

# Al Omari Shines at Paralympics

Bahrain's Rooba Al Omari lights up the Paris Paralympics with a top six finish in Women's Discus F55

● Al Omari throws 23.24 meters in fierce competition

● Rigorous training in Kazakhstan prepared her for Paralympics

● Athlete overcame challenging qualification process

Hussain Almaskati  
TDT | Manama

Bahrain's Rooba Al Omari delivered a strong performance amidst fierce competition at the Paris Paralympics, marking a proud moment for the Kingdom.

Competing against top athletes from different parts of the world, Al Omari secured a commendable sixth-place finish with a best throw of 23.24 meters.



Videograb shows Rooba Al Omari in action

## Reflecting on Her Journey

Speaking to Ashen Tharaka of TDT, Rooba reflected on her journey to the Paralympics by saying she took great pride in representing Bahrain on the

world's biggest stage. "I feel proud to represent the Kingdom of Bahrain in the largest forum in the world," she shared.

Her participation carries a powerful message: "Bahraini women can achieve great things

"I feel proud to represent the Kingdom of Bahrain in the largest forum in the world. Bahraini women can achieve great things and even reach the Paralympics"

ROOBA AL OMARI

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## Preparation and Support

Al Omari's road to Paris was marked by intense preparation. "We did intense exercises in the morning and afternoon," she said, detailing her rigorous training regimen in Kazakhstan.

The support she received was crucial to her success. "The support from our wise leadership, my family, the Paralympic Committee, and the coaches, Hassan Muftah and Abdullah Al-Shammari, who closely fol-

lowed my training, made all the difference."

## Competitors' Standings

The event saw impressive performances from athletes worldwide. Erica Maria Castano Salazar of Colombia won gold with a throw of 26.70 meters.

China's Dong Feixia followed with silver, setting a new Area Record (AR) with a throw of 26.67 meters. Mexico's Rosa Maria Guerrero Cazares earned bronze with a season-best (SB) throw of 25.81 meters.

## Overcoming Challenges

Although the qualification process was challenging, Al Omari stayed positive and determined. "The recent period of qualifying for the Paralympics has become difficult in terms of achieving the required numbers, participation, and competition," she acknowledged.

"But thank God, in the end, we were able to achieve what we wanted and reach the Paralympics."



Al Omari's participation in the Paralympics sends a powerful message to Bahraini women, inspiring them to pursue their dreams and achieve great things

## Inspiring Future Generations

Rooba Al Omari's performance at the Paris Paralympics is a testament to the resilience of Bahraini athletes.

As she continues to compete on the global stage, her achievements will undoubtedly inspire future generations of Bahraini sportswomen to pursue their dreams.

## Man City have taken risk over Alvarez exit says Guardiola

AFP | London

Pep Guardiola admits Manchester City have risked making a "mistake" by letting Julian Alvarez join Atletico Madrid without replacing the Argentina striker.

Alvarez moved to Atletico in an £81 million (\$106 million) deal earlier in August after Guardiola accepted his wish to leave in search of more regular playing time.

Erling Haaland is well established as City's first-choice striker but Guardiola had initially hoped to replace Alvarez to ensure there was sufficient depth behind the Norway star.

The Premier League champions were linked with FC Co-

penhagen's Orri Oskarsson and Celtic's Kyogo Furuhashi, but neither deal had come to fruition in the final hours before the transfer window shut yesterday evening.

"I'm happy with the squad. We didn't expect Julian to leave, although he had conversations a long time ago with other clubs and his agent, so it could happen and in the end it happened," Guardiola told reporters yesterday.

"We saw what we have, if we have



many injuries it will be a problem, but in a few months Oscar Bobb will be back (from injury) and Phil (Foden) is in that position, McAtee can play in that position."

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"They are different players to Erling of course. Maybe it is a mistake, I don't know but I don't like leaving players without playing for a long time."

