

Namaste India



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
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BAHRAINI yoga teacher Weam Zabar launched an online meditative dance initiative to support India, the country where the practice originates from and is currently reeling from a Covid-19 crisis.

The 37-year-old Namaste founder, who has been teaching yoga for the past 10 years, set up a Zoom India Aid dance meditation session to help raise funds and support a charitable endeavour.

The 75-minute women-only session, which attracted 20 participants, raised BD338 for the Help-A-School Foundation Australian charity which aims to improve the lives of children in rural schools in India.

And, with Covid-19 devastating the rural areas of India, the foundation has launched three campaigns to support the impact of the second wave of the pandemic on the country including food distribution, education and now the most urgent, crisis care.

"The proceeds will go towards the local Sri Narayani Hospital in Tamil Nadu which is in desperate need for medical aid," said Weam, who has been supporting the charity for the past six years. "The hospital is full



to capacity and people are being turned away as there are no beds left. Unfortunately, this means that people are losing their lives.

"The donations will also go to children whose families are suffering financial difficulty to keep them in school. Those are the first children in their families that are literate.

"It will also go towards the soup kitchen to distribute food parcels to people in need in the area. This soup kitchen normally feeds from 11,000 to 20,000 people a day."

The Help-A-School Foundation was founded in 2014 by a South

Australian school principal after a visit to Tamil Nadu in India. Over the years it has supported keeping children in schools, offering free health checks for families, distributing food parcels, supplied resources for village schools and sponsored children.

"This humanitarian charity has blown me away with how much they do with so little," added Weam who also has a diploma in counselling and hypnosis. "From sending children to school, to recycling plants, helping people find sources of income; that community has grown and improved the quality of life for the people in the area tremendously. They have provided financial aid and empowered people to actively engage in worthy careers.

"I am grateful to my teacher Eman Nooruddin who has facilitated the meditation dance group."

The session was focused on intuitive dance – movement not focussed on choreography or 'look good' dancing.

"The focus is to give the body a chance to express itself in ways that it normally cannot," explained Weam. "This is a highly healing dance that not only improves the connections from mind to body but also helps relieve trauma and stress. The session went very well and I am thankful to all those that participated. Every little bit counts."

Aside from meditative dance, Weam always had a fondness for yoga. Yoga started during the Indus-Sarasvati civilization in Northern India over 5,000 years ago. It was first mentioned in Rig Veda, a collection of texts that consisted of rituals, mantras, and songs which was mainly used by Brahmins, the Vedic priests.

The original context of yoga was spiritual development practices to train the body and mind to self-observe and become aware of their own nature. The purposes of yoga were to cultivate discernment, self-regulation and higher consciousness in the individual.

Over the years, Weam has participated in various charity projects including reforestation, supporting scholarships, donating tree saplings to farmers, sponsoring children to go to school and installing bathrooms in schools.

"Having purpose is vital for us as human beings," she added. "The emptiness that the human race suffers from can be relieved by connecting to something larger than ourselves. I hope everyone engages in worthy causes."

For details, follow @wanderwonderweam on Instagram and visit www.helpschoolfoundation.com to support the foundation.



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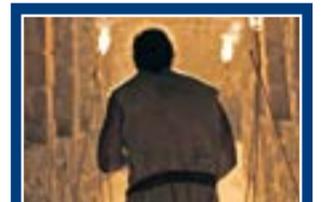
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RAISING AWARENESS
A colourful cause
SEE PAGE 2



FOSSIL FINDER
Treasures of the sea
SEE PAGE 3



MOVIE MAGIC
The Cult
SEE PAGES 4-5



Children supported by the Help-A-School Foundation



RAW CANDY

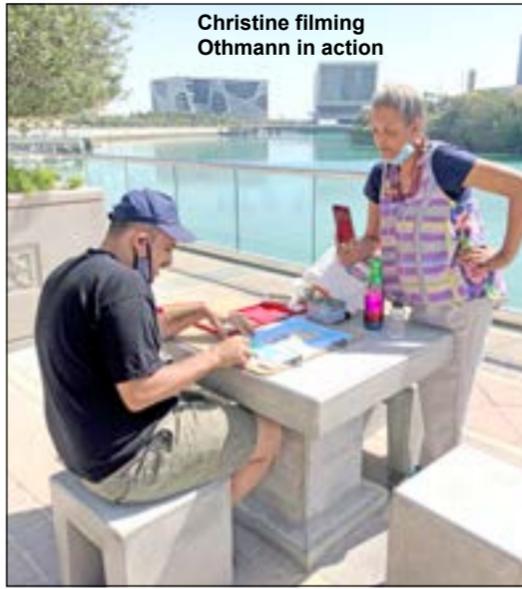
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From left, Limnesh and Jincy, Sarah and Othmann



Christine filming Othmann in action



Madhu and Othmann

Painting a message

ART REPORT
By MAI AL KHATIB-CAMILLE
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ARTISTS from across the globe joined young Othmann El Attar on his mission to raise awareness about autism.

