

HISTORY OF O . E . C . S .



ATHLETICS
BY REY O'NEAL

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INDIVIDUAL SCORE LEADING IN MEN'S EVENTS ARE:

Zepherinus Joseph – LCA – 36

Kurt Felix –GRN -31

Adonson Shallow – VIN – 30

Alleyne Lett – GRN – 29

Dominic Johnson – LCA – 28

Pamenos Ballantyne – VIN – 27

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INDIVIDUAL SCORING LEADERS IN WOMEN'S EVENTS ARE:

Colleen Felix – GRN – 32

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O.E.C.S ATHLETICS

By: *Reynold O'Neal*

The OECS (Organization of Eastern Caribbean States) is a grouping of small Caribbean countries that, while having no direct political association, cooperate with one another in a number of different areas, including sport. The OECS Sports Desk organizes or finds sponsorship for a number of sporting events. The OECS Track and Field Championships were perhaps the OECS event with the highest profile and although athletes from the member countries obtained major individual success after the demise of the meet the absence of the competition has left a void in the regional development programme.

The countries which comprise the OECS include four from the Windward Islands- Dominica, Grenada, St. Lucia, and St Vincent and the Grenadines; and five from the Leeward Islands – Antigua and Barbuda, St Kitts and Nevis, Montserrat, the British Virgin Islands and Anguilla. Actually Anguilla joined the grouping after the last OECS championships were held.

The driving force behind the OECS Championships was Joseph “Reds” Perreira, the sports coordinator at the OECS sports desk. He was able to use his connections established as a regional sports personality, largely as a cricket commentator, to obtain sponsorship and concessions from a number of multi-national companies operating in the region. Texaco, through its Barbados office, underwrote the cost of staging the championships and a 50% rebate on airfares from LIAT, the regional carrier; make it possible for the delegations to be more representative than would otherwise have been the case.

Unlike other competitions in the region, participating teams did not have to pay an accommodation levy and there could be no valid complaints about the standards of housing, meals or transportation. The OECS championships filled an important role in that they made possible the continued participation in the sport of several athletes whose careers might otherwise have ended when they became no longer eligible for the Carifta Games. At the OECS meet they were able to take part in well-organised competitions in which the standards were less daunting than the Central American and Caribbean Championships, which in any case were only held in odd-numbered years.

Of the five OECS Athletics Championships two were held in Grenada and one each in Antigua, St Kitts and St. Lucia. All were held on grass tracks less than the standard 400 metre circumference except for the Warner Park facility in St. Kitts.

By the third championships several coaches from American colleges had begun to take notice of the meet and recruitment of athletes like Diane Dunrod of St Kitts and Jerome Romain of Dominica could be directly linked to their performances at the OECS Championships. Additionally, incentives for good results were provided by the opportunity for the winners to compete at the Texaco Games in Barbados, at the time one of the biggest invitational events in the region.

Participants at the OECS Championships ran the whole gamut of athletic experience. There were athletes who had returned home after completing university studies, several athletes who would venture south from their American colleges, home-based competitors who had not ventured afield and a large number of junior athletes, especially in the longer track events for women.

The standard of competition varied from event to event. Member countries tended to concentrate on events of traditional competence. Thus it was that Antigua and Barbuda tended to score best in the men's sprints and horizontal jumps, Dominica in the throws, St Lucia in the distance races, the British Virgin Islands in the high jump, St Kitts in the relays. Grenada then as now, tended to have the

greatest balance.

Will the OECS Championships ever resume? Who knows? The probability is not great, though, as the circumstances that surrounded their success have changed. The cost of travel has become prohibitive in many cases and with an expanded regional calendar, many of the smaller countries have to choose very carefully the competitions in which they wish to have their athletes participate.

On the positive side, the quality of the facilities in the OECS have improved immeasurably. Grenada was the first to boast a certified all-weather track, followed by the British Virgin Islands, St. Kitts and Nevis and St Lucia. The standards of the stadia vary widely but each country has hosted a regional championship event of some magnitude. Antigua and Barbuda, the first to actually install an all-weather track has not gained certification but has hosted Leeward Islands senior championships.

In the absence of the OECS championships a few invitational events have helped to keep the sport in the public eye. Grenada continued the Whitsuntide Games, a meet with a tradition dating back to the 1950's. The British Virgin Islands hosted an invitational meet annually except, at times, in years when the country hosted a Leeward Islands event. Several of the other islands have also invited their neighbors to take part in their national championships.

Improved and more specialised coaching expertise has also paid off with improved athletic performances. Since 1991 OECS athletes have won medals at every major international championships for which they have been eligible with Kim Collins of St Kitts and Nevis and Grenadians Alleyne Francique and Kirani James being able to call themselves World Champions in outdoor or indoor competition. There have been gold medals at the C.A. C Games, World Student Games, Pan-American and Commonwealth Games. The only blank space remains the Olympic Games.

In the following pages there are listings of the best performers from OECS countries in the various Track and Field events, lists of medalists at international competitions, a brief history of the Sport's best representatives in the member countries and a look at the comparative strengths of athletics in the territories of the sub-region.



ANGUILLA



Anguilla was the last of the OECS countries to join the regional group. Consequently Anguilan athletes were absent during the six years of the OECS Championships (1986-1991). In fact their athletes were barely seen in competition outside the Leeward Islands.

In 1989, Anguilla was represented for the first time at the Central American and Caribbean Senior Championships and sprinter Rosanna Browne made it to the finals of the 200 metre dash. Trevor “Ras Bucket” Davis was a semi-finalist in both the 100 and 200 metres. Davis, one of the leading home-based sprinters in the Leeward Islands for several years was a five-time competitor at the World Championships in Athletics between 1983 and 1997.

As in many of the smaller Caribbean countries Anguilla’s athletes who had shown promise as juniors tended not to continue into the senior ranks, largely because of lack of competitive opportunities. A few made some impact, mainly at the Leeward Islands level. Among them were sprinters Desiree Cocks, Tim Brooks and Kirthley Richardson. Richardson, the national record holder in the 400 metre dash had a brief sojourn at Central Arizona College, but called it a day before realising his considerable potential. Another who would have been expected to go further was 800 metre runner Vernal Gumbs who missed making the C.A.C final in San Juan in 1989 by a hundredth of a second.

In the middle of the first decade of the 21st century, Shara Proctor appeared on the regional scene. Coached by her mother, Wilma, Proctor had an exceptional career as a junior, winning two gold medals and one silver medal in the long jump at the Carifta Games between 2005 and 2007, adding a bronze at the C.A.C Junior Championships in 2006. Perhaps more significantly she became her country’s first global finalist with her sixth place finish at the World Youth Championships in 2005. Proctor moved on to the University of Florida where she had an outstanding collegiate career, capped by a third place result indoors in the long jump in 2010. Disappointed with a fifth place finish in the long jump at the N.C.A.A. Outdoor Championships, she upset the form charts with a bronze in the triple jump, an event in which she has never competed internationally.

Unlike her predecessors Shara Proctor has had an even more successful senior international career. She followed a silver medal in the long jump at the 2008 C.A.C Championships with a gold at the same meet in 2009. At the 2009 World Championships her sixth place finish was the best result ever by an OECS female at an outdoor global event. In 2010 she took the long jump title at the NACAC under-23 championships.

Shara's younger sister, Shinelle Proctor, won a bronze medal in the high jump at the 2009 Carifta Games. She later became a student-athlete at the University of Illinois.



ANTIGUA &



BARBUDA



Brendan Christian

Antigua and Barbuda has often been the pioneer among the OECS countries in many aspects of track and field. The first international medalist from the sub-region came from the two-island State. Antiguanians were also the first to compete at the Olympic Games and the first to install a synthetic track.

The first Antiguan athlete to make his mark internationally was Lester Bird, later to become his country's Prime Minister. Bird had distinguished himself in cricket as an outstanding fast bowler and had also played football for his country. Bird gained an athletic scholarship to the University of Michigan and in 1959 won a bronze medal in the long jump at the Pan-American Games in Chicago. He was then a member of the team that represented the (British) West Indies Federation but was not selected for the Olympic Games in Rome in 1960, the only time a combined team has represented the countries of the Commonwealth Caribbean.

In the early 1960's, the main meets available to athletes from the smaller islands were the Southern Games in Trinidad and the British West Indies Championships. At the Southern Games, Antiguan athletes were fairly often among the medalists. Discus thrower Henry Greaux, a policeman who was also a national goalkeeper, won the gold medal in 1962 and shot putter Wesley Barrow won gold and silver medals in 1965-66. The undoubted star among the Antiguanians was high jumper Ivor Bird, younger brother of Lester, who won in 1965 and 1966. In 1965, he led all jumpers in the CAC Region with his leap of 2.01 metres (6' 7"). Another Antiguan high jumper, Emelda Lewis, also took gold at the Southern Games in 1969 and incredibly no Antiguan woman has since gone higher than her 5'0" clearance.

Each of the athletes mentioned but for Emelda Lewis and Lester Bird (away at University) were medalists at both the British West Indies Championships and the Southern Games. Erminie Davis won two high jump bronzes and another in the 80 metre hurdles at the West Indies Championships in 1959-60, but never competed internationally thereafter.



Heather Samuel

At the end of the 1960's, two athletes who would represent their country for several years emerged on the scene. Fred Sowerby made his international debut as a 17 year old miler at the British Empire (Commonwealth) Games in Kingston, Jamaica. Shortly thereafter he took his talents to Murray State University in Kentucky, U.S.A. Moving down in distance he became one of the leading indoor runners in the United States in events ranging from 400 to 800 metres. A member of the first Antigua and Barbuda Olympic team in 1976, he was a bronze medalist in the 4 x 400 metre relay while rep-

resenting the Americas team at the 1977 World Cup. He still holds the Antigua and Barbuda records for the 400 metres and the 400 metre hurdles. Calvin Greenaway first made a regional impact when he captured the junior long jump title at the Southern Games. Most of his major results were attained while a student in England in the early 1970's, during which time he set the national records in the pole vault and decathlon.

Like Sowerby, Greenaway was a member of Antigua and Barbuda's first Olympic Team in 1976. They were joined by two sprinters

who had followed Sowerby to Murray State, Cuthbert Jacobs and Everton Cornelius. Cornelius was actually primarily a long jumper whose first international junior competition had yielded a gold medal in the pole vault at the Carifta Games. Jacobs' 200 metre best of 20.7 seconds was the fastest to that point by an OECS athlete. The team also included British-based 110 metre hurdler Conrad Mainwaring, as well as Paul Richards and Elroy Turner who both ran in the two relays. The final member of the athletics team was triple jumper Maxwell Peters, the first of several Antiguanians to make an impression on the American collegiate scene in that event. Two other Antiguan athletes with credible careers in Europe at the end of the 1960's into the early 1970's were shot putter Edward Byam, who ranked second among CAC throwers in 1989 and Reynold Edwards, the first known OECS triple jumper over 49 feet/ 15 metres. Neither would be active in the late 1970's when Antigua and Barbuda made their debut at the CAC Championships.

The late 1970's saw Antigua continue its success in the pole vault at the regional Junior level with Andy Christian winning the Carifta Games title in 1977. Christian was an exception-

al athlete who would go on to represent his country internationally in basketball and football. A year later another Antiguan shone at Carifta. Alfred Browne won both the long and triple jumps. That would however be his last hurrah as a jumper, as he transformed himself into a 400 metre runner at University and won a CAC Championships bronze in the one lap event in 1981.

The beginning of the 1980's saw a change in Antigua and Barbuda's fortunes. Female athletes had been largely absent from the country's teams in the previous decade. In the early 80's, a group of outstanding females entered the picture. They were led by Ruperta Charles and Joycelyn Joseph with support from Laverne Bryan, Monica Stevens, Terri Julien and others. Charles in 1980 recorded an astonishing performance at the CAC Junior Championships with wins in the 100m, 200m and long jump and a bronze in the 400. Her results were unspectacular but she was not easy to keep off the victory stand when she was at her best. Joycelyn Joseph was the first OECS female to win a medal at the CAC Championships at the senior level, doing so in the 400 metres in 1985, a year in which she represented the Americas in

the 4 x 400 metre relay at the IAAF World Cup. A major force at both the 400 and 800 metres at OECS Championships, she later represented her country in the 200 metres at the 1988 Seoul Olympics. Laverne Bryan was the best middle distance runner in the OECS in the early to mid-eighties and was in a sense a forerunner of the generation of late 1990's runners produced by Antigua and Barbuda whose impact would continue into the early years of the 21st century.

It was not all "woman power" in the 1980's though. From the early 1980's to the end of the decade Lester Benjamin would stamp his name as the best combination long and triple jumper produced to date by any OECS country. An outstanding sprinter-jumper at a junior level, Benjamin would go on to earn All-America honours at the University of Georgia. Primarily a long jumper for his university, Benjamin's greatest international success generally came in the triple jump.

Antigua and Barbuda actually stood out among the OECS countries in an area largely ignored by most – "cross country." Between 1983 and 1991 Antiguan athletes twice won team med-

als in the men's competition and five times in the women's at the CAC Cross-Country Championships. Athletes like Charmaine Joseph, Christine Simon and Fitzroy Browne were regularly among the leaders but the only individual medalist was Joycelyn Joseph, who took bronze in 1983.

The late 1980's saw the emergence of several new stars who made Antigua and Barbuda the most successful team at the OECS Championships except for Grenada. Dale Jones had first made his name in the early 1980's with impressive performances at the 800 and 1500 metres and also ranks among the top ten O.E.C.S. runners of all time at the 5000 metres. His resume includes medals at the two-lap event at the C.A.C. Games.

