

2nd
youth african
championships
in athletics

mauritius

23rd - 26th april 2015



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MESSAGE

HONORABLE SAWMYNADEN YOGIDA

Minister of Youth & Sports

17/03/2015,
Ministry of Youth & Sports,
3rd Floor, Emmanuel Anquetil Building,
Port-Louis.

Subject: Message of Hon. Sawmynaden Yogida for brochure of 2nd African Youth Championships.

Dear athletes, dear officials, members of all delegations... It is with pride and honour that I welcome you all to the second edition of the African Youth Championships which is being organized from 23rd to 26th April at Maryse Justin Stadium.

After Warri (Nigeria) in 2013, here we are in Réduit (Mauritius) for the showcasing of African athletes' talents. We are hosting delegations from not less than 31 friendly countries, neighbours from the same continent. One that has already supplied lots of champions in different events in athletics.



The aim of such a competition is to detect the future kings and queens of athletics. We can only hope that during these days of competition, we come across some rough diamonds that need only some shaping before shining at the highest level.

At our level here in Mauritius, we are sure that within that championship, shall emerge the core members of our national team for major sporting rendez-vous that are programmed in years to come, for example the Indian Ocean Islands Games 2019.

Furthermore, I would invite all the participants to race and perform within the rules and regulations of modern day athletics. Success and prizes are certainly the end results of your endeavour but you should bear in mind that everyone should compete within the parameters of fairness and true effort.

At the Ministry of Youth and Sports, we are tuned in to deliver all the support and help that athletes need to reach the highest level. Measures and policies are designed to meet expectations of the public at large and we are also encouraging the practice of sports since an early age in schools.

We can only hope that the 2nd African Youth Championships shall be the pinnacle of sports and that during these days of competition, people take a close look at what is being done on our continent to groom the African champions of tomorrow.

Let's hope for records and good spirit all the way.

Honorable SAWMYNADEN Yogida,
Minister of Youth & Sports,
Government of Mauritius

MESSAGE
HAMAD KALKABA MALBOUM
Président de la CAA



L'engagement et le soutien du Gouvernement Mauricien, la volonté des dirigeants de la CAA et la détermination de la Fédération Mauricienne d'Athlétisme nous ont permis d'assurer l'organisation effective de cette 2e édition des Championnats d'Afrique Cadets d'Athlétisme. Par ces efforts conjugués, la pépinière de l'athlétisme africain a, une fois de plus, l'opportunité de rivaliser de talent et d'adresse, après l'expérience réussie de Warri au Nigeria en 2013.

Cette rencontre se tient au lendemain de notre Assemblée Générale Elective d'Addis-Abeba, en Ethiopie, à l'issue de laquelle nous pouvons nous réjouir d'avoir contribué à la consolidation de notre unité et au renforcement de notre solidarité. Elle nous appelle à plus d'effort au cours des quatre prochaines années, dans la perspective d'atteindre nos objectifs, à savoir : le renforcement des capacités de nos dirigeants, l'amélioration de l'expertise de nos officiels techniques à tous les niveaux,

l'identification et l'encadrement de nos jeunes athlètes.

Pour ce faire, le quadriennal 2015-2019, pour la Confédération Africaine d'Athlétisme (CAA), est celui de l'engagement dans la mise en œuvre effective de son plan stratégique. Une place prépondérante revient à la détection et à la formation des jeunes talents, dont les Championnats d'Afrique Cadets constituent un espace idéal de mise en valeur, objet de l'attention particulière que nous portons à cette édition de l'île Maurice.

Notre objectif est de trouver la bonne semence qui alimentera les jardins de nos différents centres espoirs : Lomé, Port accourt, Lusaka et bien d'autres dans les Régions Centre et Est de la CAA. Cette initiative ouvre la voie, j'en suis convaincu, à de nouveaux horizons pour que l'athlétisme africain demeure pérenne par ses performances.

Je vous exhorte par conséquent à vous engager aux côtés des élus de vos fédérations nationales, de vos Régions respectives et du Conseil de la CAA, pour davantage vous impliquer dans la mise en œuvre de notre plan stratégique, tant au niveau national, régional que continental. L'athlétisme africain le mérite et nous le lui devons.

Que la fête soit belle !

Hamad KALKABA MALBOUM
Président de la CAA

CONFÉDÉRATION AFRICAINE D'ATHLÉTISME
LISTE DES MEMBRES DU CONSEIL
MANDAT 2015 - 2019

Nbr.	Noms et Prénoms	Titres	Pays
01	Hamad Kalkaba MALBOUM	Président	Cameroun
02	Vivian GUNGARAM	Vice-président	Maurice
03	David OKEYO	Vice-président	Kenya
04	Theophile MONTCHO	Vice-président	Benin
05	Abdeslam AHIZOUNE	Vice-président	Maroc
06	Violet ODOGWU – NWAJEI	Vice – Présidente	Nigeria
07	Alhaji Dodou JOOF	Trésorier Honoraire	Gambie
08	Ahmed Hossein WALEED ATTA	Membre	Egypte
09	Siddiq Ahmed IBRAHIM	Membre	Soudan
10	Emmanuel M'PIOH	Membre	Congo Brazza
11	Manuel Sabine ASUMU CAWAN	Membre	Guinée Equatoriale
12	Harold ADAMS	Membre	RSA
13	Nicholas DEBRIMOU	Membre	Côte d'Ivoire
14	Hilmy ABOUD SAID	Membre	Comores
15	Alna Clara Magrieth SIMILO	Membre féminin	Namibie
16	Beatrice AYIKORU	Membre féminin	Uganda
17	Moses BANTSI	Président Région SUD	Botswana
18	Hisseine NGARO	Président Région CENTRE	Tchad
19	M. Amar BOURAS	Président Région NORD	Algérie
20	Alebachew NIGUSE	Président Région EST	Ethiopie
21	Momar MBAYE	Président Région OUEST	Sénégal
	SECRETAIRE GENERAL		
22	Lamine FATY		Sénégal

