ranked number 2 in Sri Lanka, Wakeel has also managed to secure a respectable 245th position in the PSA World ranking. In addition, Wakeel has proven his worth as a doubles player by finishing 10th at the World Doubles and winning the Plate championship in Mixed Doubles at the Commonwealth Games, reinforcing his competitive edge. At the Asian Games, Wakeel will be



competing in the Mixed Doubles event with Chanithma.

The Sri Lankan squash team's combination of experience and rising talent makes them a force to be reckoned with at the Asian Games. Notably, despite their remarkable accomplishments, it's worth noting that Sri Lanka's squash has never clinched an Asian Games medal. So as they embark on the Hangzhou journey, they carry the aspirations of this island nation's hopes for that historic breakthrough. Can this be the moment when the Lankan squash team finally defies the odds and secures a long-awaited medal?



# LANKAN ROWING PROWESS AIMING FOR HISTORIC TRIUMPHS IN HANGZHOU

In an endeavor brimming with national pride, the Sri Lankan rowing team is poised to make ripples at the imminent Asian Games in Hangzhou. Comprising four exceptional athletes, they stand ready to etch their names onto the international rowing tapestry. Leading the charge is Maheshi Liyanage, an athlete of extraordinary versatility, set to compete in both the women's double scull and single scull events. Partnering with Maheshi Wehihenage augments the team's strength in the women's double scull event. Completing the quartet is Nuwan Sampath Sagara and Mohamed Nafiran. Nuwan seeks eminence in the men's double scull event, while Niyas shoulders a dual challenge, taking on both the men's double scull and single scull competitions.

Under the astute guidance of Technical Director Pedro Sanz Lopez and Coach Major Mangala Alagiyawanna, the team is poised to make history. Lopez's assessment of Sri Lanka's rowing evolution reflects palpable enthusiasm – "I have been in Sri Lanka for two years and I am quite happy how rowing is growing in Sri Lanka. The improvement has been remarkable so, we hope to get the best result as possible at the Asian Games and we are aiming to get a medal out of it.

Fueling this pursuit are strategic intentions aimed at securing triumphs in the men's and women's double

scull events. He noted, "Our men's double scull pair has consistently outperformed Sri Lankan records over the past six months, including meeting the gold standard set by the last Asian Championships. Then regarding the women's double scull event – strategically, we know that it is going to be an event we can perform well in so we are definitely aiming a medal in this event."

Lopez's faith extends to Nafiran's and Maheshi's chances in the Men's and Women's single scull events respectively, – "It is going to be tough competition but our sculler Nafiran is, I think, the best rower Sri Lanka has ever had – the timings say it. So, we are aiming a medal also with him and we have big hopes in this category. Meanwhile, with the progression Maheshi has had, we believe it can also be a very good performance."

As the team embarks on this journey to Hangzhou, a pivotal question looms – can they break the longstanding barrier and secure Sri Lanka's first-ever rowing medal at the Asian Games? The nation watches as these exceptional athletes navigate the waters of competition with determination that knows no bounds.





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# RISING TIDES OF LANKAN SHORES

With the sun-kissed shores of Hangzhou beckoning, Sri Lanka's beach volleyball sensations, Chathurika Madhushani Weerasinghe and Deepika Bandara, are all set to showcase their skills on the sandy battleground. Having honed their craft for nearly a decade, this dynamic pair is gearing up to bump, set, and spike their way towards Asian Games glory.

Chathurika holds the esteemed title of rank number 1 in the country. Partnering with Weerasinghe is Deepika Bandara, holding her own as rank number 2 in the nation. Together, they form a symbiotic connection that defies the ebb and flow of challenges. The 2019 South Asian Games crowned them champions, showcasing their remarkable synergy and unwavering spirit

Coach Thakshila Niranjalee's statement resonates with a resounding belief in her team's capabilities, "We are currently in the Asian 10th, 11th, and 12th ranks but I believe both of them can reach the 8th rank in Asian level. Also, in the last Commonwealth Games, they were placed 8th as well. The target is to enter the top 8 teams in the Asian tournament this year and hopefully get an Asian level medal." She further elaborated that, with their eyes set on improving their ranking and adding an Asian Games medal to their accolades, Weerasinghe and Bandara have undergone rigorous training that not only sharpens their game skills, but enhances their physical skills as well.



# YOUNG LANKAN CRICKET READY TO DEFEND INCHEON GOLD

In reality, cricket has been more than a sport in Sri Lanka for generations. Being in the fold for more than a century and a half, cricket in fact has been a way of life and that belief exploded beyond imagination the moment the Lankans, still comparatively young in the real world of international cricket, bemused rest of the pundits by winning the ICC cricket World Cup in 1996.

Thereafter the Lankan cricket story keeps living up to its imagination mingled with its own fluctuations. But, in all its paradigms, it's a world force winning all possible international plaudits.

Among all that glory, one must remember that cricket saved a lot of blushes when the Lankan men's team under Lahiru Thirimanne won the Gold for cricket in Incheon, South Korea in 2014 along with women's cricket bronze – becoming the only sport to bear fruit in a barren land.

Now, in 2022 Asian Games, once again cricket is back on the cards and Hangzhou has become the battle ground. Added to that, in Incheon, Asian cricket giant India took a miss, but, in this episode the Asian cricket card is full. Though the card will not contain the main line up names, owing to the hectic international commitments at hand – in



reality, due to the Cricket World Cup overlapping the Asian Games also in Asia – to be precise in India.

To explain the pros and cons of Gold defense at the Asian Games, GoodSport spoke to the tour manager – former national fast bowler, Vinothan John.

The former Lankan bowling icon explained, “Certainly, we are in possession of a very good team; they are mainly a young ensemble studded with several players who have donned the national cap.

“Among the play makers, we have players in the calibre of genuine all-rounder, an effective off

spinner and top order batsman, Sahan Arachchige who became the man-of-the-match in one of the World Cup qualifying vital games. He will lead the squad.

“Then, we have Ashen Bandara, who have played 6 ODIs and 5 T-20 internationals and a dashing right hand bat, another impressive batsman who is already knocking on the international door, Lasith Croospulle – a dependable right-hand batsman and Shevon Daniel – an up and coming top order batsman who is very promising. We also have the services of another international in right-arm fast bowler – Nuwan Thushara, who has been featured in four T-20s. The above mentioned would be the pivot of the Lankan team to Hangzhou and a lot will depend upon their skills and contributions.





John also had a lot of faith in the skills of the players the calibre of right arm batsman - Ahan Wickremasinghe, who has scored over a thousand first class runs, Ranitha Liyanarachchi - a left hand bat and a right arm fast bowler, Batsman Sachith Jayatilleke and wicket-keeper batsman - Lahiru Udara.

He added, "The others in the squad are - off spinner and batsman - Ravindu Fernando, bowling all-rounder - Movin Subasinghe, slow left arm spinner - Nimesh Vimukthi, Fast bowling all-rounder - Lahiru Samarakoon, fast bowler - Isitha Wijesundera and opening batsman - Thanuka Dabare.

The support squad will comprise Aviska Gunawardena, Upul Chandana, Sajeewa Weerakoon (Coching) Vinothan John (Manager) and Support staff Ajantha Watawala - (Physio).

John reiterated "This is a side in-between the "A" side and the emerging; I think the selectors have done a good job and feel that we can defend the title in spite of the presence of the other Asian giants. One does not have to mention that the biggest threats will come in the form of India and Pakistan, but I think our young team is ready to take up that challenge. I learn that India has also named a strong squad, but, we have the advantage of coming into the series from the quarter-final stage.

"As a squad, we went into serious practice after the completion of the LPL a few days ago, we are confident with wins against South Africa "A" team Test and the England Lions "A" team one-day series and I feel that the lads are ready for the defense of the Gold Medal."



# RUGBY – CHALLENGE OF STANDING UP TO THE EAST-ASIAN WEIGHT

With a history of over a century in the game of rugby, they are yet to prove their mettle under the posts. Internationally, the Lankans sevens teams have been associated with the renowned Hong Kong Sevens tournament and a regular feature in the Asian rugby calendar, but have not been among the best except for a brief period.

