

Bahrain strike gold in cycling, athletics

Cyclist Ahmed Madan and Kingdom's 4x400m Mixed Relay team each capture gold to bring Bahrain medal tally to 15 in fifth Islamic Solidarity Games in Konya, Turkey

● Bahraini athletes also clinch two silver medals and one bronze medal in women's 5,000m and 200m

● National team in Konya now boast 15 medals won, including seven gold, five silver and three bronze

TDT | Manama

Bahrain's top sportsmen and women continued to ascend up the podium yesterday at the fifth Islamic Solidarity Games in Konya, Turkey, after winning five more medals—including two gold—to bring their four-day



Bahrain's Ahmed Madan celebrates with his gold medal from road cycling's individual time trial



Bahrain's 4x400m Mixed Relay team members, from left, Ali Khamis, Muna Mubarak, Zenab Moussa Ali and Musa Isah celebrate after their win

tally at the multi-sport competition to 15.

Yesterday's haul included gold medals in road cycling and

athletics, as well as two silver medals and one bronze, also in athletics.

Bahraini rider Ahmed Madan headlined yesterday's action with his gold in the men's individual time trial. The 4x400 metres Mixed Relay team of Ali Khamis, Zenab Moussa Ali, Musa Isah and Muna Mubarak then shared in the limelight, taking gold in their event on the track.

The silver medals yesterday were claimed by Bontu Rebutu in the women's 5,000m and Edidiong Odiong in the women's 200m; while the bronze medal was clinched by Ruth Jebet in the same race as Bontu.

The Kingdom's national team competing at the Games have now bagged 15 medals in all, including seven gold, five silver and three bronze. That put Bahrain in sixth overall on the medal table amongst the 57 competing nations at the Games.

Hosts Turkey are currently

in first place with 60 medals, including 26 gold, while Iran are second with 30 medals, including nine gold, and Kazakhstan third with 16 medals, including six gold. Uzbekistan and Azerbaijan are fourth and fifth, respectively, just ahead of Bahrain.

In road cycling yesterday, Madan came away with his impressive achievement after taking the men's individual time trial gold medal.

The young Bahraini rider, who is a member of the Bahrain Victorious professional cycling team and who has made history becoming the first-ever Bahraini to compete on the UCI World Tour, completed the 25-kilometre event in a time of 30 minutes 18.977 seconds.

Fellow-Bahraini Ahmed Naser was also taking part in the time

trial. He placed 10th overall with a time of 31:54.791.

Relay gold

Meanwhile, in athletics, the 4x400m Mixed Relay squad were in a class of their own, taking gold in a time of 3:17.40.

It was the second gold of the Games for Muna, who had also won an individual title in the women's 400m.

In the women's 5,000m, Bontu clinched her silver medal ahead of Ruth; while in the women's 200m, Edidiong won her women's 200m silver medal in 22.27 seconds.

Bontu came away with her second silver medal of the Games after previously finishing as runner-up in the women's 10,000m, while Edidiong's silver

medal added to her gold in the women's 100m. Ruth, meanwhile, had her second bronze medal in Konyu after previously winning the same in the women's 10,000m.

Bahrain will be looking to add more medals today when they continue their participation in the various sports.

Also yesterday, Bahrain's Zouhair Aouad qualified for the men's 1,500m final, which will be held today as part of the concluding day of action in the athletics competition.

Elsewhere, Bahrain's athletes in shooting and wrestling were also in action but did not medal.

Bahrain are competing in six sports at this year's Games, including athletics, shooting, judo, cycling, wrestling and weightlifting.



Bahrain's Ali Khamis encourages teammate Zenab Moussa Ali as he passes her the baton in their relay final yesterday

Sterling could not waste peak years at Man City on the bench

AFP | London

Raheem Sterling revealed yesterday that his move to Chelsea came about after growing frustrated at his limited playing time at Manchester City.

Sterling won four Premier League titles over the past five seasons at City, among 10 major trophies during his time in Manchester.

But the England international's game time had been more limited over the past two seasons due to the emergence of Phil Foden and City's £100 million splash on Jack Grealish (\$122 million).

"I just felt my time at City was getting limited on playing time for different reasons," Sterling said at his Chelsea unveiling.

"I couldn't afford to waste that time. So I needed to keep that same level and a fresh challenge.

"It's something that since 17 I'd been a regular starting, so to get to a peak time in my career, not to play regularly is something I wouldn't accept."

Sterling scored 131 goals in 337 appearances for City during seven years at the club.

And it is his goalscoring threat



Raheem Sterling during training at Chelsea

131

goals were scored by Raheem Sterling in 337 appearances for City during seven years at the club

that Chelsea boss Thomas Tuchel is looking to make the most of as the Blues look set to play without a natural striker

this season.

"He (Tuchel) said to me it's my directness, always threatening in behind, not always wanting it in to feet and going in behind," added Sterling on what the German coach wants.

"But most importantly it's how I attack the box, and with the full-backs that we have here he said that's the one thing he wants to see a lot more."

Chelsea banned one fan for life and handed out five more temporary suspensions after Sterling suffered racist abuse

"I just felt my time at City was getting limited on playing time for different reasons. I couldn't afford to waste that time. So I needed to keep that same level and a fresh challenge

RAHEEM STERLING

at Stamford Bridge playing for City in 2019.

However, he said that incident had no impact on his decision on whether to join the club.

"That's the first time I've actually even remembered it," he said when asked about the incident.

"It wasn't anything that played on my mind at all. I can't let abuse from individuals affect my perception of a club."

Sterling will make his home debut at Stamford Bridge on Sunday as Chelsea host Tottenham in a highly-anticipated London derby after both sides got their Premier League seasons off to a winning start last weekend.

Zverev in fight to be fit for US Open

AFP | New York

Germany's world number two Alexander Zverev says he is facing a battle to be fit for the US Open following surgery on torn ankle ligaments at the French Open.

Zverev only returned to the practice court last Sunday after the injury he suffered during his semi-final against Rafael Nadal at Roland Garros in June.

He turned on his ankle during that match, screaming in pain when trailing Nadal 7-6 (10/8), 6-6 after three hours of play.

He left court in a wheelchair, returning shortly after on crutches and in tears to announce his retirement, with Nadal going on to extend his record Grand Slam haul to 22, routing Norway's Casper Ruud in the final.

Speaking in Hamburg at a press conference yesterday the Tokyo Olympic champion Zverev said: "Obviously I am going to try to make it to the US Open even if it's in a very very short time."

Last week Zverev revealed that he suffers from type 1 diabetes, admitting he had strug-



Alexander Zverev of Germany serves the ball during a match (file photo)



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