

MY SPORT IDOL



CHAD LE CLOS



- **CHAD GUY BERTRAND LE CLOS OIS**, (BORN 12 APRIL 1992) IS A SOUTH AFRICAN COMPETITIVE SWIMMER WHO IS AN OLYMPIC, WORLD AND COMMONWEALTH GAMES CHAMPION AS WELL AS THE COMMONWEALTH RECORD HOLDER IN THE 50 AND 100-METRE BUTTERFLY. HE **WON GOLD IN THE 200-METRE BUTTERFLY AND SILVER IN THE 100-METRE BUTTERFLY IN THE 2012 OLYMPICS IN LONDON**, AS WELL AS SILVER MEDALS IN THE 200-METRE FREESTYLE AND 100-METRE BUTTERFLY IN THE 2016 SUMMER OLYMPICS. HE ALSO WON FIVE MEDALS AT THE **2010 SUMMER YOUTH OLYMPICS** IN SINGAPORE. LE CLOS HAS WON THE OVERALL SWIMMING WORLD CUP THREE TIMES: **2011, 2013 AND 2014**.

PERSONAL LIFE

- LE CLOS WAS BORN TO A MAURITIAN FATHER OF FRENCH DESCENT AND A SOUTH AFRICAN MOTHER. HE ATTENDED WESTVILLE BOYS' HIGH SCHOOL IN DURBAN, SOUTH AFRICA, MATRICULATING IN 2010. HE HAS BEEN SWIMMING FROM A VERY YOUNG AGE, AND WHEN HE STARTED COMPETING AT THE AGE OF 8 HE ALREADY HAD A FEW YEARS OF TRAINING UNDER HIS BELT.
- HE WAS CONFERRED THE SILVER ORDER OF IKHAMANGA ON 27 APRIL 2013. IN A STATEMENT BY THE CHAIRPERSON OF THE NATIONAL ORDERS ADVISORY COUNCIL, DR. CASSIUS LUBISI, LE CLOS WAS CONFERRED THE HONOUR "FOR HIS EXCELLENT ACHIEVEMENTS ON THE INTERNATIONAL SWIMMING STAGE, ESPECIALLY AT THE LONDON OLYMPICS IN 2012, THUS PLACING SOUTH AFRICA IN HIGH STANDING GLOBALLY IN THE FIELD OF AQUATIC SPORTS."
- HE WAS ALSO ANNOUNCED AS THE KZN NEWSMAKER OF THE YEAR 2013 AT THE DURBAN CITY HALL ON 9 OCTOBER 2013. THE EVENT WAS HOSTED BY THE DURBAN UNIVERSITY OF TECHNOLOGY, THE CITY OF DURBAN, AND THE DUT JOURNALISM ADVISORY BOARD. RADIO PERSONALITY ALAN KHAN WAS THE PROGRAMME DIRECTOR. LE CLOS WAS NOT PRESENT TO RECEIVE HIS AWARD AS HE WAS SWIMMING IN MOSCOW. HIS FATHER, BERT LE CLOS, RECEIVED THE HONOUR ON LE CLOS' BEHALF.
- LE CLOS WON THE DAILY NEWS SPAR SPORTS PERSON OF THE YEAR IN 2010 IN WHICH THE TOP SCHOOL SPORTSMEN WERE NOMINATED.



TEN INTERESTING FACTS ABOUT CHAD LE CLOS



- **1. HE'S AN ENDURANCE SPORTSMAN**
- CHAD SWIMS 60–65KM A WEEK, AND UP TO 85–90KM A WEEK IN HARD TRAINING
- ON AVERAGE, CHAD SPENDS 24 HOURS A WEEK IN THE POOL.
- HE IS AWAY FROM HOME FOR ABOUT FOUR-AND-A-HALF MONTHS A YEAR.
- **2. WHAT HE DISLIKES**
- HE DOESN'T LIKE TO BE IN THE DARK DURING LOAD SHEDDING.
- HE CAN'T STAND MUSHROOMS.
- **3. WHEN TO GET HIM ON THE PHONE**

CHAD ONLY USES HIS CELLPHONE ON WEEKENDS BECAUSE “MENTAL TIREDNESS IS MORE TAXING THAN PHYSICAL TIREDNESS”.

- **4. HOW HE RELAXES**
- CHAD PLAYS FIFA GAMES ON HIS PLAYSTATION AND IS A MANCHESTER UNITED FAN.
- **5. BEST PLACE TO SPOT HIM OUT AND ABOUT**
- HE TAKES YEAR-END HOLIDAYS IN CAPE TOWN.

- **6. HE'S AN EARLY BIRD**

- CHAD REGULARLY WAKES UP AT 5.30AM.

- **7. TYPICAL MEAL**

- STEAK WITH SALAD.

- **8. WHAT HE SACRIFICES FOR SWIMMING**

- “I USED TO PLAY SOCCER, BUT I HAVEN'T KICKED A BALL IN ABOUT FIVE YEARS. I DO NOTHING TO JEOPARDISE MY TRAINING. IT'S A FULL TIME JOB AND THERE ARE NO WEEKENDS OFF.”

- **9. SPORTING HEROES**

- OF ALL FORMER AND CURRENT SPORTSMEN, HE WOULD LOVE TO TRAIN WITH FOOTBALLER CRISTIANO RONALDO AND FORMER WORLD HEAVYWEIGHT BOXING CHAMPION MUHAMMAD ALI.