Under fly and skipper Tarinda Ratwatte, the Lankan do possess a speedy set of players, but, their lack of match practice owing matters beyond anyone's control, the outcomes may not be the same as normal. So much so, once again, they will set foot in Hangzhou under the National Olympic Committee of Sri Lanka parasol.

The only handicap that Sri Lanka once again will encounter would be the weight of players from Japan, China, South Korea, Hong Kong and, to a lesser extent, Kazakhstan. Nonetheless, the Lankan, when on song, are a treat to watch and would bemuse any opposition through sheer guile and speed, if given the slightest opportunity.

Certainly, Lankans are no strangers to the game of rugby. If they could get their act together sizing up the East Asian speed and weight, maybe, they could in the reckoning.

1. Adeesha Weeratunga – Navy SC (Prop/Flanker)
2. Chathura Seneviratne – CR&FC (Fly half, Full back and Placekicker)
3. Ravindu Anjula Hettiarachchi – CH&FC – (No 8)
4. Tarinda Ratwatte – Kandy SC (Captain – Fly half)
5. Akash Madushanka – Police (Centre)
6. Dinupa Seneviratne – Havelocks SC (Winger three-quarter)
7. Gamunu Chethiya – CR&FC (Centre)
8. Dharshana Dabare – Air Force SC (Back row)
9. Ramesh Fernando – Havelocks SC (Wing three-quarter)
10. Heshan Jansen – Kandy SC (Scrum half)
11. Adam Gaudar (From Queensland – now domiciled)
12. Sudharaka Dikkumbura – Army SC (Forward)
13. Kavindu De Costa – CR&FC (Scrum-half)
14. Raveen De Silva – CR&FC (Prop/Flanker)
15. Dinal Ekanayake – Kandy SC (Centre/Wing)
16. Dinuk Amarasinghe – CH&FC (Centre/Wing)
17. Lasantha Kumara – Army SC (Forward)
18. Raveen Fernando – Havelocks SC (Centre)
19. Samith Dananjaya – Navy SC (Centre)
20. Avantha Lee – CH&FC (Centre/Wing)



# JUDO – CHAMARA CONFIDENT OF PROVING HIS MIGHT

Chamara Repiyallage, also known as Chamara Dharmawardana born on 10 May 1992, is by far the best component of this fine art in Sri Lankan judoka. Attached to the Sri Lanka Air Force, Chamara initially broke into the scene when, as a rank outsider. He became a rare Judoka to first-round win at the 2016 Summer Olympics in the host city Rio de Janeiro, Brazil, over an opponent in American Samoa.

He spun gold at the 2019 South Asian Games in style, when he beat a Nepalese rival, but had it go wrong after holding on to more than the stipulated 4 minutes at the 2022 Birmingham Commonwealth Games when he was in the throes of a Medal. We were in a battle for the Bronze in the 'Golden' minute, but a slight error saw him ending in the 7th position.

Now it is Chamara's turn to seek his might at the Asian Games real, at Hangzhou, China – a task that he is rearing to prove. He said, "Once again, I will compete in the 73kgs category, where I won the South Asian gold in Nepal in 2019. Now I feel, with the exposure that I have been subjected to, I have a responsibility to live up to my expectations.

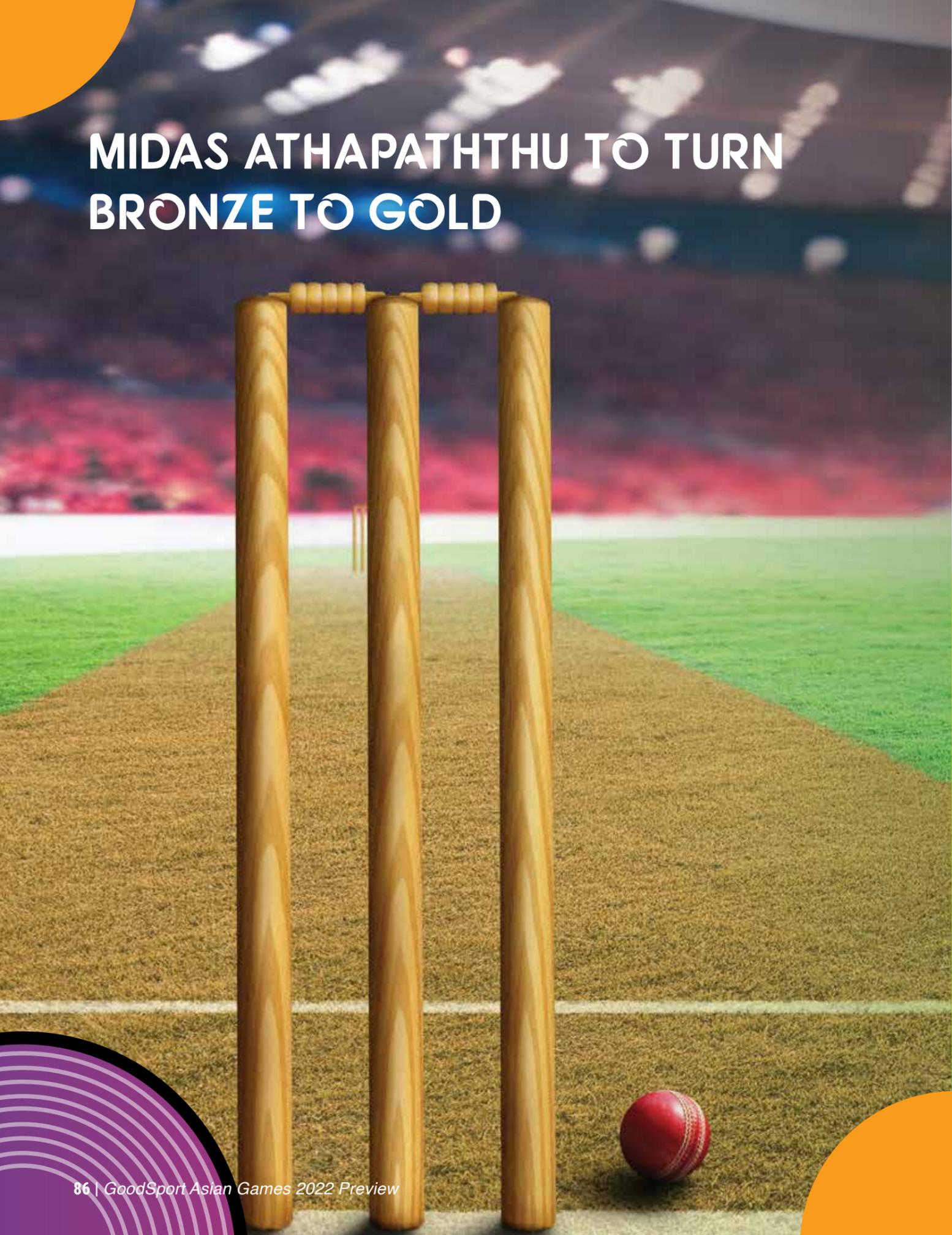
"Meanwhile, I underwent further training in Kosovo courtesy of NOC SL. During that time, I have been taking part in international competitions from 2018 to 2020. There, I won a gold medal in a European Championship, then, the Austria Cup Silver medal, also, another Bronze in a European Championship and was shaping well prior to the vagaries of the Covid-19 pandemic, which brought a halt to all overseas and almost all local activity.

"Then, in 2020 I prepared myself for the Olympic Games in Tokyo with a month-long training regime, but I lost there. Frankly, sport is as such the slightest error, can bring you to the floor. Nonetheless, now I am mentally prepared. I consider every loss as another step to victory.

"Just prior to the Asian Games proper, I will be in Thailand facing a tournament there - I am sure that competition will hold me in good stead. Right now, I do all my training locally with my coach - Mr. Gamini Ranasinghe, who is domiciled in Australia. He is working on my progress through the NOC SL and I feel that I am ready for my Asian challenge now.