It was such a resounding success that the 25-year-old is planning to continue the initiative during the months to come.

Othmann who was diagnosed with autism at the age of three launched a colourful campaign of drawing at different destinations in Bahrain to shine a light on the disorder and was joined by several artists along the way.

According to Dr Sarah Clarke, the founder of Baloo's Reading Buddies, and Othmann's mum Christine Gordon, co-founder of RIA Institute Bahrain – an inclusive education centre that caters to special needs students – Othmann enjoyed himself and their message of inclusivity went global.

"I don't think I've seen him smile and laugh so much in a long time," said Sarah.

"It's been very tough for those with communication and sensory differences during the pandemic."

Autism Spectrum Disorder



Othmann

includes a broad range of conditions characterised by challenges with social skills, repetitive behaviours, speech and nonverbal communication. Each person with autism has a distinct set of strengths and challenges. "It's amazing to watch Othmann respond to what he sees and feels in the moment – his ability to stay in the here and now, accept things

as they are and not second guess his work is something we can all aspire to," she added.

All of Othmann's artistic events were live on Instagram TV and people from Jordan, the US, the UK, Egypt and India watched on as he showcased his drawing with freedom. Othmann also has a gift for 'up-scaling' and interpreting small images and turning them into huge works of art, sometimes several metres high, proving that art is for everyone.

"Art is for everyone to enjoy whatever our abilities be – it's a great way to relax and connect with nature and other people, something which is so important at this difficult time," said Christine. "We wanted to raise awareness about autism as well as demonstrate RIA's message of inclusion in a simple way during April, while doing something fun. "Othmann may not be



Sarah and Othmann

able to communicate in conventional ways but his art allows him to be the same as everyone else, unique and accepted. All our pop-up events were spur-of-the-moment ideas. We were delighted with the creativity. Thank you to all the artists who came forward and asked to draw with Othmann – you made his year!"

To comply with Covid-19 regulations, the autism awareness crusaders met in groups of five outdoors, or virtually, to draw.

The first event took place at Bahrain Bay with mountaineer and artist Madhu Sarda and her daughters taking part.

Inspirational teenager Rhea D'Mello, who was born with Down Syndrome, joined Othmann at Marina Park along with eco-warrior Pallavi Jain. Pallavi donated an artwork to be auctioned off in aid of RIA.

For the first Friday of Ramadan, illustrator Rekha Salin walked them through a step by step guide to drawing a Ramadan-themed cartoon.

The next meet was a sunset painting session with Zainab Javid and her children at Riffa Views Park which Othmann joined virtually.

He also celebrated Earth Day with artist Seana Mallen through a live-streamed art workshop in which she taught viewers from Bahrain and the UK a simple and effective way to paint cherry trees using watercolour.

Later on, Rhea joined Othmann at a restaurant in Adliya along with artist Irina Averinos. Pallavi and Othmann also created a collaborative artwork during Gargaoun and he also connected virtually with teacher Rajee Murali in Chennai, India and her sons.

Finally, Othmann painted with 3D artists Limnesh Augustine and Jincy Babu at RIA Institute.

Jincy said: "Our 120sqft painting depicts a parrot coming to life and flying out from a canvas painting created by an autistic child. The art within the 3D Painting represents the

primary symbol of autism which was created by Gerald Gasson. The puzzle piece is significant as it embodies the message of the autistic community that 'I am not alone' and that 'I am part of the great puzzle of life'."

Othmann completed his recreation in about 15 minutes while the 3D painting took 18 hours. "This is a talent beyond our understanding," added Limnesh. "We take this opportunity to pass the message that we all have our unique abilities and skills and we need to include, enable and inspire without any discrimination."

Sarah, Christine and Othmann have a couple of large inclusive art events up their sleeves for later in the year.

For details, follow @baloosbuddies on Instagram and Baloo's Buddies Bahrain on Facebook. Anyone who would like to draw with Othmann in the coming months can message Sarah on 38338064.



From left, sisters Richa and Rhea participating in Seana's event



Pallavi

Treasures of the past

COLLECTIONS REPORT
By NAMAN ARORA
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A passion for the prehistoric has fuelled a young photographer's collection of more than 200 fossils, capturing the soul of the kingdom's seas in archaic times.

Seventeen-year-old Greek Cypriot expatriate Emiliios Themistocleous is blending his passion for wildlife photography with his fossil collection to tell a mostly unknown ancient history of Bahrain's seas.