Antigua and Barbuda usually were well represented at the OECS meet in the sprints. Lester Benjamin and Bernard Whyte and later Harry King were among the best in the shorter dashes. The latter two would unfortunately be among the prototype of a "one and done" phenomenon that would bedevil Antigua's athletics for many years to come. This involved athletes of Antiguan origin who had already achieved some level of suc-

cess in the metropolitan countries where they lived opting to represent Antigua and Barbuda, but disappearing from the scene as suddenly as they had appeared. Others to follow this path would be Barbara Selkridge (400 metres) Kim Certain (400 and 800 metres) and, also among the men, hurdler Randy Gillon. Antigua would also show well at the OECS Championships at 400 metres, largely through the efforts of Howard Lindsay and Mitchell Browne. Lindsay, like Kenmore Hughes and Quincy Anthony after him, was a talented one-lapper who lacked the "something extra" to challenge Fred Sowerby's national record. Browne, who began as a 800-1500 metre runner, later turned to the 400 and 200 with some success but largely fell into the same category as Howard Lindsay et al. Other than Dale Jones, whose career spanned the early eighties to mid-90's the two brightest stars in the Antigua and Barbuda athletic firmament as the 1980's rolled into the nineties were jumper James Browne and sprinter Heather Samuel. Browne had no strong junior record to speak of but at Abilene Christian University in Texas he became a multiple Division II N.C.A.A. All-America in the long and triple jumps. He surpassed Maxwell Peters' long-standing national record in the

triple jump and trails only O.E.C.S. greats Randy Lewis of Grenada and Dominica's Jerome Romain in the all-time O.E.C.S. rankings in that event.

Heather Samuel, who upset the favored Jamaicans to win the Carifta Games 100 metre dash in 1989, would go on to represent her country with honour until 2003. She never quite made it to the top at the global level but regionally was one of the best, having won medals at the C.A.C and Pan-American Games and owning a complete set of medals (gold, silver and bronze) from C.A.C Championships. Undoubtedly, Samuel whose national records have included the 100, 200, 4 x 100 metre relay, 4x 400 metre relay, discus and javelin throws, must rank among the greatest OECS female athletes ever.

The early to mid 1990's unearthed no major new talents except for sprinter Sonia Williams and middle distance runner Charmaine Thomas. Both excelled as juniors but must have felt disappointed not to have continued their success as senior athletes. Middle distance runner Elliott Mason enjoyed limited success as a collegiate athlete and he eventually turned his athletic attention to the Triathlon.

The end of the 1990's and the early years of the 21st century represented the golden years of middle distance running for Antiguan women. The biggest star was Janill Williams whose thirteen individual Carifta Games medals, including twelve (12) gold far outstrips any other OECS athlete. She also scored an unusual double at the Pan-American Junior Championships in 2001 with wins in the 800 and 5000 metre events. Although Williams' junior career spanned seven years, her only senior regional medal, a silver, in the 1500 meters at the CAC Championships, was achieved in 1999 when she was only 15 years old.

Not as accomplished as Janill Williams but top regional performers in their own right were Stacy Quashie and Nerissa Pelle who, like Williams, did well at events ranging from 800 to 3000 metres, although each was strongest at 1500 meters. An interesting case was that of Amanda Edwards. Somewhat younger than the others, she finished just outside the medals in the 3000 metres at the Carifta Games in 1999 but returned several years later to win gold medals in the javelin throw both in the under -17 and under-20 age groups, establishing a Leeward Islands record in the process.

The Antigua sprinters, except for Heather Samuel and to a much lesser extent, Sonia Williams, had achieved little for several years. The best of the crop that surfaced in the 21st century have been Anika Jno-Baptiste in the short sprints and Afia Charles, daughter of Ruperta, in the 400 metres. The male stock has improved greatly with the advent of Christian and Daniel Bailey. Christian, the son of the 1976 Olympic cyclist, Donald Christian, grew up in Texas and hit the jackpot in his first representative competition for his native land when he finished second behind Usain Bolt in the 200 metres at the 2002 World Junior Championships. The medal was Antigua and Barbuda's first at any global championships. His subsequent career has had its ups and downs but the Ups have been significant. In 2007, he became the only OECS athlete to have won a gold medal at the Pan-American Games, backing up his 200 metre gold with a bronze in the 100 metres. He was ranked ninth in the world in the 200 metres in 2008 and when at his best is capable of reaching the final of any major event.

Daniel Bailey first hit the headlines as an 18 year old in 2004 when he won the 100 metre

dash at both the Carifta Games and CAC Junior Championships and finished fourth in the 100 at the World Juniors. The following year he duplicated his Carifta 100 metre win and upgraded his 2004 silver medal in the 200 metres to gold. He also took bronze at the Pan-American Juniors. Curiously, that would be his last major appearance in the 200, the event in which he had finished 4th at the 2003 World Youth Championships. A move to the High Performance Training Centre in Jamaica continued to yield good results. A silver medal in the 100 metres at the 2008 CAC Championships was followed in 2009 by another global fourth place at the Berlin World Championships. 2009 was the year in which he established himself as one of the world's elite sprinters, with six 100 metre clockings under 10 seconds. In 2010, he finally mounted the podium at a global event when he placed third at the World Indoor Championships in the 60 metre dash. He confirmed his class outdoors with silver medals in the 100 metres at the CAC Games and the I.A.A.F Continental Cup.

The other leading figures in present day Antigua athletics are field-eventers. There had been a long drought in the men's high jump that stretched

back to the era of Ivor Bird in the mid-1960's. In 2005 James Grayman emerged as the sub-region's best. In 2007, he set an OECS record with a leap of 2.27 meters (7 feet 5 ¼ in). Based in Cuba for a few years he scored a win at the CAC Championships in Havana in 2009. In the triple jump, the cupboard had also been fairly bare for several years. In 2003, Ayata Joseph took silver at the Pan-American Junior Championships with a 16.29meters leap, the best placing by an Antiguan in this event at a major international meet. Joseph, who also dabbled in the long jump, won five Carifta medals, four of them gold. Unfortunately he never improved his junior best although he has been competitive at the Senior regional level, perhaps because he has always been home-based in an area where high level competitions for field eventers are few.

Except for Amanda Edwards' two Carifta golds in the javelin throw, performances by female Antigua and Barbuda throwers have been rare at any level. In 2010, Althea Charles made her debut as an Antiguan international. A student in Boston in the U.S.A., she has moved to fourth on the All-Time OECS shotput rankings and second in the hammer throw. She looks likely to set new OECS records in both events in the near future.



Daniel Bailey

THE BRITISH-



The British Virgin Islands' path to international track and field followed the same route that many of the smaller Caribbean countries had taken – the Texaco Southern Games in Trinidad. Their most talented athlete, Dale Abrahamson made an immediate impression, winning a bronze medal in the 800 metre run in 1971 and in so doing defeated all but one of his regional opponents.

Competition for the next few years was limited to the Leeward and Virgin Islands. In 1974 the first BVI Invitational meet was held and it has continued in some form until the present day, although often upstaged by a Leeward Islands Championships events.

In 1975, the British Virgin Islands made their first appearance at the Central American and Caribbean Championships. A very young and inexperienced team would obviously have been over their heads against the region's elite but Rose Phillips managed the delegation's best placing with 8th in the Long Jump. Phillips, just 16 years old, was at the time probably the leading female sprinter in the "small islands"



Keita Cline

The following year saw the B.V.I.'s debut at the Carifta Games. The leading performer was 400 metre runner Dean Greenaway who finished 5th with a sub- 49 second clocking that he parlayed into an athletic scholarship later in 1976. Two years later he

became the first B.V.I athlete to win a Carifta Games medal when he took second in the 400 at the Games in Nassau.

In the years between 1971 and 1980 most of the British Virgin Islands athletics representatives were either juniors or ath-



VIRGIN

ISLANDS

letes in their early twenties. In this regard they mirrored their counterparts in the other OECS countries as there were few opportunities for competition below the top regional level. In 1979, Greenaway and 800 metre runner Jerry Molyneaux participated in the C.A.C Championships in Jalapa, Mexico and both did credit to themselves. Greenaway's bronze in the 400 metres was the first won by a BVI athlete at a Senior Championships event. Molyneaux established a new national record in finishing 5th in the two-lapper.

Following the performances of 1979 moves began to form a National Olympic Committee, in the absence of which there could be no BVI representation at the Central American and Caribbean Games, Pan-American or Olympic Games. To that point Antigua and Barbuda had been the only country from the grouping that would form the OECS, to have participated in the Olympic Games (Montreal, 1976). In 1982 the British Virgin Islands and Grenada debuted at the Central American and Caribbean Games in Havana with their first Olympic appearance to follow in Los Angeles two years later.

In 1983, the Virgin Islanders had been represented at the inaugural I.A.A.F World Championships, by Dean Greenaway and Rose (Phillips)

King. In 1987, the sole representative was the British-trained decathlete Paul Hewlett, who had set an OECS record of 6,609 points at the Pan-American Games. Also in 1987 the first OECS Championships were held in Grenada. Over the five year lifespan of the event, gold medals were won by sprinters Lindel Hodge and Dean Greenaway, and high jumpers Karl Scatliffe (twice) and Raymond Solomon. The high jump was at the time the event at which the British Virgin Islands were strongest and produced the only OECS Championships medal won by a female, a bronze by Erea Smith, only 14 years old, in St. Kitts in 1989. The leading female athlete of the early 1980's, Patricia Archibald, had recorded creditable performances in the high jump, 100 metre hurdles and 400 metre hurdles as a high schooler in Florida but ended her career prior to the inception of the O.E.C.S. meet.

In 1989, Karl Scatliffe became the first high jumper from the OECS to clear 7 feet (2.13 metres). He was joined a year later at that mark by his cousin Raymond Solomon. Scatliffe, with a bronze in 1993, was also the first high jumper from the sub-region to win a medal at the CAC Senior Championships.

In the last year of the OECS Championships, 1991, Keita Cline won a bronze medal in the

triple jump at the age of 16. Earlier that year he had won the first of three consecutive long jump gold medals at the Carifta Games to go along with a gold and bronze in the triple jump, and a bronze in the 200 metre dash. Cline remains one of the most successful athletes ever at Carifta.

Cline moved on to the University of Minnesota while still only sixteen and during his stay there he gained All-America honours in both the long and triple jumps. He also became his country's first male medalist at the CAC Junior Championships when he took silver in the long jump and bronze in the triple jump in Honduras in 1992. Also on the podium at that meet was 400 metre runner, Tracy Bradshaw, who thus became the BVI's first female medalist at an international competition. She won a scholarship to Northern Arizona University where she became a Conference champion indoors and also would be the first BVI female athlete to compete at an N.C.A.A Championship, albeit in the indoor 55 metre dash rather than her preferred 400 metres.

The mid-90's saw more BVI athletes go off to the United States on athletics scholarships organised and funded by the BVI Olympic Committee. Several gained All-Conference honours but few made an impact at the National level in the United States or in individual events regionally. At the 1996 Olympic Games in Atlanta, two national athletes achieved the stringent qualifying standards – Keita Cline in the long jump and his cousin Greg Rhymer in the 800 metres. Rhymer, the first of the diaspora to represent the British Virgin Islands internationally, had earned All-America honours at Eastern Michigan University. At the Leeward Islands Championships on Tortola a month before the Games he dominated the middle distances and shared "Outstanding Male Athlete" honours with Cline. Not on that Olympic team but a significant figure in BVI athletics was Virgin Gorda's middle distance runner Anderson Legair who set national records in the 5000 metres and the 3000 metre Steeplechase that still rank high on the OECS all-time list

As the 1990's wound down two new names came to the fore. Steve Augustine had earned the reputation of being the most versatile runner in the BVI High School's history but he made his mark as a 400 metre hurdler at Central Arizona College where he earned All-America honours and set an OECS record. Later to develop was Dion Crabbe, who had first shown promise as a high jumper good enough to place fifth at the CAC Junior

Championships, after winning the same event at the CAC Age-group meet several years earlier. Crabbe followed Augustine to Central Arizona where he also became an All-America. In 1999, he won a bronze medal in the 200 metres at the CAC Senior Championships in Barbados, the first CAC Championships medal on the track by a BVI athlete since 1979.

In 1999, Sam Noel followed Karl Scatliffe and Raymond Solomon as the BVI's third seven-foot high jumper. Tahesia Harrigan, who had made her national debut as a 16 year old at the CAC Juniors in 1998 also competed at the senior event in Barbados a

year later, becoming a CAC finalist in the 100 metres, continuing a string of CAC successes that has continued to the present day.

The year 2000 saw the appearance in national colours for the first time of Eric Matthias, who would go on to become one of the leading throwers in the OECS. A bronze medal in the discus throw at the Carifta Games' under 17 category was followed that summer by a gold at the corresponding CAC Junior event. Matthias, a versatile thrower, ranks in the OECS all-time top five in the shot put, discus throw and hammer throw.

In 2002, Tahe-



Tahesia Harrigan

sia Harrigan became the first BVI female to earn All-America recognition when she won a silver medal in the 60 metre dash indoors for the University of Minnesota. In 2008, she would win a bronze in the same event at the World Indoor Championships. Harrigan, as the years went by carved a niche for herself as the best 100 metre runner of all time from the OECS. Besides her indoor success she was also a semi-finalist in the 100 at the World Championships in 2009, twice a gold medalist at the CAC Games, and winner of a gold and a silver medal at the CAC Championships, a fourth place at the Pan-American Games in 2007 and two fifth place finishes at the Commonwealth Games. Her performances in 2010, which included a win at the C.A.C. Games in Mayaguez, P.R. earned her a 10th place ranking for the year in the 100 by the international Association of Track and Field Statisticians.

The early years of the 21st century were also good ones for some male British Virgin Islands sprinters. Dion Crabbe had won bronze medals in both sprints at the inaugural NACAC Championships in 2000. A down year for him followed in 2001 but Keita Cline won his first medal at a CAC Senior Championship when he placed third in the 200 metres in Guatemala. 2002 showed Crabbe at his best. He earned All-America honours in both sprints and his 20.30 clocking in the half-lap event ranked him in the World Top-20. He closed out his season with a victory in the 100 at the CAC Games, his country's first in any sport at a multi-sport competition.

The middle of the decade saw a new phenomenon in BVI athletics – the rise of the female athletes. While Tahesia Harrigan was making her impact abroad a group of under -17 girls were beginning to make their presence felt at the regional level. The first to make her mark was Chantel Malone who won Carifta medals in both horizontal jumps at the 2005 Carifta Games while only thirteen years old. She would go on to win seven Carifta medals, all in the under – 17 age group. The next Carifta medalist would be Shanice Hazel, who won a silver medal in the under – 17 100 metre dash, thus far the only 100 metre medal by a BVI female athlete not named Tahesia Harrigan. Hazel, 14 years old at the time, also sparked at the 2007 World Youth Championship where she finished ninth overall in the 100 despite being the youngest competitor at the meet. The sprint medley team of Hazel, Ashley Kelly, Britney Wattley and Malone, none older than sixteen, also showed well, beating the Chinese, South Africans, and ath-

letes from several other more heralded quartets.