# MIDAS ATHAPATHTHU TO TURN BRONZE TO GOLD



In the realm where willow meets leather, where the thud of the ball against bat resonates with dreams, Sri Lankan women's cricket team stands ready to conquer the field again. With world famous stalwart of Sri Lankan Cricket - Chamari Athapaththu wielding the conductor's baton, this ensemble of talent and determination is orchestrating a victory like never before at the Hangzhou Asian Games, marking a triumphant return of cricket to the event after a hiatus since 2014.

Like a maestro of the field, it is no secret that Athapaththu commands not only the pitch but hearts worldwide. Her tally includes all eight ODI centuries and the only T20 International century for Sri Lanka Women, highlighting her ability to convert her starts into waves. After her record-shattering performance with two centuries in the recently concluded ODI series against New Zealand Women, she leaped the top of the ICC rankings for batters in Women's ODIs dated July 2023 - an achievement that is in equal parts fitting and historic. With her

ascend to the No.1 spot, she joins her male counterpart and icon Sanath Jayasuriya as the only two players from Sri Lanka to have reached the pinnacle of the ODI rankings. Yet, Athapaththu's achievements go beyond personal records and rankings. With her leadership and exceptional performances, she has inspired Sri Lankan women's cricket to new heights. The series victory against New Zealand marked Sri Lanka's first bilateral series win in over 15 years, which is surely a testament to the team's growth and development under Athapaththu's captaincy.

"The Lankan squad for the Games this time is almost the same one which played against New Zealand recently. Especially, there are many senior players in the team and several young players are joining the team as well", remarked Athapaththu, unveiling her team's composition.

And what a composition it is. In the top order, the team boasts the talents of Vishmi Gunarathne, Imesha Dulani, Harshitha Samarawickrama, Hasini



Perera, and Athapaththu herself. Meanwhile, the middle order is composed of Nilakshi de Silva, Anushka Sanjeevani, Kaveesha Dilhari and Hansima Karunaratna.

A highlight of the team lies in its spin department. "The spin unit of our team is very strong, especially there are many experienced players - Inoka Ranaweera, Oshadhi Ranasinghe, Inoshi Fernando, Kaveesha Dilhari and Sugandika Dasanayaka," Athapaththu emphasized on their spin attack. The pace bowling responsibilities fall on Achini Kulasooriya, Kavya Kavindi, and the team's most experienced player, Udeshika Prabodhini. Completing the lineup, Anushka Sanjeevani will shoulder the wicket-keeping duties.

"Last time at Incheon, we won the bronze medal, but compared to the team we played back then, we have a good team this time," Athapaththu confidently stated, reflecting on their previous performance. "I think our players are in a good mentality because we have won most of the recently concluded tournaments."

"Also, before the Asian Games, we will be touring to England to play against them; so the preparation will be very good because we have played against England." Little did she know, after this interview, her team would go onto clinch the first ever series victory over England in any format, topped with Athapaththu herself becoming the Player of the Series.



"Our training has been done very well so I hope that we will definitely have good confidence. Overall, I think I got a good team and we hope to play a good tournament and bring the gold medal to Sri Lanka.", Athapaththu declared, encapsulating the team's aspirations.

In Hangzhou, Asia will be competing against their own Asian counterparts - where cricket is more than

a myth. But, all are subject to perform in conditions where nobody knows how the wickets will toss up. So the journey ahead indeed lies with mystery but surely promises excitement and challenges. Be it as it may, the Lankan lasses appear well-equipped to face these head-on with full confidence. Their determination, combined experience, and the drive by the quest for gold could very well steer them towards newer heights.

# WUSHU COULD BE THE CATALYST

Wushu is another sport that could bring the same result that Nethmi Ahinsa brought for women's wrestling at the Birmingham Commonwealth Games last year. She just pulled off the seemingly impossible, like a little pebble felling Goliath out of the count.

At the last Asian Games, they got hot, but fell at the last post, but this time in Hangzhou, they are sure that the worm would turn. Mentor Manel Dharmakeethi undeniably is the livewire of Wushu in Sri Lanka. Manel gave a detailed explanation of the expedition to Hangzhou. He said, "Our contingent in all probabilities will be KTATP Kumara - 70kg, International Coach - Shiebak Abbas, Pathum Balawardhana - 60kg and Nipun Shanika - 65kg. Right along, we were training with our high-performance unit, modus operandi for the Asian Games 2022, which was postponed to 2023.

"In the midst, I was, fortunately, able to get the assistance of the Iran Wushu Federation President and get three scholarships for the three players at the expense of the Iranian Government. Right now, all three players are training in the Sanda segment. Thereafter, they began a training session with the Iranian national squad in Teheran. At the same time, they will get some match practice when

they become a part of a provincial competition in Sahidan.

"At the end of their stint in Iran, the three players and the coach will return to Sri Lanka prior to their departure to China.

The Wushu icon Dharmakeethi mentioned that without the assistance of NOC SL, they wouldn't have been able to get this exposure in Iran. He added, "Wushu is extremely competitive in Asia and is as sharp as the Olympics. Especially, the standard of Wushu in Iran, China and Vietnam is as good as any other place in the globe. However, at the Asian Games what would count the most would be the draw. We are hoping that we will be pitted against some winnable opponents in the first round. In that manner, they would get more accustomed and have less pressure when it comes to the real top-class opposition."