His compendium of more than 200 fossils includes shark teeth, minerals, seashells, stingray mouth parts, fish skeletons, sea urchin spines and coprolites (shark faeces), some dating as far back as 40 to 50 million years.

"As a child I always had this dream about discovering prehistoric treasures like fossil shark teeth," the Year 12 British School of Bahrain student told the *GulfWeekly*.

"The feeling of finding fossils, especially shark teeth, is always breath-taking but there's nothing like the first. Very surprisingly, the first ever shark tooth I found was at night, which is not an ideal time to go fossil hunting.

"Walking up and down on a small hill near the Bahrain University, using my little flashlight I scanned each sand grain looking for some sort of fossil sign for at least an hour and just before leaving, bingo!

"At first, I could not believe what I'd just uncovered – an intact and perfectly-preserved shark tooth right under my foot."

So far, Emiliios' shark tooth collection includes fangs from mako, tiger and snaggletooth sharks. The fossils range from the Eocene to the Miocene geological periods, ranging from 50 to five million years ago.

The shark teeth primarily come from the Lutetian age in the Eocene era, approximately 41 to 47 million years ago.

"My three favourite fossils belong to three separate species – mako, tiger and snaggletooth – and are preserved to the finest detail showing each and every serration on the teeth," he added.

"Another reason why they're my favourite is because it's rare in Bahrain to find very well preserved



Emiliios with his collection



Sand tiger shark tooth



A tiger shark tooth



A sea urchin spine

"Other fossils require a small geological hammer and sometimes even a sledgehammer to get into limestone layers. Once collected, they must then be cleaned and treated with specific preservatives to make sure they stay intact.

"Sometimes they break in front of your eyes before you have even taken a picture so they must be handled carefully."

Encouraged by his father, Themis, and mother, Pavlina, who have driven him all over Bahrain, Emiliios takes inspiration from English natural historian and documentarian Sir David Attenborough.

In particular, he wants to explore the world and present new and interesting sides of it to people, like his role model. For now, he has been getting the lay of the limestone land in Bahrain and finding ways of preserving Bahrain's marine pre-history.

"The best areas to look for fossils have a deeper orange sand colour," he explained. "Another tip is to visit various locations to increase your understanding of different situations. An all-time favourite tip is to visit after some heavy rainfall as water washes more of the hills' material exposing more fossils to the surface."

To check out some of the fossils and learn more, follow @emiliios.themistocleous on Instagram.

and intact versions so a few complete ones in my collection really create some excitement."

The majority of Emiliios' fossils come from central and southern Bahrain within the desert area on several limestone hills.

The young photographer has lucked out since limestone is one of the best soil types in which a fossil can be preserved, since it is a sedimentary rock, resulting in lower pressures and temperatures acting on the fossil, allowing for a more intact find.

"The tools for finding such fossils can vary - most of the teeth have been found on the surface but require a trained eye," he explained.



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Culture

A spooky adven

FILM REPORT
By REEM AL DAAYSI
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A SHORT movie filmed at Bahrain Fort that brings together eerie supernatural concepts and thrilling action could soon be developed into a motion picture or a mini-series.

Cult, inspired by Dilmunian and Mesopotamian mythology, is a 'proof-of-concept' – with the action unfolding in 1000BC, in ancient Bahrain, also known as Dilmunia.

It is produced by Blu Steel Films, who have also hired Wicked Productions to assist with producing.

A proof of concept is a short film developed on a limited budget to show studios worldwide what the production team can accomplish.

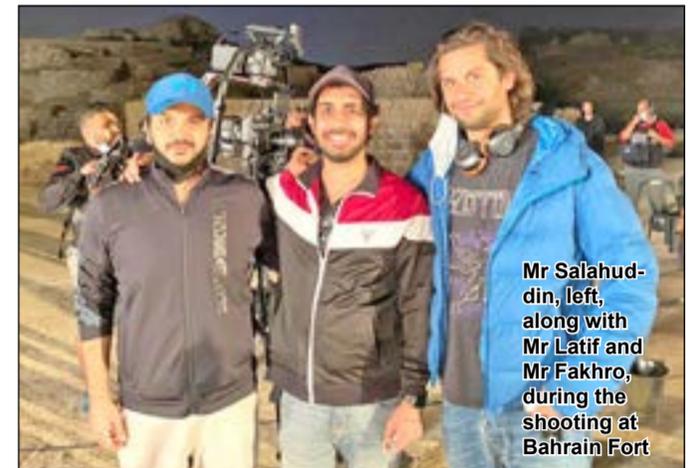
Blu Steel Film founder Mohammed Fakhro said he had been working on the project for more than two years, and aims to develop it into a feature-film that receives international recognition.

"*Cult* is a dark, supernatural horror with the pace and suspense of an adventure thriller," he said.