Membres Honoraires à vie

1	Lamine DIACK	Président	Sénégal
2	Abbas SECK	Membre	Burkina Faso
3	Maurice SERI GNOLEBA	Membre	Côte d'Ivoire
4	Alaa GHEITA	Membre	Egypte
5	Khaled AMARA	Membre	Tunisie
6	Idrissa BAH	Membre	Mali
7	Mme Giovanna ROUSSEAU	Membre	Seychelles
8	Belaid ABDERRAHMANE	Membre	Algérie
9	Sarifa Abdul MAGIDE FAGILDE	Membre	Mozambique
10	Komyaba Pascal SAWADOGO	Membre	Burkina Faso

MESSAGE
JOSIANE BOULLÉ
Présidente du COCAD



Chers amis athlètes,

Aujourd’hui j’ai envie de m’adresser à vous. Oui, à vous, les hommes et les femmes de demain, à vous les jeunes citoyens de tous les pays d’Afrique réunis en cette terre mauricienne qui allez vous battre sur la piste d’athlétisme du Stade Maryse Justin pendant quatre jours durant pour porter haut les couleurs de votre pays.

Vous avez 16 ans, vous avez 17 ans. Vous alliez force et fougue, deux atouts pour réussir de belles choses ! Je vous souhaite de connaître dans la victoire la joie qui vient au bout de l’effort et dans la défaite l’apprentissage de l’humilité et le courage de persévérer pour progresser et gagner une autre fois.

Que ces moments d’athlétisme soient bénis du soleil de l’amitié et du feu de vos exploits sportifs ! Que souffle le vent de la combativité dans un esprit de fraternité et de sportivité, que la terre, foulée de vos pointes, chante sans se lasser les hymnes de vos patries !

A vos marques !

Josiane Boullé
Présidente

CONSTITUTION DU COCAD 2015



DIRECTIONS	RESPONSABLES	MEMBRES
Présidente	Josiane Boullé	
Coordonnateur	Vivian Gungaram	
Finances	Jocelyn Hitié	
Secrétariat général	Nathalie Narain	Anabelle Nairac-Wilain
Direction technique	Anand Suckaj	
Secrétariat technique	Henri Theodore	
Hébergement/Transport	Claude Duval	
Marketing/Sponsoring/ Communication de Presse	Ruben Moothy	Sandrine de Falbaire, Benoit Souchon, Gilliane Edwards
Protocole /Accueil	Brunette Louise	Marie Lourdes Appadoo
Evénementiel	Daniel Capiron	Sylvain Grenade, Mahen Phurboo, Sydney Laroulette
Accreditation	Gaetan Lufor	
Medical/Anti-Dopage	Pravin Dhoomun Deoduth Dabeea	Valery de Falbaire, Yannick d’Hotman
Aménagement et Infrastructures	Kemraz Naiko	

MESSAGE

VIVIAN GUNGARAM

Président de la MAA



On behalf of the Mauritius Athletics Association, I have the pleasure, the honour and the privilege to welcome in Mauritius the young African athletes for the 2nd African Youth Championships. The Republic of Mauritius is very proud to have taken over the baton from WARRI 2013 and from 23 to 26 April, we will be in a position to follow future world champions who will show their different skills at the Maryse Justin stadium by respecting the motto of the Olympic movement: “Citius ,Altius, Fortius”

The presence of so many African countries in Mauritius is a sound evidence. It proves that our Athletics Federations in Africa are fully committed to the Youth and young athletes for the future and that they have launched a development programme in athletics in their respective countries.

As FRIENDSHIP is the key word of these 2nd African Youth Championships, the Mauritius Athletics Association has the responsibility of and feels pride in making the stay of all delegations a memorable one in all fields, with regard to sports, culture and tourist activities.

GOOD LUCK TO ALL

Au nom de l’Association Mauricienne d’Athlétisme, j’ai le plaisir, l’honneur et le privilège d’accueillir les jeunes athlètes de notre continent aux 2èmes Championnats d’Afrique Jeunes. La République de Maurice est fière d’avoir pris le relais de WARRI 2013 et, du 23 au 26 avril, nous allons pouvoir suivre les futurs champions du monde qui feront montre de leurs différents talents au stade Maryse Justin pour respecter le motto du mouvement olympique : - “Citius , Altius, Fortius”,

La présence d’un si grand nombre de pays africains chez nous est de bon augure. C’est une preuve que nos fédérations d’athlétisme investissent dans la jeunesse pour assurer la relève et pour développer un programme étoffé en athlétisme dans leurs pays respectifs.

Comme ces Championnats d’Afrique Jeunes sont placés sous le signe de l’Amitié, l’Association Mauricienne d’Athlétisme aura le devoir et la fierté de rendre le séjour de toutes les délégations mémorable tant sur le plan sportif, culturel que touristique.