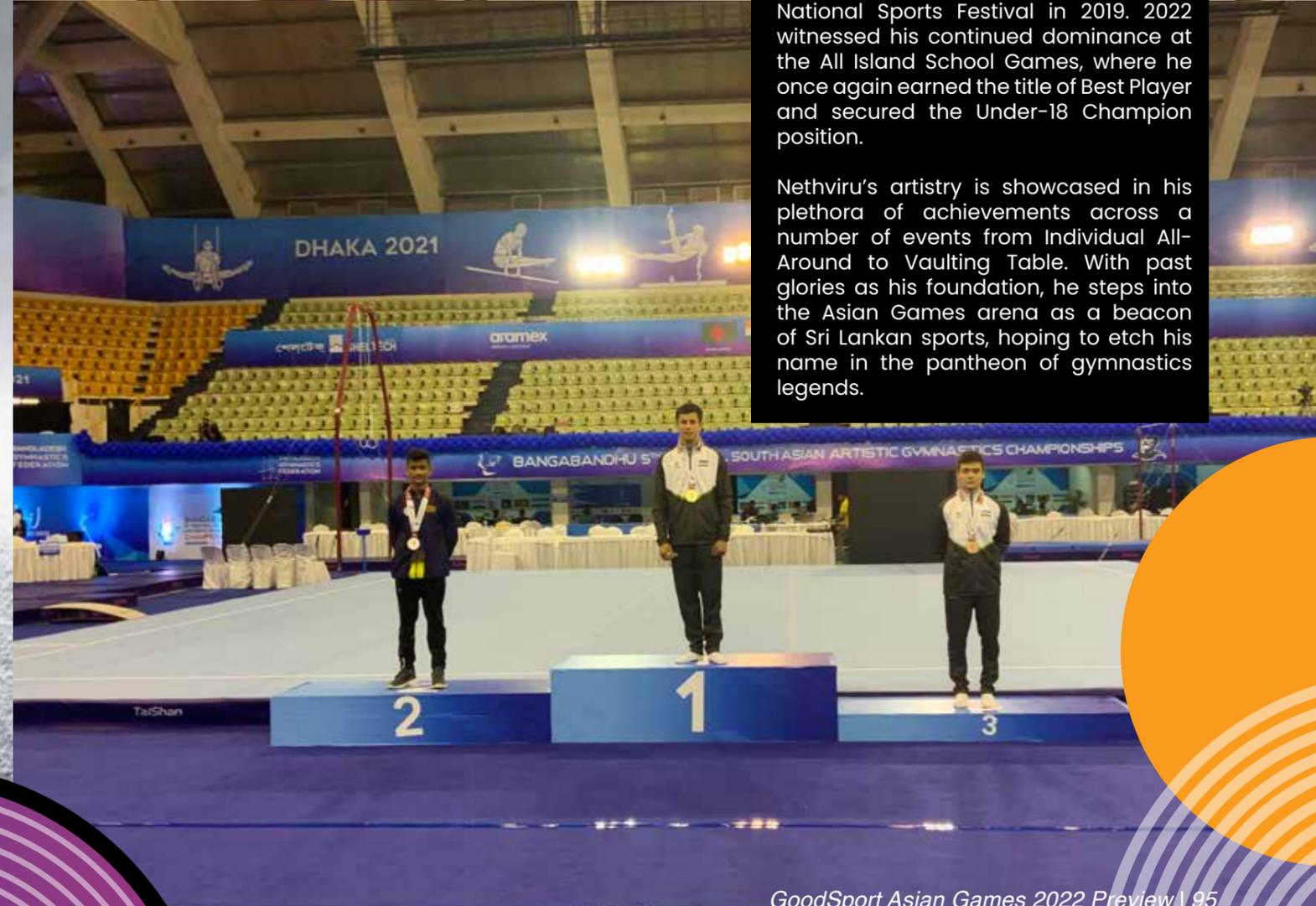
# GYMNASTICS: DEFYING GRAVITY FROM SRI LANKA TO HANGZHOU SPOTLIGHT

Born in 2005, Lankan male gymnast – Nadila Nethviru, is destined to pirouette onto the grand stage of the Asian Games’ Men’s Artistic Gymnastics at Hangzhou. His journey is a tapestry woven with extraordinary achievements that shine like gold medals on the blue mat in the arena.

His story found its first chapter at the Central South Asian Gymnastics Championship in Bangladesh, 2021 where he secured 2nd place in the Pommel Horse event, laying the foundation for his meteoric rise. The year 2022 proved to be a defining one for Nadila, as he left an indelible mark at the 47th Festival Games. Demonstrating his versatility and mastery, he clinched the 1st place in a series of events including the Pommel Horse, Vaulting Table, High

Bar, Parallel Bars, and Still Rings. This spectacular achievement showcased his all-around proficiency and marked him as a force to be reckoned with in the gymnastics arena. Nadila’s accomplishments extend beyond 2022, with previous successes at the 46th National Sports Festival in 2019. 2022 witnessed his continued dominance at the All Island School Games, where he once again earned the title of Best Player and secured the Under-18 Champion position.

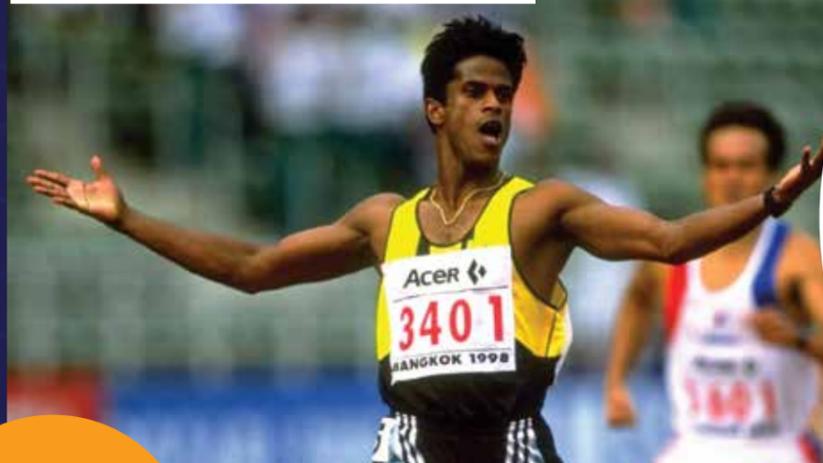
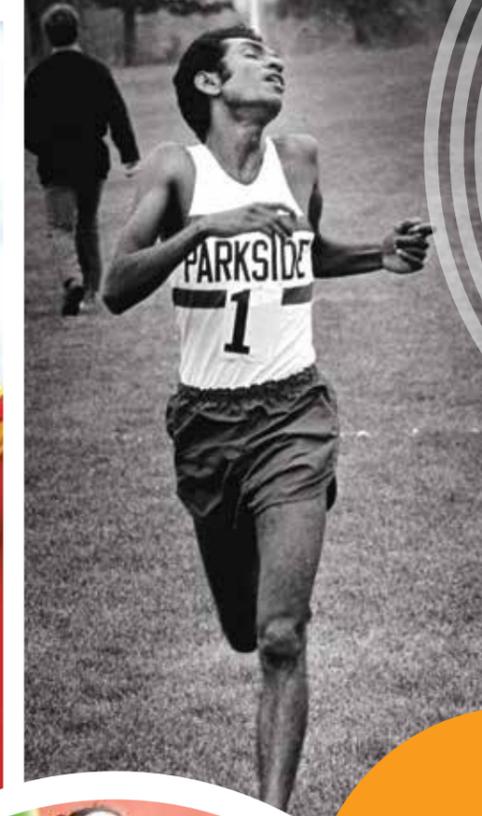
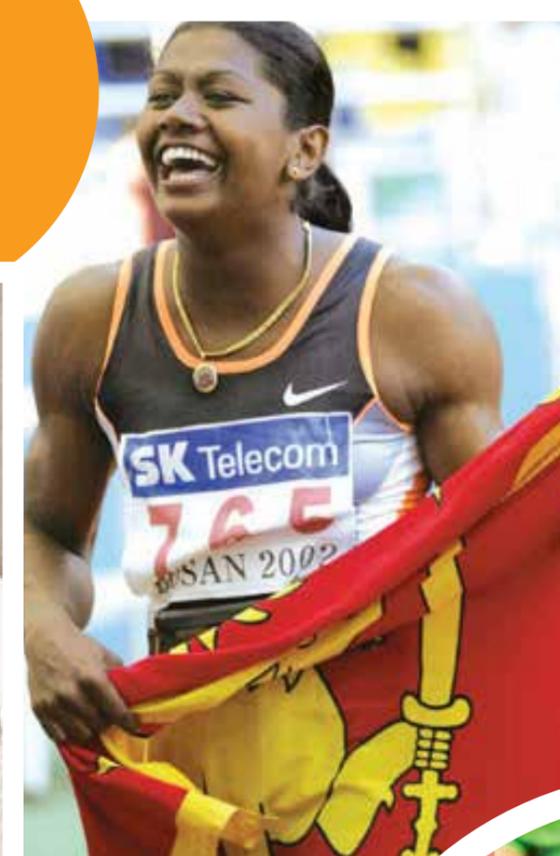
Nethviru’s artistry is showcased in his plethora of achievements across a number of events from Individual All-Around to Vaulting Table. With past glories as his foundation, he steps into the Asian Games arena as a beacon of Sri Lankan sports, hoping to etch his name in the pantheon of gymnastics legends.



				
<b>SPORT</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>	<b>TOTAL</b>
<b>ATHLETICS</b>	<b>10</b>	<b>6</b>	<b>11</b>	<b>27</b>
<b>CRICKET</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>GOLF</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>2</b>
<b>BOXING</b>	<b>0</b>	<b>1</b>	<b>4</b>	<b>5</b>
<b>TENNIS</b>	<b>0</b>	<b>1</b>	<b>4</b>	<b>5</b>
<b>SAILING</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>CYCLING</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>2</b>
<b>KARATE</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>
<b>TOTAL</b>	<b>11</b>	<b>11</b>	<b>24</b>	<b>46</b>

					
<b>GAMES</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>	<b>TOTAL</b>	<b>RANK</b>
<b>1951 NEW DELHI</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>6</b>
<b>1954 MANILA</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>10</b>
<b>1958 TOKYO</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>11</b>
<b>1962 JAKARTA</b>	<b>0</b>	<b>2</b>	<b>3</b>	<b>5</b>	<b>11</b>
<b>1966 BANGKOK</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>6</b>	<b>15</b>
<b>1970 BANGKOK</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>4</b>	<b>10</b>
<b>1974 TEHRAN</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>12</b>
<b>1978 BANGKOK</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>18</b>
<b>1982 NEW DELHI</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>1986 SEOUL</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>1990 BEIJING</b>	<b>0</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>18</b>
<b>1994 HIROSHIMA</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>26</b>
<b>1998 BANGKOK</b>	<b>3</b>	<b>0</b>	<b>3</b>	<b>6</b>	<b>15</b>
<b>2002 BUSAN</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>6</b>	<b>21</b>
<b>2006 DOHA</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>36</b>
<b>2010 GUANGZHOU</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>2014 INCHEON</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>27</b>
<b>2018 JAKARTA-PALEMBANG</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL</b>	<b>11</b>	<b>11</b>	<b>24</b>	<b>46</b>	<b>26</b>

