

The pink pledge

THINK Pink Bahrain's 2022 ambassador, Sameera Al Bitar, is spending this month cycling for breast cancer awareness as part of the Dinar for Distance (D4D) campaign.

The initiative was conceptualised by Professor Julie Sprakel, Think Pink Bahrain's founder and chairperson, to motivate people to go the distance in any sport they wish, in support of the Think Pink Research Fund.

Individuals can pledge to run, walk, cycle, swim – or take up whatever exercise they would like – for a distance and the goal can be sponsored by friends, family and colleagues.

Sameera, who is also Bahrain's former two-time Olympic swimmer and passionate triathlete, had set a target of 100km of cycling for the charity champions and is already gliding through her goal.



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

"Breast cancer has affected several people close to my heart including family members, friends and colleagues," said the 31-year-old financial analyst from Budaiya.

"I am trying to help raise awareness as well as encourage others to adopt a healthy lifestyle. I will also try to raise donations to support the cause. My progress has been great so far. I usually dedicate time each day to exercise as I participate in triathlons and I've currently covered 105km cycling for the month."

Sameera has also worked with the Royal Life Saving Bahrain charity that focuses on drowning prevention and water safety. She then moved to Ernst & Young through their Female Olympians Athlete programme.

"Given my love for sport, it is a great way to become involved with the cause," she added. "I am also a

campaign ambassador for Ryde Performance Centre, an indoor cycling studio that is also taking part in the initiative where I'll be doing a few of my sessions to cover the distance.

"I hope people try to lead a healthier lifestyle to improve their overall well-being given that it helps reduce the chances of non-communicable diseases such as breast cancer."

According to 2020 figures by the International Agency for Research on Cancer Globocan, a subsidiary of the World Health Organisation, breast cancer is the most prevalent cancer on the island, accounting for 20.1 per cent of the total cases. It accounts for 37.9pc of cancers among women in the country, followed by colorectal, ovary, corpus-uteri and lung.

Think Pink Bahrain's vice-chairperson Tahera Al Alawi and Dr Julie believe Sameera 'perfectly fits in to their awareness family'.

"The charity has always aligned itself with fitness and health and I am so honoured to welcome Sameera to our Think Pink family of ambassadors," said Tahera.

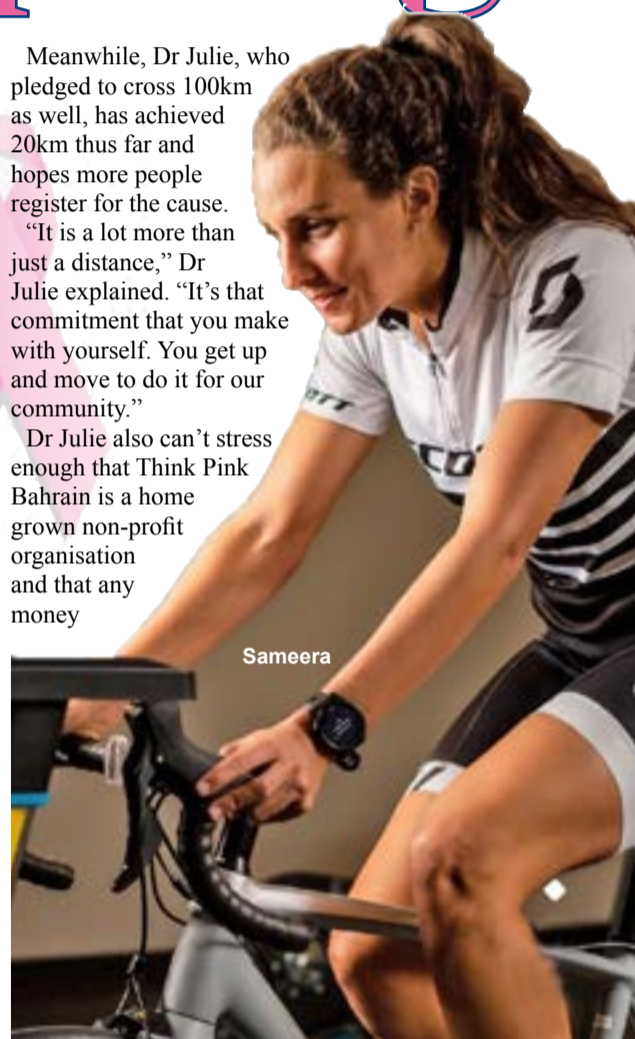
The Muharraq Horse Riding School Ladies' Endurance team has been their ambassadors since 2016 and are still ongoing.

