

# Tryst with art



ART REPORT

By NAMAN ARORA  
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**THREE** stunning works of art that explore the relationship that individuals have with their environment, family and themselves have won the top prize at a major exhibition.

The 47th Bahrain Annual Fine Arts (BAFA) exhibition opened last week under the patronage of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince Prime Minister.

Featuring art pieces by 57 Bahraini and resident artists, the event is being held at the Bahrain National Theatre.

Mariam Alnoaimi won the Al Dana prize for her series *Shifting Waters*. Ahmed Anan bagged the second place for his *Family Series* while Jumana Al Ghassab's *Side Effects* won the third place.

"I am very grateful to have won the Al Dana award, and for having a platform to explore, contemplate and work on research-based projects," Mariam, 30, told *GulfWeekly*.

"My photographic piece was inspired by the relationship between people and the surrounding environment, as well as the importance of water in forming the communities around it.

"I have always been fascinated by the connection between the human being and the place, how each affects the other and influences culture, identity, and environment."



Mariam

Mariam's piece comprises three photo collages of a dried natural spring on Nabih Saleh island and a video. She examines water as a medium of 'politics and poetics' through which stories are told.

Ahmed's series of mixed media pieces, comprised of childlike scrawls, explores the relationship an individual has with their family.

And Jumana's piece, titled *Side Effects*, delves into the relationship a person has with their mind and internal self.

It consists of prescription leaflets for mental health medication, with everything but the side-effects of each medicine blacked out.

"This piece was inspired by my own personal experience, as well as, what my loved ones went through, during our struggles with mental health," the 26-year-old artist



Ahmed's piece

who lives in Tubli explained.

"I was trying to convey the question 'Is our healing worth the side effects?' because a side effect of healing is that these medications can sometimes change core parts of our personalities.

"So anyone undertaking this journey faces the



Jumana with her piece

dilemma of whether it's worth it.

"I started with just three leaflets, but thanks to my Instagram followers, it grew to dozens and the piece is now taller than me!

"To be honest, I did not consider myself an artist until this exhibition, but it has now inspired me to take my

art much more seriously, and build on this success with more work."

The exhibition, which runs until December, encompasses numerous other art styles, including mixed media paintings, video installations, photography and sculptures, to name a few.

A special exhibition will be running alongside BAFA, titled *Khalifa bin Salman - A Presence Renewed with Love from 1972-2020* dedicated to the late Premier HRH Prince Khalifa bin Salman Al Khalifa. It features photographs and a documentary film covering the previous 46 editions of BAFA and words from Prince Khalifa about the event he patronised since its inception in 1972.

For more details, follow @culturebah on Instagram.



SCENIC VIEWS  
Artistic Bahrain  
SEE PAGE 2



THE PEOPLE  
Season 2 kicks off  
SEE PAGE 3



CULTURE CULTURE  
Raising awareness  
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THRILLS AND SPILLS  
Hami for the win  
SEE PAGE 7



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Bahrain Financial  
Harbour tower and  
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Bahrain's seascape



The entrance to  
Manama souq

# Beautiful Bahrain



## ART REPORT

By MAI AL KHATIB-CAMILLE  
mai.alkhatib@gulfweekly.com

**W**ATERCOLOUR expert Anil Sharma loves Bahrain's shimmering skyscrapers and scenic views and is showcasing his inspirations at the Harbour Gate as part of its art series.

The exhibition, entitled *Bahrain Boulevard*, features 40 acrylic and watercolour paintings depicting the modern and traditional landscapes of Bahrain.

The artist arrived in the kingdom in 2018 and since then, has been moved by its similarities and contrasts with India.

"On the one hand, each country has its unique vibrant culture and distinctive

traditions that infuse the very fabric of their landscapes," said the father-of-two who has been an artist and teacher for more than 25 years and specialises in landscapes and watercolour. "On the other, they have constantly changing landscapes that for centuries remained essentially unchanged, yet today countries are developing at such a rapid

Anil



Bahrain's cityscape

pace that they are unrecognisable to the generation before.

"As I explore the island on foot with my paints always

by my side, I am motivated to capture these images on canvas as a time capsule of the 'then' juxtaposed with the 'now'."

Anil's mastery of colour theory and his innate sense of rhythm and compositional elements have allowed him to showcase that in his artwork. "I adore Bahraini Boulevards which form the basis of this exhibition," he said.

