

Bolt back in Brazil

Usain Bolt overcame a poor start to win his first 100m of the season in 10.04 seconds (- 0.9) in a specially constructed track at the Mano a Mano meet along Leme Beach in Rio de Janeiro, Brazil.

Bolt, who made his first appearance of the year a few weeks ago as a member of Jamaica's Commonwealth Games 4x100m relay team in Glasgow, has been working his way back to fitness after his preparation for the season was interrupted by injury. The Jamaican superstar, who spent the build-up to his 100m season debut playing foot volleyball and dancing up a storm in the Brazilian City, easily won ahead of Britain's Mark Lewis Francis, 10.42 and Brazil's Jefferson Lucindo, who posted 10.44. Wallace Spearmon was fourth in 10.45. Another Jamaican, Schillonie Calvert was beaten to second place in the women's event, stopping the clock at 11.35, behind Brazil's Rosangela Santos, 11.33 with Carmelita Jeter running third in 11.38. Bolt's next race will come on August 23, where he will line up in the 100m at the Lotto Kamila Skolimowska's Memorial in Warsaw, Poland, before another 100m run at the Weltklasse in Zurich. The 100m and 200m world record holder and six time Olympic champion said he is looking to go much faster in his upcoming races, as he removes the rust after a delayed season. "I had a poor start but I regained some of my poise later in the race," Bolt told TV Globo. "I felt a bit heavy, and I need to compete in more races ... I will be in better shape after that," he added.