Malone earned a scholarship to the University of Texas in January, 2008 just after her sixteenth birthday. She set new national marks in the long and triple jumps at Texas that year and at home that summer would add national bests in the 400 metres and high jump. At the World Junior Championships that year she competed only in the 400 metres and became her country's first semi-finalist at that level. Also beginning to emerge were Ashley Kelly in the 400 metres and Samantha John at 800 metres.



Chantel Malone
GOLD Medalist

Success for the male athletes during this period was sporadic although there was reason for hope. Javelin thrower Omar Jones had twice been a medalist at the CAC Junior Championships, once in the under-17 and later in the under-20 category. Following the well-worn path to Central Arizona College, he became the first from his country to be crowned National Champion when he captured the Junior College title in 2009. Hampered by injury a year later he nonetheless repeated as a JUCO All-America with the spear.

The other particularly promising male athlete of the last few years has been Keron Stoute. A good enough decathlete to have finished second in the Connecticut State High School Championship in 2009, Stoute, who three times cleared 2.09m (6' 10") indoors in the high jump, shone in indoor meets in 2010, several times scoring triple victories in the high jump, long jump and 55 metre hurdles.

The Collegiate career of Chantel Malone really took off in 2009 when she became the first N.C.A.A Division I champion from the B.V.I. in any event ,anchoring the victorious Texas 4 x 400 metre relay quartet at the outdoor meet. She also gained All-Conference honours in both the long and triple jumps. Ashley Kelly had taken her talents to the University of Illinois where she would make the gradual transition to being a 400 metre specialist and by July the change had borne fruit with solid performances in both the individual event and the relay at the C.A.C Championships in Havana. Home-based Samantha John broke the national record in the 800 metres three times and moved to 7th position on the OECS all-time list. She joined with Kelly, Malone and Dominique Maloney to place 5th in the 4 x 400 metre relay at the CAC Championships.

2010 may have been the most successful year for BVI women in athletics to date. Harrigan repeated as CAC Games champion in the 100 metres and was a finalist in both the World Indoor 60 metres and the 100 metres at the Commonwealth Games. Malone set outdoor national records in the 400 metres and long jump while Ashley Kelly set one in the indoor 400 metres. Kelly gained Big-10 All-Conference honours both indoors and out, as did Malone and sprinter Karene King of Portland State University. Malone also gained All-America recognition. At the CAC Junior Championships Malone won the 400 metre dash and placed second in the long jump. Kelly was a close 4th in the one-lap event. Competing in their last competition as juniors, Kelly and Malone experienced mixed fortunes at the World Junior Championships. Ranked twelfth in the world before the meet in the 400 metres, Kelly never got into her running and went out in the heats. Malone entered the meet ranked second among the World's juniors in the 400 and third in the long jump. She won both preliminary rounds in the 400 but faded to 8th in the final after leading at 300 metres. In the long jump she led the qualifying round but was relegated to fourth place in the final. Still her unusual track (400) and field (long jump) double made her the first finalist in both events at any level of I.A.A.F Championships.

The final major achievement and perhaps one of the least expected by the BVI women came in the 4 x 100 metre relay at the BVI Invitational meet where Kelly, Harrigan, Malone and King upset a powerful St.Kitts and Nevis quartet that included three members of the quartet that had won the C.A.C Championships in Havana a year earlier. The BVI team became the only country other than St.Kitts and Nevis to record an OECS All-time top 10 performance in that event.

DOMINICA



Dominica has had its share of athletes of international class and can lay claim to a number of “firsts” for countries of the OECS sub-regional group. Although all the small islands were hampered by the absence of facilities until the turn of the 21st century, Dominica was probably negatively affected the most.

Dominica was the first island from the Commonwealth Caribbean to produce an athlete of international class in a throwing event. As it was for many athletes from the Eastern Caribbean in the 1960’s and 1970’s, the Southern Games in Trinidad represented the pinnacle of athletics exposure. The Dominican javelin thrower, Ben Laville, proved his class there, twice winning his specialty against the best throwers that the British Caribbean had to offer. With Dominica never participating at the British West Indies Championships and the CAC Championships still a few years away, he never again competed in the region and in the mid -1960’s went to the United States on an athletic scholarship. He quickly established himself as one of the leading “small college” javelin throwers in that country. He reached his peak in 1968 at the age of 29, when his top mark of 261 ft 5in (79.86metres) ranked him #40

in the world and second in the Central American and Caribbean region to Cuba’s Aurelio Janet.

There was limited extra-territorial athletics activity for most of the islands until the introduction of the OECS Championships. Dominican athletes had limited impact in the first two meets but thereafter became a considerable force. Athletes like Steve Agar, Bruce Phillip and Carmel Waldron were at universities in the United States and would prove quite a handful for their regional counterparts at the OECS meet. Of the home-based athletes sprinter Hermin Joseph was the top female in the sub-region while two sets of brothers (Cedric and Austin Harris in the middle distances, and Bryan and Curtley Bynoe in the shot put and discus throw) would be consistent point scorers. In 1991 two newcomers of significance appeared – the powerful javelin thrower Lisa Casimir and triple jumper Jerome Romain. However, while Casimir became a useful rather than dominating athlete as was expected of her, Romain went on to far greater things.

In 1991, Dominica appeared for the second time at the CAC Senior Championships. Carmel Waldron won his country’s first international medal with silver in the 400 metres, two places ahead

of his teammate Bruce Phillip, a former N.C.A.A outdoor second-placer in that event. Agar did not compete at the CAC meet but was already in the process of establishing himself as the leading 1500 metre runner in the English-speaking Caribbean.

Also in 1991, Romain made the first of four appearances for Dominica at the IAAF World Championships, and it would be the only one in which he failed to reach the final. In 1993 he finished 11th in the triple jump and he was 6th in 1997. In 1995, though, he followed up his Pan-American Games silver with a bronze at the World Championships in Goteborg, Sweden. This was the first global medal ever won by an OECS athlete. Romain's trophy case would also include two gold medals in the triple jump and a long jump silver from the CAC Championships.

In 1996, Dominica made its Olympic debut with most of its leading athletes of recent years available except Phillip and Waldron. Undoubtedly the star was Dawn Williams who twice broke the two-minute barrier in Atlanta—an achievement only Cuban and Jamaican athletes among CAC competitors could claim at the time. The following year Williams won the U.S Collegiate indoor 800 metre Championship, but after one World Championships appearance in 1997 called it a day. Hermin Joseph, who had enjoyed a successful stint at Abilene Christian College in Texas also closed that chapter in Dominica's women's athletics at that time.

Dominica had traditionally placed more emphasis on the throws than have most of their island neighbours. In 1999, Isabella Charles with a silver medal in the shot put became her country's first female international medalist when she achieved the milestone at the CAC Senior Championships in Barbados. Three years later Charles captured a bronze medal in the shot put at the CAC Games in El Salvador, once again becoming the pioneer among her female compatriots.

Other Dominican throwers who made their mark at the Junior level were javelin competitors Sabina Christmas and Catherine Stoute. The latter was also a shot putter of considerable ability who actually surpassed Charles' national record.

Stoute also dabbled in the heptathlon but her efforts have been eclipsed by new star Chelsey Linton, who won the event at the CAC Junior Championships in Santo Domingo in July, 2000.

The men of Dominica have fared even better in the throws. Tyron Benjamin followed a silver medal at the N.A.C.A.C under-23 Championships in 2007 with a bronze at the CAC Championships in the shot put in 2008. More significantly, in January, 2010 at an indoor meet in New York he became the first OECS shot putter to break the 18 metre and 60 foot barriers.

In the middle of the first decade of the 21st century appeared Dominica's first star on the track since the mid-1990's. He was Chris Lloyd. A versatile sprinter who set national records in both short sprints, his strongest suit was the 400 metre dash. A placer at several major competitions, he finally mounted the rostrum at the Pan-American Games in 2007. His career, which ended in 2008, just overlapped that of Erison Hurtault, another 400 metre runner who had distinguished himself on the US Collegiate scene. Like Lloyd he opted to represent the land of his parents and this far has given a good account of himself internationally.

In the jumps Dominica has produced a few noteworthy competitors. Rosemary Barlson was probably the sub-region's best high-jumper in the days of the OECS Championships. Brandon Williams ranks among the leading Commonwealth Caribbean high jumpers of today although he is yet to make his mark in major international competition. Fabian Florant looked likely to be a worthy successor to Jerome Romain in the triple jump but chose to cast his lot with the Netherlands before his international career had really taken off.



Chris Lloyd



Jerome Romain

GRENADA



Grenada has had more success in track and field than any other OECS country and its athletes have proven their worth across a wide spectrum of events certainly unequalled by many countries of its size.

The first Grenadian athlete to achieve regional stardom in track and field was William “Pablo” Gittens. Gittens was an exceptional sportsman who also represented his county in cricket and football and in the latter sport just missed being chosen for the West Indies combined team that toured Great Britain in 1959. Gittens lived for a while in southern Trinidad and became a constant at the Texaco Southern Games, for many years the most important athletics competition for athletes from the British Caribbean. His career at those Games spanned from 1953-1958 and he twice scored double victories in the high jump and long jump, with another gold medal going his way in the 400 metre hurdles and additional silvers in the high and long jumps. At the British West Indies Championships he won Grenada’s only medals – a gold in the intermediate hurdles, a silver in the high jump in 1958 and a bronze in the hurdles in 1959. Gittens was not only an accumulator of records but his best of 53.8 seconds in the 400 metre hurdles

would have won him a medal at any CAC Games held up to that date, although unfortunately without an Olympic committee Grenada could not participate. In the high jump his national record of 6ft 5in in 1954 ranked him third all-time in the CAC. He still ranks in the OECS Top-10 in the hurdles.

Other Grenadian athletes stood out at the Southern Games. In the early 1950’s, a generation before the advent of the Carifta Games, Hugh Bayne was the leading junior sprinter. In 1958, Frank Caesar won the javelin throw, significant for the fact that it was the first success in the event that would come to be identified with Grenada, producing 25 Carifta Games gold medalists, a CAC Championships winner and a National Junior Collegiate champion in the United States. Finbar Fletcher was also the top sprinter in the OECS in the early 1960’s.

High jumper Oliver Lake began competing at the Southern Games as a junior in the late 1960’s and in the period that ended in 1973 won several medals in the high jump and one in the triple jump. A new javelin thrower, Tom Lawrence, also enjoyed some success. Esther Williams, a junior athlete, showed promise in the sprints, the first Grenadian female to make an impact at the Games.

Two athletes who were members of the Grenada team that made its CAC Championships debut in 1971 were Dunstan Campbell and Donald Pierre, both of whom would become Southern Games “legends.” Campbell would enter the books as Grenada’s first medalist at the Central American and Caribbean Championships when he placed third in the decathlon in Kingston in 1971. A leading regional official in the field of agriculture these days, Campbell’s major strengths were in the shot put and javelin throw and in the context of the times he was decent in most of the other events. He was the forerunner of a number of Grenadian multi-eventers who would surface in the 21st century. He still ranks in the OECS Top-10 all-time in the ten-eventer and was third All-time among those who threw the old-specification javelin.

Donald Pierre did not live up to expectation in his two appearances at the CAC Championships but his overall body of work must undoubtedly rank him among his country’s all-time best athletes. At one time he held national records at 400, 800, 1500 and 5000 metres. What is unusual is that unlike most athletes who move up in distance as they age, Pierre’s 5000 record was set at the 1970 Commonwealth Games with the other three coming at the Southern Games – the 1500 in 1972, the 800 in 1973 and the 400 metres in 1977. From 1972 when he finished third in the 1500 metres, and later the mile, to 1977 when he scored double silvers in the 400 and 800, Pierre usually found himself on the victory stand. His biggest victory came in 1973 when he defeated the highly-regarded American Olympian Fred Newhouse in the 400, and added a bronze in the 800. The following year he moved back up to the 1500 and finished second, as he would do in that event in 1976 when he won the 800. Pierre’s major contributions ended in 1982 when, after winning the national 400 – and placing second in the 200 metres – he went to the CAC Games in Havana as a member of Grenada’s first delegation to those Games.

In 1972 the Carifta Games were introduced and Grenada laid claim to a gold medal in the first meet in, what else, the men’s javelin throw through Eros Rapier who would go on to greater recognition as a national footballer. Grenada’s women to that point had enjoyed little international exposure although Bernadine Lewis had finished a creditable fourth in the high jump, at the 1971 Championships. Lewis, also a useful long jumper, would soon be lost to regional athletics after emigrating to England but her 1.73 metre (5’ 8”) clearance in the high jump in 1973 has still been bettered

nearly forty years later by only two OECS women.

At the Carifta Games Grenada’s first female success came from Jennifer Boca who was second in the under-17 one-lapper. Boca who was actually better at 800 metres, later appeared in Grenada’s record books in 1990 as a marathon runner. For whatever reason success for Grenada at Carifta would not return until the early 1980’s.

In 1981 Grenada’s first Carifta Games gold medal on the track was won by Maurice Williams. He became the first junior from the region to run faster than 15 minutes for 5000 metres and his mark of 14:58.23 stood as a Games record until 2009 and is still a national record. Williams also won a silver medal in the 1500 at those Games and ranks in the OECS all-time top 10 in both events. Two other male athletes who made their mark around that time were middle distance runner Conrad Francis and javelin thrower Trevor Modeste. Francis won the 1500 and finished second in the 800 at the Whitsuntide Games at home and performed well at an invitational meet in Martinique where his 1:49.4 clocking knocked a tenth of a second off Donald Pierre’s national record. Still in 1982 he became Grenada’s first finalist on the track at the CAC Games with his 7th place finish in the 800 in Havana. Francis still holds the national record outdoors although Shane Charles has gone faster indoors, Francis’ career effectively ended after the CAC Games as he moved into coaching and played a major role in the development of his country’s athletes over the next generation.

Trevor Modeste has been one of the most significant figures in inter-island competition for over two decades. His first impact came at the Guadeloupe Games in 1981. A fifth place finish at the CAC Games in Cuba marked him as one of the region’s leading javelin throwers, as his throw of 68.78 metres with the old-model implement ranked second all-time in the OECS. Unfortunately for Modeste, Grenada’s inconsistent participation at major regional competitions limited his overall medal count. In 1999, he led Selwyn Smith to a Grenadian gold and silver sweep in the javelin throw at the CAC Championships in Barbados. He ended his regional career at home in 2003 much as he started it, with a fifth place finish at the CAC Championships. Modeste’s biggest influence had been on the OECS Championships in which he was the dominant performer through its existence. He also did well in the shot put when pressed into service in that event.