MEDAL	NAME	GAMES	SPORT	EVENT
SILVER	M. A. AKBAR	1951 NEW DELHI	ATHLETICS	MEN'S POLE VAULT
SILVER	HEMAPALA JAYASURIYA	1954 MANILA	BOXING	BANTAMWEIGHT
BRONZE	CHANDRASENA JAYASURIYA	1954 MANILA	BOXING	FEATHERWEIGHT
GOLD	NAGALINGAM ETHIRVEERASINGAM	1958 TOKYO	ATHLETICS	MEN'S HIGH JUMP
BRONZE	RUPERT FERDINANDS BERNARD PINTO	1958 TOKYO	TENNIS	MEN'S DOUBLES
SILVER	NAGALINGAM ETHIRVEERASINGAM	1962 JAKARTA	ATHLETICS	MEN'S HIGH JUMP
SILVER	RANJANI JAYASURIYA	1962 JAKARTA	TENNIS	WOMEN'S DOUBLES
BRONZE	BERNARD PINTO RAJA PRAESODY	1962 JAKARTA	TENNIS	MEN'S DOUBLES
BRONZE	NIRMALA DISSANAYAKE	1962 JAKARTA	ATHLETICS	WOMEN'S 200M
BRONZE	SENARATH JAYASURIYA	1962 JAKARTA	BOXING	FLYWEIGHT
BRONZE	RANJANI JAYASURIYA WENDY MOLLIGODA	1966 BANGKOK	TENNIS	WOMEN'S DOUBLES
BRONZE	SRIA GOONERATNE RANJANI JAYASURIYA WENDY MOLLIGODA	1966 BANGKOK	TENNIS	WOMEN'S TEAM
BRONZE	LUCIEN ROSA	1966 BANGKOK	ATHLETICS	MEN'S 5000M
BRONZE	LUCIEN ROSA	1966 BANGKOK	ATHLETICS	MEN'S 10000M
BRONZE	TREVOR DE SILVA	1966 BANGKOK	CYCLING	TRACK CYCLING 800M MASS START
BRONZE	TREVOR DE SILVA	1966 BANGKOK	CYCLING	TRACK CYCLING 4800M MASS START
GOLD	LUCIEN ROSA	1970 BANGKOK	ATHLETICS	MEN'S 5000M
GOLD	LUCIEN ROSA	1970 BANGKOK	ATHLETICS	MEN'S 10000M



MEDAL	NAME	GAMES	SPORT	EVENT
SILVER	WICKREMASINGHE (W.) WIMALADASA	1970 BANGKOK	ATHLETICS	MEN'S 400M
SILVER	RAY WIJEWARDENA EKENDRA EDIRISINGHE	1970 BANGKOK	SAILING	ENTERPRISE
GOLD	W. WIMALADASA	1974 TEHRAN	ATHLETICS	MEN'S 400M
GOLD	W. WIMALADASA SUNIL GUNAWARDENE KOSALA SAHABANDU AGAMPUDIGE PREMACHANDRA	1974 TEHRAN	ATHLETICS	MEN'S 4*400 M RELAY
BRONZE	PERERA WIJYANIM	1978 BANGKOK	BOXING	FLYWEIGHT
BRONZE	CALDERA HALLESAGE	1978 BANGKOK	BOXING	BANTAMWEIGHT
SILVER	NANDASENA PERERA	1990 BEIJING	GOLF	MEN'S INDIVIDUAL
SILVER	SRIYANTHA DISSANAYAKE	1990 BEIJING	ATHLETICS	MEN'S 200M
BRONZE	SRIYANTHA DISSANAYAKE	1990 BEIJING	ATHLETICS	MEN'S 100M
SILVER	SUSANTHIKA JAYASINGHE	1994 HIROSHIMA	ATHLETICS	WOMEN'S 200M
BRONZE	DAMAYANTHI DHARSHA	1994 HIROSHIMA	ATHLETICS	WOMEN'S 200M
GOLD	DAMAYANTHI DHARSHA	1998 BANGKOK	ATHLETICS	WOMEN'S 200M
GOLD	DAMAYANTHI DHARSHA	1998 BANGKOK	ATHLETICS	WOMEN'S 400M
GOLD	SUGATH TILLAKARATNE	1998 BANGKOK	ATHLETICS	MEN'S 400M
BRONZE	SUGATH TILLAKARATNE	1998 BANGKOK	ATHLETICS	MEN'S 200M
BRONZE	SRIYANI KULAWANSA	1998 BANGKOK	ATHLETICS	WOMEN'S 100M HURDLES
BRONZE	LALIN JIRASINHA KRISHAN JANAKA	1998 BANGKOK	SAILING	ENTERPRISE
GOLD	SUSANTHIKA JAYASINGHE	2002 BUSAN	ATHLETICS	WOMEN'S 100M
GOLD	DAMAYANTHI DHARSHA	2002 BUSAN	ATHLETICS	WOMEN'S 400M
SILVER	ANURA ROHANA	2002 BUSAN	GOLF	MEN'S INDIVIDUAL
BRONZE	ROHAN PRADEEP KUMARA	2002 BUSAN	ATHLETICS	MEN'S 400M

MEDAL	NAME	GAMES	SPORT	EVENT
BRONZE	ROHAN PRADEEP KUMARA RANGA WIMALAWANSA PRASANNA AMARASEKARA SUGATH THILAKARATNE	2002 BUSAN	ATHLETICS	MEN'S 4*400 M RELAY
BRONZE	RAYAPPAN JEBAMALAI EDWARD	2002 BUSAN	KARATE	INDIVIDUAL KATA
SILVER	SUSANTHIKA JAYASINGHE	2006 DOHA	ATHLETICS	WOMEN'S 100M
BRONZE	SUSANTHIKA JAYASINGHE	2006 DOHA	ATHLETICS	WOMEN'S 200M
BRONZE	ROHAN PRADEEP KUMARA ROHITHA PUSHPAKUMARA PRASANNA AMARASEKARA ASHOKA JAYASUNDARA	2006 DOHA	ATHLETICS	MEN'S 4*400M RELAY

**GOLD - MEN'S TEAM CRICKET INCHEON 2014**

LAHIRU THIRIMANNE , UPUL THARANGA, DINESH CHANDIMAL, ASELA GUNARATNE, SHEHAN JAYASURIYA  
KOSALA KULASEKARA, CHATHURANGA KUMARA, DILHARA LOKUHETTIGE, JEEVAN MENDIS  
ASHAN PRIYANJAN, RAMITH RAMBUKWELLA, ALANKARA ASANKA SILVA, CHATHURANGA DE SILVA  
ISURU UDANA, KITHURUWAN VITHANAGE



**BRONZE -WOMEN'S TEAM CRICKET INCHEON 2014**

CHAMARI ATAPATTU, NILAKSHI DE SILVA, CHANDIMA GUNARATNE, ESHANI LOKUSURIYAGE  
LASANTHI MADUSHANI, DILANI MANODARA, YASHODA MENDIS, CHAMARI POLGAMPOLA, UDESHIKA PRABODHANI,  
INOSHI PRIYADHARSHANI, INOKA RANAWEEERA, MADURI SAMUDDIKA, ANUSHKA SANJEEWANI  
SHASHIKALA SIRIWARDENE, SRIPALI WEERAKKODY

# ENHANCING PERFORMANCE AND ENSURING SAFETY

## PRE-COMPETITION SPORTS & EXERCISE MEDICINE WORKSHOP FOR 19TH ASIAN GAMES 2022 AND OTHER INTERNATIONAL COMPETITIONS

In the realm of sports, success isn't solely about raw talent; it's about harnessing science, knowledge, and holistic well-being. Such was the focus of the Pre-Competition Sports & Exercise Medicine Workshop held on August 19, 2023, at the Sri Lanka Olympic House. This workshop, a collaborative effort between the Medical Committee and Gender Equity Committee of the National Olympic Committee Sri Lanka (NOC SL), aimed to equip athletes and officials with the tools necessary for excelling in the 19th Asian Games and other international contests. With a turnout of over 60 participants including athletes and officials, the event resonated as a crucial stepping stone in their journey to international podiums.