BONNE CHANCE

List of Management Committee MAA

FUNCTION	NAMES
President	Vivian GUNGARAM
1st Vice President	Anand K SUKHRAJ
2nd Vice President	Deoduth DABEEA
Secretary	Nathalie NARAIN
Assistant Secretary	Henri THEODORE
Treasurer	Claude DUVAL
Assistant Treasury	Corinne REMILLAH
Members	Suren AYADASSEN
	Brunette LOUISE
	Marielle COIFFIC
	Gopal BEEMADOO
Copted	Guilliano AMEER
Officials Rep.	Jean Erick LAJEUNESSE
CNEA & Women	Gilliane EDWARDS

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NOTRE MASCOTTE - TIDO!



RECORDS DES CHAMPIONNATS D'AFRIQUE CADETS HOMMES

EPREUVES EVENTS	PERFOR MANCE	ATHLETES	PAYS COUNTRY	DATE ET LIEU DATE AND VENU
100 m	10.62 (0.7)	Oduduru Ejowvokoghene Divine 96	NGR	29-03-2013 Warri
200 m	21.56 (-1.5)	Oduduru Ejowvokoghene Divine 96	NGR	31-03-2013 Warri
400 m	47.39	Tijani Keita	GAM	29-03-2013 Warri
800 m	1 :47.01	Biwot Robert	KEN	31-03-2013 Warri
1500 m	3 :41.96	Biwot Robert	KEN	29-03-2013 Warri
3000 m	8 :17.28	Awet Nfta Lem Kibrab 97	ERI	31-03-2013 Warri
110 m Haies /Hurdlers	14.00 (-1.6)	Atuma Ifeanyichukwu Andrew 96	NGR	31-03-2013 Warri
400 m Haies /Hurdlers	-----	-----	-----	-----
2000 m steeple	5 :42.18	Meli Edwin	KEN	29-03-2013 Warri
10 Km Marche/Walk	52 :25.34	Siysay Gonfa Bonsa 96	ETH	31-03-2013 Warri
Longueur / Long J	6.91 (-0.5)	Edafiadhe Orevia-Oghene Joseph 96	NGR	28-03-2013 Warri
Triple Saut / Triple Jump	15.18 (0.9)	Edoki Fabian Ime 97	NGR	30-03-2013 Warri
Hauteur / High Jump	2.00 m	Gndgnra Gemechu Tamirou 97	ETH	31-03-2013 Warri
Perche / Pole Vault	-----	-----	-----	-----
Poids / Shot Put	20.17 m	Mohamed Magdi Hamza Mohamed	EGY	29-03-2013 Warri
Disque / Discus	60.46 m	Ahmed Sherif Abdel Salam Elghoba 96	EGY	31-03-2013 Warri
Marteau / Hammer	-----	-----	-----	-----
Javelot / Javelin	64.67 m	Abola Ubang Ubang	ETH	30-03-2013 Warri
Octahtlon	5360 p	Moustafa Mohamed Ramadan Moh. 96	EGY	30-03-2013-Warri
Medley relay	1:53.35	Camara Ebrihim-Joof Alieu- Alagie Sonko- Tijani Keita	GAM	31-03-2013 Warri

RECORDS DES CHAMPIONNATS D'AFRIQUE CADETS FILLES

EPREUVES EVENTS	PERFOR MANCE	ATHLETES	PAYS COUNTRY	DATE ET LIEU DATE AND VENU
100 m	11.87 (-0.3)	Adewale Adewunmi Deborah 97	NGR	29-03-2013 Warri
200 m	24.13 (-0.8)	Adewale Adewunmi Deborah 97	NGR	31-03-2013 Warri
400 m	54.46	Odiong Edidiong Ofonime 97	NGR	29-03-2013 Warri
800 m	2 :05.05	Aliyi Zeyituna Mohammed	ETH	29-03-2013 Warri
1500 m	4 :27.61	Olti Durets Edau 96	ETH	31-03-2013 Warri
3000 m	9 :17.52	Chepwogen Mercy	KEN	28-03-2013 Warri
100 m Haies /Hurdlers	14.04 (-0.2)	Lina Omar Gaber 96	EGY	29-03-2013 Warri
400 m Haies /Hurdlers	62.04	Nathaniel Glory Onome	NGR	31-03-2013 Warri
2000 m steeple	6 :24.52	Jepkemei Daisy 96	KEN	30-03-2013 Warri
5 km Marche/Walk	29 :31.01	Demoze Tege Gebretsadeke 97	ETH	31-03-2013 Warri
Longueur / Long J	5.63 (-0.2)	Esraa Mohamed Samir Owis	EGY	29-03-2013 Warri
Triple Saut / Triple Jump	15.18 (0.9)	Edoki Fabian Ime 97	NGR	30-03-2013 Warri
Hauteur / High Jump	1.80 m	Siba Rhizlane 96	MAR	30-03-2013 Warri
Perche / Pole Vault	-----	-----	-----	-----
Poids / Shot Put	14.46 m	Aniefuna Judith Anulika	NGR	31-03-2013 Warri
Disque / Discus	42.40 m	Amira Khaled Mahmoud 97	EGY	28-03-2013 Warri
Marteau / Hammer	61.52 m	Esraa Mohamed Mostafa Mohamed	EGY	29-03-2013 Warri
Javelot / Javelin	44.33	Ugeh Kasie Verinica 96	NGR	31-03-2013 Warri
Heptathlon	4604 p	Riham Hamdy Kamal 97	EGY	30-03-2013 Warri
Medley relay	2 :09.36	Cecilia Francis-Adewale A.Deborah-Odiong Ed. Ofonime-Junaid Abimbola	NGR	31-03-2013 Warri



**Mon mari, je l'aime,
je protège son cœur**

Parce que les hommes sont particulièrement affectés par les maladies cardio-vasculaires, choisir Tara, c'est choisir un produit naturellement riche en Oméga 3 pour le bon fonctionnement du système cardio-vasculaire et en Oméga 6 qui contribuent à diminuer le taux de cholestérol sanguin.