In the early 1980's the Carifta Games began to produce athletes who as seniors would be influential at the OECS Championships. Foremost among them were long jumper Eugene Licorish and Jacinta Bartholomew. In 1983, Bartholomew had become her country's first female Carifta gold medalist and was undoubtedly the best long jumper in the OECS in the 20th century, and she was arguably the best sprinter as well in the early years of the Championships. In the United States she gained All-America honours, first at Alabama A&M University in N.A.I.A competition and later at Arizona State University where she shone both in indoor and outdoor competition. Licorish won far more often than not in competition in the sub-region and still holds the OECS record of 8.09 metres(26ft 6 1/2 in), set in Trinidad in 1989.

Other Carifta medalists from the second half of the 1980's were middle distance runner Gosham Springer, the versatile thrower Clifford Worme and Shermaine Ross, a 400 and 800 metre runner. All had their moments at the OECS meet and Ross went on to have a decent collegiate career at Seton Hall University. Grenada's greatest strength at the OECS Championship tended to lie in the throws. Besides Modeste, Devon and Anthony George in the shot and discus and later Keron Peters in the javelin throw stood out. Among the women Beryl Ann Clarkson in the shot put and Rhonda Henry in the javelin were the best of the lot and rank high on the OECS All-time lists.

The latter years of the 1980's and the beginning of the 1990's were lean ones for Grenada on the track. Towards the end of the OECS Championships era a number of young middle distance runners had begun to make their presence felt at the Carifta Games. They were led by Christine St. Cyr and Geraldine McQueen and they would be joined later by Daniella Abraham and Sandra Scott. However, their performances, while good by regional junior standards, fell short of what was needed at senior level and their careers petered out. The Grenada javelin machine continued to churn out Carifta winners and other medalists. The most outstanding among them was Selwyn Smith, who won four consecutive gold medals between 1992 and 1995. Smith, second to Modeste at the CAC Championships in 1999, had a successful run at Wichita State University, winning two Conference titles but his career as a national athlete ended immediately thereafter. The best of the female javelin throwers was Nasha Belton but she too had no senior career to speak of.



Alleyne Francique

Emigration has always had a marked effect on Grenada's athletic fortunes. Among athletes who might have had some impact at least in the sub-region were Nathalie Jones, the second OECS runner to better 60 seconds in the 400 metre hurdles. A high school standout in the United States, she never wore her country's colors internationally. Sheba George did compete for Grenada, as an under-17 thrower in 1995, winning medals in both the shot put and discus throw. At St. John's University she established OECS records in the shot, discus and hammer throws. In the latter event her mark of 58.85meters was in 2002 the third best ever by an athlete from the English-speaking Caribbean.

The late 90's brought forth the two male Grenadian athletes who would gain the greatest international notoriety of any competitors from that country. Alleyne Francique has won more major international honours than any other OECS athlete except for Kim Collins of St.Kitts and Nevis. Starting out primarily as an 800 metre runner, his career in that event was largely one that asked the question "what might have been?" He beat OECS 800 metre record holder Greg Rhymer of the BVI on the latter's home soil in 1997 and ran well at the

CAC Championships but subsequently concentrated primarily on the 400 metres. Francique was an outstanding “Big Meet” competitor whose career was highlighted by consecutive World Indoor gold medals at the 400 metres in 2004 and 2006. He placed fourth in the event at the 2004 Olympic Games and was twice a finalist at the World Championships in Athletics. A gold medalist at home in the 2003 CAC Championships, he also won silver medals in the 400 at the CAC and Commonwealth Games and a bronze at the Pan-American Games. At the Collegiate level he was a national champion indoors for Louisiana State University. He was also twice a member of the Americas 4 x 400 metre relay team at the IAAF World Cup, winning gold in 2002 and silver four years later.



Hazel-Ann Regis

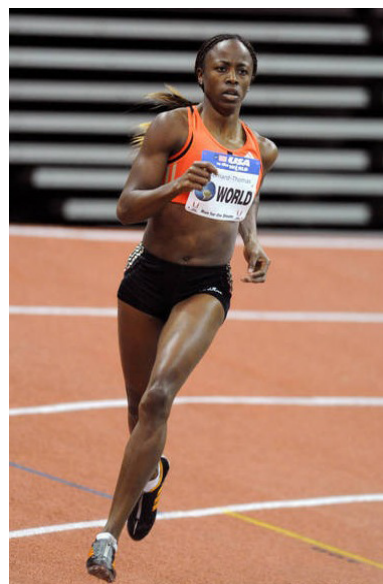
The other world-class male athlete to make his debut at the end of the 1990's was triple jumper Randy Lewis. The younger brother of Olympic long jumper Errol “Kenny” Lewis, Randy twice won Carifta medals in the triple jump before furthering his athletics career at Wichita State University. There he won a silver medal at the 2002 NCAA Championships, but in the long jump rather than his specialist event, in which his best NCAA placing was fifth. Lewis, who in 2008 displaced Dominica's Jerome Romain as OECS triple jump record Holder, albeit by one centimetre, has for several years rated among the world's best jumpers, based on the performance list. However, in Championship situations he has generally failed to live up to expectations. Hopefully his silver medal in a decent field at the 2010 CAC Games will have marked a turning point in his fortunes.

Around the same time as Lewis, the star of Hazel-Ann Regis was ascending. First making her mark in the 400 metres as a Carifta Games under-17 bronze medalist in 1998, she won an under-20 silver the following year. When the Games moved to Grenada in 2000 she won the gold in front of her home fans and followed this with another

gold in 2000 at the CAC Junior Championships.

Regis enjoyed a successful collegiate career as well, winning the Junior College title for Central Arizona College at the 400 metres and twice making the final eight at the NCAA championships for Louisiana State University. At the international level Regis (now Regis-Buckles) has a pedigree comparable to any OECS track athlete. She has won a gold medal in the 400 at the CAC Championships, silvers at the CAC and Pan Am Games as well as silver at the CAC Championships in the 4 x 400 metre relay in the company of 400 metre hurdlers Kishara George and Jackie-Ann Morain and 800 metre runner Neisha Bernard-Thomas. The same quartet, whose clocking of 3:32.29 in 2003 at the CAC Championships in Grenada, stands as the OECS record, had previously set an OECS Junior mark in taking silver at the CAC Juniors in 2000.

Kishara George also stood out as a junior athlete, winning two silver medals and a bronze in the 400 metres at the Carifta Games. As a representative of Middle Tennessee State University she won two outdoor and one indoor Conference title in the 400 metres and one in the 400 metre hurdles. She set a still-standing 400 metre hurdle OECS record in 2004. Jackie-Ann Morain had won Carifta bronze in the hurdles in 2002 and won a silver medal in the event for Central Arizona at the Junior College Nationals but after transferring to Boise State University concentrated mainly on the 400 flat, winning All-Conference honours.



Neisha Bernard Thomas

Bernard-Thomas was the only one of the aforementioned foursome still active in 2010. The National record-holder at both 800 and 1500 metres, and all-time in the OECS in each, Bernard-

Thomas, after having run 2:02 in the 800 metres in three separate years and under 2:01 in three others, broke out with three results under two minutes in 2010. In 2004 Bernard became the first athlete from her country to become an NCAA Champion outdoors when she won the 800 metres for Louisiana State University. She also won silver indoors in that event at the NCAA meet. Bernard's international resume has been highlighted by two consecutive gold medals in the 800 metres at the CAC Championships in 2003 and 2005.

In 2000 Grenada became the first OECS country to host the Carifta Games. It brought about a broadening of focus among the country's athletes. The throws continued to be an area of great strength with the likes of Shamir Thomas and Nathalia Vincent. Thomas, beginning in the under-17 ranks, amassed nine Carifta Games medals in the shot put and discus throw, including six golds- a total surpassed only by middle distance runner Janil Williams of Antigua and Barbuda. He added a medal of each type at the CAC Junior Championships. In a brief senior career Thomas, unusual for a discus thrower in that he was a left-hander, had a useful but not outstanding showing at Central Arizona College although he moved into the top six OECS performers in both throws. Vincent won the javelin throw four times in five years at the Carifta Games and no Grenadian thrower had bettered her fourth-place finish in the 2003 CAC Championships in a senior meet.

Grenada, surprisingly perhaps, also laid claim to its first ever Carifta 100 metre dash medal through Sean Lambert's bronze in 2000. Lambert had a good collegiate run at the University of Tennessee doing best in 2001 and 2004, setting national records of 10.17 (fourth OECS all time) and 20.75 (6 all-time) in the short sprints, the 100 metre performance also being an OECS Junior record. He ended his track and field representative career with a bronze medal at the 2004 NACAC under-23 Championships. There was another "one-of-his-type" Grenadian athlete of that period who was undoubtedly the best produced by an O.E.C.S. country. Shane Charles had won silver medals in the 400 metre hurdles at the Carifta Games in both 2001 and 2003. He became a silver medalist in the event at the National Junior College Championships, representing Central Arizona College and earned a scholarship to Washington State University. There he became the first, and so far, only athlete from the sub-region to run below 50 seconds in the event, achieving the feat twice. In 2006 he ran a time of 49.51 seconds to win the

PAC-10 Conference title. He also won the NCAA West Regional qualifier but did not reach the final at the National Collegiate Outdoor Championships.

The main development that coincided with the new stadium in St. George's was Grenada's becoming a regional power in the junior multi-events. Beginning with Sherwin Merryman's silver medal in 2000 Grenada won silver or better in every Carifta Games boys' heptathlon until 2007. There was no real common thread among the protagonists, however, with several different areas of strength represented.



Kurt Felix

Keron Francis, the winner in 2001 followed the road to Central Arizona and then Boise State University. The Grenada record holder in the pole vault and the All-time best OECS javelin thrower. Francis became the first OECS thrower to win a NCAA medal when he took third in the javelin throw at the 2006 Championships. At the Western Athletic Conference Championships he won gold medals in the long jump outdoors and the heptathlon indoors.

Alleyne Lett was one of the most talented athletes ever produced in the OECS. As a junior Lett won silver and then gold in the Carifta heptathlon, as well as silver in the discus throw. At the CAC Junior Championships he won a bronze in the 110 meter hurdles. At Central Arizona College he surprised by winning the National Junior Collegiate Championship in the javelin throw. His all-around ability was reflected in a Grenada national record of 7550 points in the decathlon and a number of solid performances for Louisiana State

University both in the 10-eventer and the hurdles. Unfortunately the powerfully built athlete was also injury-prone and had to give up the decathlon. At the 2003 CAC Championships in Grenada Lett achieved one of the most unique international doubles when he finished second in both the 110 metre hurdles and discus throw. He remains national record holder in both events and holds the OECS record in the hurdles, also ranking second on the All-time OECS lists in the discus throw and decathlon.

The next two Grenadian multi-eventers to make their mark were Joel Phillip and Akido Noel. Noel was primarily a hurdler who later concentrated mainly on the intermediate hurdles with a fair amount of success. Phillip, a two-time Carifta heptathlon champion, became the first from his country to win a U.S. National Championship in the decathlon, winning the Junior College title for Central Arizona in 2007. After transferring to the University of Arizona, Phillip abandoned the multi-eventer and specialised in the 400 metres, placing second at the PAC-10 Conference meet and making the NCAA Outdoor finals. He became one of four Grenadians in the All-time OECS top-5 in that event and ranks third in the 400 metre hurdles



Kirani James



Rondell Bartholomew

The most recent Grenadian multi-event stars have the surname “Felix” in common. Both were Carifta champions and each is an outstanding javelin thrower. Kurt Felix won the national Junior College Championship in the decathlon in 2009 for Central Arizona College while Colleen Felix of South Plains Junior College finished second in the heptathlon. Colleen did not compete in the multi-events in 2010, concentrating her efforts on the javelin and triple jump, setting national records and winning Junior College titles in both. Kurt set a national record in the pole vault, became the second seven-foot (2.13m) high-jumper from his country after former OECS record-holder Paul Caraballo, and now ranks in the OECS top-10 in all jumps except the long jump as well as the 110 metre hurdles and decathlon. Colleen, the first OECS heptathlete over 5000 points still leads the all-time lists.

There were other success stories in the first decade of the 21st century. Patricia (Cornwall) Sylvester, undoubtedly the best all-around jumper in OECS history, won a Junior College title in the long jump in 2004 for Central Arizona, adding a bronze medal in the high jump. At the University of Georgia, she became the first Grenadian woman to become an NCAA Indoor champion when she won the high jump in 2007. She is the only OECS

woman to have surpassed 14 metres in the triple jump and shares the sub-region's' long jump record with Anguillan Shara Proctor. She also is the second best in the high jump with a 1.89m (6' 2 1/4 ") mark.