"We shot using the Red Dragon 6K camera with Cooke Anamorphic Prime lenses and the combination of such camera and lenses creates Hollywood aesthetic



The team during a shooting session



Mr Salahuddin, left, along with Mr Latif and Mr Fakhro, during the shooting at Bahrain Fort



and world-class production standards.

"This brings to life local histories that have never been shown in mainstream cinema before.

"We not only have access to cutting-edge inventory but also an exceptional production team.

"Our ultimate goal in producing *Cult* is to raise

and diversify the standard of production, special effects and story-telling in Bahrain to newer heights.

"I believe *Cult* has the potential to set a new benchmark for Bahraini cinema and to serve as an inspiration for other young Arab filmmakers."

Mr Fakhro wrote, produced and directed his first

short film *Cloven* which received regional and international recognition as it was featured in several newspapers.

Cloven was also screened at Screampfest 2018, Hollywood's largest and longest running horror film festival in the United States.

"*Cloven's* selection marked the first time a Bahraini short film entered the festival. It was also the only Arab film to take part that year," he added.

"Ancient Bahrain dates back to more than 6,000 years and the stories, folktales and myths are endless.

"*Cult* is a testimonial that proves we are capable of producing high-quality cinematic content in Bahrain as we definitely have the talent here.

"Filming *Cult* in Bahrain Fort was definitely one of the highlights of the production as we were filming a movie based on Dilmunian mythology in a location that actually used to be part of Dilmunia. It was incredible.

"There weren't many challenges, but we followed all Covid-19 rules and regulations during filming which took a total of 36 shooting hours in addition to a five-day prep period prior to shooting."

Producers include Mr Fakhro, Ahmed Salahudin, Zohaib Latif (who is also the



One man dedicates his life to protecting an object of tremendous power from an evil cult

cinematographer) and Ali Esbai along with co-writer Essa Swain who started writing the script with Mr

MIRCHI TUNES INTO KINGDOM AGAIN

Radio Mirchi is returning to Bahrain with a new host of voices and entertainment for Indian and South Asian expatriates in the region, writes Naman Arora.

The radio station, airing on 104.2FM, had previously gone off the air in October 2019 before being operated in the past year by government authorities to provide Covid-related advice to the South Asian community in the kingdom.

While the previous venture was a franchise agreement with Al Nasher Adline, a company spokesperson confirmed that the station will now be owned and operated by Mirchi Bahrain WLL, a wholly-owned subsidiary of Entertainment Network India Limited, which owns the global Mirchi brand.

"The international radio industry is vast with immense potential, especially in the Middle East," explained Prashant

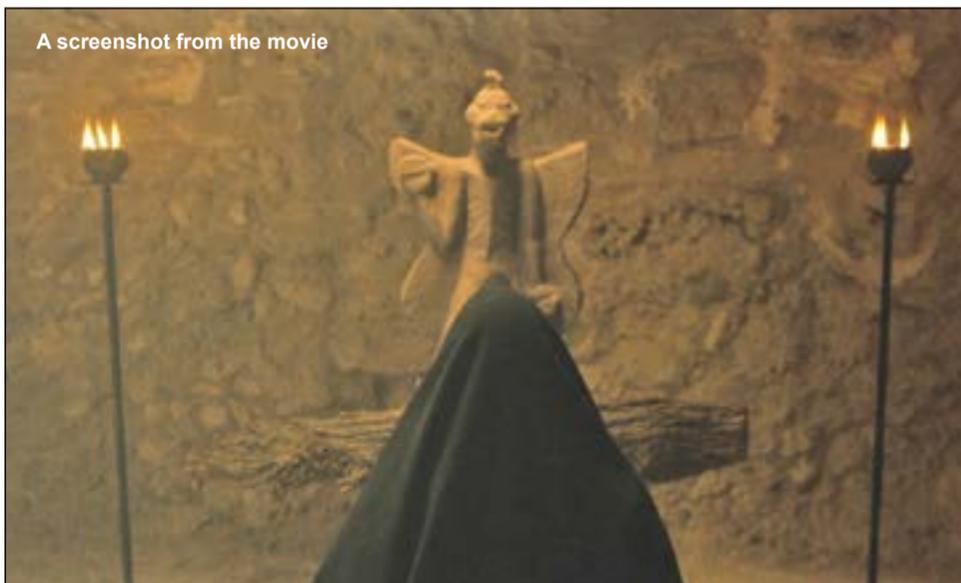
Panday, managing director and CEO of Mirchi.

"With significant number of Indians and South Asians who seek Hindi music and entertainment in the market, we launched in Qatar and the UAE earlier this year.

"We have now expanded and entered Bahrain and look forward to entertaining consumers with some hot music and shows."