Anil, who studied watercolour and landscapes at Banaras Hindu University (BHU), has always been fascinated by the interplay between nature and the environment. And according to his friend Dr Sarah Clarke, 'Anil can be found with a paint brush in hand on a seemingly uninspiring street corner or crouched at a seldom visited waterfront, capturing in watercolour the beauty he sees before him'.

He enjoys portraiture and still life, however, using colour and light to create visual impact and capturing the essence of the ever-changing land and seascapes

are more his cup of tea ... which can be seen in this exhibit.

"I am drawn to study the interface between the ancient and modern Bahrain," he added.

"For example, we see skyscrapers making bold, dramatic statements across natural seascapes that predictably change with the ebb and flow of the tide, while a traditional dhow cuts a strikingly small, yet powerful image as it gently traverses a scene."

His work features an array of light and vivid colours.

He has developed a unique method for emphasising the



Manama

fluidity of transparent colour and uses this technique to reinforce his special vision of natural rhythms.

Anil is a Colour Field painter and has mastered colour theory. His themes range from abstract figures to surreal landscapes with exaggerated colour and glowing foliage.

His fondness for art also encouraged him to publish his book, *Wisdom in Watercolour*, in April 2019 which his son Kishan, a fine arts student at BHU, helped him with, as well as one of his students.

Anil is thankful to Sarah as well as his artistic friends Ali Mushaima and Mohammed Taha for guiding him throughout his journey in Bahrain. He is also grateful for the support of the management and staff at

Harbour Gate.

British Ambassador Roderick Drummond and his artistic wife Yasmin were guests of honour at the exhibition's unveiling on Sunday evening and Anil was available at different slots to meet with a limited number of 'Green Shield' visitors.

The Art at the Harbour series is in its fifth year at Harbour Gate and Bahrain Boulevard is the 47th exhibition under the umbrella of this series.

The exhibit will run until August 8 and is located on the ground floor at Harbour Gate within Bahrain Financial Harbour. Harbour Gate is open daily and entry to the exhibition is free. All Covid-19 precautionary measures are implemented for the safety of visitors.



The exhibit



Artist Anil showing British  
ambassador Roderick  
Drummond his artwork



# For the love of literature

**THE second 'season' of Bahrain's avant-garde public social reading space, The People, kicked off last weekend, with a literary treasure hunt at their new location.**

Approximately 60 individuals of all ages took part in the treasure hunt at the Marassi Beach in Muharraq last Friday and also got their first look at the group's new location.

"Our team planned a lively course with riddles, maps, and a scavenger hunt whilst ensuring that it is suitable for all ages along with English or Arabic speakers," Noor Benshams, co-founder of The People, told *GulfWeekly*.

"About 60 people participated, including children, families, and even adults along with their friends.

"Since most clues directed them back to The People headquarters, volunteers knew who were taking part and could track their progress. On an average, the hunt took 30-45 minutes to complete.

"The last clue asked participants to combine all hints to reveal a valuable message from our team to the community: 'A Reader Lives a Thousand Adventures.' We hope our Beach Treasure Hunt showed them just that!"

Every person and group that completed the challenge received shirts from local clothing brand TGC, as well as coupons from local restaurants Burger Zone, Sharminator, and Pink Parrot.



**COMMUNITY REPORT**  
By NAMAN ARORA  
naman@gulfweekly.com

Bahraini book-lovers Nejoud Alsharqawi and Noor had started 'The People', a community initiative encouraging people of all ages to start reading, at the beginning of this year.

They received an overwhelming response, both in terms of community feedback and volunteer participation. The first season featured a number of events organised by the initiative's volunteers, including sign language workshops, debates, music nights, author talks and poetry readings.

After their first 'season', from January to March at the Water Garden City in Seef, they kicked off their second season at the new location in the Diyar Al Muharraq development.

"From our first season, we learned quite a few crucial lessons about leading volunteers, building teams and making decisions," added Nejoud.

