The Worldâ€™s Fastest Man â€“ Excellent Track Record by Usain Bolt

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Article published on December 19th 2011 | Sports

Everybody in the world is inspired by something or the other at some point of time. The inspiration can come in various forms depending on the area of interest. Track and field event is one of the best and most inspiring events when we talk about Olympics. The world champion in the 100 meters track record is Usain Bolt from Jamaica. Whoever watched the 2008 Olympics that was held in Beijing will surely be a fan of this star Usain Bolt. He won three gold medals in 100 meters, 200 meters and 4x100 meters relay, also set a record of 9.69, becoming the fastest man on earth.

If we look in the championship history of this event, we can see that the championship is now held for more than a hundred years old. Meaning, the first 100 meters championship was set by Luther Cary in the 1891 with 10.8 seconds. Since then a lot of records have been set by number of champions. The first person to cross the 10-second benchmark was Jim Hines, who completed his race in 9.95 seconds in the year October 1968 at Mexico in United States. Since then Carl Lewis a famous runner from United States was there to set his record three times starting from the year 1987 to 1991. He is an amazing runner to set record consecutively and set a benchmark of 9.92 seconds. However, in the year 1988, Ben Jonson set a record of 9.79 seconds. An investigation proved that he tested positive for stanozol after the race and therefore did not include the record created into account. Finally, Maurice Greene from United States was able to touch this record, only in 1999.

The first Jamaican to appear in the 100 meters championships list for this event was Don Quarrie in the 1976. The next Jamaican is Asafa Powell who was able to set a new record of 9.77 seconds in 2005, that's more than twenty years. After that only Justin Gatin from United States appeared on this list in 2006 and till date the world champions are from Jamaica. The final champion on this list is Usain Bolt with a track record of 9.58 second, which he set in Berlin, Germany in the year August 2009. One of the programs that I watched recently featured Usain Bolt on my television powered by Dish Network. The program highlighted a little bit on the life of Usain Bolt and his records.

Usain Bolt was born in small town located in Trelawny Parish located in Jamaica in the year 1986. During his childhood Bolt was interested in playing soccer and cricket. He says, he would have become a fast bowler if not a sprinter. He was awarded the fastest runner from his school days, however, he went for cricket coaching as he was very much interested in cricket. One of his cricket coaches was impressed by his height and insisted that he should try track and field events. Inspired, he got coached by two of them, Dwayne Barrett and Pablo McNeil who guided him in improving his athletic abilities.

In 2001, Bolt won his first silver medal in 200 meters at the annual high school championships. In the same year, he also received a silver medal in IAAF World Youth Championships in Debrecen, which is located in Hungary. Likewise, he has won many championships until he became a professional athlete under the guidance of his new coach Fitz Coleman in the year 2004. His next coach Glen Mills helped him to reach the top five ranking in 2005 and 2006. He won a lot of tracks and received medals in the 200 meters dash. However, he created his first world record in 100 meters in March 2008. His record stands until today. Bolt has received a nomination for Laureus Sports Award for 2012. He is a two-time winner and the only track and field athlete in the male category. The other nominees for this are Lionel Messi, Novak Djokovic, Cadel Evans, Dirk Nowitzi and finally Sebastian Vettel.

Article Source:

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Stuart is a freelance writer who has written articles on agriculture, green houses, crime, health, entertainment news. He now likes to throw a highlight on track and field events and programs related to that he watches on his TV enabled with a Dish Network.

Article Keywords:
Olympics, Usain Bolt, Dish Network

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