The station will offer a set of fresh voices bringing exciting content like 'Mirchi Murga', 'What the Farhan' and 'Club Mirchi.'

With an aim to reach the South Asian community, who comprise 30 per cent of the kingdom's population, the radio station is also hoping to provide "an ideal outlet for Indian as well as local brands to reach a specific target audience in Bahrain."



A screenshot from the movie



Adventure



Mr Esbai, left, and Mr Fakhro



Fakhro two years ago. Executive producers are Talal Kanoo, Yusuf Fakhro, Hasan Al Mahmood, Yousif

Al Moayed, Rawwaf Alhasan, Mohammed Abdulrahim and Ahmed Salahuddin.



A mix from the collection

THE CUNEIFORM POEM

Divine pure lady,
Palm tree land and
meadow serene,
Life happy destiny,
All bound by the
wind.



Virginie



Reem

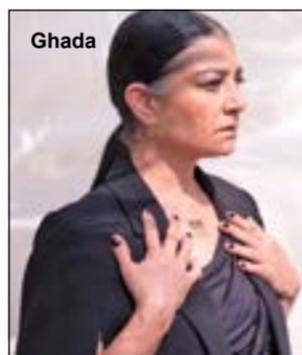
Celebrating Bahrain

TWO designers have shared their love for the kingdom's culture and heritage by crafting unique jewellery and creating a film featuring three prominent Bahraini female creatives.

Virginie Dreyer and Nathaly Jung's *The Land of Destiny* is a jewellery collection hand-crafted in 18k rose gold and inspired by the minimalist ancient script Cuneiform. Virginie is a jewellery designer at tinyOM while Nathaly is an artist and founder of the home decor brand Yalla Habibi. "We have been friends for many years and share artistic ventures," said Virginie. "We both call Bahrain home and during our visit to the Bahrain National Museum, we came across a minimalist ancient script called Cuneiform. It was the widely used writing system from the ancient Middle East, dating back to 3,400BC. "The Cuneiform script from the early Dilmun period had a beautiful modern feel and inspired us to pursue further research into its meanings. "We found that while it was mainly used for trade,

FASHION REPORT
By MAI AL KHATIB-CAMILLE
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there was also a plethora of pictograms with charming meanings. "Deciding that it was yet another way to pay tribute to the rich cultural heritage of Bahrain, we put together our favourite Cuneiform pictograms in a small poem and turned it into a pendant on a square gold plate. "The pleasing result led us to develop the *Land of Destiny* collection."



Ghada

The jewellery, handcrafted in Bahrain, includes delicate necklaces, bracelets, earrings and rings featuring the pictograms 'Destiny' and 'Joy' and a bigger pendant featuring the Cuneiform poem. Meanwhile, as the collection took shape, the women became interested in understanding how heritage influences and inspires others.

They decided to have a series of informal talks with three inspirational Bahraini women. The result was a series of photos, conversations and short films featuring Reem Al Khalifa, Ghada Khunji and Dalal Al Najem – all wearing accessories from the line. "I hope *The Land of Destiny* film series could give a little inspiration," added Virginie. "Heritage is a person's unique, inherited sense of family identity: the values, traditions, culture and artefacts handed down by previous generations. "Having these wonderful, creative and empowered Bahraini women talking about heritage and how it influences and connects to their work is interesting. "It's also a celebration of Bahrain." Reem is the founder of Green Bar Inc, a Bahraini apothecary crafting botanical skin care products with native medicinal plants. "Her passion is to bring awareness to the healing potential of plants in this geographical area, connecting people to the land and bringing awareness to the environment," explained Virginie. "Ghada is an award-winning documentary photographer and in recent years shifted her lens from



Dalal

the peripheral to explore her deepest contemplations on cultural identity and the perspective of women. "Dalal is a filmmaker and visual artist. She took part in the Ta'a Alshabab film festival of Bahrain and casted in the opening night film, which she co-directed." The soundtrack used in the series was created by Noor Faisal, known across the kingdom and the region as Kayan. She is one of the most prominent female electronic artists and her music is a customised sound journey – a mix of raw and natural sounds such as sea waves and group chants characterising a traditional pearl diver's life and modern beats, pads and synths. Virginie added: "I loved seeing these empowered women wearing my jewellery pieces and talking about their past, their heritage, culture, traditions and their work." For details, follow @tinyomjewellery on Instagram or visit the tinyOm vimeo channel to watch the film.