"Going into this season, we



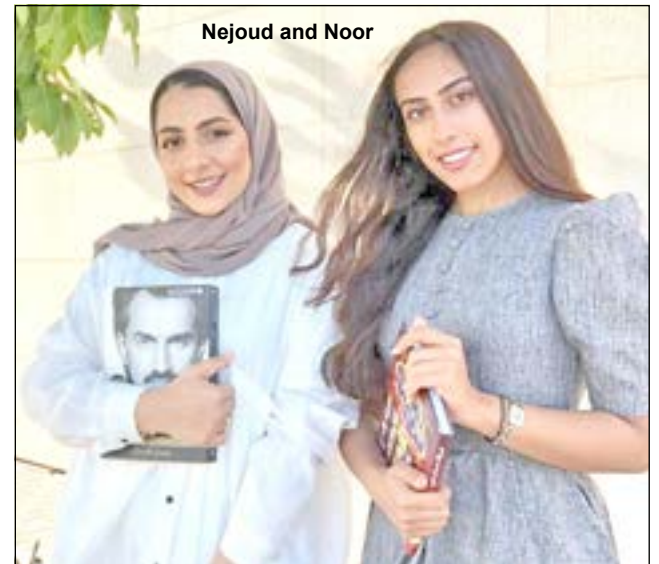
One of the treasure hunt participants shows off his clue and hint

have restructured our team, provided the committees with autonomy to make decisions, improved our budgeting strategy and asked for advice from librarians on the best methods to organise our wide collection of books.

"The biggest lesson would have to be the realisation that our community is in fact willing and interested to give without receiving anything in return ... whether it is the hundreds of books donated, professionals openly sharing their expertise, or even the dedicated hours given by

volunteers.

"It's a great feeling knowing that we are not alone and this season, we are already seeing that generosity and spirit!"



Nejoud and Noor

While their first location focused on outdoor reading spaces, their new premises has both indoor and outdoor reading areas and expanded book shelving space.

This has given them room to showcase their entire collection – currently more than 500 books – and plan different types of events for the new season.

"We are bringing back some community favourites – kids' storytelling and sign language courses – along with new concepts such as self-defence workshops, kids' water safety lessons and tips

from published writers," explained Noor.

"Of course, marketing a new location has its challenges but after a few brainstorming sessions with the team, we have a long and exciting list of potential events planned."

Noor and Nejoud plan to run the second season for another three months, giving the community a scenic beachside setting to enjoy books and interact with the country's burgeoning literary community.

For details, follow @thepeople.bh on Instagram.



Two participants navigating the hunt

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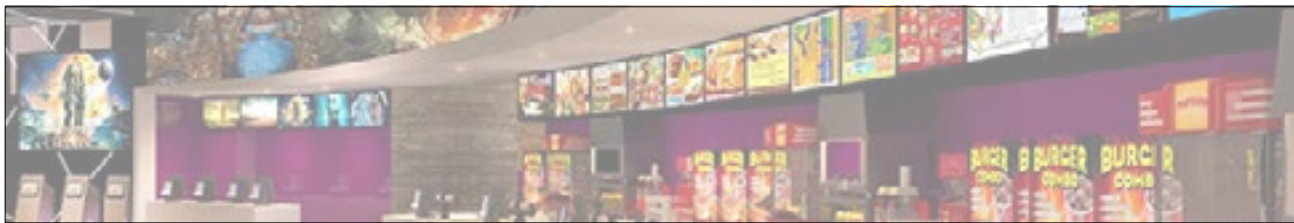


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# Culture

## BAHRAIN SUMMER FESTIVAL



The Bahrain Summer Festival continues, with art workshops and educational programmes this week. All events are being live-streamed on Baca's YouTube channel.

### QALALI FOLK BAND

Today, 8pm

With a heritage born in the village of Galali and spanning more than a century, the band will perform authentic songs, dances and rhythms reflecting Bahrain's marine history.

### MOHAMMED BIN FARIS BAND

Tomorrow, 8pm

Enjoy a dive into Bahrain's pearling past, with a band comprised of elite musicians from distinguished folk music groups.

### BAHRAIN POLICE BAND

Friday, 8pm

Led by Dr Mubarak Najem, one of the most prominent composers across the Arab world, enjoy a medley of military and traditional Bahraini music.

### FRENCH COOKING SHOW

July 30, 5pm

In collaboration with the French embassy, learn how to make Pâte à Choux, a traditional and popular dessert, with Chef Alexandra Mariot.



Nakhool and Nakhoola



Qalali Folk Band

# The bane of I



COMMUNITY REPORT  
By RAJI UNNIKRISHNAN  
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A team of young Bahrain residents has created a video to spotlight a social menace that has been leaving Indian women vulnerable to domestic violence and even death for decades.

