

Written by John Crumlish
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2008 Olympic bronze medalist Benoit Caranobe is headed toward his fourth surgery on the ankle he injured in 2010, but remains hopeful for an Olympic appearance this summer.

As 2008 Olympic all-around bronze medalist **Benoit Caranobe** of France prepares for his fourth surgery since he injured his ankle in 2010, he told IG he is frustrated but hopeful as he prepares for this summer's Olympics in London.

"The feat of the Olympic Games and the course of my career in gymnastics are very strongly compromised," he said. "My injury doesn't allow me to train 100 percent and this bothers me in my life, every day."

Caranobe tore his right Achilles' tendon, tore the tendons and ligaments in his right ankle, and fractured the right ankle bone on floor exercise at the 2010 Worlds in Rotterdam. He said he is still limited in power and mobility.

"I train a lot on four apparatuses, but without dismounts," said the 31-year-old Caranobe, who is also the proprietor of "Dix sept sur vin," a wine shop in Noisy le Grand. "I can't run or walk normally to this day."

Caranobe said he has faith in the French team's prospects for the London Games, whether or not he is able to contribute to its success.

"For me the team will be very strong in every respect because there are a lot of talented gymnasts in France," he said. "Our captain, Yann Cucherat, is the pillar of the team."

Despite Caranobe's personal setback, he is optimistic that he can eventually return to top form.

"Because of my injury, I can't project into the future," he told IG. "But I remain very motivated in case my ankle recovers."

Benoit Caranobe is featured in the following issues of International Gymnast magazine:

April 2009: "Uncorked" (Caranobe interview)

October 2008: 2008 Olympic Games special issue

May 2004: "Taking Success in Stride" (Caranobe profile)

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