"Sameera is a passionate athlete and has demonstrated true dedication to the sport in the kingdom. She is also an excellent role model for woman empowerment," she added.

Meanwhile, Dr Julie, who pledged to cross 100km as well, has achieved 20km thus far and hopes more people register for the cause.

"It is a lot more than just a distance," Dr Julie explained. "It's that commitment that you make with yourself. You get up and move to do it for our community."

Dr Julie also can't stress enough that Think Pink Bahrain is a home grown non-profit organisation and that any money



Sameera

raised, as per the regulations of the kingdom and Decree 50, remains in Bahrain.

"It supports training and education as well as research and purchase of equipment via Bahraini companies," added Dr Julie.

"We have been campaigning for 18 years and collaborations and partnerships have been endorsed by the highest offices and people within Bahrain. I am proud of the community and to be an

honorary Bahraini."

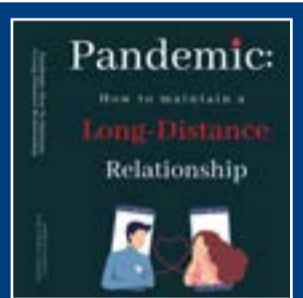
The Think Pink Research Fund will be the biggest of its kind on the island and is set to be unveiled in 2022.

Participants can register for D4D as an individual, a corporate or a school via www.thinkpinkbahrain.com by paying a BD2 fee.

For details, visit www.thinkpinkbahrain.com or follow @thinkpinkbahrain and @sameeraalbitar on Instagram.



IMAGES TO INSPIRE
More than a diagnosis
SEE PAGES 2-3



LONG DISTANCE LOVE
Trials and triumphs
SEE PAGE 4



WINDOWS OF AMAL
A pandemic journey
SEE PAGES 4-5



BAHRAIN RACES AHEAD
The season begins
SEE PAGE 7

Tahera and Julie



RAW CANDY

Artisan Vegan Chocolate



AVAILABLE FOR
PICK-UP & DELIVERY

Chasing wild and

AUTISM and attention deficit hyperactivity disorder (ADHD) didn't stop aspiring Bahraini-Baloch photographer Yousif Hayat from chasing his dreams. The 30-year-old says he has only turned wiser and bolder and is learning more about the world with every snap and click of his camera.

He is now hoping to inspire people to live life to the fullest, just like he does.

"I have lived with labels most of my life and they do not define me," said Yousif.

"And yet, society has judged me time and again in accordance with terms meant to describe a condition. My talents were reduced and confined to a diagnosis devoid of the person I am. My ability is stronger than my disability and my disability does not define me as a creative being.

COMMUNITY REPORT
By MAIAL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

"With 30 years of life and struggle behind me, I've now embarked on a journey to be myself in a world that will one day come to terms with my truth."

At the age of six, Yousif was diagnosed with ADHD, which is one of the most common neurodevelopmental disorders of childhood. Children with ADHD may have trouble paying attention, controlling impulsive behaviour or they could be overly active.

Yousif had struggled from school to school and said that the education he deserved was 'elusive' to him because of the biases attached to the learning process.

Implicit bias refers to unconscious attitudes, reactions, stereotypes, and categories that affect behaviour and



Yousif showcases his love of colours through nature



Yousif with his mum Shahida

understanding. In higher education, implicit bias often refers to unconscious racial or socioeconomic bias towards students, which can be as frequent as explicit bias. For example, instructors can hold assumptions about students' learning behaviours and their capability for academic success which are tied to students' identities and/or backgrounds, and these assumptions can impede their growth.

Nonetheless, Yousif continued his pursuit for knowledge through homeschooling. Then in 2010, he was diagnosed with autism.

Autism spectrum disorder



Showcasing culture

refers to 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. No two people on it are

necessarily alike.