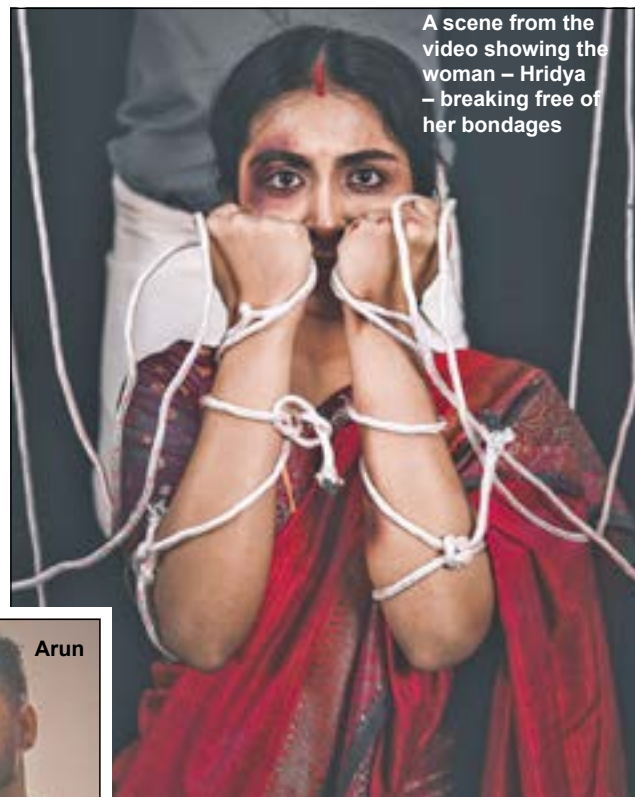
The three-and-a-half-minute video, *Culture Vulture*, depicts the infamous dowry system – a centuries-old tradition in South Asia where the bride's parents gift cash, clothes and jewellery, worth millions, to the groom's family.

The film, released earlier this month, portrays how the 'culture' has emerged as a threat to women and families. It coincided with the deaths of three young women in the Indian state of Kerala, who were allegedly victims of domestic violence and dowry-related persecution.

Vismaya, a 24-year-old Ayurvedic doctor, was found dead in her husband's home on June 21 this year. Another woman Archana, 24, is believed to have set herself ablaze at her rented house the next day while Suchitra, 19, was also found dead at her husband's house the same day. According to reports, families of all three women were persistently facing demands for more dowry.

The video conceived and created by Indian actor and director Arun Raj, who is the branding head at a mobile company in Bahrain, is supported by an all-Indian team.

"Giving away gifts at marriages has been a culture, especially in India and at some point of time it was a great gesture helping two families in



A scene from the video showing the woman – Hridya – breaking free of her bondages



Arun

their bonding," Arun told the *GulfWeekly*.

"However, over time, it became a threat for women's families and we started witnessing dowry-related deaths, be it murder or suicide.

"A post I had put up on Facebook in 2012 about a dowry death popped up recently and incidentally it coincided with similar tragedies this year.

"I realised that even after almost a decade, nothing has changed. The issue continues to make tragic headlines.

"I wanted to do something

about it.

"Suicide is not a solution for a toxic relationship. One should break free and that is one aspect that I have showcased in my creation.

"The aim is to highlight the need to stop the dowry culture."

Adopting puppet imagery, the photo story depicts

a woman – portrayed by Hridya Biju – as a marionette (string puppet) being manipulated by her parents first and her husband later. The beautiful and decked-up woman is seen bruised in the

following shots and the video concludes with her breaking the bondage.

The 31-year-old from Trivandrum, Kerala who has been living in Bahrain for 10 years, cited yet another aspect in the video of women being denied the freedom to choose their partners. He stressed that this was common in India, with even educated and loving parents snatching this decision citing that their daughters were still 'naïve'.

"Yes, there could be a minority who are making wrong choices in life but I feel a good number of women today are capable of taking a decision about their partners, just like men," explained Arun, who has directed and acted in musicals and short films.

"Women are given all rights and freedom in India. Once they are 18, they have voting rights, which is a major decision – so then why not allow her to choose her partner?"

"And, families should also stand by them if their choice proves to be wrong, instead of blaming them or asking them to compromise. Embrace them! They are your daughters. Why

do you want them to suffer in a toxic relationship to satiate your false ego and societal status?"

"I chose puppet imagery as I felt that was precisely the plight of women, who are not allowed to make a



Nima



Team Culture Vulture



Weekly

# Indian brides

decision.

"Anyone who gives his/her control to another person is a puppet in their hands and the video shows a woman breaking free from those strings of bondage."

The film has garnered more than a million views on Facebook and has been shared more than half-a-million times globally.