**NOUVEAU
PACKAGING**

tara
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Photo non contractuelle



Le concours

Un collège-Un pays voit le jour! Une première à l'île Maurice !

Le cocad2015 avec la participation des Ministères de l'Education et de la Jeunesse et des Sports lance un projet simple, éducatif et ambitieux : la participation des collèges de l'île Maurice (sans oublier Rodrigues) à une exposition sur les pays d'Afrique participant aux 2èmes championnats d'Afrique d'Athlétisme cadets.

Le concours verra la participation des collèges d'Etat aussi bien que des collèges confessionnels et privés et près d'une centaine de jeunes étudiants mauriciens, passionnés de sport et du désir d'apprendre et de découvrir le grand continent.

Conjuguer le sport à la découverte de l'Afrique, tel est notre but. Faire la jeunesse estudiantine prendre conscience qu'un grand événement sportif va se passer sous leurs yeux, dans notre pays, au stade Maryse Justin, au Réduit, du 23 au 26 avril. Leur faire prendre conscience que nous devons tous être solidaires de nos compatriotes athlètes mauriciens qui seront sur la piste pendant ces 4 jours. Leur faire profiter de l'événement pour travailler leur créativité, aller à la recherche d'informations sur les pays d'Afrique tant au niveau sportif qu'au niveau géopolitique, culturel, économique, social etc... de façon à découvrir les potentialités immenses du grand continent et la place du sport dans son évolution.



Chaque équipe composée de 3 élèves âgés entre 15 et 17 ans présentera un pays. Le projet sera composé de 3 parties : la première sera axée sur la présentation générale du pays ; la deuxième sur la place du sport dans ce pays et pour terminer une partie destinée à une réflexion sur l'apport du sport dans l'évolution du dit pays. Un jury composé de cinq personnalités du monde sportif et éducatif choisira un gagnant lors de l'exposition des projets qui se tiendra pendant les 4 jours de compétition à proximité du stade.

Notre souhait le plus cher c'est que ce concours évolue vers un jumelage du collège gagnant avec un collège du pays qu'il aura présenté à l'exposition.

Je remercie toutes les personnes du comité organisateur qui se sont dévouées à cette cause et fais le vœu que ce concours soit un réel succès pour la jeunesse mauricienne.

**VIVE LES JEUNES !
VIVE L'AFRIQUE !**

SPORTS IN AFRICA



Sports has indeed become a uniting factor, a springboard for the coming together of whole nations across Africa over the years. Constantly being plagued by social and political conflicts such as wars between different groups, health and quality of life issues such as lack of adequate healthcare and the HIV virus, many African countries have, through sports, found an alternative to the daily difficulties surrounding their lives. Sports activities are also intended to act as a shield against the growing concerns created by the use of drugs, which involves people from an increasingly younger age.

One of the many organisations which helps in promoting not only sports, but choices of healthy lifestyles for our youngsters is the CJSOI (Commission Jeunesse et Sport de l'Océan Indien). It aims at not only strengthening the ties between the people of the Indian Ocean, specifically the region bordering Africa, but also wishes to promote the spirit of ethical and harmonious behaviour which prevails during their events. The CJSOI Games, hosted by a member state every 2 years does not only serve as a platform for young athletes, but also includes activities such as youth discussion forums about the various challenges and issues faced by these youths.

Importance is also given to talents other than sports; musicians being given a chance to perform, aspiring journalists having the opportunity to be part of a real-life project, amongst others. This shows the involvement of the organisation to help build a better future for teenagers, not only through sports, but by paying attention to other forms of talent and capabilities as well.

SPORTS IN AFRICA

Other notable efforts in the endeavour to develop sports on the African continent might be attributed to worldwide organisations such as the IAAF (International Association of Athletics Federation) and the FIFA (Fédération Internationale de Football Association), which have set up 'grassroot' level projects in order to better attract younger generations towards sports. Both organisations provide the framework for local authorities to set up training and awareness programmes aimed at assuring young athletes that they are in good hands, in the right environment. Besides infrastructure and sports equipment, the IAAF and FIFA also provide adequate training for coaches, medical personnel and event organisers, in order for athletes to have the best guidance possible.

At national level, many governments also take responsibility for the promotion of sports activities, namely through school, where sports are a compulsory part of the curriculum up to a certain age. However, as many tend to discard sport practice in favour of studies, instances have to be there to enable these athletes to pursue their career in sports, as well as achieve academic success. Mauritius is one of the countries where a High Level Sports Unit was established. This governmental unit aims at directing these young athletes towards opportunities for them. It is through such organisations that many have had sports scholarships offered to them, where they have the chance to go for higher education while pursuing their career in high level sports.

