Usain Bolt Biography

So how do you become the best sprinter of all time? This is the real life story of one of the best runners the world has ever seen.

Childhood

On the night of the 21st August 1986, a baby was born called Usain St. Leo Bolt. As he grew up, Usain loved to play a variety of sports but particularly enjoyed football. He also had a passion for playing cricket, which he used to do in his spare time. He was a determined boy who also enjoyed being part of a team. At primary school, he took part in a race and came first place. However, he felt his true passion was cricket.

The Teen Years

As a teenager, Usain Bolt once declared, "when I was young sport was all I could think about." Bolt won his first medal in 2001 in a High School Championships where he was also scouted. Usain's talent was undeniable and was starting to become recognised by those in the sporting world. His first coach was Pablo McNeil who spotted his talent early on. Bolt liked to play practical jokes and sometimes this would irritate his coach who wanted him to be serious.

Start of his Career

Bolt's first appearance was in the 2001 World Youth Championships. This debut proved successful and Usain managed to achieve a new personal best in the 200 metres. Although he did not win any medals this helped him break into the world of sport. Following on from this, Usain entered the World Junior Championships and this is where he became the world's youngest junior gold medallist. Usain was proud of his achievements and enjoyed celebrating them with his family and friends!

In 2004, he became the first junior sprinter to run 200m in under twenty seconds! This took his career to the next level. He was then given a place on the Jamaican Olympian team as a professional! Unfortunately, a leg injury meant he narrowly missed out on a medal in the Olympic games in Athens.

The Olympics

He started to train harder and harder in the following years. At 2008 Olympic games he won gold in the 100m, 200m and relay events as well as breaking world records! He then improved his times even more in Berlin. He was starting to take over the world...

During London 2012, whilst being interviewed a fellow runner stated that Usain was one of the greatest runners of all time. He won gold in the following three events: 100m, 200m and relay. This was a great triumph for Bolt on the world stage!

One of his greatest achievements came in the 2016 Olympics. He was awarded the 'triple- triple award' which meant he had won gold in three events in the last three

Olympic games. However, this achievement didn't last as one of Usain's teammates was disqualified and his gold medal taken from him in 2017.

Retiring

Usain confirmed that he was not going to participate in top level sports anymore in 2017. Bolt himself confirmed this with the statement, "I'm just doing many different things … the sports life is over".

Questions:

1. What date was Usain Bolt born?
2. Which sport did Usain feel was his true passion?
3. When did Usain win his first medal?
4. What helped Usain break into the world of sport?
5. What made his miss out on a medal in Athens?
6. Which events did win gold in during the London 2012 Olympics?
7. What is the triple-triple award?
8. Why did the award not last?
9. When did Usain confirm that he was no longer taking part in top level sport?
10. CHALLENGE- Can you think of your own retrieval question to ask about Usain's life?