Arun is thankful to 27-year-old fashion designers Nima Basheer and Roshni Raveendran for coming up with the project's name and applauds videographer Arun Kumar for his work.

"Vultures feed on corpses and here it's the bird feeding on a culture that has been politically, culturally and socially poisoned," added Arun, who was awarded best actor by 24 Frames Acting Camp and



Arun Kumar



Another scene from the video

Bahrain Keraleeya Samajam Online Drama Contest in the past.

"To a great extent it represents the dowry menace. It is the element of suppression imposed on women, it their

voice that has been stifled."

Others included in the team are Asma Ali (make-up), Soorya Prakash (video formation), Sarat S P and Akash Ashok (associates) and Nimal Mukundan, Vinod Das and Pratima Menon (cast).



The video showcases how a woman is being controlled by the society around her

## LIVING IT UP ON THE BEACH

Ta Plage Privée

**L**uxury, tranquillity and relaxation await holiday-seekers and 'staycationers' at The Ritz-Carlton, Bahrain's new Ta Plage Privée.

The five-star property's latest beachfront venue, located on the resort's private island, offers guests seclusion surrounded by a pristine white sandy beach and the comfort of a cool and cosy tent to beat the summer heat.

"Luxury, privacy, tranquillity and seclusion have never been more important to our valued guests and Ta Plage Privée certainly offers these in abundance," said Bernard de Villèle, The Ritz-Carlton, Bahrain's general manager. "With an air-conditioned private tent where you can relax, along with a dedicated massage room and your very own exclusive beach, guests will have much more space for themselves while enjoying quality

time with family and friends.

"The new Ta Plage Privée is a haven of tropical peace and tranquillity with palm trees swaying in the breeze and rhythmic sounds of the waves complementing a well-spent day by the sea."

Available through reservations only, the tent includes soft drinks, fresh juices, Nespresso coffee, a fruit basket, assorted mezze for up to six persons and a bouquet of fresh flowers.

A supplement package includes a BBQ lunch for up to six and a 30-minute spa treatment for two. Ta Plage Privée is also available for private events with maximum attendees of up to 12.

For details, contact Rochelle Ramilla at 17586605, Angela d'Silva at 17586712, the hotel at 1758 0000 or visit [www.ritzcarlton.com/bahrain](http://www.ritzcarlton.com/bahrain) or follow @ritzcarltonbahrain on Facebook and Instagram and hashtag #RCMemories.



BBQ



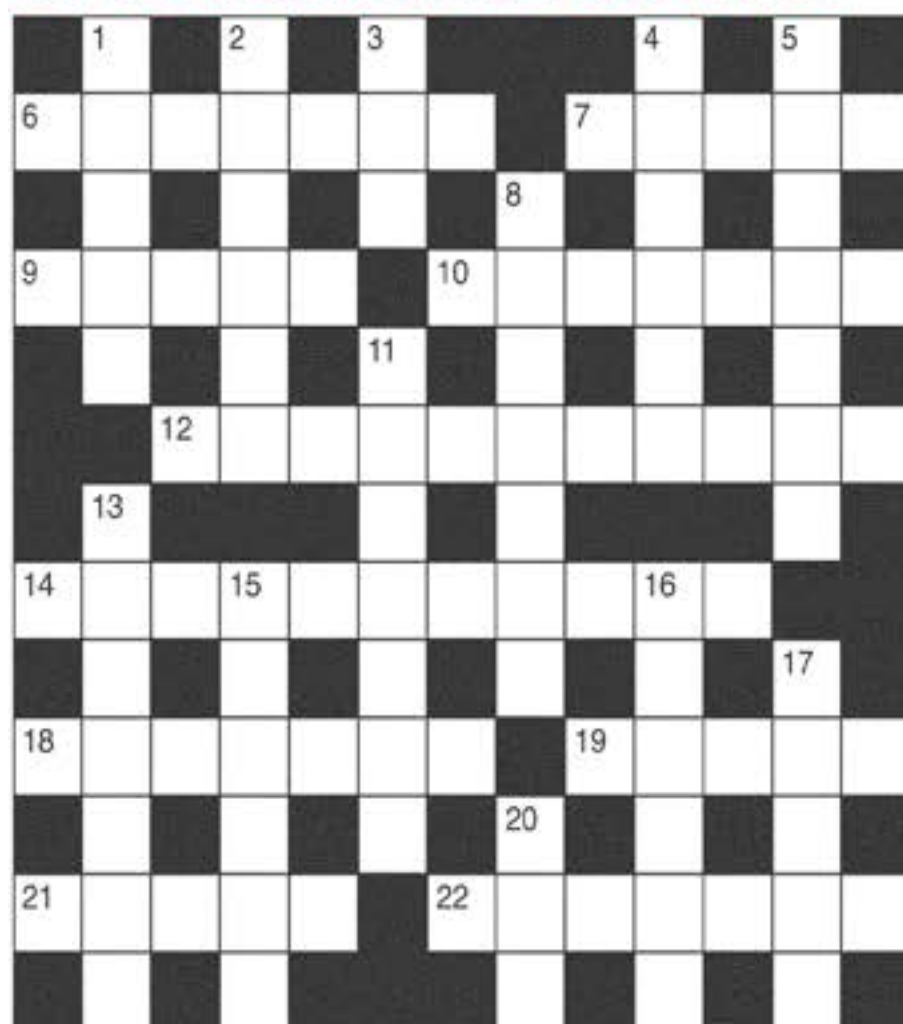
# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

