

**New champs crowned**

Records tumbled as greatness was born and thrilled the crowd in Paris, with track and field champions delivering a thriller | P12



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**HRH Prince Salman praises Bahrain for third Olympic medal**



HRH Prince Salman.jpg  
TDT | Manama

His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, congratulated the Kingdom of Bahrain for winning the bronze medal at the Paris 2024 Olympics courtesy of weightlifter Gor Minasyan in the men's +102kg competition.

HRH Prince Salman said that this accomplishment reflects His Majesty King Hamad bin Isa Al Khalifa's unwavering support to the sports sector.

**Kingdom condoles with Brazil plane crash victims**

TDT | Manama

The Kingdom of Bahrain expressed its sincere condolences to the Federative Republic of Brazil over the crash of a passenger plane in the city of Sao Paulo, which resulted in the deaths of all its passengers.

**Israel faces global anger over strike**

AFP | Gaza City

Rescuers in Gaza said an Israeli air strike on a school housing displaced Palestinians killed 93 people yesterday, sparking international condemnation despite Israel's insistence that it was targeting the Hamas fighters.

AFP could not independently verify the toll which, if confirmed, would be one of the largest from a single strike during 10 months of war between Israel and Palestinian fighters since Hamas's October 7 attack.

# 48-Second Triumph

Olympic winner shares winning formula in first exclusive interview with The Daily Tribune

**Ashen Tharaka**  
TDT | Manama

Bahrain's athletic pride, Salwa Eid Naser, has once again brought glory to the Kingdom by securing the silver medal in the highly competitive women's 400m event at the Paris 2024 Olympics.

Salwa's stellar performance has not only highlighted her exceptional talent but also reaffirmed Bahrain's place on the global athletic stage.

In an exclusive interview with The Daily Tribune, Salwa shared insights into her Olympic journey, her strategies, and what this achievement means to her and Bahrain.

**Winning formula**

When asked about her strategy during the race, Salwa emphasised the importance of staying calm and believing in yourself.

"I just tried to be as relaxed as possible because it's the finals and anything can happen," she said, revealing that her primary focus was on maintaining composure rather than following a strict strategy.

Reflecting on the final moments of the race, particularly the last 50 meters, Salwa described her determination to finish strong.

"I was just trying to finish my race and get a good time, because at the end of the day, we are competing against the time. It's not just about the points but also having a good time," she explained.

Salwa, who has achieved remarkable success throughout her career, including a World Championship title, said that this Olympic medal holds a unique significance.

"This one is special, it's very special, I will not lie. I've done it within 48 seconds, it's amazing," she shared, adding, "I hope it's special for Bah-



"First believe in yourself because it's never possible if you don't believe in yourself ... Anything is possible for you."

- SALWA EID NASER, SILVER MEDALIST AT PARIS 2024 OLYMPICS



Salwa proudly displaying her medal during interview with TDT's Ashen Tharaka

rain, too. I hope they are happy."

**Inspiring the youth**

Throughout her career, Salwa has faced challenges similar to those of many athletes, including rigorous training, pre-competition pressure, and maintaining a disciplined diet.

"I was in good hands, I'm glad it worked out," she noted, reflecting on the support that helped her reach this milestone.

As a role model for aspiring athletes, Salwa had a powerful message for the youth: "I would say first believe in yourself because it's never possible if you don't believe in yourself. Even in the mo-

ments we have doubts, it's okay to have doubts, but you still have to have that inner voice of believing in yourself. Opinions can change about you, but you have to be your biggest fan. Anything is possible for you."

Salwa's silver medal at the Paris 2024 Olympics is not just a personal triumph but a proud moment for Bahrain, inspiring the next generation of athletes to believe in themselves and pursue greatness.



Salwa Eid Naser celebrates on the podium with a silver medal

**Rio Record Shattered**

## Bahrain Makes Olympic History at Paris with Triple Medal Haul; Historic Moment for Kingdom

**Bahrain wins 1st Olympic medal in weightlifting**

TDT | Manama

Bahrain is poised to achieve its best-ever standing in the history of Olympics at the 2024 Paris Olympics, with its three medals slated to increase to four today, and the Kingdom hoping for a gold, followed by more medals from the other remaining athletes.

With yesterday's winning of a

bronze medal by Gor Minasyan, the first-ever in weightlifting for Bahrain, the Kingdom now has won one medal each in gold, silver, and bronze categories in the ongoing Olympics.

This brings Bahrain's winnings to double that of what was achieved in the 2016 Rio de Janeiro Olympics, in which the Kingdom had scored one gold and one silver medals.

It was after competing in seven Olympics games that the Kingdom achieved its first gold medal in the 2012 London Olympics.

In the 2020 Tokyo Olympics, Bahrain had won one silver medal.

On Sunday, Bahrain has high hopes for Akhmed Tazhudinov, who will be competing in the finals of the men's freestyle 97kg wrestling after a relentless performance yesterday earned him a victory. In the finals scheduled for today at 12pm, Tazhudinov will face Givi Matcharashvili from Georgia, as hopes re-

main high for a gold medal for Bahrain.

It is at this pivotal moment in Bahrain's sports history that Gor Minasyan made history yesterday by securing the Kingdom its first-ever Olympic weightlifting medal by competing in the men's +102kg category.



Weightlifter Gor Minasyan shows his bronze medal

**Exceptional performance**

Minasyan delivered a stellar performance in both the snatch and clean & jerk events. He lifted 210kg, 216kg, and 220kg in the snatch with his impressive strength and technique. His clean & jerk lifts of 245kg, 255kg, and 255kg earned him a total weight of 461kg.

**Top performers**

The gold medal was claimed by Lasha Talakhadze of Georgia, who lifted a total of 470kg, with snatches of 210kg, 215kg, and 220kg, and clean & jerks of 247kg and 255kg. Armenia's Varazdat Lalayan took the silver.