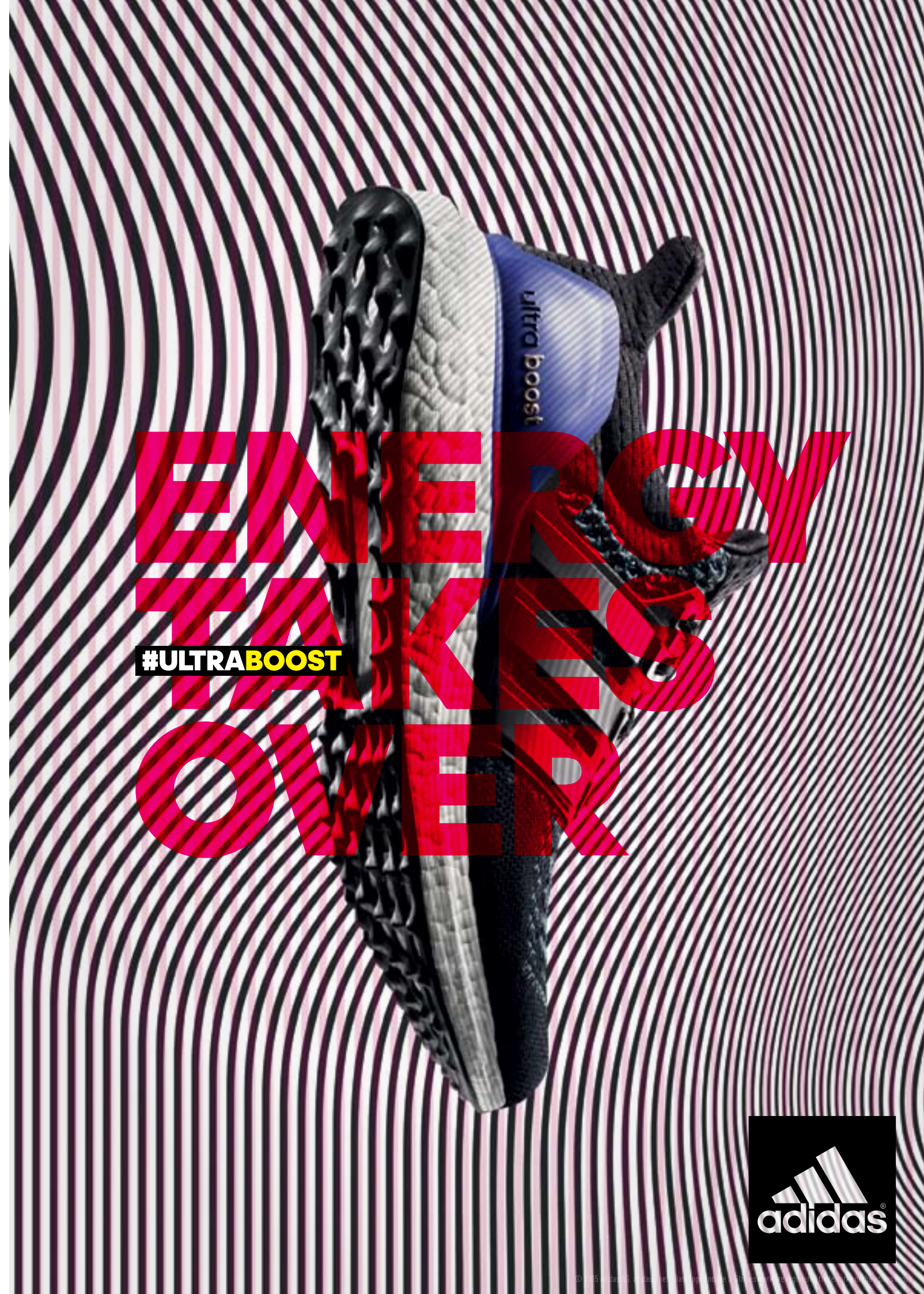
All these instances are focused towards the one and same goal; that of maximising the potential of young athletes for excellence in sports and in life overall. This is why international and regional organisations should gather all their means and strength to harness the abilities and talents of young athletes with a brighter future in mind for the African continent.



**Retrouvez toute l'actualité de l'Athlétisme
Africain sur le site internet de la CAA**


Find out all the African Athletics News on the CAA Website

www.webcaa.org



**ENERGY
TAKER
OVER**

#ULTRABOOST



REDUIT ACCUEILLE LES CHAMPIONNATS

Hey you!

This 2nd Youth African Championships in Athletics will be held at the Maryse Justin Stadium

Let me be your guide for a quick tour of the surroundings!

The stadium owes its name to the famous Mauritian athlete, Maryse Justin. Facing the main entrance of the stadium, you will find the St John Anglican church and its cemetery.



CTI – CHARLES TELFAIR INSTITUTE

A little further away on your right, you will find the “Charles Telfair Institute”.

This Institute affiliated to the Australian “Curtin University” is a pioneer in tertiary education in Mauritius and welcomes local and foreign students. The CTI was the first to launch the Business School model in 1998.

“Charles Telfair Institute has a solid track record with over 2500 students having already graduated”.

For your information, some ‘Design and Communications’ students have been working in straight collaboration with their lecturers to help the Games’ organizing committee to set up all the press and communication of the 2nd African Youth Championship.



“LE CHATEAU DU RÉDUIT” – THE STATE HOUSE

On your left and across the road from the church you have the State House which stands as the official residence for the President of the Mauritian republic.

The construction of the State House between 1746 and 1753 was requested by French Governor, Pierre Felix Bartheleny David.

The actual building was reconstructed in 1779 and the garden designed by the agronomist Fusse-Aublet.

The State House was also a place where Governors invited distinguished guests for balls, dinners and “chasse”.

“Le Chateau du Réduit” has kept its high traditions of hospitality. Numerous guests have visited the State House of which we recall the Duke and Duchess of Cornwall and York; Their Royal Highness Queen Elizabeth II and the Duke of Edinburgh, Her Excellence Mrs Indira Gandhi and many African head of states: President Leopold Sedar Senghor of the Senegal, His Excellency Prince Makhoshini Dlamini of the Republic of Swaziland; His Excellency President Julius Nyerere of the Republic of Tanzania, many Malagasy Presidents and many more.*



ST JOHN ANGLICAN CHURCH

The land where stands the church was donated to the Anglican diocese by Governor Sir William Gomm. The first stone was laid on 1st October 1846 and the church blessed in 1850.