- 6. Set free (7)
- 7. Board game (5)
- 9. Lukewarm (5)
- 10. Intricate (7)
- 12. Vengeance (11)
- 14. Result (11)
- 18. Let (7)
- 19. Irritate (5)
- 21. Step (5)
- 22. Opposite (7)

### DOWN

- 1. At no time (5)
- 2. Edit (6)
- 3. Employ (3)
- 4. Floor covering (6)
- 5. Sovereign (7)
- 8. Shoe-mender (7)
- 11. Lawn game (7)
- 13. Deserted (7)
- 15. Distinctive phrase (6)
- 16. Annul (6)
- 17. Lift (5)
- 20. Marry (3)

### who, what, where, when

WHO ... did Dr John Reid succeed as the UK's Secretary of State for Health in 2003?  
WHAT ... US label released *A Christmas Record* in 1981 featuring The Waitresses and Cristina?  
WHERE ... in Africa is the Kingdom of Swaziland?  
WHEN ... did Cliff Thorburn win the World Snooker Championship?  
WHO ... played Flashman in the 1971 television series *Tom Brown's Schooldays*?  
WHAT ... rock group released the album *Selling England by the Pound*?  
WHERE ... was Leopold Bloom's house in Dublin in James Joyce's novel *Ulysses*?  
WHEN ... did Mauritania gain independence from France?

### just so

enutrof

fast ward ward ward ward

bb or  bb



## darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

### Last week's sudoku

7	5	1	3	8	6	9	4	2
2	3	4	9	5	7	8	6	1
8	9	6	4	2	1	3	5	7
9	6	5	7	1	3	2	8	4
1	4	8	5	6	2	7	3	9
3	7	2	8	9	4	6	1	5
5	2	9	6	4	8	1	7	3
4	8	7	1	3	9	5	2	6
6	1	3	2	7	5	4	9	8

9	1	7	4	2	8	3	6	5
3	4	6	5	9	1	2	8	7
2	5	8	3	6	7	1	9	4
1	3	9	2	5	6	4	7	8
6	7	4	8	1	9	5	2	3
8	2	5	7	4	3	6	1	9
7	9	2	1	3	4	8	5	6
5	8	3	6	7	2	9	4	1
4	6	1	9	8	5	7	3	2

### darn tough sudoku

1	4	6	3	8	7	2	5	9
9	7	8	4	2	5	1	6	3
5	2	3	1	6	9	8	7	4
3	1	5	7	9	8	6	4	2
8	9	7	6	4	2	5	3	1
4	6	2	5	1	3	7	9	8
6	3	1	8	5	4	9	2	7
7	5	9	2	3	1	4	8	6
2	8	4	9	7	6	3	1	5

Sudoku

7				8		1		
	8	2	3	9			6	
	1		7				5	2
	5			7	9			4
6		9	2		8	3		
	4		1				7	
4	2				6		3	
	3	7		2	5			1
		6				5	8	

Sudoku

6								9
	5		6	2	9		3	
		1	3		8	7		
		5	7		4	9		
1	8							
		3	5		1	2		8
		9	1		3	8		
	7		8		5		9	
4								5

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 3 Endeavour; 8 Loot; 9 Patronage; 10 Covert; 11 Blood; 14 Divan; 15 Rest; 16 Gross; 18 Team; 20 Twice; 21 Leash; 24 Behind; 25 Ephemeral; 26 Turn; 27 Sterility.