"Doctors labelled me with a new diagnosis of autism which brought a host of fresh problems to my

Bold and delicious

AN array of delicious dishes and refreshing drinks await food lovers at the newly-reopened Plums contemporary steakhouse, writes Merlin Rose Babu.

The plush restaurant at the Ritz-Carlton, Bahrain, is now open to the public from Monday to Friday from 5pm to 11pm. Earlier, it was open only two days a week.

According to Yann Bernard Lejard, the five-star hotel's culinary and food and beverage director, the new menu that is being curated by chef de cuisine Alexis Knecht and restaurant manager Gokul Parambil, features great products that have been perfectly executed.



From left: Food and beverage senior director Alper Kucukbaycan, general manager Bernard de Villele, creative designer Hannah Ronquillo, executive assistant manager of sales, marketing and public relations Jeremy Canivet, owner representative Yamil Santiago, marketing and communications manager Carolina Campita and Yann

"Boldness drives our creative mind and in our unstoppable quest for

excellence, a new birth is announced," he said. "Plums is reborn and thus we bring

back to life a legendary restaurant at the Ritz-Carlton.



The beef tartare offering at Plums

"We took time to rethink the food which includes modern starters, new international meat cut selections, fresh fish, sauces, trolley of condiments and a delicate special sourdough bread. A good meal is not

complete without cheese and dessert – brie with truffle for the cheese and for dessert, our pastry chef Jonathan goes classic by offering a contemporary vision of Plums' signature dishes like the pavlova to share."

beautiful dreams



Capturing nature



Hidden gems

existing ones," said Yousif. "Nonetheless, in the face of hardship, I pursued my dream for an independent life, free to be and to create and the camera was my saviour."

Yousif decided to follow in the footsteps of his father, Anwar, a photographer for the Bahrain Defence Force.

"I was six when I saw my dad's photographs and I wanted to be like him, if not better," said Yousif. "I love colours and I especially love capturing pictures of the world."

Soon Yousif took on the

world, armed with a Nikon D5600 camera. He learnt the basics of photography from his father and his friend and began to see the globe in a different light. He is currently volunteering at Bahrain Mobility International, a social organisation committed to providing services for the differently abled.

"I enjoy capturing memorable moments about the lives of children with special needs," he said.

"My experience and experiments with photography helps me gain

insight into the hidden dimensions of life, nature and society."

He thanks his dad and mum Shahida, a teacher, for being so supportive as well as family and friends who have helped him with 'warmth and compassion' along the way.

Yousif also admires 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 and hopes to meet him one day.



The Taj Mahal

COMING TO BAHRAIN!

معرض الخليج للبناء

G C EXPO

GULF CONSTRUCTION

March 22-23-24 2022

Bahrain International Exhibition Centre



The Showcase for the Building and Construction Sector



Contracting Companies



Flooring, Marble and Granite



Glass, Metal, Bricks & Cement



Construction Plant and Machinery



Smart Building Technologies



Air-conditioning and Climate Control Systems



Green Buildings



Water Technology

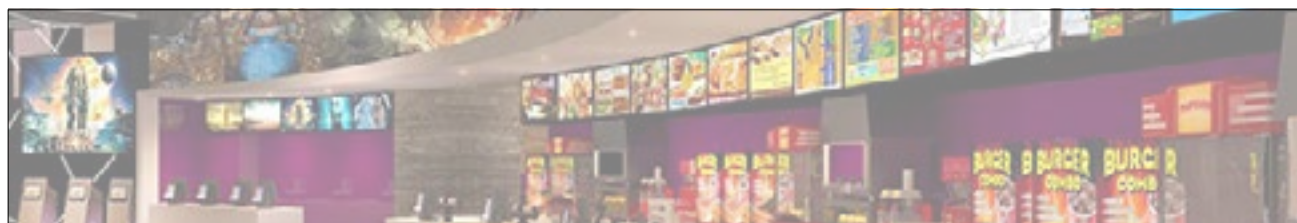
Strategic Partners



info@hilalce.com

gulfconstructionexpo.com

+973 17 299 123



Connected from afar



LITERARY REPORT
By NAMAN ARORA
naman@gulfweekly.com

A couple who met in Bahrain has created a book encapsulating the triumphs and trials of long distance relationships, especially during the Covid-19 pandemic – and it has caught the eye of multiple publishers.

