

PICTURE THIS!

COMMUNITY REPORT
By MAI AL-KHATIB CAMILLE
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BAHRAINI visual artist Enas Sistani's powerful photographs are speaking volumes yet again, with the 35-year-old winning an 'Honourable Mention' award in an international competition.

The talented shutterbug had entered the International Photography Awards (IPA) in January 2022 without any expectations, only to receive word months later that her picture *Disconnected* had won top recognition.

"I am speechless," said the senior project specialist from Hamad Town.

"I never expected to be recognised in any way or form. I applied for the contest and completely forgot about it.

"Months later, I received an email which initially appeared to be spam, but something deep down prompted me to open and read it and not discard it like I usually do.

"That's when I found

that I was awarded an 'honourable mention' at the IPA. If anything, this is the boost that I wanted to continue growing in the field, especially since I was in a rut at the time.

"The honourable mention status means I can now tap into my potential further and hopefully strive towards claiming the Lucie Award in the future."

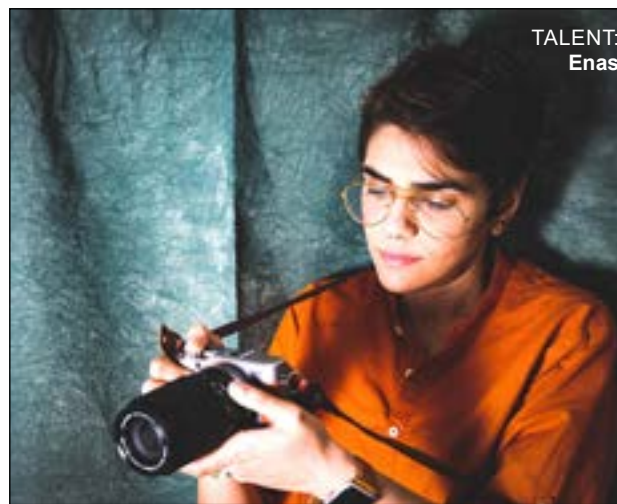
Lucie Awards, also known as the Academy Awards of Photography, is an annual gala ceremony honouring achievements in photography, founded in 2003 by gallerist and exhibition curator Hossein Farmani.

It brings together photographers from all over the world and pays tribute to the best among them. It also showcases the finalists and winners of the IPA, which is the Lucie Foundation's sister-effort and an annual photography contest for professional, amateur and student photographers on a global scale.

Enas said her photograph *Disconnected* was taken using a Fuji X-A1.

"The picture was a candid shot taken of a man leaning against a wall at Bahrain Fort, scrolling on his phone

DISCONNECTED:
The photograph that won Enas global acclaim



TALENT:
Enas

The picture was a candid shot taken of a man leaning against a wall at Bahrain Fort, scrolling on his phone and it occurred to me that it can be translated into something deeper.

and it occurred to me that it can be translated into something deeper; utilising both conceptual and minimalism approaches to photography at once," said the Bahrain Polytechnic graduate who majored in Business Management. She also received a Fulbright Graduate Scholarship and a Master's in Public Administration in New York in 2019.

"The picture plays on the notes of symbolism as it depicts how immersed we tend to get in the virtual world, disconnecting us from our surroundings even though we are a part of it," added Enas who aims to apply for the upcoming

annual IPA awards with the aim of winning both the IPA and Lucie.

"If anything, it connects us with one another virtually, while disconnecting us physically.

"I hope my photograph will help place Bahrain on the map as a country that nurtures talents in all its forms and shapes.

"To those doubting their talents, don't! Believe in yourself and apply to such reputable and prestigious competitions, even if you think that they are out of your league. You will be surprised as to how good your work actually is!"

● For details on her other work, see page 2.



LULU ANNIVERSARY
Years of shopping joy
SEE PAGE 3



MAJESTIC MANDALAS
Therapeutic art
SEE PAGE 4



FEAST OF FLAVOURS
Four Seasons brunch
SEE PAGES 4-5



F1 NEWS
Calendar and races
SEE PAGE 7



RAW CANDY

Artisan Vegan Chocolate



AVAILABLE FOR
PICK-UP & DELIVERY

RINGING IN THE NEW IPHONE 14

ONE of the leading telecoms in the kingdom held a marvellous midnight-launch for the much-anticipated iPhone 14 with a dramatic drone drop-off to the island's first Bahraini customer, Hesham Swar.

