



Usain Bolt: Fast as Lightning

By Mike Rowbottom

Arcadia Books. Paperback. Book Condition: new. BRAND NEW, Usain Bolt: Fast as Lightning, Mike Rowbottom, In what is the first book about this phenomenal sprinter, Mike Rowbottom, a widely experienced writer on Summer and Winter Olympics, looks at the way Bolt's prodigious talent has been shaped from his earliest years by a competitive system in his native Jamaica, which has produced generations of world-class sprinters. At the age of 15, Bolt was 6ft 5in tall, and the youngest ever world junior champion, having taken the 200 metres title on home territory in Kingston. His course to the top was set - but it was not to be a smooth ride. This book details how injuries and a lack of mental focus hindered his progress over the next few years until in 2005 Bolt turned to Glen Mills, the man who had coached his idol, Don Quarrie, to Olympic gold. Mills began to fine tune an athlete who was running into technical and physical problems, turning him into the performer who, within three years, was wowing the Bird's Nest Stadium, and a television audience of millions, with his performances at the Beijing Olympics. The Bolt had finally found its mark. Inevitably...



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