The first segment, conducted by the Medical Committee of NOC Sri Lanka, delved into the scientific intricacies that underpin exceptional performance through a series of impactful sessions. Prof. Ranil Jayawardena emphasized the significance of nutrition in optimizing an athlete's potential while Dr. Chamara Wijesinghe's presentation explored the often-neglected aspect of mental strength in sports, providing athletes with essential tools for maintaining mental equilibrium. It was followed by Prof. Aranjan Karunanayake's session, highlighting the importance of proactive measures in safeguarding athletes from injury setbacks where techniques for athlete screening and injury prevention strategies were shared. Then, Prof. Chathuranga Ranasinghe elaborated on recovery strategies that not only enhance performance but also prevent injuries and maintain overall health and he also provided essential updates on Covid-19 protocols, ensuring the safety of athletes remained a top priority. The session series concluded with Dr. Rishitha Wijesuriya shedding light on the anti-doping measures integral to maintaining the integrity of sports. The sessions culminated in a dynamic Q&A segment that enabled participants to engage directly with the experts.

Dr. Eshan Jayaweera, Chairperson of the Medical Committee of NOC Sri Lanka, encapsulated the workshop's essence by emphasizing the symbiotic relationship between talent and science. He commented, "The session was mainly targeting the elite athletes who have been selected to go for the Asian Games and other international events. So I was happy that there was quite a good turnover here."

"What we need to realize is all these elite athletes are talented – that's why they are here today. But talent alone is not going to take them to their next step, which is to compete at the international level. So to compete at an international level and when our target is to win a medal for the country, you have to compete with elite athletes who are at that level in other countries. For most of those athletes from other countries nowadays, their talent of course is there but there are a whole lot of other things that go behind the talent – like the science behind the sport. So apart from your talent, the rest of it is that science behind the sport and training. So once you have enhanced that and developed that, that is the time that you can even think of that jump in that small step which gets you into that elite level."

He highlighted the pivotal role of science-backed knowledge in propelling athletes towards international glory. Nutrition, mental resilience, injury prevention, recovery techniques, and ethical conduct, he asserted, collectively mold athletes into well-rounded contenders on the global stage.

The latter part of the workshop, spearheaded by Ms. Niloo Jayathilake, Chairperson of the Gender Equity Committee of NOC Sri Lanka, centered on the concept of "Safe Sport." This section aimed to foster an environment of safety, respect, inclusivity, and gender equity within the realm of sports. Ms. Reshika Udugampola, Member of the Gender Equity Committee and Deputy Chef de Mission for the 19th Asian Games, elaborated on Safe Sport practices in a



comprehensive presentation. The workshop concluded with panel discussion featuring Mr. Suresh Subramaniam - President, NOC Sri Lanka, Ms. Niloo Jayathilake, Ms. Caryll Tozer - Chairperson, Complaints Committee of NOC Sri Lanka and Ms. Reshika Udugampola. This session facilitated a deeper understanding of fostering safe and all-encompassing sporting cultures.

Overall, the event marked a pivotal step towards athletic excellence and respect within Sri Lanka's sporting community. As athletes embark on representing their nation, they carry not just talent but also strategies to excel, embodying their country's pride.



# “NOC SRI LANKA - CRYSBRO NEXT CHAMP” INITIATES PHASE II

13 ATHLETES SET TO BRING VICTORY TO SRI LANKA ON INTERNATIONAL STAGE

Colombo, 17 August 2023 – Crysbro conceived the vision of “Next Champ” almost a half a decade ago, but it blossomed into a full scale junior athletic strategy in 2019 with the advent of the NOC SL – CRYSBRO NEXT CHAMP initiative where programme supported twenty fledgling junior athletes who had the promise to deliver locally and internationally. In reality, at the end of the first phase it proved that envisioning has borne the desired result and during the explanation we will dwell upon the details.

Now, following up on the success and high-potential of the previous edition, Phase II of the NOC SRI LANKA – CRYSBRO NEXT CHAMP initiative is once again shining a deserving light on Sri Lanka’s young, committed and active talent who reside across the rural regions of the country, this time with a 13-strong roster consisting of promising athletes from across the rural communities of Sri Lanka.

No	Athlete	Sport	Event
1	Nethmi Ahinsa (F)	Wrestling	53kg
2	Chamodya Keshani (F)	Wrestling	55kg
3	Amaya Ranasinghe (F)	Taekwondo	42kg
4	Dumindu Abeywickrema (M)	Badminton	Single
5	RL Sachini Rajika (F)	Weightlifting	55kg
6	HA Minuwanda de Silva (M)	Weightlifting	55kg
7	MDM Premarathna (F)	Weightlifting	45kg
8	Nilupul Pehesara (M)	Track and Field	High Jump
9	Mithun Raj (M)	Track and Field	Discuss Throw, Shot Put, Hammer Throw
10	W. Thusen Silva (M)	Track and Field	Pole Vault
11	K.L.A. Akalanka (M)	Track and Field	400m H
12	Ranindi Pehansa (F)	Track and Field	High Jump
13	K.M.D. Dharshana (M)	Track and Field	400m H



An empowering and futuristic initiative from inception, NOC SRI LANKA – CRYSBRO NEXT CHAMP is the result of a successful collaboration between the National Olympic Committee of Sri Lanka and Crysbro, a 100% Sri Lankan-owned agriculture-based Group of Companies that is active in rural areas in the country.

The announcement was made at the Sri Lanka Olympic House Auditorium on August 17, 2023, and was attended by key individuals representing both organisations, as well as members of the local media.

Explaining the advent of phase II, NOC Sri Lanka General Secretary Maxwell De Silva stated that “as we saw with the immense success of our first phase, we know that Sri Lanka is blessed with an abundance of very talented and resilient young people who haven’t received the support they deserve, in order to excel in their athletic interests. The NOC SRI LANKA – CRYSBRO NEXT CHAMP initiative has therefore been reignited with a second phase, and we are proud to announce that we have identified 13 gifted athletes who will receive the support they need to propel their skill and growth to bring further victory to Sri Lanka and shed

light on the more deserving and capable youth potential in the country. We are grateful to once again join forces with our partners in this initiative, Crysbro, and look forward to extending this fruitful relationship with every new stage.”

An exhilarated, Crysbro Marketing Manager, Amores Sellar commenting on the success of Phase I noted “the immense feeling of pride for our country and the forthcoming generations with the NOC SRI LANKA – CRYSBRO NEXT CHAMP initiative is very strong, as we championed this area of identifying and supporting the success of aspiring young athletes who were hidden in the rural areas of Sri Lanka, and that effort has grown into a national treasure. We are very thankful to the National Olympic Committee of Sri Lanka, and are excited to once again join forces and play an integral role in bringing pride, success and international recognition to our country. We wish all the very best to our new athletes and hope they dominate the international stage.”

The NOC SRI LANKA – CRYSBRO NEXT CHAMP initiative supports and nurtures the growth and development of young and aspiring sportsmen and women, providing them with food supplements, clothing, sporting gear, equipment, training, and a monthly

wage to propel them towards successful sporting careers and bring pride to the nation.

Phase One of the NOC SRI LANKA – CRYSBRO NEXT CHAMP initiative discovered high-potential athletes like Nethmi Ashinsa, who earned a bronze medal at the Commonwealth Games in 2022 – the first medal for Sri Lanka in the Wrestling event at the Commonwealth Games 2022. Also, Tharushi Karunaratne brought home Gold from the 800m Women’s Sprinting event at the Asian Athletic Championship 2023.

