

Japan's Fukushima crowned Asiad fastest woman

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Japan's Fukushima Chisato raises a bouquet during the awarding ceremony of the women's 200m final of athletics at the 16th Asian Games in Guangzhou, south China's Guangdong Province, Nov. 25, 2010. Fukushima Chisato won the gold medal in a time of 23.62 seconds. (Xinhua/Liao Yujie)

Chisato Fukushima of Japan claimed as the fastest woman at the Guangzhou Asiad by winning both the 100m and 200m races.

The 22-year-old, who took the 100m title on Monday, led through the race to win the 200m in 23.62 seconds on Thursday, beating silver medallist Vu Thi Huong of Vietnam by 0.12 seconds. Guzel Khubbieva of Uzbekistan was third at 23.87.

"I am really delighted to win my second gold medal," said the exciting winner. "It will give me more confidence in the future."

"After winning the 100m, I told myself that I should not be relaxed and I prepared myself with a good condition both mentally and physically before the 200m final," she said.

The Japanese was quite aggressive about the Asian Games. "I set a target before I came here, which was to win all three events I take part in," said the sprinter, who was the Japanese record holder in the women's 100m and 200m. "I will compete in the 4x100m relay with teammates on Friday, and I will try my utmost to win the gold medal."

"The relay gold means a lot to me," she added. "It's more important than my individual titles. My teammates all give me big support and I hope we can win the gold together on Friday."

Starting running at 10, Fukushima was quite talented and she began to take part in national competition at 15.

"I was in my best shape at 2008 Beijing Olympic Games, and I tried my best to maintain the good shape," said the Japanese, who competed in the 100m sprint and placed fifth in her heat failing to advance to the second round.

Talking about her training, Fukushima said: "Sometimes I feel very tired and boring during my training, but sometimes when I was in good form I enjoyed it a lot. I hope it could be enjoyable all the time."

Besides a successful sprinter, Fukushima was also a stylish girl. "I am quite interested in fashion and I like doing nail beauty in my spare time," she said. "Actually I am planning to

have a spa after the Asian Games."

When asked whether she was interested in becoming a movie star, Fukushima laughed and said: "I have never thought about that but I like watching movies."

"Source: Xinhua"

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