Usain Bolt - Biography

![Usain Bolt](image)

**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
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**

<table>
<thead>
<tr>
<th>Year</th>
<th>Date</th>
<th>Competition</th>
<th>Event</th>
<th>Medal</th>
<th>Result</th>
</tr>
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<tr>
<td>2015</td>
<td>23-Aug-2015</td>
<td>World Championships 2015</td>
<td>100m</td>
<td>Gold</td>
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<td>4x100m</td>
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