Batelco staged the exciting event in collaboration with the Bahrain International Circuit (BIC) at its Paddock Club; featuring invited customers who had pre-ordered the coveted devices enjoying music, a selection of finger foods and beverages as well as games and activities in the lead up to the midnight unveiling.

"We always aim to add fun to our iPhone launches and wanted to do something extra special this year now

UNIQUE: Special drone delivery



that life is back to normal," said Batelco's general manager of the consumer division Maitham Abdulla.

Additionally, 20 lucky customers who won a

Passenger Ride Experience in a special raffle on the night enjoyed a speedy trip round the iconic track in a Clio Cup Car or Radical SR3 accompanied by a

professional driver.

At around 11.50pm, customers made their way outside the paddock and watched in awe as the countdown flashed on the big screens of BIC's VIP Tower. At the stroke of midnight, a drone appeared, soaring over the tower and made its way to the paddock to deliver the smartphone in a spectacular style and to the applause of invited guests.

"Firstly, the fun of the countdown clock on the VIP Tower with the crowd joining in was so much fun and I couldn't believe it when I saw the drone appearing from the top of the tower carrying an iPhone for me," said Hesham.

"It is something I will remember always. Thank you Batelco for such a

MEMORABLE: Hesham, the first customer, with Batelco's team



memorable occasion."

After the unveiling, customers lined up at the dedicated desks to receive their devices.

"Watching the countdown and the delivery of the first device by drone was so exciting and appreciated by our customers," added Maitham. "We were delighted to be able to host the event in collaboration

with the BIC and we greatly appreciate the support of the BIC team in helping to make this happen."

Batelco is offering the full iPhone 14 line-up and also the latest Apple Watch. A range of post-paid packages including 5G packages are also available to give customers the best user experience to match their new devices.

Every 'body' is beautiful



PHOTOGRAPHY REPORT
By MAI AL-KHATIB CAMILLE
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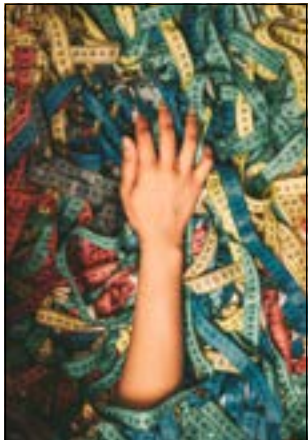
TALENTED Enas Sistani, who has raised awareness about mental health through her powerful photographic work in the past, recently won an international honourable mention for her image, *Disconnected*.

Now the Bahraini visual artist is sharing her perspective on body dysmorphia in picture form.

"I decided to capture a series of conceptual photos on body dysmorphia, given the fact that many people suffer from it, but find it difficult to speak about," she explained.

"Body dysmorphia has especially intensified with the wide use of social media and the need to constantly measure up to beauty standards."

Body dysmorphic disorder (BDD), or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about flaws in their appearance that are often unnoticeable to others. People of any age can have BDD, but it's most common in teenagers and young adults, affecting both men and women.



According to Johns Hopkins Medicine, the cause of BDD is a combination of environmental, psychological and biological factors. Also, it is believed that bullying or teasing may create or foster the feelings of inadequacy, shame and fear of ridicule.

Body image can be affected by social media use, as Neha Chaudhary, MD, a child and adolescent psychiatrist at Massachusetts General Hospital and Harvard Medical School, pointed out.

According to her 'people end up creating unrealistic ideals for themselves based on what they see and feel distressed when they are not able to meet those ideas or self-expectations'.