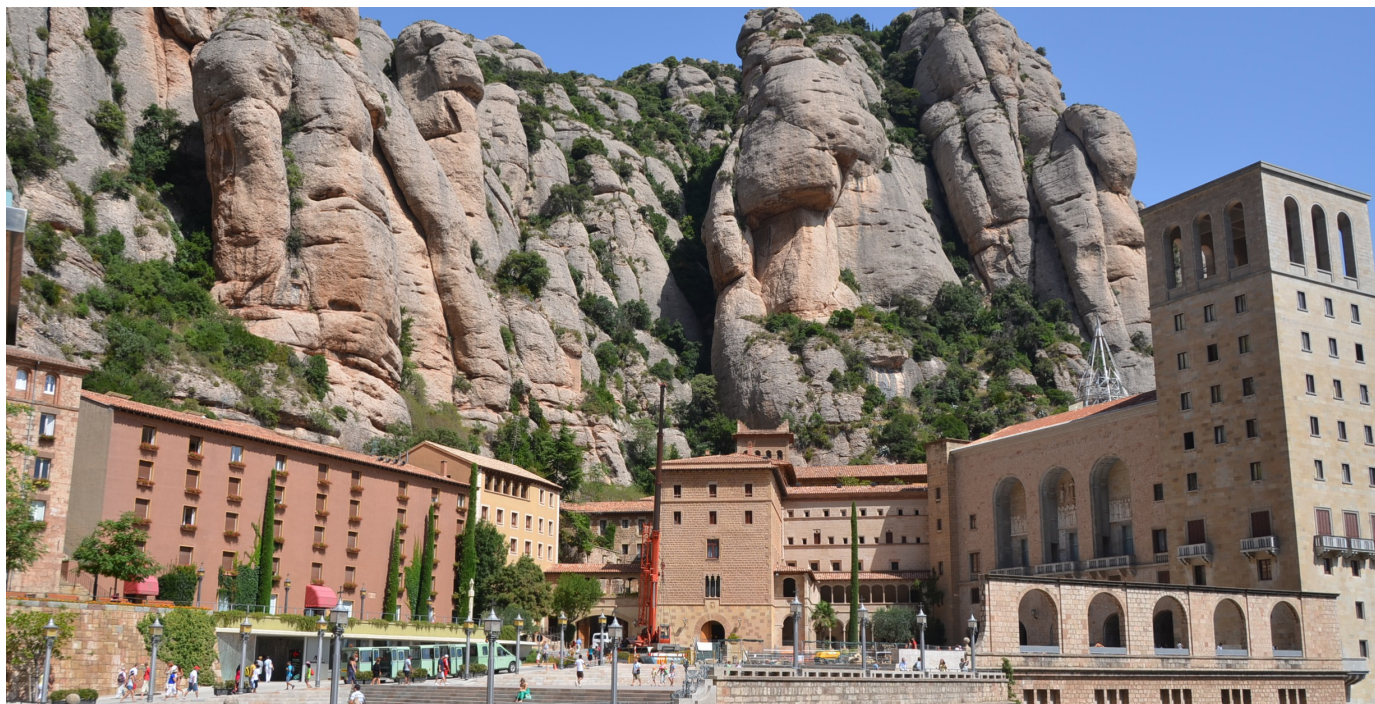
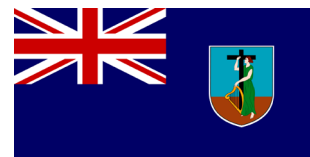
While Grenada had produced sprinters the likes of Jacinta Bartholomew who were certainly regional-class 200 metre runners at the senior level, a female athlete from that country had never won a medal in the short sprints in any age category regionally until Sherry Fletcher won a silver medal in the 200 and a bronze in the 100meters at the 2005 Carifta Games .Fletcher later became the only OECS athlete, male or female, to have won an NCAA Division 1 title in the 100. Fletcher had a stellar collegiate career, first at Central Arizona where she earned All-America honours in 2005 and then at Louisiana State where in 2007, in addition to her 100 metre win she finished second in the 200 with an OECS record of 22.67 seconds. Internationally she won a bronze medal at the 2007 Pan-American Games in the 200, adding a 5th place finish in the shorter sprint. She had previously won a 100 metre silver at the 2005 CAC Championships. Fletcher ranks as third-fastest OECS 100 metre sprinter of all-time.

There has been a new generation of Grenadian female sprinters coming to the fore in recent years. Trish Bartholomew (2006) and Allison George (2007) both won Junior College 400 metre titles for Essex County College. Bartholomew subsequently won a silver medal for the University of Alabama at the NCAA Championships in 2008 and ranks 4th on the OECS All-time list in the event. George on the other hand rarely ran the one-lapper after transferring to Texas A & M University but became proficient enough at the shorter sprints to move to third All-time in the 200 metre ranking. Janelle Redhead, an émigré to Canada in 2007, won Grenada's first female global medal with her third-place finish at the World Junior Championships in 2008 in the 200 metres. A versatile sprinter comfortable in all three dashes she won a silver in the 200 and a 100 meter bronze for South Plains College. Following her compatriots to Essex County, Kanika Beckles ended her junior career in 2010 with a bronze medal in the 400 at the Carifta Games and silver at the National Junior College Championships.

Grenada's two leading athletics prospects as the second decade of the century begins are 400 metre runners Kirani James and Rondell Bartholmew. The latter, older than James by two years has laboured in the shadow of his countryman but has some impressive credentials of his own- a bronze medal at the Pan Am Junior Championships, Carifta gold and silver and a National title for South Plains College at the Junior College Outdoor Championships in 2010. His best of 45.28 seconds ranks him behind only fellow Grenadians Francique and James, and Vincentian Eswort Coombs on the O.E.C.S all-time list.

There have been several child prodigies whose flame has died out in early adulthood but Kirani James is unlikely to be one of them. A silver medalist in the 400 metres at the World Youth Championships before his fifteenth birthday in 2007, James returned two years later to score a 200-400 double at the World Youth meet. In between he found time to cop a silver medal in the 400 metres at the World Junior Championships in 2008 and upgraded that placing to gold at the 2010 World Juniors. The winner of four consecutive Carifta Games 400's from 2007-2010 he added a 200 metre dash win in 2010. Enrolling at the University of Alabama in January of that year, James quickly made an impression, setting an Area record in the 400 indoors and placing second at the NCAA Indoor meet. Outdoors he was even better ,claiming the NCAA title, running under 45.10 seconds three times and setting an Area Junior Record, all before turning eighteen. James ranks second in the 400 and eighth in the 200 on the OECS All-time lists. In James, Bartholomew and Joel Redhead, a versatile sprinter of 20.49 quality and the brother of Janelle, Grenada could be a serious factor in the 4x 400 metres by the time of the London Olympics.

MONTSERRAT



All of the countries in the OECS had their track and field development affected to some extent by migration. But none to the degree that Montserrat has. The smallest member or the OECS grouping in terms of population, the exodus from the “Emerald Isle” has been fueled by “The Volcano”, which has affected virtually every aspect of the island’s life for over a decade, and sport has by no means been exempt.

The first Montserratian athletes to make their mark were actually all based in England. Lloyd Maloney was a versatile athlete good enough to score over 5700 points in the decathlon as far back as 1958. It would not be until 1971 that an OECS athlete, Grenadian Dunstan Campbell, would surpass 6000 points. Maloney ranked among the top ten high jumpers in the CAC region in 1958 and his vault of 3.58m with an aluminum pole in 1960 remained among the top ten performances by athletes from the sub-region until 2008.

At the regional level there were virtually no competitive opportunities outside of the local ambit for the athletes of the smaller islands. In 1969, Montserrat’s Hogarth Sergeant earned

bronze medals in the long jump, triple jump and shot put at Trinidad’s Southern Games. A student at the University of the West Indies and still a junior athlete at the time, Sergeant was perhaps a victim of bad timing as the Junior Carifta Games would debut two years later.

At about the same time two female athletes from Montserrat were doing well in club competition in Britain. Sprinter Lynn Ryan was arguably the best sprinter with OECS connections at the end of the decade of the 1960’s, establishing national marks that still stand forty years later in all three sprints. Lynette Lee would have been the OECS record-holder with her mark of 5.62 meters in 1971 and was also a good high jumper.

Of Montserrat’s home-based athletes the first to make an impression was Denzil Tuitt. A powerful quarter-miler Tuitt was a dominant force in competitions in the Leeward Islands but unfortunately never got the opportunity to prove his worth on a larger stage.

Oswald Phillip had a longer career than most athletes from his country. His first national record came in the triple jump with a 14.69 me-

tre leap, the first non-Antiguan among the OECS jumpers to go beyond 48 ft.. Phillip competed at the OECS Championships in the late 1980's with moderate success but after enrolling at Inter-American University in Puerto Rico he became an important member of that institution's intercollegiate teams, setting national records of 7.21m in the long jump and 6,216 points in the decathlon.

Appearing at the initial OECS Championships in 1987 was teenaged sprinter Steve Lewis. At the Carifta Games the following year he was a finalist in the 100 metre dash for under-20 boys. His performance there was good enough to earn him an athletic scholarship to the University of Idaho. There he established impressive national records of 10.26 seconds for the 100 and 20.84 for the 200 metres in 1992. He won Western Athletic Conference titles at 60 metres indoors and 100 outdoors. His 100 metre record, along with Phillip's decathlon ranks them both among the All-time top-10 O.E.C.S. performers. Unfortunately neither was ever seen at a Central American and Caribbean Championship event.

Female representation by athletes from Montserrat has been sparse. New York-based distance runner Judith Allen held her own when she competed at the OECS Championships in the 3000 and also acquitted herself well at the CAC Cross Country Championships.

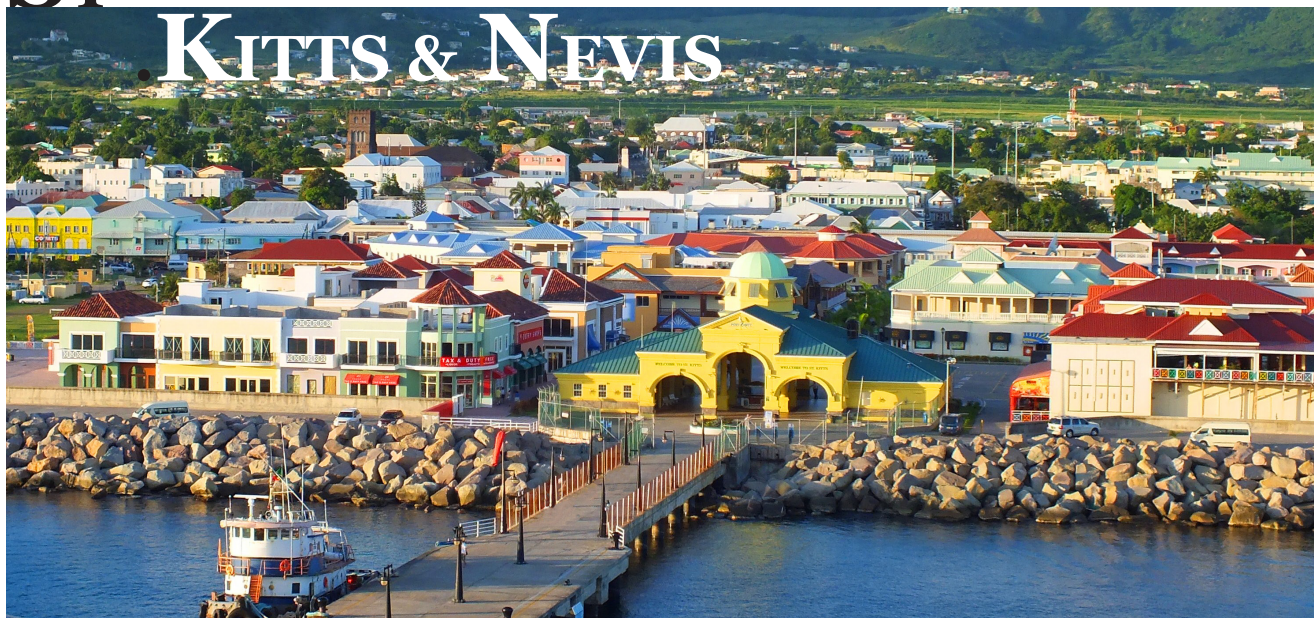
Darren Tuitt, the son of Denzil, seemed likely to follow in the footsteps of Steve Lewis but never quite got there. The youngest ever male

competitor at the IAAF World Championships when he participated as a 16year old in Sweden in 1995, he finished high school in the United States where he distinguished himself as an indoor runner, primarily at 300 yards/metres. Moving on to East Carolina University he concentrated mainly on the 100 metres, setting a personal best of 10.53 seconds.

The newest hope for Montserrat's athletics is 17year old sprinter Lester Ryan. Ryan became Montserrat's most successful athlete at global level when he advanced to the semifinals at the World Youth Championships in 2009 in what seems to be his secondary events- the 200. In the 100 his 10.75 second best is faster than Lewis's previous Junior record and with a creditable record in Carifta competition, he could become one of his country's best.



ST KITTS & NEVIS



St. Kitts and Nevis is currently the most prolific of the OECS countries in the production of sprinters of regional and international quality. Although Kim Collins was the first of international renown, Kittitian sprinters had made an impression as far back as 1957 when Middleton Archibald, an Agriculture student in Trinidad, won the 400 metre dash at the Southern Games in that country.

Archibald was not the only athlete from his country to make his mark at the Southern Games. 100 metre runners Winston Beach and Clem Hicks (better known as an opening bowler and hard hitting lower order batsman for St. Kitts) won medals in the short sprints in the “A” Class events and the versatile Wycliffe Baird, also a capable sprinter, won bronze medals in the long jump and pole vault, all in the early 1960’s. In 1958 Archibald had won a silver medal in the 400 at the British West Indies Championships. His time of 47.4 seconds had at the time been bettered by only nine athletes in the history of Central American and Caribbean Athletics and stood as a St Kitts-Nevis record until 1983 when it was broken by Kenrick Camerud. The other leading Kittitian athlete of the late 1950’s was high jumper Lawrence Dover whose 1.93 metre leap in 1956 was surpassed only by William “Pablo” Gittens of Grenada among OECS Compet-



Kim Collins

itors. Dover also held the national pole vault record for several years.

In the late 1970’s the first St Kitts and Nevis athlete to make a mark on the American Collegiate scene appeared in the person of Ezzard Wilson. He set national records in 800 and 1500 metres and would certainly have been competitive on the regional scene had the

opportunities presented themselves but it was not until 1989 that the Federation debuted in Senior CAC Championships, and the OECS Championships came too late for Wilson. In the late 1970’s and early 1980’s Danny Dickerson had established himself as the best middle distance runner in the Leeward Islands but experienced the same problems as Ezzard Wilson.

In 1977 St Kitts and Nevis won their first Carifta Games medal -a bronze from David Frank in the 400 metres for under-17 boys. Frank began a pattern of under-17 one-lappers from his country who showed well in the lower age group at Carifta Games but who failed to build on their early success.

In 1979 and 1980 respectively, Denise Ward of Nevis in the 1500 and Christine Lewis in the under-17 200 metres made creditable showing in finishing 4th, but both emigrated shortly thereafter and never wore the national colours again. Ward had broken five (5) minutes in her effort and thirty years later still remains the only St Kitts and Nevis junior to hold that distinction.

In 1984 St Kitts and Nevis competed for the first time at the CAC Junior Championships, and two sprinters did their country proud. Randolph Thomas was third in the 400 and Nevisian Janice Kelly finished fourth in the 100 metres. Two years later Kelly set a new OECS record in the 400. Neither athlete made a major impact at international level thereafter. IN 1986 Kelly's successor as national 400 metre record holder, Diane Dunrod, won her first Carifta Games medal- a bronze in the 400 metres. She upgraded that bronze to a silver

medal in 1987 and continued to record good performances at the OECS Championships. At the University of Alabama, she sprinted to a second place finish at the 1990 NCAA outdoor Championships.

