

BEIJING 2008

THE OLYMPICS MAGAZINE



马术
Equestrian



铁人三项
Triathlon



篮球
Basketball



赛艇
Rowing



田径
Athletics



现代五项
Modern Pentathlon



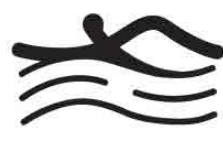
棒球
Baseball



手球
Handball



摔跤
Wrestling



游泳
Swimming



射箭
Archery



皮划艇静水
Canoe/Kayak Flatwater



跳水
Diving



拳击
Boxing



乒乓球
Table Tennis



跆拳道
Taekwondo



网球
Tennis



体操
Artistic Gymnastics



沙滩排球
Beach Volleyball



足球
Football



帆船
Sailing



垒球
Softball



举重
Weightlifting



羽毛球
Badminton



皮划艇激流回旋
Canoe/Kayak Slalom



曲棍球
Hockey



蹦床
Trampoline



花样游泳
Synchronized Swimming



排球
Volleyball



艺术体操
Rhythmic Gymnastics



柔道
Judo



水球
Water Polo



自行车
Cycling



射击
Shooting



击剑
Fencing

BEIJING 2008 HIGHLIGHTS



USAIN BOLT WINS HIS FIRST GOLD

At the beginning of Beijing 2008 Olympics Games, the press expected seeing a duel in 100m men between Asafa Powell, the latest record breaker, and honoured Tyson Gay. Nevertheless, it would be Jamaican sprinter Usain Bolt who will win the competition, obtaining the gold medal and **breaking** Powell's **record**. With this **award**, the almost unknown Bolt made a name in sport's world, which will never **let down** his fans.

UNSTOPPABLE BALTIMORE'S SHARK

While in Athens 2004 American swimmer Michael Phelps won 6 respectable medals, this Olympics gave him the opportunity to **break** a world **record**. These days, Max Spitz was the only human in winning 7 gold medals in a single Olympic competition, but then, Phelps arrived. In despite of depending of his teammates in three categories, at the end of the Games, Phelps won 8 gold medals, **beating** Spitz's record.





JAMAICAN SPEED

JAMAICAN SPRINTERS - THE BEST IN THE WORLD

MASON POWEL EXPLAINS WHY JAMAICAN SPRINTERS ARE THE BEST IN THE WORLD

Our sport reporter Mel Hunter finds the Jamaican results very surprising because Jamaica is a poor nation with a small population. She has interviewed Mason Powel, the coach of the Jamaican team. Here's what we learnt.

1- Why did running become a nation sport in Jamaica?

It was a sport people could afford (a).

2- Which are the two reasons of the Jamaican success?

Climate (b).

3- Compared to Jamaican, East African runners are: succesful in a different event (b).

4- What makes Jamaican and East African good runners?

Two different genes (b).

5- Jamaican are good sprinters due to: both a and b (c)



FERNANDO ECHÁVARRI



FERNANDO ECHÁVARRI - A TRUE WINNER

Yesterday we interviewed the medal winner Fernando Echávarri, who got the gold in Tornado class (sailing). Here's what he told us.

When we asked him how long he had been sailing, he said that he had sailed since he was 8 years old. Then, we asked him why he started and where he usually sailed as a child. He stated that he started sailing because it was a popular sport where he comes from and that he usually sailed in Galicia.

Then, we asked him how often he trained, and he answered that he used to train four days a week unless the sea is rough and every day before any competition.

Finally, we asked him how he felt after winning the gold and what he would do with the medal. He said he felt very happy and that he will keep it in an honour place in his house.

WE INTERVIEW THE SPANISH YACHTSMAN WHO WON A GOLD MEDAL IN BEIJING 2008

How long have you been sailing?

I've been sailing since I was 8 years old.

Why did you start?

Because in my town, Pontevedra, sailing is a popular sport. My friends there showed it to me and I got fascinated.

Where did you usually sail?

In my region, Galicia. The Rías Baixas are incredible to sail in.

How often do you train?

I use to train four days a week, but when the sea is rough. Nevertheless, before any competition I train every day.

How do you feel after winning the gold?

I feel absolutely happy! It is unbelievable being awarded for doing what you love!

What will you do with the medal?

I will keep it in an honour place in home.

FERNANDO ECHÁVARRI

EXAMPLE OF OLYMPIC VALUES

Not many people know Fernando Echávarri because sailing world is strange to the big audience. Nevertheless, Echávarri is one of the greatest yachtsmen in Spain's history and an outstanding representative of the Olympics values.

Fernando Echávarri Erasun was born in 1972 in Santander, Spain, spending his childhood in Pontevedra, where he moved due to his father's job. At the age of 8, he sailed for the first time, joining the local sailing school. When he turned 15, he started to compete. In despite of his short height, Echávarri early invented an effective technique to deal with strong winds, which will allow him to participate in two round the world ocean races in future.

The talented teenager attempted to participate in his first Olympics, Atlanta 1996, but missed the cut to represent Spain. In these years, due to his extreme competitive edge he tried to sail with a weighted jacket to bear wind, developing a chronic back injury. After receiving a treatment, he took part of Athens 2004 and Río de Janeiro. His most amazing achievements were obtaining a gold in Beijing 2008, winning two gold medals in Tornado World Championships and being designated World Sailor of the Year in 2005.

A successful yachtsman, Fernando Echávarri retired of Olympic Sailing in 2019, renouncing Tokyo 2020. Nowadays, he is preparing a secret project related to his sport that will come to light shortly, which will continue a bright career showing that sailing is not only a sport of rich men, but an interesting way to exceeding oneself and a journey of resilience and bravery.



- Date and place of birth: 13 August 1972, Santander, Spain.
- Age: 47.
- Sport: Sailing (Tornado and Nacra 17 Classes).
- Name of the club: Real Club Náutico de Sangenjo.
- As a child: birth in Santander, childhood in Pontevedra. Two brothers and a sister.
- When he started to practise sport: 8 years old. Signed up in local sailing school.
- Years of the Olympic Games: Athens 2004, Beijing 2008, Río de Janeiro 2016.
- Medals: Gold in Beijing 2008, gold in two Tornado World Championship, gold in Nacra 17 WC.
- Nowadays: retired in 2019. Keen on a secret project.

Beijing 2008

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Beibei

福娃晶晶
Jingjing

福娃欢欢
Huanhuan

福娃迎迎
Yingying

福娃妮妮
Nini