Pandemic: How to Maintain a Long-Distance Relationship by Andrew Baldwin and Joanna Samudio will be published early next year by UK-based Olympia Publishing. It is set to be a 100-page guidebook, with 14 chapters, each dealing with a different aspect of long-distance relationships of all kinds.

"In January last year, we were both in lockdown, as was most of the world, and we were itching to do something productive," 57-year-old British expatriate Andrew explained.

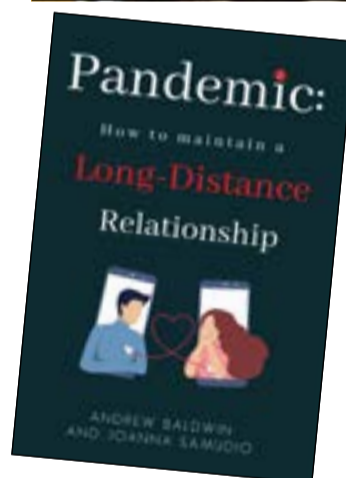
"I saw the retirement book I'd received when I left my job as a chief accountant in Bahrain and thought – we can write a book!"

"What could we write about? What do we have first-hand knowledge and experience about? Well, we are in the middle of a pandemic and can't see each other, as many people around the world can't either. We started in a long distance relationship and it has been the same since then due to the pandemic. So the idea was formed and I checked *Amazon* for similar books and found there were hardly any written about the subject. So we thought, let's do it!"

With Andrew in England and Joanna, now 27, moving back to the Philippines after four years in the kingdom, the couple, 10,000km apart, found themselves uniquely positioned to pen the guidebook, especially since they had already been in a long-distance relationship for



Joanna and Andrew



two years at that point.

Andrew and Joanna had met in October 2017 after becoming friends through *Facebook* and right off the bat had an instant connection.

"What has brought us closer is getting to know each other more, helping each other through the adversity that the pandemic caused and knowing that, through all this, we are each other's best friend," Joanna explained.

"We've worked together on ideas for seeing each other again, helping with family and work difficulties, making each other happy with surprise birthday, Christmas and Valentine's gifts and when each of us has felt off-colour we've been there to cheer each other up."

Finding that most similar

books were not realistic enough, they approached the non-fiction book with an anecdotal air.

Andrew drew from his influence – authors such as Jerome K Jerome and George Fraser MacDonald who wrote the *Flashman* series. He would then write each chapter by hand, before transcribing it and emailing a copy to Joanna, who would then edit it.

After four drafts, they approached a number of publishers and three of them were interested. The couple went with Olympia and are now busy preparing to launch their first-ever book.

"We are also planning an ambitious and expansive marketing and promotion campaign which will hopefully include copies for sale in Bahrain, both in paperback and on Kindle, plus for sale in the Philippines and

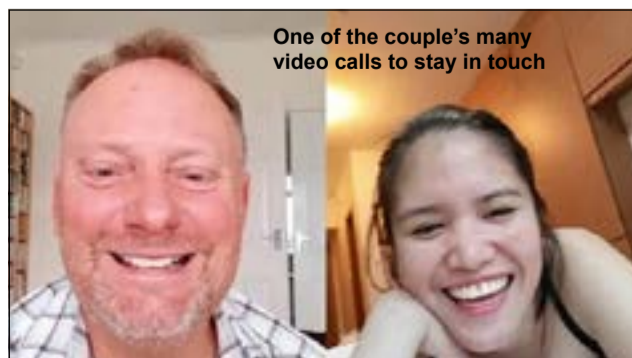
in the UK. It'll be available on *Amazon* in both paperback and Kindle. In fact we're hoping for a worldwide campaign. The pandemic has kept people from all over the world from seeing each other and I think the book will help people with its advice, suggestions and examples but also amuse with our stories, incidents and anecdotes."

Joanna added: "What we found strange is not being able to celebrate special occasions together and not knowing when we will be able to see each other again. The number of times we've researched the entry requirements for different countries to see if we can meet there has given us so many headaches and nosebleeds!"

"For the funniest part, at the end of every video call we both plant a kiss on the screen of our phone or laptop showing our affection to each other; I'm sure our phone screens have dulled with the amount of kisses they've received these last few years!"

