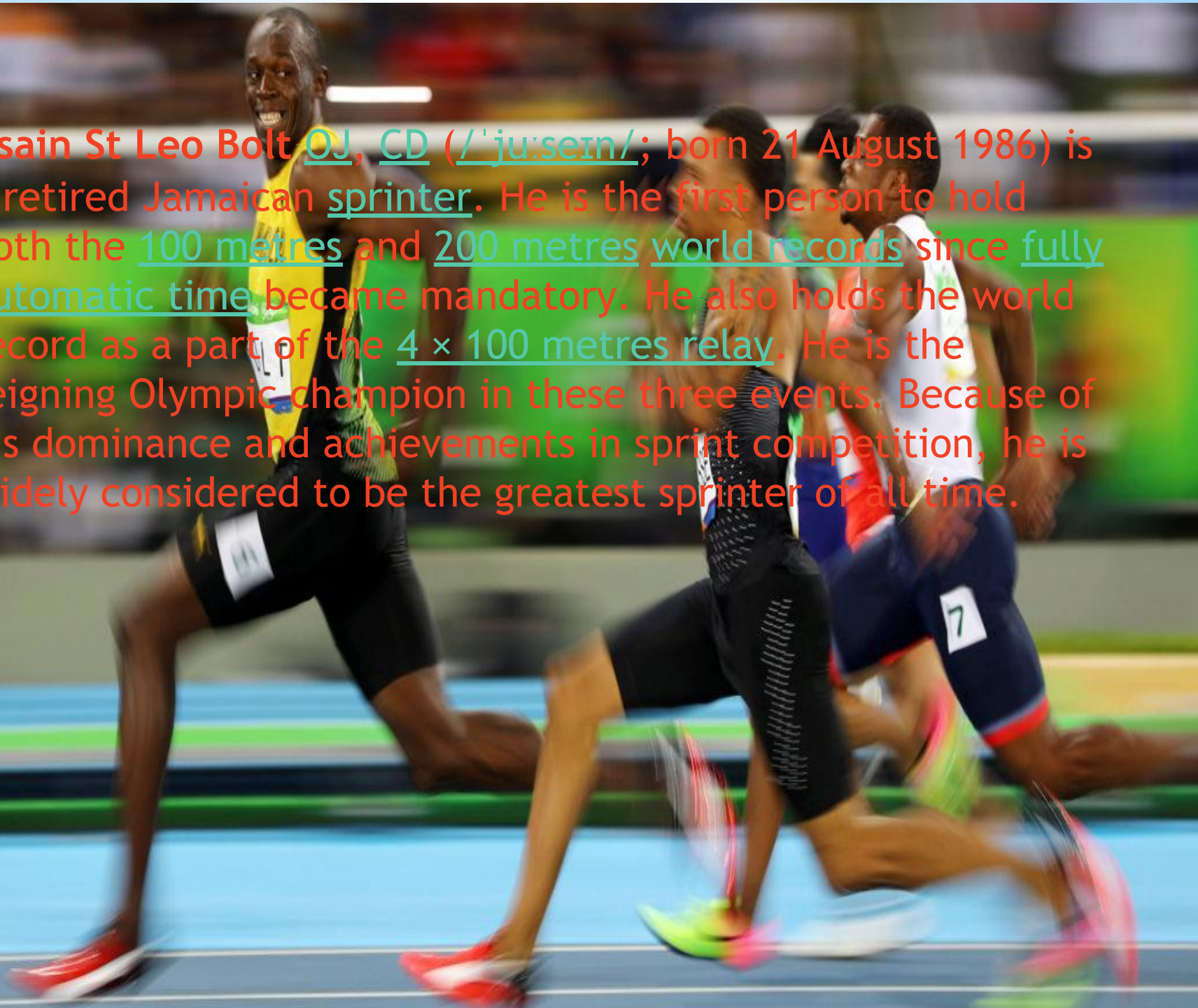


* MY IDOL -
USAIN BOLT

Completed: Maydanchik Refail
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*Usain St Leo Bolt OJ, CD (/'ju:seɪn/; born 21 August 1986) is a retired Jamaican sprinter. He is the first person to hold both the 100 metres and 200 metres world records since fully automatic time became mandatory. He also holds the world record as a part of the 4 × 100 metres relay. He is the reigning Olympic champion in these three events. Because of his dominance and achievements in sprint competition, he is widely considered to be the greatest sprinter of all time.