A study in 2021 revealed that the more individuals

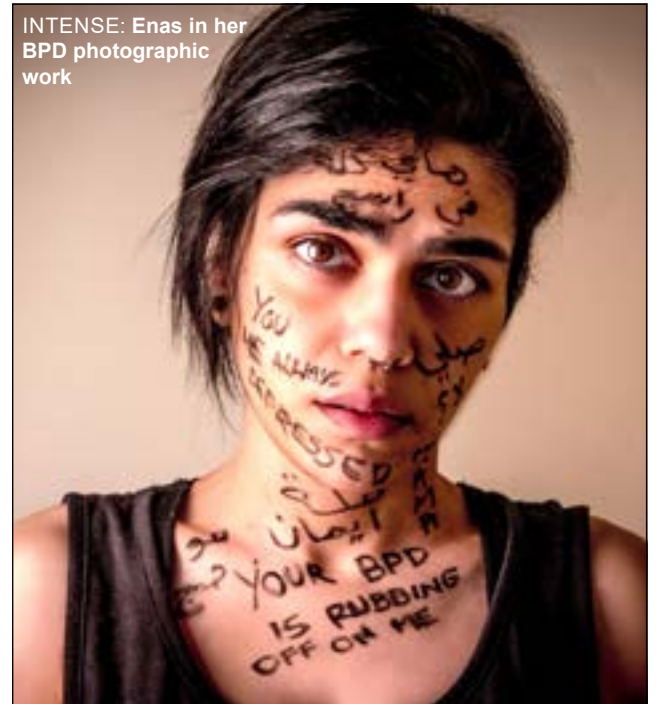


AWARENESS: Images from the body dysmorphia project

compared themselves to people they followed on social media, the more dissatisfied they became with their bodies, which in turn could lead to disordered eating or other unhealthy

habits.

"It is important to raise awareness on such problems, especially since it can cause a ripple effect, leading to lack of self-confidence, depression and anxiety



INTENSE: Enas in her BPD photographic work

amongst many other issues," said Enas whose visual work on Borderline Personality Disorder (BPD) went viral on social media and on television.

BPD is a mental health disorder that impacts the way a person thinks and feels about themselves and others, causing problems in everyday life. It includes self-image issues, difficulty managing emotions and behaviours and a pattern of unstable relationships.

Having struggled with BPD since she was a teenager, Enas shared her thoughts and feelings about the disorder using herself as the subject as part of her personal conceptual photography project.

"I will try to highlight other such important social topics in my future work," she added.

For details, follow @solovagabond on Instagram.





RETAIL REPORT

By MERLIN ROSE BABU
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AS LuLu Hypermarket celebrates 15 years in Bahrain, its customers remain ever-loyal to the brand that has quickly taken over as one of the leading store operators in the kingdom.

Fans of the hypermarket have been speaking about why it has become their shopping destination of choice.

Michelle Tobias, who has lived in Bahrain for the past seven years, loves to visit LuLu to meet all of her little one's needs.

The 35-year-old, from the Philippines, told *GulfWeekly* that she shops at the hypermarket on a weekly basis.

"I like the baby section and the fruits section," she said. "What I like about LuLu is that the price is a bit cheaper and the service is always 100 per cent," she said, adding that she has found everyone to be friendly, especially customer service.

Sixty-seven-year-old Jalal Abdulaal, who has been shopping at the hypermarket since it opened, likes the variety that LuLu has to offer.

"It's a large supermarket, so if I come here, I know that I will find what I want," he said.

"We live in the area and so we come to LuLu every day to pick up whatever we need, bit by bit.

"We buy electronics such as phones, toasters and ovens here, and have made big purchases here many times, because the prices are often cheaper than the official dealer for the same brand!" the Bahraini father added.

Pakistani national Atiya Erum, who regularly makes the grocery run with

her toddler son and eight-year-old daughter, agrees.

"When LuLu puts out their offers and discounts, the prices are really good and so I prefer coming here," the 33-year-old said.

"The best thing is that everything comes under one roof – from groceries, to garments, to shoes, to school

supplies, I can get everything from here - I don't have to panic and go around looking for things in different shops."

Having lived in Bahrain for the past six years, Ms Erum said she has been shopping at the hypermarket for the same number of years.

She said she currently visits LuLu's Ramli Mall location

to meet her weekly shopping requirements, adding that whenever her family moves to a new home, they shop at the LuLu Hypermarket in that area.

Her daughter, Parsa Ali, who also has a *YouTube* channel under the name Parsa Ali Vlogs, said she likes LuLu because it has so many of her favourite things, like the food that she takes to school.

"I like to take nuggets, cupcakes, biscuits and things like that," she said excitedly. "And, when we go upstairs, we get stationery, and I got a new pencil box, pencils, board markers, whiteboard, and a lot of other things," she added.

Meanwhile, 29-year-old Iram Parkar prefers to visit LuLu mainly for food.

The Indian national, who has been living in Bahrain for almost a year, said she visits LuLu three times a month and is a big fan of the range of food items that the hypermarket has

to offer, highlighting that she particularly enjoys the variety of fruits and vegetables, and the hypermarket's frozen foods section.