"Since the beginning of our relationship, we have been using video calls. Introducing Andrew to my family isn't hard as Filipinos are known to be hospitable, warm and welcoming, not to mention that Andrew truly embraces diversity and is very open to any culture differences. On his side, he introduced me online to his son and friends. Hopefully we will meet in person if I ever go to England."

For more details, follow @ajlongdistancerelationship on Instagram.



One of the couple's many video calls to stay in touch

Crafting



ART REPORT
By NAMAN ARORA
naman@gulfweekly.com

SIXTEEN local and regional artists have encapsulated their personal experiences during the Covid-19 pandemic into 26 stunning art pieces, now on display at the University of Bahrain (UoB).

The exhibition, *Personal Journeys During Social Distancing*, is being organised by creative platform Windows of Amal and runs until this evening at the university's main administration building.

"We started this initiative in August 2020, when we were all indoors and I found myself looking out a window imagining a brighter future – which is where the idea for this exhibition came about," UoB assistant professor Noora Alghatam, who is the founder of Windows of Amal, told *GulfWeekly*.

"We had an international team including UK-based Nancy Cardigan and Bahrain-based Ella Prakash who helped us curate the selection for this exhibition. We will be having another exhibition next week, called *Expressions*.



Jie



Nayla

"The purpose of this platform is to highlight creatives who have made the region their home at some point, and to elevate their international status."

Of the 16 artists, approximately half call Bahrain home. Bahraini artist Nayla Ali Khalifa, 26, who is currently completing her Master's degree in Applied English Linguistics, has taken a deeper look at relationships, both internal and external, for her piece.



Transition by Noora



Weekly



ing a brighter future

One of the paintings by Dana Albalushi



Her first piece, *Reconstruction*, is an introspective self-portrait in which she visually portrays how the pandemic gave her an opportunity to look inward.

“And my second piece, which I am extremely happy with, depicts two hands tightly gripping one another, while wearing transparent protective gloves,” Nayla added, pointing out some of the details of the painting, titled *Intimacy*.

“It is based on an image of me and my mother holding hands. During the pandemic, even though we lived in the same house, I was always worried that I may pass the virus onto her.

“Despite the pandemic and its restrictions, we still found ways to be close to the ones we care about. At the end of the day, we are social creatures and cannot live without intimacy. This is what I wanted to show through these images.”

Bahrain-based Filipino expatriate *Jie Refugio* focused on the societal impact of the pandemic in two sketches created with charcoal.

The grey and dark colours are reminiscent of the gloomy period during which pandemic restrictions were



in full effect, but each work, upon closer inspection, offers a glimmer of hope.

When It Rains is based on a photograph taken by Jie's friend in Malaysia, depicting a girl holding prayer beads in the rain.

“This painting is based on the popular saying, ‘When it rains, it pours,’ but it is also

about the rainbow that comes after the rainfall,” Jie, 43, explained.

“Common to all my work is the empty darkness that surrounds figures, which stand, alone, against the black. My drawings are both hyper-real and surreal. In composition, I am influenced by mythology and return

The Shield by Jie



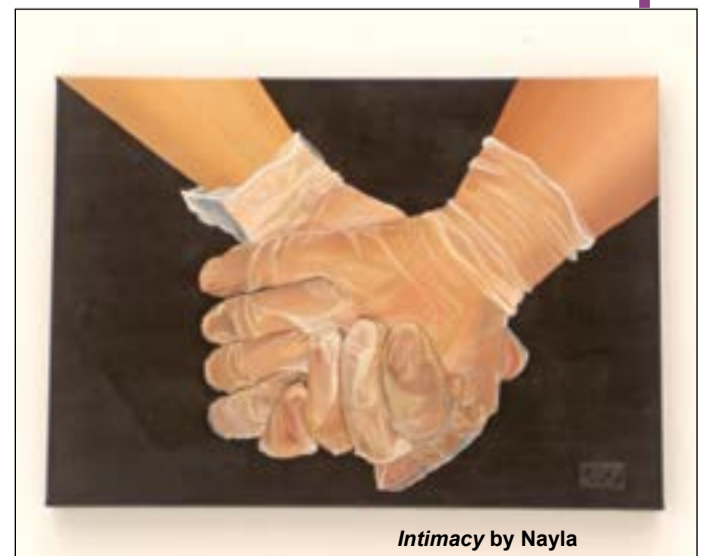
The exhibition

often to images of archetypes to evoke a momentary recognition.”