Besides the programme also supported a number of Crysbro Scholarship holders to develop their skills overseas in a scheme outside the main programme.

### About Crysbro

With a rich history of over 50 years, Crysbro has been at the forefront of quality and consistent standards in producing poultry meat. Being one of Sri Lanka’s leading poultry producers, the company has also held a longstanding commitment to uphold sustainability as a key pillar of its overall business growth. With Crysbro’s end-consumer products renowned as one of the most affordable

sources of protein for human consumption, the company sought to empower young and aspiring athletes with high potential, who often resided in the rural communities of Sri Lanka, where the company’s business was often conducted.

In 2018, Crysbro launched the CRYSBRO NEXT CHAMP programme, to shed light on and give exposure to these young aspiring individuals to receive national and international recognition. This programme focused on a very expansive 150-strong roster, which was financially and otherwise supported towards achieving their goals in sport. In 2019, Crysbro joined hands with t

he National Olympic Committee of Sri Lanka and introduced the “NOC SRI LANKA – CRYSBRO NEXT CHAMP” initiative, which was launched under the theme “Empowering Next Olympic Hope”. It sponsored 20 young athletes in various individual sports. NOC Sri Lanka was in charge of selecting potential athletes and coordinating with them, their coaches, and their national federations. Simultaneously, marking a first-of-its-kind in Sri Lanka, an online portal called “Next Olympic Hope” was launched to raise public awareness and support for donations to contribute towards athletes, schools, and sports groups in need.





# Crysbro

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# SAFE SPORT THROUGH THE LOOKING GLASS

Human rights is a universal moral obligation that encompasses every human that dwells upon this earth and, it reaches and touches the very heart of governance in any part of the globe. Unhindered living is a right of every citizen and ensuring that right is preserved, is the moral obligation of every governing body.

Unconstrained right of living could be divided in minute portions and the segment we call 'right to play', or in a more sophisticated manner of explaining it as "Safe Sports", is another important segment the National Olympic Committee of Sri Lanka (NOCSL) takes seriously.

Though it is largely thought of as a malady that has crept into sport through the

generations, it is only now that we have awakened to open our eyes and speak loudly against discriminations that occurs on this part of the track.

It seems under the present circumstances, especially in a Lankan context, the majority of the population knows or are aware of human rights, but sadly this is not filtered through or thought of encompassing the concept of safe sport.

Such lack of ignorance or redress mechanism has been a significant contributory factor in promising athletes deserting the sport and a natural lifeline of sustenance, possible stardom, and national pride. Not surprisingly, most of the cases involve female athletes.

Speaking of Safe Sport and NOCSL's part in the safe play in this exchange, former Rugby and now a legal luminary Jivan Goonetilleke possesses an in-depth knowledge of

**MAKE SPORTS A SAFE ZONE**

**HARASSMENT IS NO GAME**

#HarassmentIsNoGame



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#HarassmentIsNoGame



**LET**



**BE PART OF THE TEAM**

Safety is more than just avoiding accidents and physical injury. It's also security and the total absence of harassment that manifests in the form of mental, verbal, physical, sexual and bullying. These forms of harassment can seriously affect an athlete's wellbeing and impede his or her performance, shattering the dream of victory for an entire nation. Understanding what constitutes harassment and standing against it is the first step in eradicating it from Sri Lankan sports.

#HarassmentIsNoGame

To find out more visit [www.olympic.lk/harassmentisnogame](http://www.olympic.lk/harassmentisnogame)

**HARASSMENT IS NO GAME**





the subject. With that in mind, we inquired about his views on the subject.

Jivan explained: "Generally it all comes within the framework of trying to improve our sports in Sri Lanka. There are two aspects to it. One is that from an international perspective there was a significant shift in emphasis on fair treatment, gender equality and anti-harassment. Universally, there was more emphasis on male participation in international events and tournaments. Women participation in sports was inherently getting step-motherly treatment.

If you look at international sport on the whole, women's teams were treated as inferior, but now they call it the Men's Cricket World Cup and the Women's Cricket World Cup and parity is given.

"In fact, there is a large-scale argument where payment for athletes should be on an equal footing. It is said it should be on the same scale, but it is not the case still; as in certain countries, there is still argument as to why women's sports should be scaled differently."

In recent times National Olympic Associations incorporated safety mechanisms to address such growing concerns on gender equality, discrimination and abuse.

In Sri Lanka too there was a pressing need to show that it is in line with the main Olympic charter. It must now ensure that it recognises women on the same scale. The same parity that given to male teams must be given.

Jivan emphasised: "That is one aspect of it. The other aspect of it is – obviously the common goal is to develop our sports. Development of sport sometimes is misconstrued. It is understood that you have to make investment into sport for improvement of stadiums, gyms, facilities etc., but at the same time we have neglected the other side of it. Why are we neglecting certain areas and what deters people from continuing sports, especially from a female athlete perspective?"

"There were a lot of issues when it came to equal opportunity; how they were treated and how their grievances were met. Because Sri Lanka is

small, Colombo is even smaller. But, if you look at most of our athletes, there is tremendous potential from outstation and other places that are not in the public eye.

"Of course, there are people like Susanthika Jayasinghe who came to Olympic level but, there are so many athletes with potential who have fallen by the wayside for whatever reasons. One of the areas clearly identified is abuse. Basically, there was little or no regulation or grievance handling process, so they were deterred from continuing in sports. They did not have a proper mechanism to address that grievance."

"In fact, no one even bothered about it. Perhaps they did not bother to look at it or preferred ignoring it," Jivan pointed out – where would have their redress?

He explained: "Even the criminalising of sexual harassment came only in 1995. Even if you take a workplace, if you look at industrial relations, it is not effectively administered. We are lagging behind time. Even with this mechanism, social and cultural mindsets deter victims from seeking recourse to the remedies available under law and even where resorted to they are plagued by delays and social stigmas.

"We realised to meet both these requirements; we need to really have a robust system in place – a system which instils confidence in athletes. It is not only confined to female athletes; it is open to male athletes as well. They need to now believe that there is a forum and a mechanism here that is designed to actually help athletes – it instils confidence in the entire system.

"That is why we in the NOCSL Safe Sports Committee developed this. It is adopted in other countries as well – where you have to protect the individual. You have to give the athlete assurance that there is not going to be a backlash and the athlete can safely make a complaint. We have made it easier to make a complaint; not everybody has a computer, or it is not everybody that could get into a bus and travel to Colombo, or it is not everybody who could speak English. These are all drawbacks which deter people from taking action.

"They suffer in silence, or they drop out from the sport entirely. This was designed after researching policy instruments in other jurisdictions, particularly the Indian Ministry of Women and Child Development Handbook on Sexual Harassment, Norwegian Sexual Harassment in Sports Guidelines and Czech Republic Sexual Harassment Charter, just to name a few.

"What we have here is a mechanism that is apart from the law, where the NOCSL itself has a system

and a place where you can address an athlete's grievance. Looking at the cultural issue and the practicalities of the situation, there is a two-tier system.

"We have a Complaints Committee and then you have a Hearing Committee. The Complaints Committee is where you lodge a complaint; it can be an email, or you can give it in writing and that is processed very confidentially. Your identity is covered and the Complaints Committee – it is a very flexible body that will do the fact finding.

"The committees contain some respectable and erudite persons in society such as lawyers, psychologists, Women's Rights activists, etc. They will interview witnesses and accused parties and get statements. Afterwards, at that point, if necessary, they can come up with a solution. However, if it's a grievous issue or warrants further inquiry, then that entire docket with whatever information is gathered is referred to the Hearing Committee.

"The Hearing Committee is a more legalistic and process driven body empowered to make determinations and recommendations and a final report and submit it to the NOCSL where sanctions and determinations can even be rooted back to the accused party's sport's national association.

"Initially we called it the Prevention of Sexual Harassment and Abuse Policy. Its scope and practical application have been expanded to cover general good governance where in our maiden case, recommendations were made to the NOCSL to direct all national sports associations to adopt written selection criteria in selection of national teams/participants and/or written justification for selections to ensure fairness, equality, and transparency of process.