She has also found that the prices are really good when LuLu puts out offers such as the ones that are currently available across all of the hypermarket's locations in Bahrain.

To celebrate its latest milestone, LuLu has released several new and exciting offers for a period of one month across all its stores in the kingdom.

Discounts are available across the entire range of household goods, including fresh food, fruits and vegetables, deli cuts and meat, white goods, electronics, homeware and clothing.

The hypermarket is also promoting popular children's brands for school items, toys, edutainment, children's healthy eating and grooming products and shoppers can also look forward to special one, two and three-day offers that are sure to result in great savings, store managers promised.

Having begun its foray into the local market with its flagship store at Dana Mall, today the group has nine hypermarkets, two malls (Ramli Mall and Dana Mall) and a LuLu Express store in the fast-developing urban residential space of Danat Al Lawzi.

The 15th anniversary promotions will go on for a period of one month and are available across all LuLu stores in the kingdom.



GRAB THE OFFER: Customers can enjoy great deals available across the hypermarket



ONE-SHOP-STOP: All of your needs met at one destination!



LOYAL: Jalal with his son Abdulla Abdulaal



YOUNG FAN: Parsa with some of her favourite things to buy at LuLu Hypermarket



HAPPY: Michelle



Culture

ART REPORT
By MAI AL-KHATIB CAMILLE
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THE Mandala isn't just beautiful to look at, but also an empowering art form that is believed to provide its designer with a sense of peace, balance and serenity... and for Bahraini resident Chloé Tormo Gebran, it was an outlet for meditation and creativity.

The Mandala - which means 'circle' in the ancient Sanskrit language of Hinduism and Buddhism - is a geometric configuration of symbols that come in various types and sizes and is commonly circular with a dense point at the centre.

Over the years, the captivating circular creations has served people around the world differently. Swiss psychoanalyst Carl Jung, for example, considered making Mandalas an effective form of art therapy to calm and comfort people struggling with mental health issues.

For Chloe, it was a means of meditation as well as a new passion that would change her world.

"Mandala art is often used to meditate as you focus on what you are doing and creating, so it helps you disconnect while you are drawing," said the 35-year-old French expatriate living in Jidhafs. "We create the design from scratch, then decorate and colour it in. I find this art relaxing, creative and satisfying. Also, it teaches you patience as it is not an art that you can rush. You have to be precise when you want to have a beautiful outcome. As a perfectionist, it is something that I like."

She first learned about the geometric design in 2019 at L'Atelier Art Lounge where she was working. One of the owners introduced her to the art form so that she can organise and hold a Mandala workshop.

"I fell in love with this art," said Chloe, who worked in the hospitality, customer service, administration and events in France and Bahrain.

"I started drawing Mandalas every day in different hues including in monochrome and colour as well as different shapes. I did teach my first workshop when I felt confident and it was a success. "After that, I started to explore several mediums to draw my Mandalas as well as different sizes."

According to Mandala experts, there are common



PROUD: Chloe with her work

Mandala mania



LET IT GLOW: A vibrant design

symbols in most designs that also represent Buddha's presence of mind in abstract forms such as a jewel, flower, tree or wheel.

The centre of the Mandala is a dot that represents a part of humanity and there are dozens of geometrical patterns and

lines surrounding that focal point that symbolises the universe. The outer circular boundary of the Mandala represents the cyclic nature of human life.

Some of the most commonly used symbols within Mandalas include the sun,

representing the Eightfold Path of Buddhism that allows for rebirth and liberation.

After Chloe lost her job due to the pandemic, she turned to the art that sparked joy in her heart and soon it became her livelihood.

"At first, it was for work but then it became my passion which I wanted to share," she added.

Her Mandalas can be seen on a beach in Zanzibar in giant form, in different homes across the kingdom as well as on perfume bottles at a luxury retail outlet in a popular mall. She even had



PLAY OF COLOURS: Another work of art

which represents the universe and symbolises energy and life, as well as the lotus, which is a sacred flower in Buddhism that depicts balance and the human effort to reach enlightenment. Triangles are also popular. Those facing upwards represent energy and action while the ones pointed downwards signify the pursuit of knowledge and creativity.

Bells are also symbolic of emptying the mind to create space for clarity and wisdom, while the eight-spoked wheel

a live Mandala painting show for a special party at an Irish restaurant.