Jie's second piece *The Shield* depicts Bahrain's cityscape housed within a transparent bubble surrounded by an icon that has become symbolic of the Covid-19 virus, against a dark background, broken by rays of hope peeking through.

The exhibition is open today from 9am to 1pm and from 4pm to 6pm.

For more details, follow @windows.of.amal on Instagram.



Intimacy by Nayla

Time Out



Hilal Computers
Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

1. Unlike (9)
8. Poem (3)
9. Demolition (11)
11. Acrid (7)
12. Perfect (5)
13. Defeated (6)
15. Affirm (6)
17. Rub out (5)
18. Draw to (7)
20. Clever (11)
22. Suitable (3)
23. Make reprisals (9)

DOWN

2. Anger (3)
3. Weird (5)
4. Rouse (6)
5. Trifling (7)
6. Ally (11)
7. Remember (9)
10. Oddness (11)
11. Eternal (9)
14. Builder (7)
16. Little village (6)
19. Test (5)
21. Entrap (3)

who, what, where, when

WHO...painted the works Church at Moret after the Rain and The Slopes of Bougival?

WHAT...Australian won the 2006 Badminton Horse Trials?

WHERE...in England is the cathedral city of Ripon?

WHEN...was the actor John Malkovich born?

WHAT...opera by Richard Wagner features The Pilgrims' Chorus?

WHERE...in England is the suburb of Thorpe St Andrew?

WHEN...was The Long Island Railroad Massacre?

just so

CAKE

EH
T

Fe
Fe
FeFeFeFeFe
Fe
Fe
Fe
Fe

day/month/year day/month/year

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Relent; 8 Drench; 10 Minimum; 11 Merge; 12 Leer; 13 Droll; 17 Libel; 18 Weir; 22 Linen; 23 Calling; 24 Squash; 25 Ascend.

Down: 1 Bramble; 2 Blanket; 3 Gnome; 4 Crumble; 5 Snare; 6 Thief; 9 Emergency; 14 Witness; 15 Deliver; 16 Tragedy; 19 Slush; 20 Annul; 21 Bliss.

JUST SO: The whole nine yards, Heart of Africa, A knight in shining armour, Not in my backyard.

WHO, WHAT, WHERE, WHEN:

Mark Rylance; Albuquerque; Los Angeles; 1972; Michael Schumacher; Stand By Me; Bastia; 1969.

Darn Tough Sudoku

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

High-speed thrills

AN exciting roster of events is set to be staged at the Bahrain International Circuit (BIC) for the upcoming 2021-22 racing season, including several international and local championships as well as thrilling fan experiences.

The upcoming season's Formula 1 race, World Endurance Championship (WEC), the first-ever Bahrain ProAm 1000 and the Rotax MAX Grand Finals were announced during a press conference earlier this week.

"We have spent a lot of time over the last few months planning what, we hope, will be our biggest and busiest season ever," BIC chief executive Shaikh Salman bin Isa Al Khalifa revealed on Monday evening.

"BIC has been a very special place for so many people for so many years and it's a moment of great joy for us to be able to present today such an action-packed season which will cater to all parts of the community.

"It is a new season of great excitement; a mixture of new events and experiences, new racing championships, big international races,



MOTORING REPORT
By NAMAN ARORA
naman@gulfweekly.com

major karting events, as well as many of our established popular activities."

Bahrain is set to once again open the Formula 1 season next year, with the race scheduled for March 20.

In three weeks, the Sakhir circuit will also be welcoming back the WEC and hosting the final two rounds of the 2021 season in the first-of-its-kind double-header at the BIC.

The back-to-back races will kick off with the Bapco 6 Hours of Bahrain on October 29 and 30, which

will be followed the next weekend by the Bapco 8 Hours of Bahrain on November 5 and 6. The first race will take place in daylight conditions, while the eight-hour event will begin in the day and finish under lights.

There will be a grid of 32 cars for the WEC, while the Porsche Sprint Challenge Middle East will be held as a support event.