In keeping with Guardiola's preference for a small squad, German midfielder Ilkay Gundogan's return to the club from Barcelona and the signing of Brazilian forward Savinho from Troyes have been City's only close-season deals.

James McAtee has also rejoined City after spending the last two seasons on loan at Sheffield United.

"When everyone is involved with a chance to play the performance of the teams is always Julian Alvarez

## Hamilton top of the pile in Italian GP second practice



Mercedes' British driver Lewis Hamilton drives during first practice session

● Hamilton clocks fastest lap, just 0.003sec ahead of Norris

● Verstappen finishes 14th in second practice after leading first

AFP | Monza

Lewis Hamilton topped the times for Mercedes in yesterday's second practice session for the Formula One Italian Grand Prix by the finest of margins in front of Lando Norris.

Seven-time world champion Hamilton clocked a fastest lap of one minute, 20.738 seconds at Monza, just 0.003sec ahead of McLaren's Norris who is the closest challenger to Max Verstappen's current F1 supremacy.

Norris trails Red Bull's championship leader by 70 points in the drivers' championship after a stunning win at last weekend's Dutch GP.

That was the fifth straight race not to be won by Verstappen, who was fastest in yesterday's first practice ses-

Lewis Hamilton has won two of the last four GPs and is racing at the home track of his future team Ferrari, a good sign for the rest of the weekend

sion but was 0.872sec behind Hamilton in the second back in 14th place.

Hamilton's display in a session disrupted for over 10 minutes by Kevin Magnussen crashing his Haas at the Lesmo corners is a good sign for the rest of the weekend, as he has won two of the last four GPs and is racing at the home track of his future team Ferrari.

The 39-year-old will join the Scuderia next season, replacing Carlos Sainz who was third in the second session, 0.103 off the pace.

Hamilton's current teammate at Mercedes George Russell finished the session 0.348sec back in sixth, a decent result after his car was badly damaged by rookie Andrea Kimi Antonelli earlier in the day.

## Ronaldo in Portugal squad for Nations League games

AFP | Lisbon

Cristiano Ronaldo has kept his place in the Portugal squad for next month's UEFA Nations games against Croatia and Scotland despite an ineffective display at Euro 2024.

The 39-year-old failed to score as he appeared at a record sixth European Championship, with Portugal exiting in the quarter-finals, but he retains the backing of coach Roberto Martinez.

"When I quit the national team, I won't tell anyone in advance... At the moment what I want is to be able to help the Selecao," Ronaldo said in an interview with Portuguese TV this week.

## Southampton sign Arsenal keeper Ramsdale

AFP | London

Southampton signed England goalkeeper Aaron Ramsdale from Arsenal in a deal worth a reported £25 million (\$32 million) ahead of yesterday's transfer deadline.

Ramsdale lost his place to David Raya last season, making just six appearances in the Premier League after the Spaniard's arrival in 2023.

The 26-year-old had been linked with Wolves but that move fell through and paved the way for his



Aaron Ramsdale

switch to St Mary's.

"I'm absolutely delighted. The way the manager wants to play, the way he was when I spoke to him, he was just full of so much enthusiasm," Ramsdale said.

"I'd never met him before, but he made me feel about eight feet tall, which is just what you want."

Ramsdale joined Arsenal from Sheffield United in 2021 and made 89 appearances in all competitions.

He was voted into the PFA's Premier League Team of the Year for the 2022-23 campaign, but was surprisingly axed to make way for Raya as Mikel Arteta looked to improve a team that eventually finished as runners-up to Premier League champions Manchester City for a second successive season.

Ramsdale's father was critical of the way the Arsenal manager handled the situation after the keeper was dropped.

Arteta still paid tribute to Ramsdale for his contribution during three years at the Emirates Stadium.

"Aaron has been a top professional since joining in 2021 and has made many contributions during his time with us," Arteta said.

"We thank Aaron for everything he gave to Arsenal and we wish him and his family the best of health, success and happiness in his new opportunity with Southampton."

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