- **10. FUTURE GOALS**

- COME AUGUST 2016 AT THE OLYMPIC AQUATICS STADIUM IN RIO, THE BUTTERFLY BOSS WANTS A SHOWDOWN WITH ARCH-RIVAL MICHAEL PHELPS FROM USA. HERE'S HOW HE DESCRIBES IT: “IT'S GOING TO BE MUHAMMAD ALI VERSUS JOE FRAZIER”.



2012 SUMMER OLYMPICS IN LONDON



ON THE FIRST DAY OF THE 2012 SUMMER OLYMPICS IN LONDON LE CLOS FINISHED FIFTH IN THE 400-METRE INDIVIDUAL MEDLEY. ON THE FOURTH DAY, LE CLOS WON THE GOLD MEDAL IN THE 200-METRE BUTTERFLY IN 1 MIN 52.96 SEC, EDGING OUT THE TWO-TIME DEFENDING OLYMPIC CHAMPION AND WORLD RECORD HOLDER, MICHAEL PHELPS, BY 0.05 SECONDS. LE CLOS HAD STATED BEFORE THE GAMES, IN PERSONAL INFORMATION GIVEN TO THE MEDIA, THAT HIS SPORTING HERO IS MICHAEL PHELPS. HE LATER SAID THAT BEATING HIS HERO WAS TOTALLY UNEXPECTED. THE NEXT DAY LE CLOS QUALIFIED FOR THE FINAL OF THE 200-METRE INDIVIDUAL MEDLEY BY SWIMMING THE (TIED) SEVENTH TIME IN THE SEMI-FINALS, BUT HE WITHDREW TO FOCUS ON THE 100-METRE BUTTERFLY. ON THE SEVENTH DAY OF THE COMPETITION, LE CLOS WON THE SILVER MEDAL IN THE 100-METRE BUTTERFLY, TIED WITH YEVGENY KOROTYSHKIN IN A TIME OF 51.44 SEC, AT 0.23 SEC BEHIND PHELPS.

IN THE COURSE OF THE 2012 GAMES, LE CLOS' FATHER, BERT LE CLOS, BECAME AN INSTANT MEDIA PERSONALITY AS A RESULT OF BEING INTERVIEWED ON BRITISH TELEVISION ABOUT HIS SON'S ACHIEVEMENT OF WINNING A GOLD MEDAL.

2016 SUMMER OLYMPICS IN BRAZIL

- LE CLOS WON THE SILVER MEDAL IN THE 200 METRE FREESTYLE EVENT, FINISHING BEHIND CHINA'S SUN YANG IN A TIME OF 1:45.20 TO BECOME ONE OF SOUTH AFRICA'S MOST DECORATED OLYMPIANS.
- LE CLOS FINISHED 4TH IN THE 200 METRE BUTTERFLY IN WHICH HE WAS THE DEFENDING CHAMPION, IN A RACE HE CALLED THE WORST OF HIS CAREER. THE EVENT WAS HEAVILY HYPED AS A REMATCH BETWEEN LE CLOS AND MICHAEL PHELPS, THE 2004 AND 2008 WINNER WHOM LE CLOS HAD NARROWLY BEATEN IN 2012. THE RELATIONSHIP BETWEEN LE CLOS AND PHELPS HAD BEEN CORDIAL IN 2012–2013 BUT IT DETERIORATED IN 2014 WHEN PHELPS CAME BACK FROM RETIREMENT. IN THE READY ROOM PRIOR TO THE PRELIMINARY RACE, LE CLOS' SHADOW BOXING WHILE PHELPS "GLOWERED IN A CORNER" SPAWNED THE INTERNET MEME WITH THE HASHTAG #PHELPSFACE. LE CLOS' WIKIPEDIA BIOGRAPHY WAS EVEN VANDALIZED.
- LE CLOS WON A SECOND SILVER MEDAL IN THE 100 METER BUTTERFLY, IN A THREE-WAY TIE WITH RIVALS PHELPS AND LÁSZLÓ CSEH, BEHIND JOSEPH SCHOOLING. HE SAID IN THE AFTERMATH OF THE EVENT TO HAVE BEEN VERY DISAPPOINTED WITH HIS OVERALL SHOWING IN RIO, BUT ALREADY HAVING FIRM PLANS ON CONTINUING UNTIL THE 2020 GAMES IN TOKYO. ^{[15][16]} DESPITE NOT BEING SATISFIED WITH HIS RIO SHOWING, HE STILL BECAME SOUTH AFRICA'S MOST DECORATED OLYMPIAN EVER WITH FOUR MEDALS – ONE GOLD, THREE SILVER.



RESULTS IN MAJOR CHAMPIONSHIPS

Meet ↕	200 free	50 fly	100 fly	200 fly	200 IM	400 IM	4×100 free	4×200 free	4×50 medley	4×100 medley
WC 2009				17th		16th				
CG 2010			17th	1	5th	1	3 ^[a]	3		2
SCW 2010	16th			1	12th	5th				
WC 2011			13th	5th						10th
OG 2012			2	1	SF ^[b]	5th	2	7th		13th
SCW 2012		2	1							
WC 2013		23rd	1	1			11th			11th
CG 2014		3	1	1	3		2	3		3
SCW 2014	1	1	1	1				4th	8th ^[a]	
WC 2015	6th	14th	1	2						
OG 2016	2		2	4th						

OLYMPIC GOLD MEDAL IN LONDON 2012

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=LGMOYB8ORYO](https://www.youtube.com/watch?v=LGMOYB8ORYO)