Down: 1 Elucidate; 2 Convivial; 4 Neat; 5 Enrol; 6 Vendor; 7 Urge; 9 Prong; 11 Booth; 12 Delicious; 13 Attendant; 17 Steel; 19 Meteor; 22 Steal; 23 Spot; 24 Bait.

JUST SO: Half a world away, Big Ben, Archbishop, Down to earth.

WHO, WHAT, WHERE, WHEN:

David Baddiel; Gloria Grahame; Co. Clare; 2005; Lee Marvin; Sessanta; Northamptonshire; 1983.

### Darn Tough Sudoku

	6			3			7	
5				4				6
		2					4	
		7	3		4	6		
	3						9	
		1	2		9	8		
		6				7		
7					9			8
	8				5		1	



# Title race heats up

**RACE REPORT**  
By NAMAN ARORA  
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**IN** what has already been one of the most exciting seasons of Formula 1 racing, last weekend was yet another unforgettable one as the motorsport saw the first-ever sprint race, leading up to a nail-biting finale.

Mercedes' Lewis Hamilton won the 2021 British Grand Prix, after sparring with championship leader Max Verstappen of Red Bull in the first lap and overcoming a 10-second penalty to steal first place from Charles Leclerc of Ferrari.

"I tried to be measured in how I approached the race, particularly battling with Max - he's very aggressive but I was fully alongside him and he didn't leave me any space," Hamilton said, after the race.

Verstappen and Hamilton made contact at the Copse corner in the first lap and Verstappen spun hard into the tyre barriers, walking away from the crash, but eliminated from the race.

This gave Hamilton a chance to cut the points gap between the two, and with his first place win, he is just eight points behind in the



Hamilton celebrates



Hamilton and Leclerc

drivers' championship.

After the collision, the lead was taken by Leclerc. Hamilton pitted from second, served his 10-second time penalty and came out fourth.

He quickly passed McLaren's Lando Norris and then his teammate, Valtteri Bottas, who was instructed to let Hamilton past.

Leclerc did some truly spectacular driving as he fended off Hamilton for most of the race, but his tyre

management proved to be just short of good enough when Hamilton overtook him two laps before the chequered flag.

Leclerc struggled with intermittent power issues throughout the first half of the race, with momentary losses of power keeping the interval between him and Hamilton at around 1.5 seconds.

Leclerc went on to secure his first podium of the season, ahead of Bottas and

the McLaren pair of Norris and Daniel Ricciardo.

Norris fought for the podium in the initial stages, but a languid pit stop ended up potentially costing him the opportunity to earn his fourth podium of the season. He, however, continues his reign as the only driver to have scored points in every race this season.

Behind Ricciardo were, in order, Carlos Sainz (Ferrari), Fernando Alonso (Alpine), Lance Stroll (Aston Martin),

Esteban Ocon (Alpine) and Yuki Tsunoda (AlphaTauri).

Sebastian Vettel of Aston Martin battled hard early in the race with Alonso,

making some fans nostalgic for the early 2010s' races, when Alonso and Vettel would often go neck-to-neck for the win.

However, this time, Vettel spun out, later recovering to 17th position before retiring.

Leclerc was voted the fan-favourite Driver of the Day, though Sergio Perez could also be considered a solid contender, after his decision to put up the fastest lap and deny Hamilton the extra point, even though Perez couldn't keep the point after coming in 16th.

The weekend also saw the first-ever Sprint, during which Verstappen netted pole position and three extra points, while Hamilton took second and Bottas was third; the two Silver Arrows earning the team a total of three points.

*The next race takes place in Hungary on August 1.*



The crash



# Best of the best

**B**AHRAIN'S cycling squad has ended its Tour on a high note, having won the best team award.

Team Bahrain Victorious, founded by Shaikh Nasser bin Hamad Al Khalifa, His Majesty King Hamad's representative for humanitarian work and youth affairs and Supreme Council for Youth and Sport chairman, managed to beat EF Education Nippo by more than 19 minutes to secure the classification in addition to three stage wins and a top 10 finish in GC.

Team Wout Poels also put in a great fight in the best climber category, narrowly missing out to race winner Tadej Pogacar (UAE).

The team, wearing yellow helmets and numbers throughout most of the race,

went through a challenging period early on, after team leader Jack Haig left stage 3 after a crash. The team responded well as Matej Mohoric rode away from the peloton in the breakaway, winning stage 7.