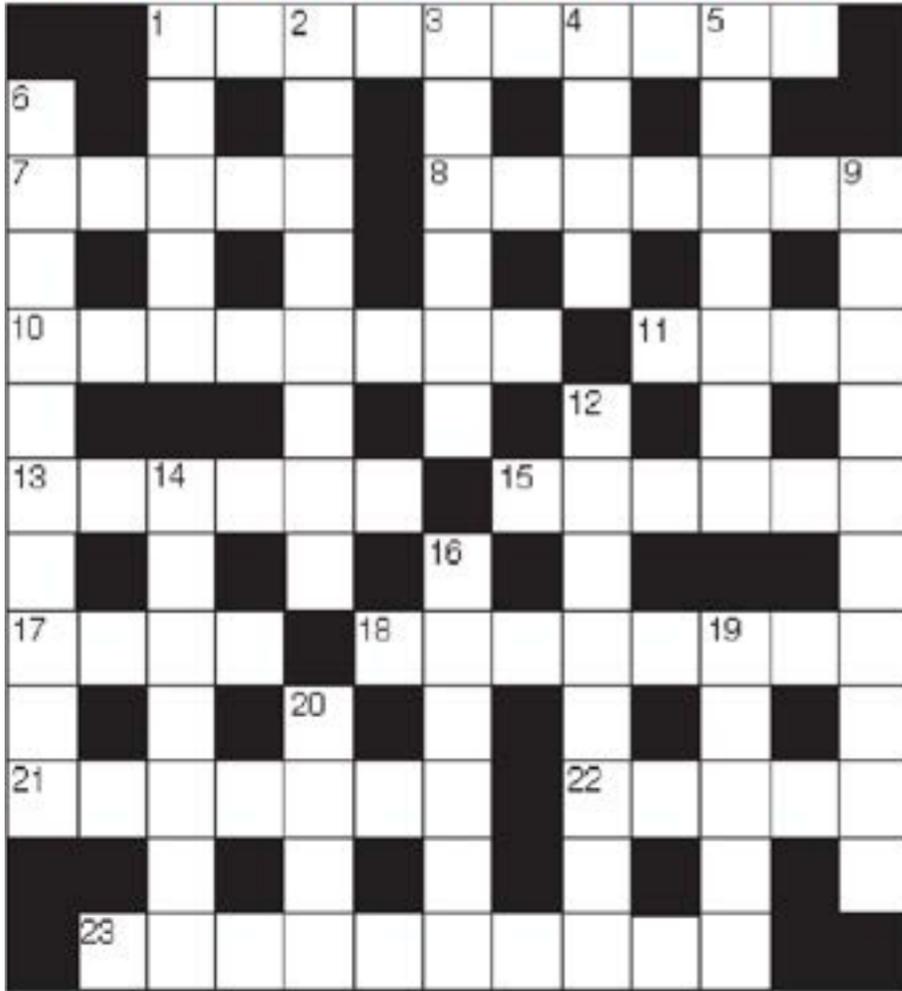




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crossword break



Solutions in next week's issue.

ACROSS

- 1. Brotherhood (10)
- 7. Chasm (5)
- 8. Puritanical (7)
- 10. Bitterness (8)
- 11. Row (4)
- 13. Mystic (6)
- 15. Wrote (6)
- 17. Manufactured (4)
- 18. Wavering (8)
- 21. Merciful (7)
- 22. Love affair (5)
- 23. Fussy (10)

DOWN

- 1. Lobby (5)
- 2. Congregate (8)
- 3. Enlarge (6)
- 4. Type of word (4)
- 5. Teaching (7)
- 6. Supernatural (10)
- 9. Passed down (10)
- 12. Devote (8)
- 14. Intonation (7)
- 16. Feverish (6)
- 19. Torment (5)
- 20. Slender (4)

who, what, where, when

WHO... played the title role in the 1995 TV movie *Love and Betrayal: The Mia Farrow Story*?
 WHAT... are the two words of text contained in John 11:35 in the *King James Bible*?
 WHERE ... was the American basketball star Michael Jordan born?
 WHEN ... was the Treaty of Utrecht that helped end the War of the Spanish Succession?
 WHO... is the actress wife of actor Kevin Kline?
 WHAT... shape is the body of the musical instrument a balalaika?
 WHERE ... in Africa are the towns of Gulu and Arua?
 WHEN... did the actor Clark Gable marry actress Carole Lombard?

just so



♀ ♀ ♀ ♀



VUL

GAR

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Oblique; 7 Sugar; 9 Row; 10 Unhurried; 12 Extravagant; 15 Concentrate; 17 Castigate; 19 Sly; 21 Flood; 22 Welcome.

Down: 1 Abhor; 2 Dip; 3 Turn; 4 Surrogate; 5 Pageant; 8 Quaver; 11 Execution; 13 Renegé; 14 Lovable; 16 Clump; 18 Tied; 20 Ice.