Chloe loves painting on plywood, medium-density fiberboards, walls, paper and canvas as well as digitally. She uses acrylic paints and Posca markers for all her artwork. She even creates Mandala as wooden wall décor from her studio at home.

"I hope people appreciate Mandalas for the beauty that they are," she added.

For details, follow @chloe_s_corner and @da2ira on Instagram.

Bru the bay

EATING OUT
By NAMAN ARORA
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EVERY Friday, a sea of brunch buffets engulfs Bahrain, and amongst them, there is a pearl to be found at the Four Seasons Hotel Bahrain Bay.

The *GulfWeekly* and *GDN* team stopped by the now-famous buffet and were treated to a sumptuous spread of savouries, salads, sweets, and most importantly, brilliant vibes.

Walking in, it is easy to be overwhelmed by the sheer variety of dishes on offer, and although this had initially baffled this reporter when starting to review the brunches, executive chef Leonardo Di Clemente was quick to guide us through the various stations and corners.

From a ceviche corner run by the hotel's new Peruvian



TREAT: A small section of the desserts area

Weekly

Brunch by



SUMPTUOUS:
A selection of
the beef



SPREAD: The seafood section

chef Yovani Guevara to a new Lebanese fattah and a seafood section featuring mussels, lobster and shrimp, what truly astonishes is how delicious every dish is, and the small serving size, allowing us to try out a plethora of flavours.

For me, the sushi corner was an absolute winner, with magnificent maki and scrumptious sashimi, nestled with the nigiri, making for

the perfect appetiser.

Chef Yovani also served us four different kinds of ceviche, including a traditional Peruvian one, along with spicier and sweeter variants, as well as the crowd favourite and her signature dish – the Passion Ceviche – succulent shrimp prepared with passion fruit and yellow chilli paste.

The explosion of flavour in the ceviches made them a



SELECTIVE: Chef Yovani at the ceviche corner



AT THE HELM: Chef Leonardo talks about the buffet. Scan the QR code to hear about his special additions to the experience!



favourite for our managing editor Stan Szczewka and sales director Alison Lillywhite, who immediately vowed to get on a diet next month to compensate for all the dishes they were



CELEBRATION: The Saudi-themed baked goods on display

sampling.

As I walked around between courses enjoying the live music, what stood out is the variety of diets and palates that can be satisfied at the buffet – proven once the Four Seasons Hotel Bahrain Bay's public relations and communications director Tugce Goksel joined us.

Tugce, who recently embarked on a ketogenic

diet, enjoyed some seafood as she told us about the return of the brunch buffets and how the staff adds new touches every week.

Last week, this included green-decorated baked goods in honour of Saudi Arabia's National Day.

As we got to the main course, Chef Leonardo insisted we try something called a 'pinza' and no, that's not a spelling mistake.

With just two grams of yeast for every kg of wheat, 10 times less than normal pizza, fermented over three days, a Pinza is the lighter crispier version of the famous Italian pizza. And true to form, I devoured half of a pinza and still had room for a cut of the sirloin and the brisket.

Of course, no brunch buffet is complete without a helping of the desserts,

and with a variety of open cakes, bite-sized tiramisu, as well as white and milk chocolate fondues, we were just about to go for a nap as the end of the brunch approached. Even Tugce was able to score some strawberries to complement her keto diet!

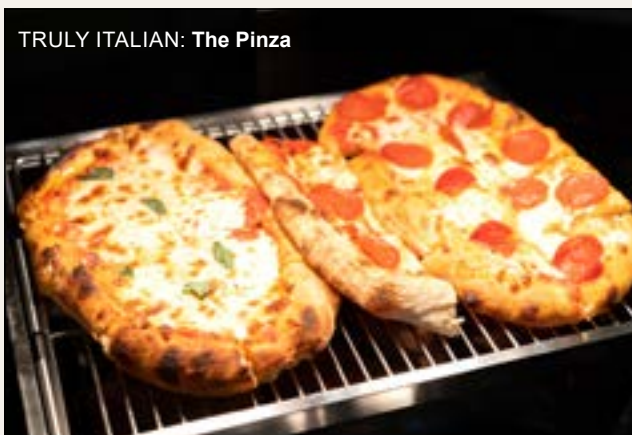
Rescued by a double shot of espresso, we floated to our cars - our stomachs full, and our palates satisfied, looking forward to our next trip around the oyster of culinary pearls to be found every Friday at the Four Seasons Hotel Bahrain Bay.