Tickets for the WEC are now on sale at BD5 for adults and BD 2.5 for children aged three to 12.

The brand-new Bahrain Pro Am 1000 will be staged on January 29 next year.



Shaikh Salman at the press conference



Open Track action from last year

"This ground-breaking 1,000km GT endurance event is dedicated to ProAm cars, and will become the only global GT endurance race open exclusively to ProAm and Am driver combinations," a BIC spokesperson explained.

"It will take in 185 laps of BIC's Grand Prix circuit, and is open to GT3, GT4 and Cup classes. We have received plenty of strong interest from teams wishing to participate, especially from Europe, and more details on the race will be announced very soon."

The kingdom's first-ever electric race will also take place between December 11 and 18, with the Rotax

MAX Challenge Grand Finals attracting 380 racers and more than 2,500 team members and guests.

The race action will be held along the Bahrain International Karting Circuit (BIKC) and is expected to attract drivers who might, in a few years, rise through the Formula 3, 2 and 1 ranks to race on the BIC.

Two new experiences have been unveiled on the track including the YK Off-Road Experience and the first-of-its-kind McLaren Experience, in which participants will be able to drive the 600LT supercar along the F1 circuit. The experience is open to drivers of all abilities, with expert

tuition to help them get to grips with the car.

In addition, the BIC will be resuming its open track nights this weekend, while making passenger rides available in Radical SR3 and Clio Cup cars.

Drag and Drift Nights will return, starting on October 18, while the Bahrain Drag Racing Championship will kick off on November 16 – the first of five action-packed rounds.

The new seven-round season of the 2,000cc Challenge has already kicked off. Those interested in experiencing the track through a different light can participate in the Batelco Fitness on Track

programme, which will resume later this month, after a huge success last season. The programme encourages people in Bahrain to get fit and healthy and come down to use the circuit for cycling and running.

"When we tell people that we host around 400 events per year, many are surprised," Shaikh Salman added.

"I hope from all of this, you can see how we are able to ensure that the BIC offers the best events and experiences throughout the season, and why we call ourselves 'The Home of Motorsport in the Middle East'."

BOTTAS JOINS PODIUM PARTY

The 2021 Formula 1 season added another unforgettable race to its archive, as Silver Arrow Valtteri Bottas shot from pole to podium to claim his first win of the season, while Red Bull Max Verstappen reclaimed his lead for the Drivers' Championship, writes Naman Arora.

Meanwhile, Bottas' team mate and reigning world champion Lewis Hamilton showed his chops as he turned his P11 start, thanks to a grid penalty after an engine change, into a P5 finish.

"Today was probably one of the best races I've had ever – apart from that one little slide, everything was under control," Bottas gushed after the race. "My first win of the year too which feels great and I was happy to bring it home. It also took points off Red Bull so great for me and the team."

In a rain-drenched incident-strewn race, Verstappen was a wide 14.585 seconds

behind Bottas and took home the second place, but was happy to have retaken the lead in the championship. Verstappen's team mate Sergio Perez came in third, followed by Charles Leclerc (Ferrari), Hamilton, Pierre Gasly (AlphaTauri), Lando Norris (McLaren), Carlos Sainz (Ferrari), Lance Stroll (Aston Martin) and Esteban Ocon (Alpine).

"As a team, to finish second and third here was a great result," Verstappen said, after the race. "It's good to be leading the Drivers' Championship again."

Sainz was the fan favourite Driver of the Day, after he recovered from P19, due to engine penalties to P8.

With a number of drivers taking penalties after new engines, what was supposed to be a transitional race leading into the final blitz of the season quickly turned into a wet and vapid bid for victory.



Racing action

Surprisingly, for this season, all drivers managed to finish the race – a rare feat in a season littered with car failures, spins and

did-not-finishes (DNFs) all around.

After a week off, the next Grand Prix will be at Austin, Texas on October 24.

Running for pink

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

WOMEN from across the kingdom are set to step out this Saturday to raise funds for the Think Pink Bahrain Breast Cancer Society and educate participants on the importance of early detection.

The Dilmunia Breast Cancer Awareness Walk, organised by Dilmunia Island's Management along with the Lettuce Run ladies group, is a women-only event and mums are welcome to bring along their children, aged up to 12, for the caring cause.

