

## Usain Bolt - Biography



**Family Name:** Bolt

**First Name:** Usain

**Sport:** Athletics

**NOC:** JAM

**Gender:** Male

**Date of Birth:** 21-Aug-1986

**Birth Place:** Trelawny, Jamaica

**Height:** 195 cm

**Weight:** 94 kg

## Social Media

[Website](#)

[Facebook Individual profile](#)

[Instagram profile](#)

[Twitter profile](#)

## Further Personal Information

### Residence

Kingston, Jamaica (Twitter profile, 14 Aug 2015; usainbolt.com, 28 Jul 2015)

### Occupation

Athlete (usainbolt.com, 28 Jul 2015)

### Languages

English (Twitter profile, 14 Aug 2015; Youtube.com, 22 Sep 2014)

## Sports Specific Information

### Start of sporting career

He began sprinting during his days at William Knibb Memorial High School in Trelawny, Jamaica. His first medal at any meet came in the 80m hurdles. (usainbolt.com, 13 Jul 2012; jamaica-gleaner.com, 18 Aug 2008)

### Reason for taking up the sport

He played cricket for his school as his height made him a natural fast bowler. The cricket coach recognised he was also quick on his feet and suggested he try sprinting. "When I got to higher

secondary [school] I had two options, cricket or athletics. My father said because of the system in Jamaica, it would be better to take up athletics. He said, 'you just have to run fast in athletics while it's tougher to get into the national [cricket] team'." (sports.ndtv.com, 02 Sep 2014; sherbrooke2003.ca, 24 Sep 2003)

**Club**

Racers Track Club; Kingston, Jamaica (IAAF, 12 Jun 2015)

**Coach**

Glen Mills [personal], JAM, from 2004 (jamaica-gleaner.com, 18 Aug 2015)

**General Interest****Nicknames**

Lightning Bolt (jamaica-gleaner.com, 05 Jan 2014)

**Hobbies**

Basketball, cricket, playing dominoes, listening to music, supporting English football team Manchester United. (mirror.co.uk, 12 Feb 2015; sports.ndtv.com, 02 Sep 2014; ft.com, 13 Sep 2013; sports.yahoo.com, 08 Feb 2013; usainbolt.com, 18 Dec 2012)

**Most Influential Person in Career**

Coach Glen Mills. (theguardian.com, 11 Apr 2009)

**Hero/Idol**

US sprinter Michael Johnson, Jamaican sprinters Herb McKenley and Don Quarrie. (bbc.co.uk, 18 Aug 2008)

**Other Elite Sports**

He is recognised as a talented cricketer and in 2012 held talks with Australian Twenty20 cricket team Melbourne Stars about appearing for them in the Big Bash League. But he did not join the Stars, instead choosing to focus on preparing for the 2013 World Championships in Moscow, Russia. (bbc.com, 20 Nov 2012)

**Awards and Honours**

He received the 2014 Jesse Owens International Trophy Award from the International Athletic Association [IAA]. It is given for integrity, uncompromised sportsmanship and excellence in athletic competition. (usainbolt.com, 20 Mar 2014)

He was named International Sports Press Association [AIPS] Male Athlete of the Year in 2008, 2009, 2012 and 2013. (IAAF, 29 Dec 2013)

He was named International Association of Athletics Federations [IAAF] Male Athlete of the Year in 2008, 2009, 2011, 2012 and 2013. (IAAF, 16 Nov 2013; IAAF, 24 Nov 2012; IAAF, 12 Nov 2011; IAAF, 22 Nov 2009)

He was named Laureus World Sportsman of the Year in 2009, 2010 and 2013. (laureus.com, 10 May 2013)

In 2009 he received the Order of Jamaica in the Jamaican honours system. (jis.gov.jm, 10 May 2012)

In 2008 he received the Order of Distinction in the rank of Commander in the Jamaican honours system. (jis.gov.jm, 10 May 2012)

### **Injuries**

He was forced to withdraw from the 2015 Diamond League events in Paris, France, and Lausanne, Switzerland, because of a pelvic injury. (bbc.co.uk, 30 Jun 2015)

In March 2014 he underwent foot surgery. He recovered in time to run two relay legs at the 2014 Commonwealth Games in Glasgow, Scotland. (olympictalk.nbcsports.com, 23 Dec 2014)

In early 2013 he suffered a hamstring strain. (sports.nationalpost.com, 05 Jun 2013)