Bolt was born on 21 August 1986 in [Sherwood Content](#), a small town in Jamaica, the son of Wellesley and Jennifer Bolt. He has a brother named Sadiki and a sister named Sherine. His parents ran the local grocery store in the rural area, and Bolt spent his time playing [cricket](#) and [football](#) in the street with his brother, later saying, "When I was young, I didn't really think about anything other than sports." As a child, Bolt attended Waldensia Primary, where he first began to show his sprinting potential, running in the annual national primary-schools' meeting for his parish. By the age of twelve, Bolt had become the school's fastest runner over the [100 metres](#) distance. Upon his entry to [William Knibb](#) Memorial High School, Bolt continued to focus on other sports, but his cricket coach noticed Bolt's speed on the pitch and urged him to try track and field events. [Pablo McNeil](#), a former Olympic sprint athlete, and Dwayne Jarrett coached Bolt, encouraging him to focus his energy on improving his athletic abilities. The school had a history of success in athletics with past students, including sprinter [Michael Green](#). Bolt won his first annual [high school championships](#) medal in 2001, taking the silver medal in the [200 metres](#) with a time of 22.04 seconds. McNeil soon became his primary coach, and the two enjoyed a positive partnership, although McNeil was occasionally frustrated by Bolt's lack of dedication to his training and his penchant for practical jokes.



In his personal life, Bolt expresses a love for dancing and his character is frequently described as laid-back and relaxed. His Jamaican track and field idols include [Herb McKenley](#) and former Jamaican [100m](#) and [200m](#) world record holder, [Don Quarrie](#). [Michael Johnson](#), the former 200 m world and Olympic record holder, is also held in high esteem by Bolt. His first name is pronounced YOO-sane ([/ˈjuːseɪn/](#)). He has the nickname "Lightning Bolt" due to his name and speed. Bolt is [Catholic](#) and known for making the [sign of the cross](#) before racing competitively, and he wears a [Miraculous Medal](#) during his races. His middle name is St. Leo.

In 2010, Bolt also revealed his fondness of music, when he played a [reggae](#) DJ set to a crowd in Paris. He is also an avid fan of the [Call of Duty](#) video game series, saying, "I stay up late [playing the game online], I can't help it."

In his autobiography, Bolt reveals that he has suffered from [scoliosis](#), a condition that has curved his spine to the right and has made his right leg half an inch shorter than his left.

Bolt is a well-known fan of [Manchester United](#), after having been initially attracted to the club by player [Ruud van Nistelrooy](#).



The first sport to interest Bolt was [cricket](#), and he said if he was not a sprinter, he would be a [fast bowler](#) instead. As a child, he was a supporter of the [Pakistani cricket team](#) and admired the bowling of [Waqar Younis](#). He is also a fan of [Indian](#) batsman [Sachin Tendulkar](#), [West Indian](#) opener [Chris Gayle](#), and [Australian](#) opener [Matthew Hayden](#). During a charity cricket match, Bolt [clean-bowled](#) Gayle who was complimentary of Bolt's pace and swing. Bolt also struck a [six](#) off Gayle's bowling. Another bowler complimentary of Bolt's pace was former West Indies fast-bowling great [Curtly Ambrose](#).

After talking with Australian cricketer [Shane Warne](#), Bolt suggested that if he were able to get time off he would be interested in playing in the cricket [Big Bash League](#). [Melbourne Stars](#) chief executive Clint Cooper said there were free spots on his team should be available. Bolt stated that he enjoyed the [Twenty20](#) version of the game, admiring the aggressive and constant nature of the batting. On his own ability, he said "I don't know how good I am. I will probably have to get a lot of practice in."

Bolt is also a fan of [Premier League](#) football team [Manchester United](#). He has declared he is a fan of [Dutch](#) striker [Ruud van Nistelrooy](#). Bolt was a special guest of Manchester United at the [2011 UEFA Champions League Final](#) in London, where he stated that he would like to play for them after his retirement.



Bolt's personal best of 9.58 seconds in the 100 metres is the fastest ever run. Bolt also holds the second fastest time of 9.63 seconds, the current Olympic record, and set two previous [world records](#) in the event. Bolt's personal best of 19.19 s in the 200 metres is the world record. This was recorded at the [2009 World Championships in Athletics](#) in Berlin against a headwind of -0.3 m/s. This performance broke his previous world record in the event, his 19.30 s clocking in winning the [2008 Olympic 200 metres title](#).

Bolt has been on three world-record-setting Jamaican relay teams. The first record, 37.10 seconds, was set in winning gold at the [2008 Summer Olympics](#), although the result was voided in 2017 when the team was disqualified. The second record came at the [2011 World Championships in Athletics](#), a time of 37.04 seconds. The third world record was set at the [2012 Summer Olympics](#), a time of 36.84 seconds.

Bolt also holds the 200 metres world teenage best results for the age categories 15 (20.58 s), 16 (20.13 s, world youth record), 17 (19.93 s) and 18 (19.93 s, world junior record). He also holds the 150 metres world best set in 2009, during which he ran the last 100 metres in 8.70 seconds, the quickest timed 100 metres ever.

**THANK YOU
FOR ATTENTION**