1986 was also the year when a Kittitian athlete won a multi-event international medal for the first time. The little-known Leonard Richardson, though not outstanding in any individual events, held on to the bitter end to claim bronze in the decathlon at the Pan American Junior Championships. The other male star of 1986 was long jumper Alex Hendrickson who took long jump gold at the Carifta Games.

The end of the 80's saw the advent of a New Age in St Kitts sprinting. Big Eric Haynes won the 100 at Carifta in 1987 and one year later Winston Eddy also mounted the podium with his 200 meter bronze. Almost unnoticed was the 4 x 100meter relay bronze – a portent of things to come. At the OECS Championships Kittitian sprinters were often among the main protagonists. Other Kittitian athletes who shone during this period were high jumper Vermilita Phillip who won the high jump at the final OECS meet, and 800 metre runner Serene Carey whose Carifta bronze in 1989 remains the only medal won by a woman from



KIM COLLINS

St Kitts-Nevis at a distance, beyond 400 metres.

The early 90's were fairly fruitful in terms of minor medals in regional competition for athletes from the Federation. Benton Brudy became St .Kitts' first male Carifta middle-distance medalist with a bronze in the 800 in 1993. A year later Vance Clarke claimed a silver medal in the triple jump at the Carifta Games. Also a serviceable high and long jumper, Clarke would go on to a successful collegiate career and set a national triple jump record of 16.24m(53' 3 1/2"), good enough to keep him among the OECS all-time top 10. Other Carifta medals came from Roatter Johnson who followed a high jump bronze in 1993 with another bronze in the long jump in 1995. A useful sprinter as well, she became the first national triple jump female record holder but unfortunately a promising career was derailed by injury. Other leading St Kitts females emerging during this period were Tamara Wigley, Valma Bass and Bernice Morton. Morton was her country's leading female sprinter for a few years before turning her attention to the high jump and setting a national record in the process.

1995 was a very significant year in St Kitts-Nevis track and field as it marked the international debut of one Kim Collins, undoubtedly the greatest athlete in OECS history. A bronze medal in the Carifta 100 in 1995 was followed by silver in the 200 at the Pan American Junior Championships later that year. His first senior medal, a bronze in the 100 metres at the CAC Championships in 1999, would validate a growing reputation established at Central Arizona College where he had gained Junior College All-America honours. In 2000 he scored a sprint double at the NACAC under-25 Champi-

onships and went on to become the first OECS athlete to reach an Olympic final on the track, - doing so in the 100 metres in Sydney, Australia.

2001 saw Collins at his best. In an excellent indoor season he won both the 60 and 200 metre dashes for Texas Christian University at the NCAA Championships. He scored a 100-200 metre double win at the CAC Championships and crowned his year's achievements with a bronze in the 200 at the World Championships in Edmonton, Canada. This was the first global medal on the track by an OECS athlete. In 2002 Collins scored his biggest win to date with his victory in the 100 at the Commonwealth Games. He completed his year's work with a silver medal in both the 100 metres and the 4 x 100 metre relay at the IAAF World Cup. In 2002 he also became the first OECS sprinter to run the 100 in less than 10 seconds.

2003 marked Collins greatest accomplishments. A win in the 100 metres at the CAC Championships indicated that he was likely to be a finalist, with an outside chance of a medal, at the Paris World Championships. He did better than

that, scoring a close victory in the final to give his country (and the sub-region) a global gold at last.

In 2004 Collins reached his second Olympic 100metrefinal, improving his 7th place finish of 2000 by one position. By this time he was making only sporadic appearances in the 200 metres. In 2005, Collins confirmed his class once more with a bronze medal in the 100 at the World Championships.

The last significant international results for Kim Collins were achieved in 2008. A Silver medal at the World Indoor Championships, repeating his 2003 achievement, led to hopes for a third straight Olympic final berth in the 100. That was not to be, however, but Collins exercised his other option and surprisingly made the final in the 200 metres.

The influence of female athletes had increased in the 1990's .At the CAC Championships in 1993 Touvia Arrindell took third in the shot put at the CAC Championships, still the only medal in the throws at senior regional level by a Federation thrower of either sex although Clyde Berkeley had taken silver in the same event at



Tiandra Ponteen
Berlin WCH Day 2



Antoine Adams

the final OECS Championships. Arrindell was a good all-around thrower who had enjoyed success at the collegiate level in Puerto Rico, and would go on to set national records in the shot, discus and javelin throws., By the 1996 Olympics in Atlanta, in which St Kitts-Nevis made their first Games appearance, Valma Bass and Tamara Wigley were seasoned Collegiate athletes. Bass would gain All-America recognition as a member of Louisiana State University crack sprint squad, while Wigley won All-Conference honours. They were joined on a 4 x 400 metre relay team by Diane Dunrod-Francis, making a comeback after years of reduced activity, and Bernadeth Prentice, one of a pair of twins on the squad. They set an OECS record but never ran together again.

The year 1998 welcomed to the regional stage a child prodigy who would go on to win six Carifta Games medals and three more medals at CAC Junior Championships. Tiandra Ponteen ran a phenomenal 54.71 for 400 metres before her 14th birthday but, despite all the medals, did not make much progress as far as times were concerned until she exploded to 52.76 at the 2003 Carifta Games, a race in which she finished second. She did however win the 200 metres, her only Carifta Gold. Ponteen has had a solid senior career as well, finishing 2nd in the 400 for the University of Florida at the 2005 NCAA Outdoor Championships. A silver medalist at the 2005 CAC Championships, she finished third in the 400 at the 2010 CAC Games and added another bronze in the sprint relay. Her finest achievement though was her victory at the 2004 NACAC Championships at 400. metres..

Another talented sprinter was to create an impression as the decade began Like Ponteen, Melville Rogers was a versatile runner who had shone in the under-17 ranks winning the Carifta 400 in 2000. After a silver medal performance in the 400 as an eighteen year old. Rogers earned Junior College All-America honours at Central Arizona and later earned similar recognition as a relay runner at Louisiana State. His last National representation was at the 2006 CAC Games where he twice anchored the St Kitts-Nevis 4x400m quartet to national records.

St Kitts-Nevis had paid little attention to the field events and since Vance Clarke in 1994 had drawn a blank in regional competition. In 2002 Kevin Arthurton won a bronze medal in the long jump at the CAC Games but the only male St Kitts-Nevis medal since then other than in track events came from decathlete Adolphus Jones who

won a bronze medal at the NACAC Championships. Jones also owns the national records in the 110meter hurdles, high jump and pole vault, ranking him among the OECS all-time top ten in each event. With no strikingly weak events Jones seems capable of scores far in excess of his current best of 7,258 points. There has been a major move in the javelin throw where Nevisian coach Collin Walters, that island's leading field events practitioner in the 1980's and early 1990's, has developed his charges to the point where 15 year old Adrian Williams won the Carifta title in 2010, following on the heels of a bronze by national record holder Tesril Nisbett in 2009. It remains to be seen whether they realize their potential as Nisbett plays on the Junior women's football team and Williams is a promising fast bowler and a good sprinter as well.

Two female long jumpers who are also key members of the outstanding 4 x 100 metre relay teams have also made their mark in recent years. Nevis' Tanika Liburd was one of the leading Collegiate jumpers at the University of Southern Mississippi. She won a bronze medal at the NACAC Championships in 2009. Tamika Williams took bronze at the 2006 Carifta Games and in 2010 became the National Junior College champion for Central Arizona, placing second in the 100 metres as well.

Over the past several years sprint relay teams from St. Kitts and Nevis, both male and female, have dominated the OECS rankings and in fact have been the only quartet from the sub-region to qualify for the IAAF Senior or Junior world championships. The women boast nine of the ten fastest 4 x 100 metre performances and all but one (a junior team) have been anchored by Vigil Hodge while the leadoff leg has been in the hands of Tanika Liburd on five occasions. Her fellow Nevisians Meritzer Williams and Desarie Walwyn have handled the second leg on five and two occasions respectively.



Vigil Hodge

Vigil Hodge has been the Federation's leading female performer at international level. A good but not really outstanding junior, she blossomed as a collegiate athlete at Texas Christian

University where she became a Conference champion in the 200 metres and twice gained All-America honours. At the 2006 Central American and Caribbean Games, Hodge was second in the 200 and third in the 100. A year later she won the half-lapper at the NACAC Championships. In 2009, she struck double gold at the CAC Championships in Havana, taking top honors in the 200 and helping her teammates Liburd, Meritzer and Tamika Williams to a new national and OECS record of 43.53 seconds. This was the first time a foursome of OECS women had broken 44 seconds. At the 2010 CAC Games, Liburd, Tamika Williams and Tiandra Ponteen teamed with Hodge for a sprint relay bronze.

Meritzer Williams in 2008 became the first female athlete from St Kitts and Nevis to win a global medal when she claimed silver in the 200 at the World Junior Championships. She also teamed with Marecia Pemberton, Sheriffa Whyte and Tamika Williams to finish a creditable sixth in the 4 x 100 metre relay after setting an OECS Record of 44.45 seconds in the heats. Both Williams girls along with Pemberton and Hodge rank among the All-time top 10 O'E.C.S. athletes in the 100 with all but Pemberton also featuring in the 200 list. Sheriffa Whyte joins Tamika Williams in the Long jump lists.

The male sprinters from St Kitts and Nevis tended not to be as successful in regional events individually as their female counterparts but collectively have proven their worth in the sprint relay. Their run of good performances began with an OECS record of 40.12 seconds at the 1995 World Championships and this time was duplicated in 1996 at the Atlanta Olympics. Both squads included veteran Eric Haynes, USA-based Ricardo Liddie, young Kim Collins and Nevisian anchorman Kurvin Wallace. Six quartets from St Kitts-Nevis have run faster than 40 seconds with Collins a member of four teams but Delwayne Delaney featured on all six. Delaney, a versatile sprinter who followed Collins to Texas Christian University, ranks in the OECS all-time top-10 in the short sprint. The current squad which lowered the record to 39.43 at the 2010 CAC Games may have the most potential of any of the nine teams ranked in the OECS top-10. There is no Collins but along with the constant Delaney, there are Jason Rogers who finished 6th in the 2010 World Junior Championships after gaining silver medals at both Carifta and the CAC Juniors; the promising Antoine Adams, who became St Kitts-Nevis' second-fastest 200 metre runner with a 20.80 clocking at the NACAC under-23 meet; and newcomer B.J Laweance who in his first serious year on the track won the NAIA Championships 100 metres.

A few promising 400 metre runners have popped up intermittently in recent years but the strength in depth for the longer relay does not exist. Nathandra John stands seventh all-time among OECS one-lappers but the main accomplishment so far has been helping the national sprint relay squad to record their first sub-45 second performance. An interesting case is that of Kadeem Smith who at the age of fifteen ran on the National record-setting team in the 4 x 400 metres at the CAC Games in 2006. A Carifta under-17 silver medalist in the 400 and bronze medalist at 800 meters in both 2006 and 2007 he has not made noticeable progress away from home since first flashing his early promise.



ST. LUCIA



The first St. Lucia athlete to have had a regional impact was shot putter Imbert Roberts. Roberts, a regular competition at the Southern Games in Trinidad won his event as often as not and could also boast of a gold medal at the British West Indies Championships in 1960.

There were few opportunities for athletes from the smaller Islands to measure their talents against those of the wider Caribbean in the 1960's and 1970's. The Central American and Caribbean Championships began in 1967 but until 1989 when St Lucia and Dominica entered the fold, Grenada had been the only Windward Islands country to have participated. One St Lucian athlete of unrealised potential in the 60's was sprinter Philip Jules, comfortable in all three sprints and a major force in the collegiate ranks while representing the College of Agriculture and Mechanical Arts in Puerto Rico.

With the advent of the OECS Championships in 1987 things picked up considerably in St Lucian athletics. Few of their stars would become household names but they were frequent visitors to the victory stand. Sprinters like John Albertie and Edmond Estaphane, half-milers Leonard Montoute and Bernard Henry, the female throw-

ers Adela Paul and Helena Renee along with their male counterparts Ricky Deligny and Maxwell Seales all made their presence felt. St Lucia also had the greatest strength in depth in distance races on the track and on the roads, headed by Anthony Fessal, Victor Ledger and Michael Cosmay.

A few of the stalwarts of the OECS era continued into the mid-90's as national representatives. Bernard Henry had his moments as an 800 metre runner at the US collegiate level but the most successful in transition was Maxwell Seales. Primarily a thrower at home he became a decathlete at the University of Wisconsin and was a member of the quartet that set a national record in the 4x400 metres at the Atlanta Olympics. Seales, with a decathlon score of 7,425 points in 1993 became the first O.E.C.S. multi-eventer to top 7,000 points.

In the mid-nineties there emerged two talents who had been developed in the American high school system. They were Ivan Jean-Marie and Dominic Johnson. Jean-Marie had been the leading schoolboy 400 metre runner in the New York City area before moving to the University of Arizona where in 1995, he set a still-standing national 400-metre record. He ran on the relay



Makeba Alcide

team that set the national mark in Atlanta, along with Seales, Johnson and Maxime Charlemagne

Johnson, who also made his Olympic debut in 1996, went on to enjoy a long and distinguished career. He first made his mark as a decathlete and still holds the OECS record for the multi-event discipline, and he was described by his coach at the University of Arizona as the best all-around athlete he had ever coached.

Johnson, after leaving Arizona, decided to concentrate on his strongest event, the pole vault. His results stamped him as St Lucia's most decorated male athlete in any sport. He was twice a gold medalist and once placed second at the CAC Championships and won gold and silver at the CAC Games. He could also include bronze medals at both the Commonwealth and Pan - American Games among his list of achievements. He also represented the combined Americas team at the IAAF World Cup.

Just after St Lucia made its first Olympic appearance in 1996 sprinter Ronald Promesse established himself as his country's fastest ever sprinter over 100 and 200 metres. However, his interna-

tional appearances were scant. St Lucia's best individual male showing at a major international event came from high jumper Marcus George who seemingly came out of nowhere to place 11th at the Commonwealth Games in British Columbia in 1994. His leap of 2.20m (7' 2 1/2 ") in the qualifying round was the highest ever by an OECS athlete at the time. The other leading St Lucian athletes as the 20th century rolled into the 21st were 800 metre runner Miguel Lambert and Dane Magloire a triple jumper who gained "small college" All-America honours in the United States. There was also long jumper Emile John who actually joined Dominic Johnson as a CAC Championships medalist when he took bronze in Barbados in 1999.