"What we hope to achieve is to try to raise funds to help other breast cancer patients as well as bring awareness of the importance of early detection," said Dana Zubari, one of the Lettuce Run founders, a Tru Active fitness attire co-founder, Ironman finisher and triathlete. "Lots of women think it can't



The Lettuce Run ladies at a past breast cancer awareness event

happen to me or I'm too young to get checked, but now it is affecting so many young women. We want to educate all women to make sure they do go and get checked on a yearly basis."

According to 2020 figures by the International Agency for Research on Cancer, Globocan, a subsidiary of the

World Health Organisation, breast cancer is the most prevalent cancer on the island, accounting for 20.1 per cent of the total cases. It accounts for 37.9pc of cancers among women in the country, followed by colorectal, ovary, corpus-uteri and lung.

Breast cancer traces to

family history, age, hormonal disorders, use of birth control pills, menopause, and weight gain.

The family-friendly 2km walk around the Dilmunia Canal will also feature a lecture on the importance of getting checked by breast cancer specialist Dr Subashini Perumal,

followed by another talk by Dr Basema Mahboobi, who is a breast cancer survivor. She will be sharing her story – from how she found out to how she felt when she received the news along with what measures she had to take to fight breast cancer.

The event will start at 4pm and entry fee is BD5,

including a Lettuce Fight T-shirt and a mask. All proceeds will go to Think Pink and each walkathon finisher will receive a medal at the end. There will be food vendors as well as pink dancing fountains after the walk.

For details, follow @lettuce.run and @dilmunia on Instagram.

The triathlon track

Triathlons are back in the kingdom with athletes from all walks of life gearing up for this season's competition, writes Mai Al Khatib-Camille.

The Bahrain Triathlon Association (BTA) kicked off its Champions League at the end of last month, attracting more than 250 triathletes to compete in a 750m swim, 20km bike ride and 5km run in Zallaq area...and there are three more events to go.

Athletes such as Becky Spiga, Genre Cycle's fitness and body transformation coach, who specialises in indoor cycling, and three members from her team, have already registered and started training for the second Sprint Triathlon set for Saturday. They've also put together two teams to compete as well.

This will be Spiga's eighth sprint triathlon and her first since the outbreak of



Spiga

Covid-19. Her advice for those participating for the first time since the global pandemic struck is to 'not worry about the time but focus on the journey'.

"I'm a bit nervous this time round," said Spiga, a 39-year-old from Saar, who started her journey to sporting success eight years ago with an 48kg weight loss and became a part of the health sector four years ago. It built up her confidence

and motivated her to help others achieve their personal fitness goals.

"Like the rest of the team, I advise people to not worry about the time they achieve but just to enjoy the ride and community feel," she added. "It's really about taking part, not winning."

"As for what I hope to achieve personally, it is to push myself physically as that is what truly empowers me in my every day mindset.

This is what I hope to achieve by bringing the Genre Cycle Team together; to make them believe and see how strong they are."

Spiga and her squad have been training online with virtual indoor cycling classes and they also meet together for early morning runs and sea swims.

Spiga is also receiving additional training from Sarah Alsammak, founder of Cycling Bees in Bahrain.

"For anyone starting their own fitness journey, booking runs, triathlons and Spartan races and more, gives them a goal to work towards," said Spiga, who is passionate about cycling and also teaches cardio kickboxing, body pump, pound fit and more.

"I would always recommend it. Start with a 5km race. When you receive a medal for something that once seemed impossible it will make you believe you are ready for anything."



From left: Belinda Sprat, Natalia Yarmolinskaya, Brooke Kantor, Hashim Kadhem and Spiga, training together

The BTA Sprint Triathlon, which includes a 750m swim, 20km bike ride and 5km run, will be staged in Zallaq at 7am. There will be a ceremony with special medals awarded to first, second and third place winners in the male, female and team category for each race. Those who complete the

race will get medals as well.

Competitors must be aged 16 and above to register. There will be a BTA Olympic Duathlon on November 12 and the final Champion's League race, the BTA Olympic Triathlon, on November 19.

For details, visit @triathlonbh on Instagram.