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**Triple Jump Resounded Again in Nanjing**

By: Lemay Padrón Oliveros / Especial para CubaSi  
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Once again, the jumping events have upheld the reputation of Cuban athletics on the world stage — this time in the triple jump, a discipline backed by decades of sustained, solid work.

While Pedro Pérez Dueñas might have once seemed like an isolated phenomenon, since the 1990s, the combined efforts of coaches, specialists, and an endless stream of talent have kept this event thriving.

The legendary trio of Yoelbis Quesada, Yoandry Betanzos, and Yoel García brought us podium finishes across all levels during that era, and the strong commitment to this discipline remains steadfast today.

That unforgettable Cuban-dominated Olympic podium in Paris 2024 is still remembered fondly, even though none of those athletes now compete under our flag.

Although with less fanfare, the women's side also had its standout

performers, including Yargelis Savigne, who once held her own among the global elite. Now, Leyanis Pérez and Liadagmis Povea are reviving that pride.

They came off a challenging season, falling short of expectations at the main event — especially Leyanis. Yet, in sports as in life, you have to turn the page when things go wrong and try again. Throwing in the towel is for cowards.

Both athletes bounced back impressively at the recently concluded World Indoor Championships in Nanjing, China, where they clinched a spectacular 1-2 finish in the women's triple jump.

Remarkable jumps of 14.93 and 14.57 m, respectively, secured them the top spots on the global podium. Notably, Leyanis's jump stands as the world's best mark this season, putting her once again on the verge of the elusive 15-meter barrier — her most persistent goal.

Both hailing from Pinar del Río, these two athletes have kicked off the new Olympic cycle on the right foot and are sure to make headlines as we approach Los Angeles 2028.

On the men's side, Lázaro Martínez couldn't replicate past glories this time. Despite arriving as the reigning champion from Belgrade 2022, his season had been underwhelming, with a best jump of just 17.12 meters.

In Jiangsu's Sports Training Center, the Guantanamo native managed only one valid attempt — a disappointing 14.04 m — leaving him 13th out of 15 competitors, far below his true capabilities.

Bad days happen to everyone. As the women demonstrated, it's essential to hold your head high, wipe the slate clean, and push forward. Plenty of competitions lie ahead for him to bounce back.

What remains undeniable is the enduring prestige of Cuba's triple jump program, which, despite facing the same challenges as other sports, continues to produce medalists of all colors on the world stage.

**Translated by Sergio A. Paneque Díaz / CubaSí Translation Staff**