The year 2001 saw Zephrinus Joseph, a former regional standout as a junior, set national records at 1500, 5000 and 10,000 metres. His time of 29:48.97 in the latter event remains the best ever performance by an O.E.C.S. runner. For whatever reason Joseph never competed at regional Championship events, apparently preferring to make his mark on the roads where he would rival the Vincentian Pamenos Ballantyne as the leading half-marathon and marathon runner in the O.E.C.S. More recently St. Lucia's male athletes have been more



Dominic Johnson

successful in regional competition than in past years as the evergreen Dominic Johnson continued to lead the charge. A new high jumper, the British based Darvin Edwards won a gold medal at the C.A.C. Junior Championships and went on to cop silver at the Pan Am Junior Championships in 2005. In 2008 he won another silver medal, this time at the NACAC Championships. The rapidly improving Edwards seems to have a possibility of qualifying for the 2011 World Championships. Another recent record breaker is Jeremiah James, who bettered Dane Magloire's national best in the triple jump. St. Lucia's female athletes, with a shorter history than their male counterparts, have

also had their moments. In the early 90's the leader was Anna Cherry, a versatile athlete best at 400 metres but also competent at 100, 200 and 800 metres. In the late 1990's there emerged a quartet of young female athletes who had shown promise as juniors and, having moved on to Missouri State University, made a mark, albeit brief, at the senior level. At the C.A.C. Senior Championships in Barbados in 1999 the foursome of Jineill Vite, Michelle Baptiste, Augustina Charles and Vernetta Lesporis placed second in the 4x100 metre relay, giving St. Lucia its only international relay medal to date. All but Vite also won individual medals at the meet with Lesporis winning the 400 gold. Vernetta Lesporis has been St. Lucia's most accomplished all-around sprinter, with her 11.48 second 100 metres second only to Vite, an indoor time of 23.81 in the 200 and 52.21 in the 400 (a national record). She also could claim a 2:11.63 performance over two laps. Besides her C.A.C. gold and silver, she was also the Missouri Valley Conference champion at 400 metres both indoors and out in 1999.

Augustina Charles also attended Missouri State but did not have particular success outdoors although she ran well at the indoor distances of 500 and 600 metres. It was therefore a surprise when she claimed the silver medal in the 800 metres at the C.A.C. Championships in Barbados with a time of 2:06.30, a performance that still stands as a national record, although not without a challenge from Leander Ernest in 2007, the latter falling short by .03 seconds. They rank 4th and 5th respectively on the all-time O.E.C.S. performance list.

The 21st century brought to the fore St. Lucia's most accomplished female athletes - Lavern Spencer and Erma-Gene Evans. There were others, of course, including the aforementioned Ernest and shot putter Tressa-Anne Charles. Charles established an O.E.C.S. record in the shot put while still eighteen years old but never again came that close to her 14.67m toss. Another thrower of note was Tamara Popo, the national record holder in the discus throw and



Jeannelle Scheper



Lavern Spencer

Jineill Vite is the national record holder in both the 100 and 200 metres with bests of 11.44 and 23.73 seconds. First coming to the fore as a Carifta Games finalist in both sprints in 1998 she followed her countrywomen to Missouri State University where she twice won Missouri Valley Conference titles in the 100.

Michelle Baptiste had the most distinguished junior career of the four, winning the long jump at the Carifta Games in 1995. At Missouri State she set national records in the long jump at 6.47m (21' 2 3/4") and triple jump with 12.40m and still ranks in the O.E.C.S. top 10 in both events. A decent sprinter as well she was the MVC champion in the 100m in 1999.

second on the O.E.C.S. All-time list. There was also Nessa Paul, who set national records in the 1500, 3000 and 5000 metres. None of this group, however, has made a regional impact as seniors.

Erma-Gene Evans won three Carifta medals between 2001 and 2003 - a bronze and then two silvers in the javelin throw. She showed her mettle on the larger stage later in 2003 with a win at the Pan Am Junior Championships. She has subsequently twice won bronze medals at the NACAC Championships. In 2008 she became the first female thrower from an O.E.C.S. country to attain an Olympic Games qualifying standard.

Levern Spencer has become the most decorated O.E.C.S. female athlete of all-time with a plethora of firsts to her credit- first World Youth Championships medalist with a bronze in the high jump in 2001; the first female O.E.C.S. finalist at the World Outdoor Championships in 2007; the first O.E.C.S. female medalist at the Pan American Games, Commonwealth Games and Continental Cup. At the C.A.C. Games she has won gold and a bronze medal in her specialty, to go along with three gold medals at the C.A.C. Championships. Her outstanding 2010 international season earned her the distinction of being the first female from the sub-group to be ranked in the top-10 in the global merit rankings.

St. Lucia has a few current athletes who could justifiably claim to be the best in the O.E.C.S. at the end of the first decade of the 21st century. Javelin thrower Albert Reynolds can claim honorable fourth-place finishes at both the Pan Am Jr. Championships in 2007 and the C.A.C. Games in 2010. His national record of 69.52m (228'1") has only been surpassed by two Grenadians among O.E.C.S. throwers. Home-based he may be somewhat handicapped by infrequent competitive opportunities. While far from the lofty standards set by Dominic Johnson, two young St. Lucian vaulters, Rick Valcin and Shem Edward have done well at the Carifta Games level and may become factors in regional competition. The best of the current sprinters is Mandela Clifford, still relatively untested in international competition. The outlook may be even brighter among the females with two athletes who bear watching in the coming years. Heptathlete Makeba Alcide showed signs of things to come with a bronze medal at the 2010 NACAC Championships; and Martinique-based triple jumper Sandisha Antoine has shown well at the Carifta Games

ST. VINCENT

&

THE GRENADINES



St. Vincent and the Grenadines were one of the last OECS Countries to enter CAC competition, making their debut in 1991 but their athletes had begun making their mark regionally in the mid-1960's. Before the introduction of the CAC Championships in 1967, the only option for most athletes from those countries without Olympic Associations were the British West Indies Championships which were held during the period of the existence of the West Indies Federation and resumed a few years later; and the Southern Games in Trinidad.

At the final BWI Championships, held in 1965, Ayrton Clouden became his country's first gold medalist with his win in the javelin throw. He also placed third in the pole vault, in which his countryman, Dan Winsboro took the silver medal. At the Southern Games, Clouden won the javelin throw in 1963 and 1965, finishing second in 1966. In junior competition Bernard Baptiste stood out in the 100 and 200 metres. The best of the senior athletes on the track was Victor Peters who finished second in the 200 and 400 metre dashes in 1966.

When the Carifta Games were introduced Vincentian junior athletes were quick to take ad-

vantage of the new opportunities as Jacintha Ballantyne finished second in the under-17 girls 200 metres and John Cato bronze in the javelin throw in 1973. A year later Cardell De Silva won another bronze in that event at Carifta but it would be another thirty years before another Vincentian javelinist would mount a Carifta podium. On the track Theodora Corea from the Grenadines was a bronze medalist in the 1500 at Carifta in 1978.

The early 80's saw the emergence of two of the country's most outstanding athletes- Orde Ballantyne and Bigna Samuel. Orde, who had taken third in the long jump at the 1980 Carifta Games, won the shot put the following year. Ballantyne also showed his mettle in senior competition in the Southern Caribbean and in a brief stay at Idaho State University but never got the chance to convert his versatile talents to the decathlon.

Bigna Samuel never won a Carifta Games Medal but in 1982 she celebrated her country's entry into CAC Junior competition by winning the 1500 and finishing third in the 800. Her under-17 teammate Sebastian Warner completed the Vincentian haul with silver in the 1500. Bigna Samuel enjoyed considerable success at the OECS

Championships, dominating the 1500 and 3000 metres and adding several medals in the 800 metres as well. In 1991 she swept all three events at the final OECS meet before going on to take third in the 1500 at the CAC Sr. Championships.

On the whole the female Vincentian presence at the OECS Championships was much stronger than that of their male counterparts. Besides Orde Ballantyne St. Vincent's best male athletes were Dane Samuel, a distance-running brother of Bigna who would emigrate early to Canada, and triple jumper Lennox Adams, a comparative veteran who had won three consecutive NAIA Championships while representing Ouachita Baptist College in the late 1980's. Michael Williams had shown well in the 400 as a junior before moving to the United States.

As the OECS Championships ended their run, St Vincent had shown some signs of supplanting Antigua and Barbuda as the 4 x 400 metre power in the sub-region, if they could only get their best runners together at one time. Lenford O'Garro, one of the first "small islanders" to venture to Idaho, became a runner capable of better times indoors than out and had been around the longest. He was joined on the 1992 Olympic relay team by national record holder Michael Williams, the promising Eswort Coombs whose greatest moments were still to come, and Eversley Linley, a Carifta bronze medalist at 800 metres in 1987 and 1988.

Bigna Samuel had considerable support during the OECS Championships years from a small but formidable group of female athletes, a few of whom were at the trail end of their careers like the tall discus thrower Jenita Lewis who stood out in that event in the early meets. Most, however, were just coming off success at the Carifta Games. These included Golda McLean, a 400 metre runner whose brother Nixon represented the West Indies at cricket; as well as a trio who would represent the combined OECS team at the Texaco Games in Barbados.

Jacqueline Ross was the best female all-around athlete in the OECS in the 1980's. She won the Carifta Games shot put in 1987 and placed second in the long jump the following year - a combination reminiscent of Orde Ballantyne. She became the first OECS record holder in the triple jump and heptathlon while at University and still ranks among the all-time OECS leaders in both events. Yvette Haynes was a Carifta and OECS medalist in the long jump and continued with that event at Junior College and at Rice Uni-

versity but had superior results in the 100 metre hurdles, 400 metre hurdles and triple jump. She still holds national records in all three events, and ranks among the OECS Top five in each.

Marvette Collis was arguably the most talented Vincentian athlete during the late 1980's and early 1990's. She had become her country's first regional 100 metre gold medalist in 1989 when she won the under-17 Carifta title. At the 1991 OECS meet she won the 200 and long jump, also placing second in the 100. A month later she was second in the long jump at the Texaco Games. She later moved to Riversdale Junior College in California where she became a "Jill-of-all-trades," posting national records in the high jump, long jump and javelin Throw. Although she scored over 4500 points in the heptathlon, her individual event marks suggested a capability of a total well in excess of 5000 points.

The big news in the early and mid-90's would come from Eswort Coombs. A good but not spectacular junior athlete, Coombs became an outstanding 400 metre runner on the American collegiate circuit. In 1995 he had his year of years, beginning with a bronze medal at the Pan-American Games, followed by gold at the CAC Championships and another at the World Student Games (the first, and to date, only medal by an OECS athlete at those Games). Coombs' last significant performance came at the 1996 Atlanta Olympic when he led off St Vincent and the Grenadines' 4 x 400 metre relay en route to a still-standing OECS record of 3:06:52. His teammates on this occasion included Eversley Linley and the home-based duo of Thomas Dickson and Kambon Sampson.



Pamenos Ballantyne

The early 1990's also saw the blossoming of Pamenos Ballantyne, beginning his international career at nineteen in 1992. He has won more medals at the regional level than any OECS distance runner. He has performed well at the World Championships in the marathon and holds the OECS record for the event. At the CAC Championships he has twice won the half-marathon and finished third once. He also can claim a silver medal in the 10,000 metres in a long career that still has not ended. His older brother, Benedict has won CAC bronze medals in the 10,000 metres and half-marathon.

In the mid-90's there was one Vincentian sprinter who would be included in the OECS all-time rankings. He was Joel Mascoll, the only competitor from his country to run faster than 10.40 for 100 metres. Continuing into the 21st century, he was one of a number of "lone wolves" from St Vincent and the Grenadines who would appear at or near the top of the OECS rankings. Others who fell into this category were intermediate hurdler Fitz-Allan Crick and long jumper Jean Cummings. Among the women there was Adelaide Carrington, silver medalist in the CAC Championships half-marathon in 2003 and OECS record-holder in the marathon.



Kineke Alexander

In the early years- of the 21st century two young women would redefine St Vincent's standing in the sprints. Natasha Mayers, who had grown up in the United States, in 2002 while a student at the University of Southern California, won the 200 metre dash at the NCAA Division 1 Outdoor Championships. She became the OECS record-holder in the 100 metres. She has had a chequered international career but at the 2010 Commonwealth Games, in a bizarre turn of events, she was awarded the gold medal in the 100 after the two women who finished ahead of her were disqualified. Once more she had entered uncharted waters as no other OECS female had to date won a Commonwealth Games medal of any type.



Natasha Mayers

Kineke Alexander had won silver medals in the 400 metre dash at the Carifta Games in both the under-17 and under-20 divisions. At the University of Iowa she won several Big Ten Conference titles and in 2006 won the NCAA indoor 400 metre dash. That year she also was the bronze medalist at the CAC Games.



Adonson Shallow

The most outstanding male athletes for St Vincent and the Grenadines recently have been thrower Adonson Shallow and two Canadian-based performers, long jumper Clayton Latham and middle distance runner Delohnni Samuels. Shallow's first regional success was achieved as a 16 year old at the 2002 CAC Junior Championships when he won the shot put and placed second in the javelin throw and third in the discus. In the under-17 age group .Two years later at the same meet he was second in the shot and third in the discus throw. His Carifta Games tally of medals included silvers in the discus and javelin throws in 2005, Shallow's last international medal was his bronze at the NACAC under-23 Championships in 2006 but his appearances thereafter have been few.

At the Collegiate level in the USA no OECS thrower has come close to Shallow's record. In two years at Central Arizona College he dominated Junior College throwers in the shot and discus and, without discarding the javelin, took to the hammer throw with some success. At Southern Louisiana University he did even better, sweeping conference titles in the shot put, discus and hammer throws in 2010. He finished fourth in the NCAA discus competition to earn All-America honours. He now holds the OECS Records in all three "heavy throws." He also holds the St Vincent and the Grenadines record in the javelin throw.