The momentum continued for the team the following day, as Dylan Teuns took his chances in the break, securing back to back wins for Bahrain Victorious on stage 8. Mohoric then added to his tally on stage 19, again successfully through the breakaway.

"It's been an incredible experience for all of us," said Rolf Aldag, Bahrain Victorious SD. "Like in the Giro we unfortunately lost our GC leader Jack. We then had to re-strategise and we took our chances in the breakaway which paid off



Bahrain's Team Victorious

with back to back stage wins for Matej and Dylan. After that, we had to look at our place in GC where Pello kept up the fight to stay on the

top 10.

"Obviously, we had a hard night after stage 17, but we kept going and got another stage win with Matej. It

would have been nice to get Wout to secure the Polka Dot Jersey, but it wasn't to be and it was always going to be hard against someone

like Pogacar.

"Overall, to finish on the podium as a team is a special moment and a memorable one for all of us."



Frodeno setting a record

## IRON MAN BREAKS RECORDS

**J**an Frodeno set the world's new fastest time for a full distance triathlon earlier this week and the Bahrain Endurance Team is thrilled, writes Lisa Pringle.

The three-time Ironman world champion and Beijing Olympic gold medalist

blazed through the Tri Battle Royale's 3.8-km swim, 180-km bike, and 42.2-km run in 7:27:53, a full seven minutes and 46 seconds faster than the previous record he set at Challenge Roth in 2016.

A one-on-one match race versus multiple Ironman champion Lionel Sanders

set in the town of Allgau in Germany, Tri Battle Royale was designed to be a fast course certified by the German Triathlon Federation, making any times achieved on it eligible for a world record.

Ultimately, Frodeno's Canadian rival also set a new personal best of 7:43:32, the fifth-fastest time over the distance.

Unfazed by the rainy conditions that beset the weekend, Frodeno took a five-minute lead out of the swim and added another five minutes after an uber-fast 3:55 bike split. As he started the marathon with a comfortable lead he was also on track to break his record; the question was by how much, as his pace was estimated to get him a 7:21 finish.

But at the end of his first of four laps on the run course, he encountered his first and only scare, slipping on wet carpet at the turnaround and landing on his left hip. It took a few seconds for him to get up and shake off the shock and momentary pain, but soon enough he was running again. In the final 10km, he even picked

up the pace to cross the finish line and stop the clock amid cheers of a rain-soaked crowd.

"If you haven't done an Ironman for two years, you race it like a 70.3 and that's a mistake in the beginning," said Frodeno. "It was so tough because it was cold, it was rainy ... The truth is, it's not exactly what's referred to as 'Frodeno weather.' Sorry to everybody who came out and endured the conditions. It was just amazing to do this kind of thing. It was so clinical because you never had to look up and could just try and go as fast as possible."

Halfway around the globe, Tyler Mislawchuk won the America's Triathlon Cup Long Beach to put the finishing touches on his preparation for racing the world's best in just over a week's time. The Alamitos Beach venue is the proposed course for the 2028 Olympic Games awarded to Los Angeles. The young Canadian showed prime form leading out of the swim, staying in the lead group on the bike and practicing tactics with teammate Matt Sharpe, then outclassing the field on the run.

## Charting the path to success

**P**reparations for the Bahrain 2021 Asian Youth Para Games are underway. The event is slated to be held from November 28 until December 7.

Bahrain Paralympic Committee (BPC) and the Asian Paralympic Committee (APC) had recently held a co-ordination meeting in the presence of Shaikh Mohamed bin Duaij Al Khalifa, BPC president, and Majid Rashed, president of the APC.

"We have great confidence in the Organising Committee and teams working to make the Asian Youth Para Games a success; we aim to ensure the sustainability of work and provide services of the highest quality so that the Bahrain 2021 Games achieves all the



The Zoom Asian Youth Para Games meet

goals for which it is being held," said Rashed.

"We at the Asian Paralympic Committee are always there to extend our support to the organising committee and, we will be working as a team to highlight the bright side of Bahrain as an emerging para-sport nation"

Rashed also pointed out that the Games reflect the positive growth of the Paralympic movement in Asia, and the Gulf and Bahrain in particular. "The Asian Youth Para Games will motivate the next generation to continue in the path of success and leave a legacy not just in Bahrain but

in Asia," he added.

During the meeting, Shaikh Mohamed said the committee is putting all its efforts and resources to ensure the success of the Games and are working on organising the events in the best form as well as providing all the support and assistance needed.