JUST SO: A foregone conclusion, The sixth sense, A hole in one, A great dance
WHO, WHAT, WHERE, WHEN:

Iain Duncan Smith; Make or repair stringed instruments; Portugal; 1966; Mary Hayley Bell; Bungalow; Fratton Park; 1790.

Darn Tough Sudoku

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

Crowning glory

RACE REPORT
By NAMAN ARORA
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THE fifth and final round of the Bahrain Rotax Max Challenge (BRMC) 2021 was held last weekend, with the most recent series of champions emerging at the Bahrain International Circuit (BIC).

Taking impressive victories in the season-finale were Fahad Alkhaled in the Senior Max category, Fahad Almuqla in Junior Max, Luca Houghton in the Mini Max and Shaikh Rashid bin Salman Al Khalifa in the Micro Max, who all also were crowned the season's champions in their divisions.

Alkhaled won the BRMC Senior Max title with 167 points on the championship standings. Lewis Smith was the runner-up with 128 points, while Najashi Rashdan finished third on 101 points.

Almuqla took the BRMC Junior Max crown, with 175 points. Abdulqader Qasem was ranked second on 104 points, and Sari Alzubi third on 100.

Behind Almuqla from Northstar Racing was Tye Mejia, 3.712s off the winning mark, while Ahmed Alsesey came third 5.986s adrift.



Mejia with his trophy

Mejia's feat of accomplishing second, came after he just moved to the Junior category just four weeks before the final race.

Houghton won a tight battle for the BRMC Mini Max crown after finishing with 150 points. Gracie Rose Grantham was the runner-up with 135 points, while Shanthosh Kumar was third on 130.

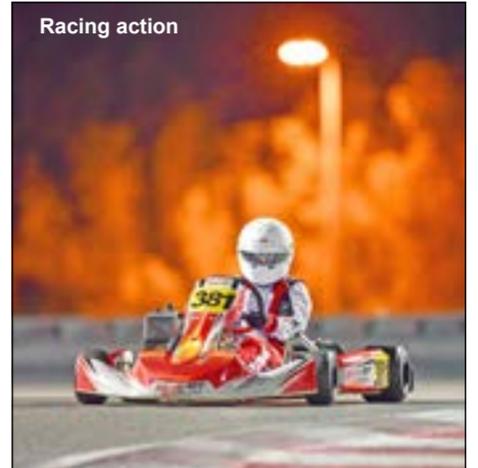
Shaikh Rashid clinched the BRMC Micro Max title with a near-perfect season, winning four Pre-Finals and all five Final races. Khaled Alnajjar was ranked second with 138 points and Charlie Goddard third on 112.



Racing action



Winners of the Junior Max category



Racing action

It's Hamilton again

History repeated itself last weekend as world champions Mercedes employed an early pit-stop strategy to push seven-time world champion Lewis Hamilton ahead of Red Bull's Max Verstappen, in an interesting Spanish Grand Prix last weekend, writes Naman Arora.

At the Hungarian Grand Prix in July 2019, to overcome Verstappen who led the race for 67 out of 70 laps, the Silver Arrows had used the same strategy as they brought Hamilton in for an early second pit stop.

On Sunday, Verstappen had a confident lead but later called himself "a sitting duck" as Hamilton employed the same strategy - cutting the 22-second gap between them steadily to overcome the Dutchman on fresher tyres.

"I tried everything I could today and took the lead at Turn 1, but from there we were just lacking a bit of pace," Verstappen said after the race.

"I know how fast I can go



Red Bull needs to improve their race craft to compete with the Silver Arrows

and where the limit of the car is, and when they can do a free stop behind, it is easy for them to do a different strategy.

"I pretty much knew that when he pitted for the second time he would come back at me on the new tyres a bit like Hungary 2019 and although I did everything I could, I was a bit of a sitting duck.

"The pace difference on the tyres made it an easy pass for Lewis and then I was able to at least keep second place and

take the Fastest Lap."

Meanwhile, behind Verstappen were, in order, Valtteri Bottas (Mercedes), Charles Leclerc (Ferrari), Sergio Perez (Red Bull), Daniel Ricciardo (McLaren), Carlos Sainz (Ferrari), Lando Norris (McLaren), Esteban Ocon (Alpine) and Pierre Gasly (AlphaTauri), to round off the top 10.

Yuki Tsunoda retired early in the race, during his sixth lap, after experiencing engine

troubles in his AlphaTauri.

"We don't currently know what happened to the car, so we'll investigate this after it returns to the garage and then we'll review everything together with the engineers," Tsunoda explained after the race.

"I just need to look forward to the next race in Monaco now, it'll be my first time racing there and I'm excited to drive on such an iconic circuit."

The weekend also marked a couple of centenary moments for the top drivers as Hamilton got his 100th pole position and Verstappen completed his 100th Grand Prix race with Red Bull.