Clayton Lathan appeared on the scene in 2008 when he fell two centimeters short of the stiff Olympic qualifying mark but his 8.08 metre leap leaves him behind only Grenada's Eugene Licorish among O.E.C.S. long jumpers. Delohnni Samuels, also raised in Canada, is the son of middle-distance runner turned marathoner Dane Samuel and the nephew of Bigna. At the 2009 Carifta Games he finished second in the 5000 metres and he showed potential in another event with a bronze medal in the 3000 metre steeplechase at the C.A.C. Junior Championships. He set an OECS Junior record in the process and seems likely to break the senior record in the future.

O.E.C.S

MEDALISTS

OLYMPIC GAMES

GOLD

Kirani James(GRN)-400m(2012)

WORLD YOUTH CHAMPIONSHIPS

GOLD

Kirani James(GRN)200m(2009);400m(2009)

WORLD CHAMPIONSHIPS & ATHLETICS

GOLD

Kim Collins (SKN) 100m(2003)
Kirani James (GRN) 400m(2011)

BRONZE

Jerome Romain (DMA) Triple Jump (1995)
Kim Collins (SKN)200m(2001)
Kim Collins (SKN)100m(2005,2011)
SKN-4X100m(2011) (Jason Rogers,Kim Collins, Antoine Adams,B.J.Lawrence)

WORLD JUNIOR CHAMPIONSHIPS

GOLD

Kirani James(GRN)400m(2010)

SILVER

Brendan Christian(ANT) 200m(2002)
Meritzer Williams(SKN) 200M(2008)
Kirani James(GRN)2008)

BRONZE

Janelle Redhead(GRN) 200m(2008)

SILVER

Kirani James(GRN)400m(2007)
IVB(Taylor Hill,Nelda Hugfgins,Jonel Lacey,Tarika Moses)Medley Relay(2013)

BRONZE

Leverne Spencer(LCA)High Jump(2001)

WORLD CUP

GOLD

Alleyne Francique (GRN) 4x400M (2002)

SILVER

Kim Collins(SKN) 100m(2002)
Kim Collins(SKN)4X100m(2002)
Alleyne Francique(GRN) 4X400m(2006)

BRONZE

Fred Sowerby(ANT) 4x400m(1977)

WORLD INDOOR CHAMPIONSHIPS

GOLD

Alleyne Francique(GRN)400m(2004,2006)

SILVER

Kim Collins(SKN) 60m(2003,2008)

BRONZE

Tahesia Harrigan (IVB) 60m(2008)
Daniel Bailey (ANT) 80m(2010)

WORLD UNIVERSITY GAMES

GOLD

Eswort Coombs(VIN) 400m(1995)

PAN- AMERICAN GAMES

GOLD

Brendan Christian (ANT)- 200M (2007)

SILVER

Jerome Romain (DMA) Triple Jump (1995)
Hazel-Ann Regis(GRN)400m(2003)
Sherry Fletcher(GRN)200m(2007)
Kim Collins(SKN)100m(2011)
St.Kitts & Nevis(SKN) 4 x 100m(2011)

GOLD

Dion Crabbe (IVB) 100m(2002)
Dominic Johnson (LCA)Pole Vault(2002)
Tahesia Harrigan (IVB)100m(2006,2010)
Levern Spencer (LCA)High Jump(2010)
Jump (2010,2014)
David Registe (DMA) Long Jump(2014)
Chantel Malone (IVB) Long Jump(2014)

SILVER

Dale Jones (ANT) 800m(1990)
Alleyne Francique (GRN) 400m(2006)
Dominic Johnson (LCAo Pole Vault(2006)
Heather Samuel (ANT) 100m(1990,2002)
Virgil Hodge (SKN)200M(2006)
Hazel-Ann Regis (GRN)400m(2006)

Daniel Bailey (ANT)100m(2010)

Randy Lewis (GRN)Triple Jump(2010)

Priscilla Frederick (ANT) High Jump(2014)

BRONZE

Dale Jones (ANT) 800m(1993)
Kevin Arthurton(SKN)Long Jump(2002)
Wayne McSween(GRN)Triple Jump(2002)
Heather Samuel(ANT)100m(1990)
Isabella Charles(DOM) Shot Put(2002)
Virgil Hodge(SKN) 100m(2006)
Kineke Alexander(VIN)400m(2006)
Levern Spencer(LCA) High Jump(2006)
Tiandra Ponteen(SKN)400m(2010)

St.Kitts & Nevis 4x100m(2010)
(Tanika Liburd,Tamika Williams,
Tiandra Ponteen,Virgil Hodge)
Yordanis Duranona(DMA)Triple Jump(2014)

***N.A.C.A.C. Under-23 & Senior
Championships***

GOLD

Kim Collins(SKN)100m &200m(2000)
Tiandra Ponteen(SKN)400m(2004)
Levern Spencer (LCA) HighJump (2006)
Virgil Hodge (SKN) 200M (2007)
Shara Proctor(AIA)Long Jump(2009)
Jump(2010)

SILVER

Levern Spencer (LCA) HighJump (2006)
Tyron Benjamin (DMA) Shot Put (2007)
Adolphus Jones (SKN) Decathlon (2007)

BRONZE

Dion Crabbe(IVB)100m &200m(2000)
Sean Lambert(GRN)100m(2004)
Randy Gillon(ANT)110m Hurdles(2000)
Keron Francis (GRN) Javelin Throw (2002)
Adonson Shallow (VIN) Discus Throw (2006)
Chris Lloyd(DMA)200M(2007)
Erma Gene Evans (LCA)

Javelin Throw (2004&2007)
Kineke Alexander(VIN)400m(2007)
Tanika Liburd (SKN) Long Jump (2007)
Makeba Alcide(LCA)Heptathlon(2010)

C.A.C. CHAMPIONSHIPS (Seniors)

GOLD

Kim Collins(SKN)
100m(2001,2003);200m(2001)
Eswort Coombs(VIN)400m(1995)
Alleyne Francique (GRN) 400M (2003)

Pamenos Ballantyne (VIN) Half Marathon
(1999&2001)
James Grayman(ANT) High Jump(2009)
Dominic Johnson(LCA)Pole Vault(1999,2001)
Jerome Romain(DMA) Triple Jump(1995,1997)
Trevor Modeste(GRN) Javelin Throw(1999)
Heather Samuel(ANT)100m(1995)
Tahesia Harrigan(IVB)100m(2009)
Virgil Hodge(SKN)200m(2009)
Vernetta Lesforis(LCA)400m(1999)
Hazel-Ann Regis(Grn)400m(2003)
Neisha Bernard-Thomas(GRN)
800m(2003,2005)

SKN- 4X100m(2009)
(Tanika Liburd,Meritzer Williams,Tamika Wil-
liams,Virgil Hodge)

Levern Spencer(LCA) High
Jump(2001,2005,2008,2011)
Shara Proctor(AIA) Long Jump(2009)
Yordanis Duranona(DMA) Triple Jump(2013)
Kineke Alexander (VIN) 200m (2013)
Leverne Spencer (LCA) High Jump(2013)

SILVER

Daniel Bailey (ANT) 100m(2008,2011)
Carmel Waldron (DMA) 400m(1991)
Pamenos Ballantyne (VIN)10,000('99)999)
Alleyne Lett (GRN) 110m Hurdles(2003)
(SKN) 4X100m (1999)
Kevin Arthurton, Kim Collins, Kurvin Newton, -
Maxim Isaiah)

Dominic Johnson (LCA) Pole Vault(2008)
Jerome Romain (DMA) Long Jump(1995)
Alleyne Lett(GRN) Discus Throw(2003)
Selwyn Smith(GRN).Javelin Throw(1999)
Heather Samuel(ANT) 100m(1999)
Tahesia Harrigan(IVB) 100m(2005)
Heather Samuel(ANT) 200m(1999)
Tiandra Ponteen(SKN) 400mj(2005)
Augustina Charles(LCA) 800m(1999)
Janill Williams(ANT) 1500m(1999)
Adelaide Carrington(VIN) Half- Marathon(2003)

GRN- 4X400m(2003)
(Kishara George,Neisha Bernard-Thomas,Jack-
ie-Ann Morain,Hazel-Ann Regis)
Shara Proctor(AIA) Long Jump(2008)
Isabella Charles(DMA) Shot Put(1999)
James Grayman(ANT) High Jump(2011)
Jeannelle Scheper (LCA) High Jump (2013)

BRONZE

Kim Collins(SKN) 100m(1999)
Dion Crabbe(IVB) 200m(1999)
Keita Cline(IVB) 200m(2001)
Dean Greenaway(IVB) 400m(1979)
Alfred Browne(ANT) 400m(1981)
(ANT)400m(1981)
Pamenos Ballantyne(VIN)Half-Marathon(1997)
Benedict Ballantyne(VIN)10,00M(1999)
Benedict Ballantyne(VIN)Half-Marathon(1999)

SKN -4X100m(2008)
(Jason Rogers,Larry Inanga,Jevon Claxton,Del-
wayne Delaney)

Karl Scatliffe9 (IVB) High Jump91993)
Emile John(LCA) Long Jump(1999)
Tyron Benjamin(DMA) Shot Put(2008)
Dunstan Campbell(GRN) Decathlon(1971)
Heather Samuel(ANT) 100m(1997)
Heather Samuel(ANT) 200m(1995,1997)
Joycelyn Joseph(ANT) 400m(1985)
Bigna Samuel(VIN) 1500M(1991)

LCA 4X100m (1999)
(Jinell O'Neil,Michelle Baptiste,Augustina
Charles,Vernetta Lesforis)

Michelle Baptiste(LCA) Long Jump(1999)

Tanika Liburd(SKN)Long Jump(2009)
Touvia Arrindell(SKN)Shot Put(1995)
Erison Hurtault(DMA) 400m(2011)
Darvin Edwards(LCA) High Jump(2011)

SKN 4X100M(2011)
(Jason Rogers, Kim Collins, Antoine Adams,
B.J.Lawrence)

Kineke Alexander (VIN) 400m(2013)

N.C.A.A.DIVISION .I CHAMPIONS (OUTDOOR)

Sherry Fletcher (GRN) -100M (2007)
Natasha Mayers (VIN) -200M (2002)
Neisha Bernard-Thomas (GRN) -800M (2005)
Kirani James(GRN) 400m(2010)

N.C.A.A DIVISION I CHAMPIONS (INDOOR)

Kim Collins(SKN) 60m(2001) &200m(2001)
Alleyne Francique(GRN) 400m(2002)
Kineke Alexander(VIN)400m W(2006)
Dawn Williams(DMA) 800m(1997)
Patricia Sylvester(GRN)-High Jump(2007)

BRITISH WEST INDIES CHAMPI- ONSHIPS

GOLD

William Gittens(GRN)400m Hurdles(1958)
Ivor Bird (ANT) - HighJump (1965)
Lester Bird (ANT) - Long Jump (1959)
Imbert Roberts(LCA) Shot Put(1960)
Wesley Barrow(ANT) Shot Put(1965)
Ayrton Clouden(VIN)Javelin Throw(1965)

SILVER

Middleton Archibald (SKN) -400M (1958)
William Gittens(GRN) High Jump(1958)

Dan Winsboro (VIN) - Pole Vault (1965)
Thomas Lawrence (GRN) - Javelin Throw (1965)

BRONZE

William Gittens (GRN) - 400M Hurdles (1959)
Ayrton Clouden(VIN) Pole Vault(1965)
Lester Bird (ANT) - Long Jump (1957 & 1960)
Lester Bird (ANT) - Shot Put (1965)
Ermine Davis (ANT) - 80M Hurdles (1959)
Ermine Davis (ANT) - HighJump (1959 &1960)

CARIFTA GAMES MULTI-MEDAL- ISTS (5 or MORE)

Janill Williams (ANT) 13 (12 Gold ,1 Silver) - Fe-
male (U-17&20)
Shamir Thomas (GRN) 9 (6 Gold , 2 Silver , 1
bronze) - Male U-17 & 20)
Chantel Malone (IVB) 7 (1 gold , 3 silver, 3 bronze
) - Female (U-17)
Kirani James(GRN) 6(6gOLD)- Male U-17 &
U-20)ol

Keita Cline (IVB) 6(4 Gold,2 bronze) -Male(U-17
& U-20)

Joel Phillip (GRN)6(3 Gold,1 silver,2 bronze)-
Male(U-17 & U-20)

Lester Benjamin(ANT) 6 (1 gold,4 silver,1
bronze)-Male(U-17 & U-20)

Tiandra Ponteen(SKN) 6(I Gold,2 silver,3
bronze)-Female(U-17 & U-20)
Ayata Joseph(ANT) 5(4 Gold,1 silver)-Male(U-17
& U-20)
Daniel Bailey(ANT) 5(3 Gold,2 Silver)-Male(U-17
& U-20) old,2 Silver)-Male(U-17)

Shara Proctor (AIA) 5 (2 Gold,2 Silver,1
Bronze)-FemaleU-17 & U-20)
Selwyn Smith (GRN) - Javelin Throw
Kirani James(GRN)- 499M GRN)-
Nathalie Vincent(GRN)*-Javelin Throw
One-year gap between Under-17 and Under-20
divuisions

C.A.C JUNIOR CHAMPIONSHIPS (3 or more Medals)

Chantel Malone(IVB) 5(2 gold,3 silver)
Lester Benjamin (ANT) 4 (2 gold , 1silver , 1
bronze)
Shamir Thomas (GRN) 4 (1 gold, 2 silver , 1
bronze)
Adonson Shallow(VIN)4(2 gold,1 silver,1 bronze)
Ruperta Charles (ANT) 4 (3 gold , 1 bronze)
Sonia Williams (ANT) 4 (2 gold ,1 silver 1 bronze)
Tiandra Ponteen (SKN) 3 (2 silver , 1 bronze)

PAN-AMERICAN JUNIOR CHAMPI- ONSHIPS

GOLD

Janill Williams(ANT)800m(2001) &
5000m(2001)
Erma-Gene Evans(LCA) Javelin Throw(2003)
Kirani James(GRN) 400m(2009)
Zharnel Hughes(AIA) 100m (2013)

SILVER

Kim Collins(SKN) 200m(1995)
Darwin Edwards(LCA) High Jump(2005)
Ayata Joseph(ANT) Triple Jump(2003)
Janill Williams(ANT) 5000m(1999)
Levern Spencer(LCA) High Jump(2003)

BRONZE

Leonard Richardson(SKN)-Decathlon(1986)
Lester Benjamin(ANT)Triple Jump(1982)
Daniel Bailey(ANT) 200m(2005)
Rondell Bartholomew(GRN)400m(2009)
Thea La Fond (DMA) High Jump (2013)