The brunch buffet is available every Friday from 1pm to 4pm. It is priced at BD35, inclusive of soft beverages and BD48, inclusive of select beverages.

For more details, follow @fsbahrain on Instagram.



TRULY ITALIAN: The Pinza

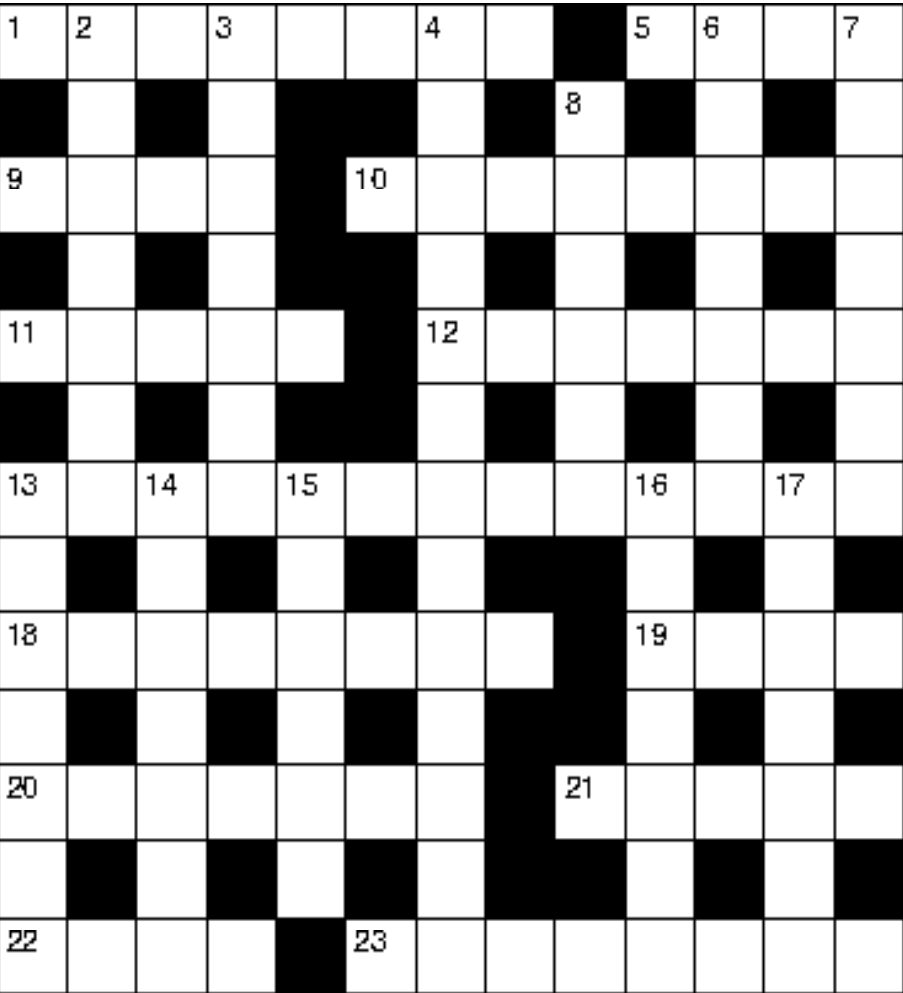


Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Captive (8)
- 5. Legend (4)
- 9. Blemish (4)
- 10. Endorsed (8)
- 11. Inflexible (5)
- 12. Curt (7)
- 13. Concentration (13)
- 18. Kingdom (8)
- 19. At that time (4)
- 20. Free (7)
- 21. Abuse (5)
- 22. Whirlpool (4)
- 23. Banner (8)

DOWN

- 2. Disturbance (7)
- 3. Fawning (7)
- 4. Institution (13)
- 6. Ancient (7)
- 7. Speech (7)
- 8. Decrease (6)
- 13. Duck (7)
- 14. Matted (7)
- 15. Regular (6)
- 16. Provoked (7)
- 17. Asylum (7)

**who, what,
where, when**

WHO ... was the first Bourbon King of France?
WHAT ... element is represented by the symbol Rb?
WHERE ... is the forest setting of Shakespeare's *As You Like It*?
WHEN ... was Benjamin Franklin elected to the Pennsylvania Assembly?
WHO ... wrote the classic gothic novel *Vathek*?
WHAT ... is nitrous oxide more familiarly known as?
WHERE ... is the Vinson Massif the highest mountain?
WHEN ... did Oswald become king of Northumbria?