Two British governors are buried in its church yard, namely: Sir William Steves on on 12 January 1960 and Sir Arthur Leonard Williams on 29 December 1972.



UNIVERSITY OF MAURITIUS

Within walking at the back of the stadium, you have the University of Mauritius.

This center for higher education was inaugurated on 24 March 1972 by Her Majesty Queen Elizabeth II. All the programs offered are recognized internationally.

SPORTS AND NUTRITION

Passionate about sports? And love to eat?
*Don't understand what's the link
between the two?*
Don't worry you'll get to see it soon.

THE LINK?

What's the first thing that comes to your mind when hearing the word "food" followed by "sports"?

Do you link food restriction for a healthy lifestyle?

Don't worry, you're surely not the only one to do so.

COMPLEMENTARY?

Eating correctly and exercising are part of a healthy lifestyle. Just remember that the right nutrition and practicing sports are complementary. If you do not eat properly, it will have an impact physical activity.

WHAT TO CONSUME?

If you are passionate about physical exercise, you should know that you need a lot of energy. So energy yielding nutrients is a must! Nutrients such as vitamin c, iron and magnesium can boost up your energy level.

But where to find those nutrients? If you're for a fruity touch in your diet, then eat banana, kiwi, orange and citrus fruits.

If not, you can go for lentils since they contain iron and are well-known as being an anti-fatigue natural remedy.

Another tremendous plant is the beetroot. Recent studies claim that it can improve athletic performances.

WHAT TO AVOID?

Not everything is good for boosting athletes' performances. A study, aiming at evaluating the positive and negative effects of energy drinks has been carried out during the last 4 years by from Camilo José Cela University. It revealed that if energy drinks can, to some extent boost athletes' performances, "However, the energy drinks increased the frequency of insomnia, nervousness and the level of stimulation in the hours following the competition," state the experts. So consume commercial energy drinks with moderation.



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by you in
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races, where
**every split
second**
counts*



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INTERVIEW

ERIC MILAZAR

3 times African Champion

WHAT WAS THE TRIGGER?

A : I am into sports since my childhood, that is to say, from the time I was at pre-primary school. I did everything that was related to sports at school. In Rodrigues, we did not race with eggs but lemons in the spoon. I started like this, and then moved on to sack races, jumps, etc. I participated in every sports-related activity. It was at the age of 12-13 that the idea of going up another level dawned upon me. When I left high school, things changed. It was suddenly 'real sport', competition in the true sense. Before it used to be the elementary races, like the 60 meters run. We did not practice on tracks, but we used corridors for training.

The greatest trigger that brought me to this level was upon seeing someone who had a tracksuit with the inscription 'Jeux de Rodrigues'. I still remember it; it was yellow. So I said to myself, 'Why not wear it on me?' There were not many television sets in Rodrigues and one day I saw Carl Lewis who is a World and Olympics champion. I told myself that one day I'll be like him. He was my idol and he inspired me but more than that it was his tracksuit, and I wanted to wear it in turn. At the time, wearing a tracksuit (I am referring to the years 1990, 1992) was a big deal, it was expensive. Being from a poor family, we could not afford it; it would require a lot of sacrifices. I had friends who came to Mauritius mostly for athletics and cross-country. I asked myself where Mauritius is. I was a bit young you see. I wanted to know more, this inspired me. But it was above all the tracksuit and now I have lots of tracksuits in all colors.

HOW DID SPORTS CHANGE YOUR LIFE?

I hail from a poor family. It was difficult to get training shoes earlier. I wore 'tip-tops Converse' shoes with small studs on them. I bought it to both play football and run. I had a pair once a year. A pair to go everywhere, including to attend the mass. Today sports has changed a lot in my life and allowed me to visit 45 countries! Sports has given me a lot. Besides discovering lots of countries, I was able to meet many people. I say that I'm not the one who made myself a celebrity but other people did, the public in general. Because everywhere I go, I am greeted with a 'hello', a greeting, a smile, and it makes me happy. I am famous, not only in Mauritius, but in Europe, in Africa; I am known there and people respect me. And now I work in sports, since I became a coach.

WHAT DO YOU TELL YOUNGSTERS TO MOTIVATE THEM?

I tell them about my life, my story and where I have reached now. When I see a young man today with Nike training shoes, who wants even more trainers... I did not have that. I suffered a lot to get this far. I tell the youngsters a bit about my experience and many of them are inspired by that. Besides, some of them come to tell me "You are my idol" and it makes me happy because I started like that too.

I act as a counsellor and guide for young people who want to go into sports. I do not direct them to athletics only; I would have liked if they did but, there are other fields as well. Sports develops the mind too, one remains healthy. One should not have to go to the hospital every day. Instead of paying a doctor, you can take the money to buy other things; a book to read, for example. All you need is just 30 minutes of sports per day, and you'll save a lot of money in the long term. And then we must stay humble. Always humble. And never forget one's past.

HOW HAVE YOU BEEN SPOTTED WHEN YOU WERE YOUNG?

