

## Shooter banks on mental edge

By TANG ZHE  
CHINA DAILY

GUANGZHOU — Indian shooter Lajjakumari Tilakpuri Gauswami, who couldn't afford practice bullets until she won a scholarship last year, says her training as a psychologist gives her an edge in the competition, which demands not only eagle-eye vision but nerves of steel.



SHOOTING

"About 80 percent of shooting is a mental game, and studying psychology (at university) has really taught me how to get a handle on my mental situation," said the 18-year-old, who started training four years ago and has overcome financial adversity to succeed at the sport.

"One year ago I couldn't even afford bullets, but I got a sponsor last year and that helped," said Gauswami, who is studying for a degree in psychology at NS Patel College.

The new funding saw her improve quickly, and helped her secure a national title after she finally found a coach in the form of the national team trainer.

She said it is a challenge to juggle her studies and the demands of being a professional sportswoman.

"I study at night for three or four hours, then start shooting at eight in the morning and keep going until 5 pm," she said. Then there is all the traveling time to calculate because the shooting range is so far from her college, she added.

She said shooting is maturing as a sport in India, where she believes it has a promising future.

"There used to be only one international shooter in my state, so people didn't really know anything about the sport, but that all changed after the Commonwealth Games."

She grabbed a silver medal at the recently ended games in Delhi, the first time she made any money from the sport, but has not been so lucky in Guangzhou.

Gauswami took part in the 50m rifle prone and 50m rifle three positions at the 16th Asiad and was happy to gain more international experience despite failing to find a spot on the podium.

"I'm really inspired by (Chinese shooter) Wu Liuxi. She's one of my idols and I hope one day I can shoot like her," said Gauswami. "If I wasn't doing this, I don't know what I'd do with my life because I like shooting, I enjoy shooting. It's fun. It's thrilling."



## China's Guo makes triple-gold Games history

TORSTEN BLACKWOOD / AFP

Gold medalist Guo Shuang (left) carries Chinese national flag with compatriot silver medalist Lin Junhong after winning the women's sprint final.

### BUT ZHANG FAILS TO FINISH THE KEIRIN AFTER TAKING AN EARLY TUMBLE

GUANGZHOU — China's Guo Shuang made history at the Asian Games on Wednesday as she powered to the women's sprint track cyclist to win three Asiad golds.



CYCLING

On the last day of track action, Asia's finest female sprinter was simply too good for fellow Chinese Lin Junhong, adding to the sprint and 500m time trial golds she picked up in Qatar four years ago.

It was China's seventh consecutive gold medal in the event.

It was a Malaysia 1-2 in the men's Keirin, with Azizulhasni Awang winning ahead of Josiah Ng. And following two spectacular smashes in the women's points race on Tuesday, there was more drama.

Iran's Mohammad Parash took

a heavy fall after running into the prone Zhang Lei, with Parash flying head-first over his handle bars at high speed.

He had to be stretchered off in a neck brace.

Guo said it was strange racing against her teammate Lin.

"We always train together and we know about each other's advantages and shortcomings," she said.

"When competing there is always a winner, but in this case, whoever wins, the gold medal definitely goes to China."

Guo said that as pleased as she was to win on home turf, bigger prizes lay ahead.

"It feels good and I was very excited, but it is only the Asian Games. I hope we can deliver at the 2012 London Olympics."

There will be little chance for Guo to enjoy her record feat, however, as she heads to Mel-

bourne on Thursday to train for the World Cup and World Championships.

Meanwhile, there was a rare Uzbek success in the men's points race, and none of the carnage that marred the women's event earlier this week.

However, another Uzbek rider, Vadim Shaekhov, lashed out at the Republic of Korea's (ROK) Cho Ho-sung with a kick after they had a collision that saw both riders go flying off their bikes.

"Good on him," said Uzbek team coach Almas Yusufov.

"Excellent," was the victorious Vladimir Tuychiev's verdict on his victory, adding: "It is the third gold for Uzbekistan in the 2010 Games."

Asked what his next goal was, Tuychiev said: "To get a better bike."

Veteran Hong Kong cyclist Wong Kam Po, 37, one of Asia's most decorated road riders, took silver. But he was disappointed to only come home in second at what is likely to be his last Asian Games.

"I expected to get the gold medal," he said.

Asked if this was his last Asiad, he added: "Probably, but it is hard to say now. If I still have the energy and passion I will keep cycling."

"I may pay more attention to road racing and less on track now because there are younger riders in my team and they are strong."

China's Zhang, who had already secured a team gold, stormed to the men's sprint gold medal, with the Japanese pair of Tsubasa Kitatsuru and Yudai Nitta taking silver and bronze.

Zhang's victory broke Japan's stranglehold in the men's sprint.

But Zhang failed to finish the Keirin when he took a tumble that led to Parash's nasty fall.

His brother Miao, who won the bronze, said: "At first I was in first place, but after my brother had the crash I somehow lost my confidence and hesitated as to whether I should carry on."

"As you can see, the others overtook me later."

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