"It is now up to the NOCSL and Sports Ministry to ensure that there is a wide educational and publicity drive to enlighten all sportsmen and

sportswomen from even school level of the existence of such safeguard aimed at protecting their growth and development in the sport."

**Jivan Goonetilleke**

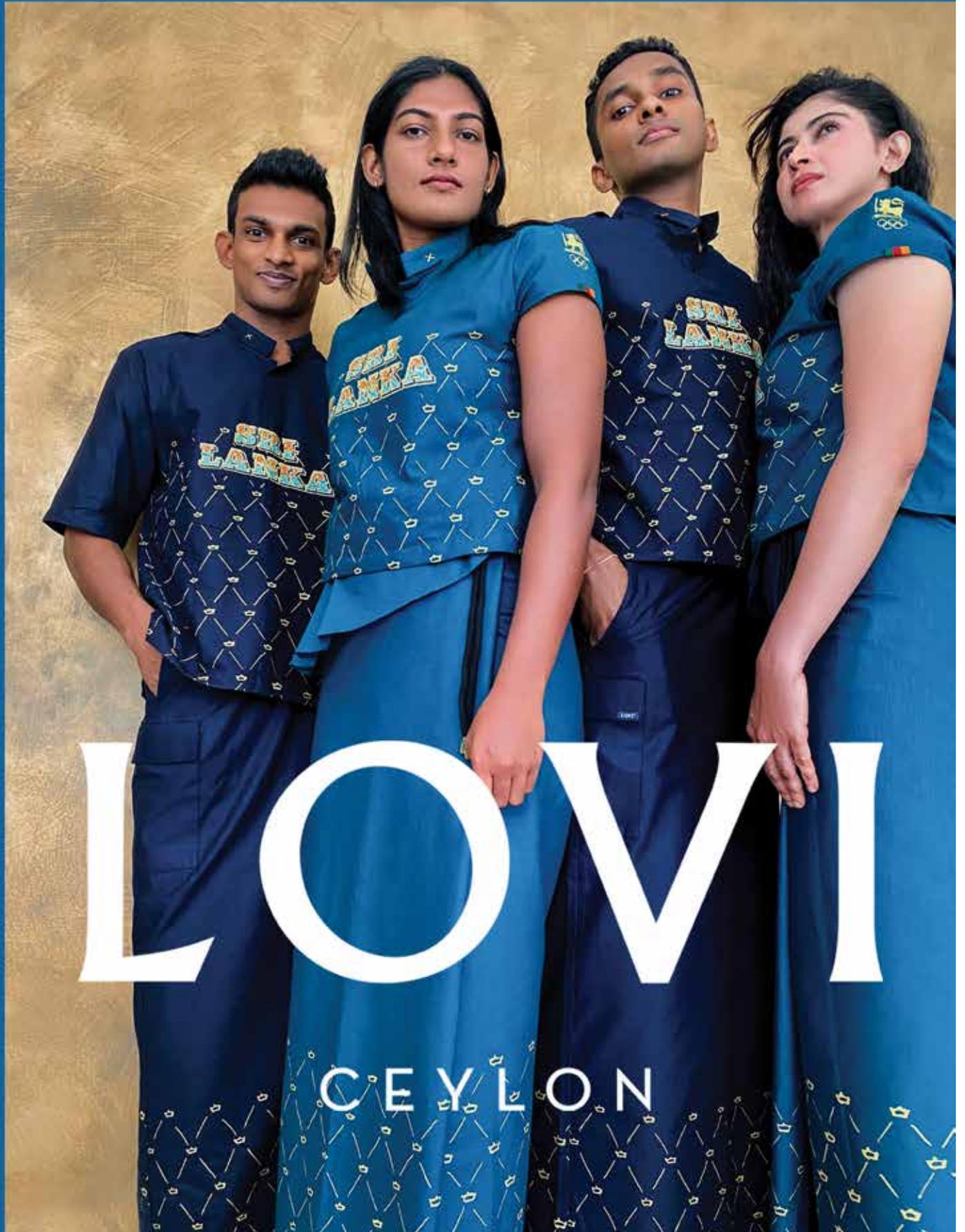




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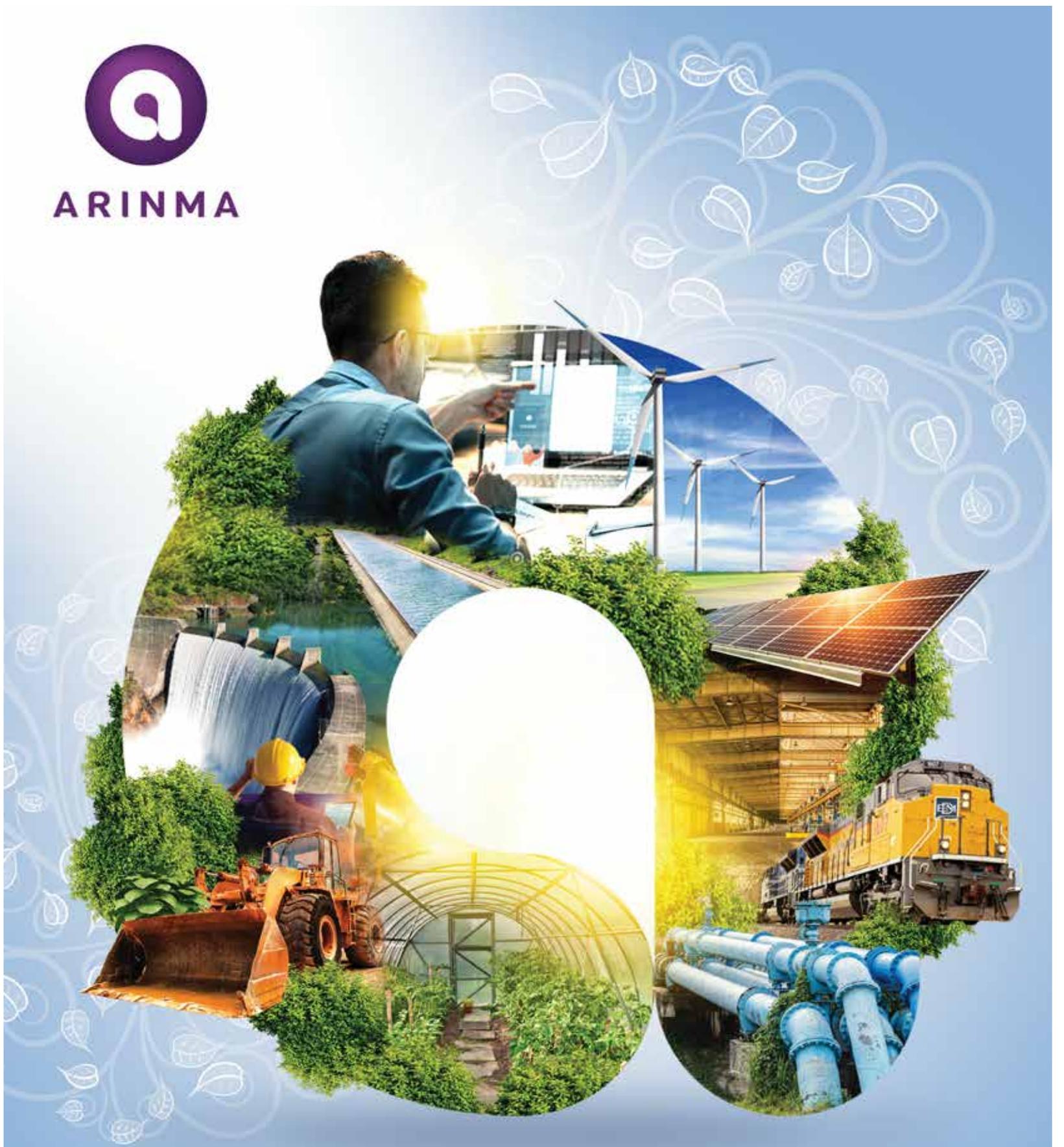


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