In 2010 he was ruled out of competitive action for five weeks because of an injury to his left Achilles tendon. He returned for the Diamond League event in Lausanne, Switzerland, but an injury to his back ended his season in August 2010. (dailymail.co.uk, 24 May 2011; bbc.co.uk, 06 Aug 2010; bbc.co.uk, 08 Jul 2010)

In April 2009 he was involved in a car accident near Kingston, Jamaica. He was treated for scratches and a minor foot injury after the car overturned and rolled into a ditch. He missed about a month of training and competition. (guardian.co.uk, 01 May 2009)

He missed the 2006 Commonwealth Games in Melbourne, VIC, Australia, because of a hamstring injury. (usainbolt.com, 17 Aug 2009)

He was born with scoliosis [a curvature of the lower spine]. It went undetected until 2004 when the increased workload of his running schedule began to affect his hamstrings. He started to do exercises to manage the condition. (theguardian.com, 11 Apr 2009)

### **Ambitions**

To win a gold medal in the 100m, 200m and 4x100m at the 2016 Olympic Games in Rio de Janeiro. (rio2016.com, 16 Apr 2015)

### **Other Information**

#### **RETIREMENT PLANS**

He has announced he plans to retire from athletics after the 2017 World Championships in London, England, an event he will only compete in the 100m. (rio2016.com, 16 Apr 2015)

#### **INTERNATIONAL FIRSTS**

His gold medal as part of the Jamaican 4x100m relay team at the 2013 World Championships in Moscow, Russia, made him the most successful athlete at the world championships in terms of medals won. His eight gold and two silver medals eclipsed the performances of US athletes Carl Lewis and Allyson Felix, who both had eight golds, one silver and one bronze. In Moscow he also became the first man to win the 100m and 200m at the same world championships twice. It was his third 200m gold, more than any other sprinter. (insidethegames.biz, 18 Aug 2013; SportsDesk Online, 17 Aug 2013)

#### OLYMPIC HISTORY MAKER

At the 2008 Olympic Games in Beijing he became the first man in Olympic history to win both the 100m and 200m races in world record times, and was also part of the 4x100m relay team that broke the world record later in the meet. He created history again at the 2012 Olympic Games in London by defending all three Olympic titles in 100m, 200m and 4x100m. (usainbolt.com, 2013; sports.aol.com, 10 May 2012; usainbolt.com, 17 Aug 2009; cbc.ca, 20 Aug 2008)

#### MALE SPORTING FIRST

When he won the 100m and 200m at the 2009 World Championships in Berlin, Germany, he became the first male to hold the world and Olympic titles in those events at the same time. (bbc.co.uk, 20 Aug 2009)

#### FOUNDATION

He founded the Usain Bolt Foundation, to create opportunities through education and cultural development for children in Jamaica. (usainbolt.com, 30 Apr 2014)

#### Competition highlights

Year	Date	Competition	Event	Medal	Result
2015	23-Aug-2015	World Championships 2015	100m	Gold	9.79
2015	02-May-2015	World Relays 2015	4x100m	Silver	37.68
2014	02-Aug-2014	Commonwealth Games 2014	4x100m	Gold	37.58
2013	18-Aug-2013	World Championships 2013	4x100m	Gold	37.36
2013	17-Aug-2013	World Championships 2013	200m	Gold	19.66
2013	11-Aug-2013	World Championships 2013	100m	Gold	9.77
2012	11-Aug-2012	Olympic Games 2012	4x100m	Gold	36.84
2012	09-Aug-2012	Olympic Games 2012	200m	Gold	19.32
2012	05-Aug-2012	Olympic Games 2012	100m	Gold	9.63
2011	04-Sep-2011	World Championships 2011	4x100m	Gold	37.04
2011	03-Sep-2011	World Championships 2011	200m	Gold	19.40
2009	22-Aug-2009	World Championships 2009	4x100m	Gold	37.31
2009	20-Aug-2009	World Championships 2009	200m	Gold	19.19
2009	16-Aug-2009	World Championships 2009	100m	Gold	9.58
2008	22-Aug-2008	Olympic Games 2008	4x100m	Gold	37.10
2008	20-Aug-2008	Olympic Games 2008	200m	Gold	19.30
2008	16-Aug-2008	Olympic Games 2008	100m	Gold	9.69
2007	01-Sep-2007	World Championships 2007	4x100m	Silver	37.89
2007	30-Aug-2007	World Championships 2007	200m	Silver	19.91
2003	13-Jul-2003	World Youth Championships 2003	200m	Gold	20.40
2002	21-Jul-2002	World Junior Championships 2002	200m	Gold	20.61