just so

end end
end

WE'VE SPENT

bidbidbidbid
fruit

LAUGH

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

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

5	7	8	7	2	0	9	3	5
4	2	8	6	1	9	3	7	1
7	9	5	2	1	3	3	3	4
1	8	7	3	5	2	4	3	6
6	5	9	8	7	7	3	1	2
2	5	1	8	9	1	5	8	7
8	7	7	4	6	3	2	5	6
9	6	2	1	8	5	7	4	6
5	1	3	9	2	7	1	6	8

darn tough sudoku

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

Sudoku

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

Sudoku

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

**Last Week's
Leisure Solutions**

CROSSWORD BREAK:

Across: 1 Death; 4 Pretend; 8 Soprano; 9 Amiss; 10 Open; 11 Allusion; 13 Brow; 14 Stun; 16 Rearmost; 17 True; 20 Brawn; 21 Enhance; 22 Entreat; 23 Sweet.
Down: 1 Dishonourable; 2 Ample; 3 Heal; 4 Poorly; 5 Evacuate; 6 Edition; 7 Disengagement; 12 Commence; 13 Blatant; 15 Ascent; 18 Range; 19 Thus.
JUST SO: The queen mother, World wide web, A mixed blessing, An open question
WHO, WHAT, WHERE, WHEN: Ernest Hemingway; Chile; Belgium; 1970; Baudelaire; A fish; Ecuador; October.

Darn Tough Sudoku

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

Your work pad space ...

GET SET FOR 24 F1 RACES!

FORMULA One will have a record 24 races next season with Las Vegas making its floodlit debut in November and Monaco signing a new deal to secure its place on the calendar until at least 2025.

The governing FIA announced approval of the calendar with the Las Vegas Strip circuit taking a November 18 date as the season's penultimate round and third in the US.

It will also be the first race to be held on a Saturday since 1985.

Monaco, historically the most glamorous race, had its future thrown into doubt earlier in the year amid contract renewal talks.

Formula One said a new three-year deal had now been signed with the Automobile Club de Monaco, whose

president Michel Boeri added that it was likely to be renewed. The principality retains its traditional May 28 slot as the eighth race and middle part of a triple-header with Italy's Imola and Spain's Circuit de Catalunya near Barcelona.

Bahrain will open the season on March 5 with Abu Dhabi hosting the final round on November 26.

The calendar also avoids a clash with the 24 Hours of Le Mans sportscar race which will be celebrating its 100th anniversary next year on June 10-11.

The British Grand Prix at Silverstone on July 9 will be on the weekend before the Wimbledon men's and women's tennis finals on July 15-16.

The traditional August break is maintained, with Belgium becoming the last race before it at the end of July -- and

following on from Hungary -- rather than the first after.

Belgium's longer-term future remains uncertain, with organisers signing only a one-year extension last month.

"The presence of 24 races on the 2023 FIA Formula One World Championship calendar is further evidence of the growth and appeal of the sport on a global scale," said FIA president Mohammed bin Sulayem.

"The addition of new venues and the retention of traditional events underlines the FIA's sound stewardship of the sport," added the Emirati.

Qatar, with a race on October 8, returns as a fourth Middle Eastern round after being absent this year due to the country hosting the soccer World Cup.

China, which last hosted a race in 2019, returns despite

lingering uncertainty over Covid-19 restrictions while France, whose race was at Le Castellet's Circuit Paul Ricard near Marseille, has been dropped as previously announced.

Formula One has also been negotiating with South Africa's Kyalami circuit but that deal has yet to be done.

Azerbaijan and Miami remain as back-to-back races on April 30 and May 7 respectively.

There was no confirmation of which races would be held in the sprint format, with the sport seeking as many as six after three this year.

LATIFI LEAVING WILLIAMS

Williams Racing said that Nicholas Latifi is leaving the team at the end of the Formula One season. The 27-year-old driver made his F1 debut with Williams at the 2020 Austrian Grand Prix. He has made 55 starts and earned seven points in his career. "I would like to take this opportunity to thank everyone at Williams Racing -- all the people back at the factory and those I work with trackside -- for the last three years," Latifi said in a team statement. Latifi did not announce his future plans. Candidates to replace him behind the wheel at Williams include American Logan Sargeant and Dutch driver Nyck de Vries.