As drivers gear up to head to the Monaco Grand Prix on May 23, Hamilton leads the standings with 94 points, followed by Verstappen (80 points), Bottas (47), Norris (41), Leclerc (40), Perez (32) and Ricciardo (24).

Mercedes holds a 29-point lead over Red Bull for the constructor championship, followed by McLaren and Ferrari.



Hamilton



Verstappen celebrating his 100th race with Red Bull



Up for the challenge



Madan

BAHRAIN'S first-ever professional cyclist, Ahmed Madan, will be making his race debut today in the challenging 'Tour de Hongrie' across mountainous terrain in Central Europe, writes Abu George.

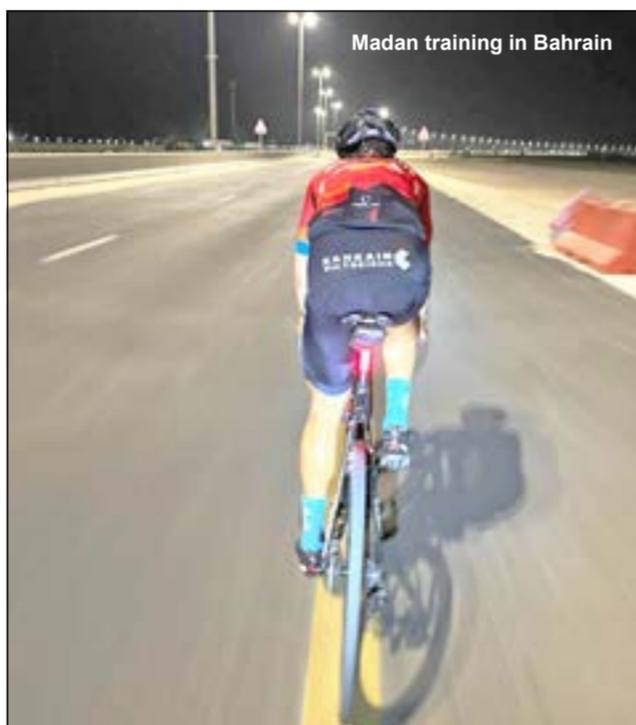
He re-joined his teammates after a short Ramadan spell back home in the kingdom in readiness for the start of the challenge on the southern bank of Lake Balaton in the picturesque town of Siófok.

"I'm determined to do the very best I can and support my teammates," he said. "I'll not let them down or my country. I trained hard and I've trained well."

"I have received so much support during my Ramadan trip home. I would like to thank everyone. Now for the race – I'm so excited!"

Madan will be representing 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.

While the excitement surrounding his first-



Madan training in Bahrain

ever professional stage is palpable, it will be a relatively flat 173km route – with the exception of one Category 3 climb after 50km – to Kaposvár.

Madan expressed most excitement for the 204km Queen Fourth Stage with more than 2,000 vertical metres to be climbed and featuring a double ascent of Hungary's highest mountain, Kékes.

The popular Bahraini sporting hero has been preparing well, having spent a month sleeping at 1,500m altitude in Andorra. Training has been tough. Opening the door to the apartment block, his day often started with a 20km descent of the mountain.

This may sound fun for some, yet snow on the road, hidden ice patches, potholes and biting temperatures

just his former coaches and colleagues.

Madan has returned to visit his old school twice, the Nasser Vocational Training Centre, determined to show his gratitude to former teachers.

He credits them for shaping him into who he is, focusing not just on teaching physics and chemistry but also on developing a broader appreciation of being a valuable member of society and now, a role model.

A keen F1 fan he has enjoyed family gatherings around the TV watching recent races and particularly enjoyed the excitement of Imola. However, he has discovered a new love – watches!

After winning a race in Bahrain last year he treated himself to a new one and has his eye on several new acquisitions – if he achieves his goals!

The upside is that it is easier to collect watches than his other passion, sports cars, and certainly more

just his former coaches and colleagues.

Madan has enjoyed the excitement of Imola. However, he has discovered a new love – watches!

convenient to take them around Europe with him.

Team Bahrain Victorious is taking a strong team to Hungary that combines youth with experience. Madan will be joined by Phil Bauhaus, Santiago Buitrago Sanchez, Heinrich Haussler, Marcel Sieberg and Fred Wright. With this being his first-ever professional race he is looking to learn yet contribute as much to the team cause as possible, supporting more experienced riders in their pursuit of victories.

A regret that Madan does have about returning to Europe is that he will miss his brother, Haider's forthcoming wedding. However, with the wonders of modern technology he will be watching the event live.

However, there will be many more tuning in from Bahrain to watch Madan's progress throughout the race.

● **Catch up every day with Madan through the GDN sports pages and online.**



Cyclists competing in a past Tour of Hungary