A : There was a French man who was in Mauritius at that time, and he made a short detour to Rodrigues. He came there, he saw me run once or twice and he told me "No, no, no, you should come to Mauritius to give it a try." I came to Mauritius and still I got beaten up by the Mauritians. I finished last. I was fourteen, I was racing against other Mauritians. There were young people who had a lot of potential as they were preparing for inter-college competitions. I got beaten up, but despite this he said, "When you go to Rodrigues, try to make a request to return to Mauritius." He believed in me. I do not know if he had a sixth sense or simply an eye for talent. I went back and less than a year later, I found myself in the national team to represent Mauritius in Seychelles for the "Jeux des Iles" in 1993. I was the youngest athlete. I went as a substitute, but it taught me a lot. I thought, "Well next time I will not be a substitute, I am the one who should be running on the track."

HOW DOES BEING ON THE TRACK FEEL?

The Olympics is something else. You're in front of the world. You always feel proud because you think of all the sacrifices you have made, and this is the end-result. Being seen in the Olympics, and having the world see you wearing proudly the national shirt with the flag of your country on it, is wonderful. I was proud of being there because I also knew my countrymen were watching me. There are no words to describe this sensation, the feelings. The experience transcends everything.

INTERVIEW (CONTINUED)

ERIC MILAZAR

WHAT MAKES YOU DIFFERENT FROM OTHER ATHLETES?

Let's say I'm always smiling. Humble. I never forget my past. If someone always remembers his past, he will always remain humble. I experienced difficult situations. I was poor. A small notebook with twenty pages for four subjects. Now imagine if I forget that, I will no longer be myself.

WHAT HAS BEEN YOUR BIGGEST CHALLENGE?

I wanted to be the world champion, I have not been able to, but I went to the World Championships. I went there six times and run in the finals twice. It's wonderful to me, amazing. When I reached the 400 meters World Championship finals in 2001, I found myself to be amongst the top 10 athletes during the next 6 years and it's really something. But things have not changed, I'm still the Eric Milazar I was when I was one year old.

WHAT IS DOPING FOR YOU?

This is cheating. It happened that I was in the finals and I saw three athletes who had used dopants get disqualified in front of me. It makes you feel uneasy, you do not know what to say. If things did not turn out like that, maybe you would have succeeded in, if not first place, then at least in being on the podium. But did not happen because there was cheating. These are things that should not be done. As an athlete, you are spoiling your image. Maybe you are talented, but doping will stop you, your career will be over. Instead of going beyond the 20-years career (I myself had a 20-years career at the national and World level), doping ends up ruining everything. People will not forget what you did. I advise youngsters not to get into this. Athletics is already a big challenge. I do not take any medication, even when I have a flu. My advice will be to keep it natural, and above all, to listen to the advice of doctors. That's what I do; listen to the advice of the elders, and of veterans, from time to time. This is important. Listen, and try to apply one or two of them.

HOW DO YOU FEEL ABOUT THE FACT THAT YOU DO NOT RUN ON THE INTERNATIONAL LEVEL ANYMORE?

This is something for which did not prepare as such. I let time take its own course. For me, it was better that way. I knew it was going to be upsetting for me to stop one day. Despite that, I'm on the track every day. I train young people. And I run a little with them to encourage them from time to time, to re-boost them. But I'm still in the sports world and it would have been very hard to leave. From time to time, the desire comes back, but I just need I go on the track to run a little with the young people, and I feel much better.



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INTERVIEW

MELISSA ARLANDA

Bronze Medalist 1st Youth African Championship

WHAT INITIATED YOU TO SPORTS?

It has been 5 years since I started practicing sports. I am now in the 'Juniors' category. I started with the shot put at school and came first during the "Inter-College" competition. Sports is my passion and through it, I can do many things.

HOW DO YOU MANAGE TO COMBINE BOTH STUDIES AND SPORTS?

I am doing my final year at school. It can be hard thing to plan, but you need to learn how to manage your time. Thanks to the 'Trust Fund', I was given the possibility to study three subjects, instead of four, at the 'A'Levels'. This has allowed me devote more time to my training, and at the same time, it has made it easier to organize my homework and everything else.

I am not sure about what I want to do later on, but I would still like to work in the field of sports.

HOW DOES SPORTS HELP YOU?

I would say that sports helps me in various ways, to face and overcome problems mainly. The training sessions has allowed us to have a family and develop friendships. Sports helps me to de-stress little, and it helps for my studies. You need to love sports before you decide to devote your time to practicing it. It needs to be your passion. If it happens that I miss training, I feel uneasy, and I want to go back to practice as soon as possible.

WHAT IS THE FEELING OF RECEIVING A MEDAL?

It is a feeling of great pride, above all. It is the result of my training and all my efforts. I know I have trained very hard, and I expect my hard work to be rewarded.

WHAT IS THE KEY FOR SUCCESS TO YOU?

First, you have to be confident and be dedicated to what you are doing, and do it with love.

Most of my time is devoted to sports. Sports is like family; everything revolves around it.

ATHLETES' INTERVIEWS



BRYAN TONTA, 16-YEAR-OLD (CONTEST: COMBINED EVENTS)

« I've started at a very young age. I used to watch sports competitions on TV and somehow they have inspired me. When I got into high school, I started doing some sports activities and I found out that I was gifted. Now look where I am: at the African Youth Championship! All I want is to make my country and my people proud of who we are and where we come from. Even though Mauritius is only a small island, we do have great talents. Everyone is gifted, and we should find a way to do what we love; whether it's athletics, cycling or even music. If we give our everything to that gift, there's no way we can't make a career out of it. At school, we are considered as heroes because we train all the time: in the morning, in the afternoon and it goes on. To be honest, it's quite hard sometimes. For now, I'm focusing on the present since well, no one can predict what will happen in the future. My goal in life is to be a finalist in the Olympic Games and who knows, maybe medalist? »



BRYAN UNTAH, 16-YEAR-OLD (CONTEST: COMBINED EVENTS)