HORNER'S REGRET OVER PIASTRI

Red Bull boss Christian Horner has spoken of his regret at missing the chance to sign Oscar Piastri when the Australian was working his way up to Formula One.

The highly-rated 21-year-old has signed to race for McLaren from next season after a contract tussle with Renault-owned Alpine.

The 2020 Formula Three and 2021 Formula Two champion raced for the

Arden team, founded by Horner and his father, in Formula Four and Formula Renault.

"There was an opportunity for Red Bull to look at him at the time and we didn't take up that option, which is something that I regret," Horner said.

Piastri will have Britain's Lando Norris as his McLaren team-mate next year, another driver Horner said he rated very highly.



March 5 - Bahrain
March 19 - Saudi Arabia (Jeddah)
April 2 - Australia (Melbourne)
April 16 - China (Shanghai)
April 30 - Azerbaijan (Baku)
May 7 - United States (Miami)
May 21 - Emilia Romagna (Imola)
May 28 - Monaco
June 4 - Spain (Barcelona)
June 18 - Canada (Montreal)
July 2 - Austria (Spielberg)
July 9 - Britain (Silverstone)

July 23 - Hungary
July 30 - Belgium (Spa-Francorchamps)
Aug 27 - Netherlands (Zandvoort)
Sept 3 - Italy (Monza)
Sept 17 - Singapore
Sept 24 - Japan (Suzuka)
Oct 8 - Qatar
Oct 22 - United States (Austin)
Oct 29 - Mexico
Nov 5 - Brazil (Interlagos)
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IN ACTION:
Alomari



PROUD: AlHamadi with coach Muftah



SUPPORT: Technical director Hussain with AlHamadi and Coach Muftah during her first place victory

BAHRAIN'S para-athletes proudly returned from the Marrakech 2022 Grand Prix in Morocco with medals around their necks and breaking their personal best.

Roba Alomari and Mariam AlHamadi from the seven-strong team have each secured golden glory and sparkling silver in the competitive event, which is part of the Grand Prix series held under the aegis of World Para Athletics.

They both have surpassed the first stage of qualifications and are now eagerly waiting to get



SPORT REPORT

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through the second round to be held in Dubai in February next year. A win in Dubai will confirm their spots in Paris in the World Athletics Games 2023 and the Paralympic Games in 2024. Until then, they will continue training hard and revel in their Moroccan victories.

Bahraini Paralympian Alomari, who has competed in the UK, the UAE, Kuwait, Morocco, Indonesia, China, Brazil, Oman, Tokyo and South Korea has clinched more than 25 gold, 13 silver

and six bronze medals in her sporting career. She had participated in the Grand Prix series in 2019 landing three medals – gold in discus, silver in javelin and bronze in shotput. This year, she achieved two gold in javelin and discus throw and a silver in shotput.

"I was excited about winning gold in discus," said the 31-year-old from Hamad Town. "The reason being that I recorded my personal best of 23.15cm. What made the victory special is that I took the first place from the athlete who came fourth, just ahead of me, in the Olympics."

AlHamadi is also

thankful and proud of her accomplishments having come first in shotput and taken silver in discus.

"It was a tough competition and I'm proud we did what we could, broke some records and landed positions," said the 18-year-old from Hamad Town.

Alomari first recognised AlHamadi's talents while she was playing a volleyball game in school at the age of 12. She told her about the Paralympic team and federation, which she then joined in 2016.

"I am so glad to have joined the team as I have travelled around the world

to participate in different competitions such as the World Youth Games in Switzerland in 2019 and met so many people," said AlHamadi. She started competing in 2018 and has won around 18 medals in total between shotput, javelin and discus.

The team that attended the Grand Prix series also included Ahmed Meshaima, Zaina Albalooshi, Hamad Altamimi, Bassam Ameer and Saad Mohamed Almaal.

Around 450 para-athletes from more than 40 African, European, Asian and American countries took part in the competition which was

the sixth International Para Athletics Meeting.

"I'd like to thank the team's management and delegation including chef de mission and board member in the Bahrain Sports Federation for Disabilities captain Abdulla Alhusaini, technical director and administrator Eman Hussain and our coach Hussain Muftah, who really worked hard with all of us, especially during obstacles," said Alomari.

"All the numbers we broke during this competition is thanks to the effort he put in with us."

For details, @bahrainnpc on Instagram.