**Usain Bolt** is a Jamaican sprinter, track and field athlete, and Olympic legend who is known as the fastest man alive for setting and breaking world records.



Early Life and Interests

* Usain St. Leo Bolt was born on August 21, 1986, in Sherwood Content, Jamaica. His parents Wellesley and Jennifer Bolt ran a local grocery store. Young Usain loved playing cricket and football with his brother.
* He attended William Knibb Memorial School. Former Olympic athlete Pablo McNeil noticed Usain’s speed. Along with Dwayne Jarrett, they coached Usain in the track and field events.
* In 2001, he won his first championship medal. McNeil continued to persuade him to put extra dedication into his training.
* In 2001, Bolt represented Jamaica in the CARIFTA Games. He won silver in the 200m with 21.81 seconds. That same year, he had his first international appearance when he joined the IAAF World Youth Championship held in Debrecen, Hungary.
* After a year, he participated in the World Junior Championships held in Kingston, Jamaica. He won a gold medal in the 200m distance in 20.61s. At the age of 15, Bolt was the youngest world-junior gold medallist.
* In the 2003 CARIFTA Games, he won four gold medals and was awarded the Austin Sealy Trophy. In addition, he was given the IAAF Rising Star Award.
* At the age of 16, Bolt’s accomplishments were synonymous with Michael Johnson’s when he was 20. Johnson was a 200m world-record holder.

Usain Bolt’s Olympics Career

* In 2004, Bolt turned professional with a new coach, Fitz Coleman. He set a new junior sprinter record in 200m and received the most outstanding athlete award in the CARIFTA Games.
* That same year, he joined the Athens Olympics but was hampered by a leg injury. Despite a disappointing performance, several American colleges offered him track scholarships.
* Bolt declined them all and attended Jamaica’s University of Technology.
* In 2005, Bolt began training with a new coach, Glen Mills. That year, he suffered injuries both from training and a car accident.
* Two years later, he took his training and career more seriously. He won silver medals at the 2007 Osaka World Championships and by 2008, Bolt broke the world record in 100m with 9.69s during the Beijing Summer Olympics.
* All in all, he won three gold medals and broke three world records.
* In the 2012 London Summer Olympics, Bolt set another world record for being the first man to win back-to-back gold medals in the double sprint. In addition, he was also the first man to win both 100m and 200m in consecutive Olympic Games.
* During the 2016 Summer Olympics, he became the first athlete to win three consecutive titles in 100m and 200m races. Moreover, he led his team in the 4x100m relay and won gold.

Retirement and Legacy

* In the 2017 World Athletics Championship, Bolt experienced his first defeat since 2007. He finished third in a 100m run following Christian Coleman and Justin Gatlin. During the 4x100m relay, Bolt collapsed in the final race due to a hamstring injury.
* By August of the same year, he announced his retirement. Months after the unexpected ending to his glorious career as a sprinter, he announced his plans to join Manchester United soccer team.
* In 2010, a memoir entitled My Story: 9:58: The World’s Fastest Man was published and republished in 2012 with the title The Fastest Man Alive: The True Story of Usain Bolt.

Here are some facts about Usain Bolt, the incredible sprinter from Jamaica.

* Usain Bolt was born in Trelawny, Jamaica on 21st August 1986.
* He is 6 ft 5 inches in height – very tall for a sprinter.
* When he was a young, Usain spent his time playing and thinking about sport. He loved playing football and cricket.
* At high school, he started to get into athletics and in 2001 he got the 200m silver medal in the Jamaican high school championships.
* At the age of 15, Bolt was the sam height he is now (6′ 5″).
* Bolt won many medals as a junior athlete, including 4 golds at the 2003 CARIFTA Games.
* Usain Bolt turned professional in 2004.
* He was eliminated in the first round of the 200m event in the 2004 Olympic Games in Athens – he had a leg injury.
* In the 2005 World Championships in Helsinki, Bolt qualified for the final, but finished last.
* In the 2007 World Championships in Osaka (Japan), Usain won a silver medal in the 200m.
* Usain Bolt took that 2008 Olympic Games in Beijing by storm. He won the 100m in a record time of 9.69 seconds, and he won the 200m in a record time of 19.30 seconds. Along with his Jamaican teammates, Bolt also won gold in the 4x 100m relay.
* At the 2009 World Championships in [Berlin](http://primaryfacts.com/5227/berlin-facts-about-the-capital-of-germany/), Bolt improved on his 100m world-record, winning the event in a time of 9.58 seconds. He also won the 200m in a new world-record time of 19.19 seconds.
* In the 2012 Olympic Games in London, Bolt won the 100m with an Olympic record time of 9.63 seconds. He also won gold in the 200m and the 4x100m relay.
* Bolt enjoys dancing, DJing and he still plays cricket.
* He has said he would like to play cricket in the Big Bash League (Australia’s Twenty20 league) and he has also said he wants to play football for Manchester United after he retires from athletics.
* He is nicknamed Lightning Bolt.
* Bolt can run at a speed of about 23.7 mph.
* He has his own iPhone app called Bolt!
* He owns his own restaurant / sports bar called Tracks & Records.

# **Usain Bolt**

Usain Bolt, the cheerful and charming Jamaican sprinter, spring to fame in 2008 during the Beijing Olympics when, at the age of 20, he won three gold medals (in the 100m, 200m and, with his teammates, in the 4 x 100m relay) - and made it look easy!

Although he was known as the fastest man in the world when he joined the line-up for the 100m, nobody could have guessed by how much he would pull away from his competitors and slash the previous record. In fact, he could have slashed it even further if, before the end of the race, he hadn't realised he had won and celebrated! You can see the race in the video below.

**Fun fact**: When Usain started school he was much more interested in cricket and football, but his cricket coach noticed how fast he was and encouraged him to try out for "track and field".

*"Manners is the key thing. Say, for instance, when you're growing up, you're walking down the street, you've got to tell everybody good morning. Everybody. You can't pass one person."
Usain Bolt*