« I started at a very young age and I train every single day. It will be the first time this year that I'll be participating in such a big international competition. To be honest, I'm not really scared or anything as I know it's a big step for what is coming next. My P.E. teachers, my friends and my parents have all guided and inspired me. I used to prefer playing football but then, I found out there's more benefits in doing athletics. It's been almost five years since I entered this world. All one must do is to stay focused and not listen to everything people say. »

ATHLETES' INTERVIEWS (CONTINUED)



Soulleiman Wardally, 16-year-old (contest: triple jump & long jump)

« Believe in yourself. It's only God and you who really know what your potential is. It's not your coach. Your coach is here to give you advice, to train you. You are the one doing 90 percent of the efforts. I have many goals in life and sport is the essence which is making me move forward. I want to get into the IAAF World Championships in Athletics and the Olympic Games in 2016. »



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COACH'S INTERVIEW



UDYLEN VEERASAMY, 40-YEAR-OLD (PROFESSION: P.E. EDUCATOR)

« My dad was a P.E. teacher. I loved what he was doing. I used to be in his P.E. classes at school and already back then I had a love for sports. I was, at a time, an athlete as well. The first time I started coaching, was when I was still in high school. Back then, we only had one P.E. teacher to train all the athletes, well obviously he couldn't do it all by himself. He knew I mastered the jumping, so one day he asked me if I could help him train the athletes. And that's how my passion for coaching began. I have a little girl who'll be 7-year-old this year. I hope that one day she'll follow in her daddy's and grandpa's footsteps as well. »

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Quiz

1. Where was the First African Youth Championship held?

- a) Nigeria
- b) Kenya
- c) Egypt
- d) Uganda

2. The first African Youth Championship took place from:

- a) 26th to 31st March 2013
- b) 27th to 31st March 2013
- c) 28th to 31st March 2013
- d) 29th to 31st March 2013

3. Between the disciplines listed below, which one did not take place in 2013?

- a) Javelin
- b) Long Jump
- c) Girl's Pole Vault
- d) Triple Jump

4. To be able to participate in the championships, you must be aged:

- a) 14 to 17
- b) 15 to 17
- c) 16 to 17
- d) Only 17

5. How many medals Mauritius won in 2013?

- a) 0
- b) 1
- c) 2
- d) 3

6. Which country won most medals in 2013?

- a) Kenya
- b) Egypt
- c) Nigeria
- d) Ethiopia

7. Who was the first ever gold medalist of the championships in 2013?

- a) Amira Khaled Mohammed
- b) Divine Oduduru

8. Mauritian athlete Louis Joe Stevenson participated in which event in the first edition of the African Youth Championships?

- a) Javelin Throw
- b) Medley Relay
- c) Octathlon
- d) 2000 metres steeplechase

9. Mauritian athlete Esther Melissa Arlanda participated in which event in the first edition of the African Youth Championships?

- a) Heptathlon
- b) Hammer Throw
- c) High Jump
- d) Discus Throw

Did you know ?

- The Tamarind Falls is the highest waterfall in Mauritius.
- The first female athlete to have finished a marathon under 3 hours was Maryse Justin, whose name was given to the stadium where the 2nd Youth African Championships in Athletics is being held.
- October is the driest month in Mauritius.
- Judex Lefou was the first Mauritian gold medallist at the African Games, in the Men's 110m hurdles (in Nairobi)
- Mauritius was named after the prince of Netherlands, Maurice de Nassau, after the Dutch claimed the island in 1958.
- Stephane Buckland, for the 200m sprint race, and Jonathan Chimier, for the Long Jump, are the only two Mauritian athletes to ever reach an Olympics Finals.
- The longest river in Mauritius is Grand River South East and measures thirty meters long.
- Caroline Fournier has been the African Champion of the Hammer Throw for three consecutive years (98/99/2000).
- Mauritius is an Island off the coast of Africa that gives the illusion of an underwater waterfall.
- In 1988, Mauritius reached 13th place in the African Championships because of the very first medals won by Mauritian female athletes. These athletes were Marie- Lourdes Allysamba, Shela Seebaluck and Josiane Boullé.
- The capital of Mauritius is Port Louis.
- Mauritius became republic in 1992.
- Mauritius is the most densely populated country in Africa and the 17th densely populated country in the world.



Michiel Janisz Van Mierevelt
1609, oil on wood panel, 55 cm x 47,5 cm
<http://www.theatre-antique.com/en/collections/maurice-nassau-prince-orange>



- The highest point in Mauritius is Mont Piton, at 828 m.
- Dodo Birds, while now extinct, were found only in Mauritius.
- The national flower of Mauritius is the Trochetia Boutoniana (Boucle d'Oreille).
- Mauritius is one of the richest as well as the most developed countries in Africa.
- The Mauritius Kestrel was once regarded as the world's rarest bird; by 1974 only four individuals were known to exist in the wild.

- The hottest part of Mauritius is considered to be the west coast where the temperature varies from 30-34°C.
- The main languages spoken in Mauritius are English, French and Creole.
- Eric Milazar, born on 1st June 1975 in Rodrigues Island, is a Mauritian athlete who is the 400m specialist. He has participated twice in the 'World Championships in Athletics' Finals, in 2001 and 2003. During both these years, he was part of the 10 world's best 400m-race performers.
- The currency of Mauritius is Mauritian rupee.



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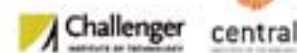
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1.a) 2.b) 3.c) 4.b) 5.c) 6.c) 7.a) 8.c) 9.b)

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