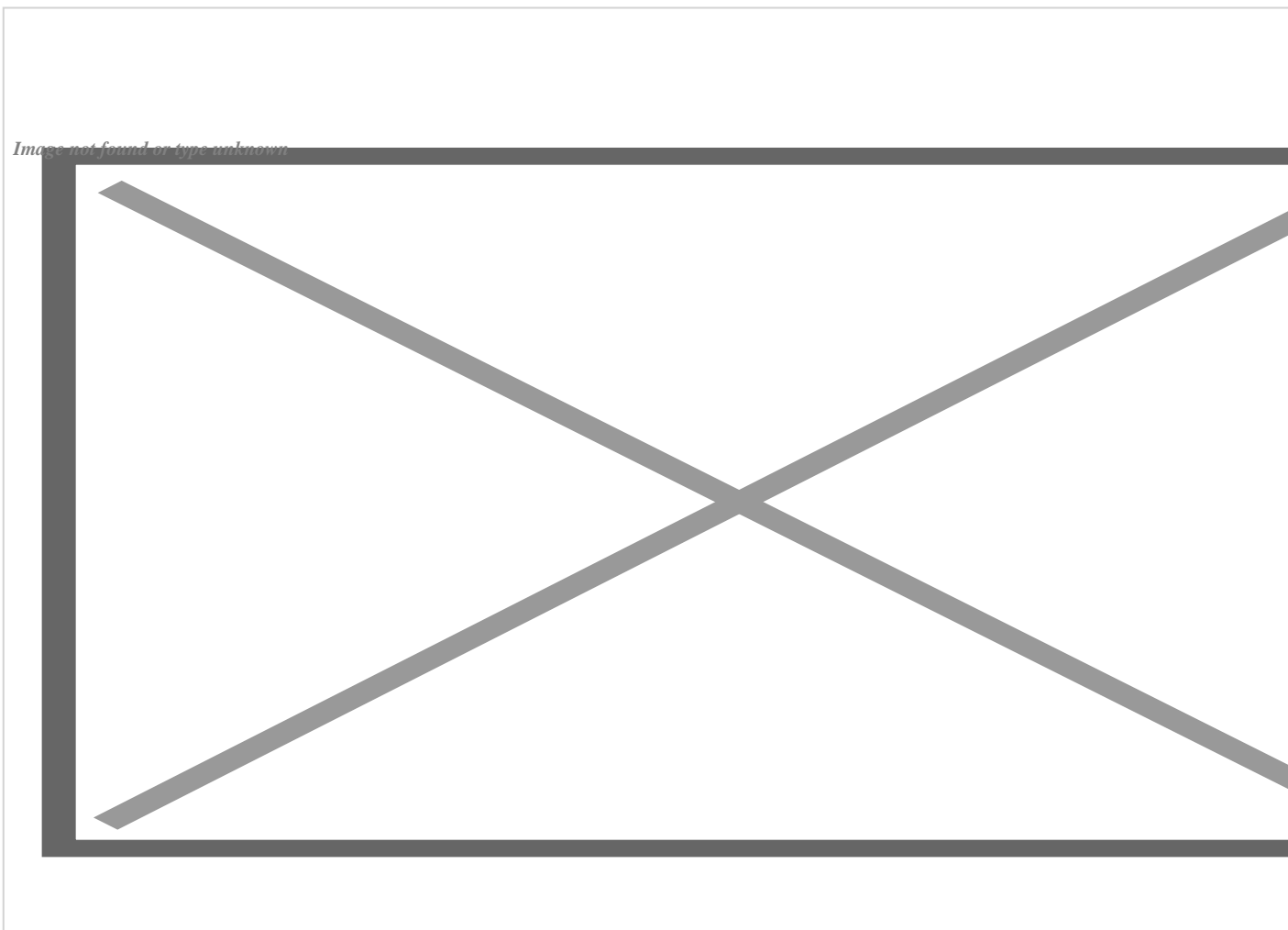


Attractive jumps in national athletic confrontation



Havana, May 8 (JIT) - The main exponents of athletics in Cuba returned over the weekend to the national confrontations at the Pan American Stadium in Havana, where they left pleasing performances in view of the increasing demands they will assume in a few weeks.

One of the most remarkable performances was that of triple jumper Cristian Nápoles, recent winner with 17.23 meters in the V Alba Games of Venezuela 2023, now owner of a mark of 17.34 meters.

That record was just four centimeters short of his personal best, achieved in 2019, which sends signals that his return to the national team can make him one of its benchmarks. The event was won by India's Preveen Chithravel (17.37 meters).

Another athlete who caught the attention was the triple jumper Leyanis Perez, this time in the long jump. The Pinar del Río native took her lifetime best to 6.43 meters in a specialty in which she has tried very little.

Her coach Ricardo Ponce told JIT that this performance is part of the preparation strategy. He considered what happened as a good omen, because the execution of long jumps tributes elements for the development of the triple.

"In training, she had performed well in what we call jumping (the first jump of the triple jump) and we wanted to know where she was in that sense. She lacked coordination and there are many things to improve," explained Ponce.

"It could become an alternative event for her. I remember that Yargeris Savigne did it at some point and the Venezuelan Yulimar Rojas also dabbles in the long jump every now and then," he acknowledged, enthusiastic about the direction his work is taking with Leyanis, whom he considers an explosive athlete both on and off the track.

"She is very happy and I am satisfied with the result. That combination almost always pays off," he added.

There were also good moments in the men's hammer throw, with Ronald Mencia's winning 72.01 meters. In the discus, Mario Díaz (63.68) once again beat the experienced Jorge Fernández (61.92).

Denia Caballero won among the female discus throwers thanks to a shot of 61.86 meters and the heptalonist Adriana Rodríguez participated in only two heats of the 100 meter hurdles, stopping the clocks in 13.09 and 13.14 seconds, according to the compendium provided by statistician Alfredo Sanchez.

Roxana Gómez led the 400 meters with a manual time of 52.6 seconds and Yarima García ran the hectometer in 11.55 seconds.

The new athletic confrontation will close with a Sunday day whose program includes the men's long jump and the completion of the heptathlon and decathlon events.

<https://www.radiohc.cu/index.php/en/noticias/deportes/322022-attractive-jumps-in-national-athletic-confrontation>



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