

# SPORTS



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## Team Bahamas racks up six medals on Day One of CARIFTA competition

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**CURACAO** – Team Bahamas capped off an eventful Day One of the 2017 FLOW CARIFTA Games Saturday night at the Ergilo Hato Stadium.

Six athletes landed medals to get The Bahamas' medal count off to a solid start – two gold, three silvers and one bronze made up the count.

Last year, Denvaughn Whymns won the gold medal in the Under 18 Boys' Long Jump on his first attempt. This year he went through all five attempts and came away with a personal best of 7.31m.

The two-time Under 18 Boys' champion bested Sheldon Noble of Antigua and Barbuda (7.03m), who won the silver and Jaydon Antoine of Trinidad and Tobago (6.97m), who walked off with the bronze.

Whymns told this daily's team that a different game plan was put into motion this year. Thanks to a few tips from James Rolle, his coach, Whymns was happy to see that the instructions paid off.

"He just walked me through the steps I should take ... Just trust the approach and get off the board, look up, don't look down and the gold medal came to me," he voiced. "I just kept my mind right and just stayed mentally prepared for this event."

The Under 18 Girls' 400-meter dash had a special feel and result for The Bahamas. After both Megan Moss and Doneisha Anderson qualified for the finals during the morning session, the duo went one and three respectively, to win the gold and bronze. Kimara Francis of Jamaica took the silver in 54.24 seconds.

Moss landed the gold in 53.69 seconds.

She fell shy of the CARIFTA record (53.36), which is still held by Olympic 400m gold medalist, Shaunnae Miller.

The win, though, is just a testament to the hard work she put it all season.

"All year I've just been training really hard to drop really good times this season, just trying to make a lot of teams and represent the country well."

She described being close to Miller's record as honorable. The recently minted CARIFTA champion will be competing in the IAAF World Relays, which she feels even more prepared for.

But until that time Moss turned her focus to the 200m and both the 4x100m and 4x400m relays to add even more medals to her count, during her time in Willemstad, Curacao.

Anderson clocked 54.33 seconds.

She had a tough outing in the morning session, having to run the 400m preliminaries while also competing in the high jump.

Nonetheless, she expressed ending the night with a medal and representing the country was worthwhile.

"I fought my way down the home stretch to get second, but apparently I got third. But I'm still glad to get a medal for my country and I represented my country well."

After he qualified for the Under 18 Boys' 100m finals earlier in the morning session, Adrian Curry gave his competitors a late



**POWERFUL START** – Corey Sherrod powered his way out of the blocks during the heats of the Under 18 Boys' 400m preliminaries. (PHOTOS: SHAYNE STUBBS)



**MEDAL WINNERS** – Megan Moss (left) embraces teammate Doneisha Anderson (right) after both ladies won the gold and bronze in the Under 18 Girls' 400m final.



**ALL SMILES** – Daejha Moss smiles brightly with her silver medal in the Under 20 Girls' High Jump.

run for their money. With the help of a last second dip at the finish, Curry landed a silver medal in the time of 10.64 seconds.

Adell Colthrust of Trinidad and

Tobago escaped with the gold in 10.63 seconds. Tyreke Wilson out of Jamaica, took the bronze in 10.69 seconds.

Curry said that he went in knowing what he had to do in the

race and was filled with pride knowing he won a medal for the country.

"It feels great to bring The Bahamas another medal. I know what I had to do in my race and I

felt confident in myself."

Adding two silvers on the field were Laquell Harris in the Under 20 Girls' Discus throw and Daejha Moss in the Under 20 Girls' High Jump.

Harris was amped for the challenge and it showed as she set her personal best three times in the event. Her first jump was considered no good by the judges, but her second attempt was marked at 46.12m. Her third attempt went to 47.65m, before she eventually set the second best mark for the event at 50.42m.

"Based on my season I was very proud of myself. I was able to come out here, in my last CARIFTA, and bring home the silver medal."

Jamaica's Fiona Richards won the gold with a mark of 54.19m. Tiara Derosa of Bermuda landed the bronze with a mark of 47.69m.

As for Moss, she finished tied for the silver with Lorean Murray at 1.73m, but fewer knock downs by Moss landed her the silver medal, while Murray was given the bronze. Shiann Salmon of Jamaica claimed the gold with the top mark of 1.76m.

"I just skipped the first height, because I cleared it in warm-ups. Plus I could use that as an advantage in case someone else knocked it down. And every at-

tempt was easy for me. I was calm and listened to my coach on everything and I PR'd (personal record) and came home with the silver," Moss said.

Charisma Taylor also competed in the Under 20 Girls' Triple Jump. Despite a fifth place finish with a mark of 12.62m, it was a new personal best for the first-year Under 20 competitor.

As for the athletes out of Grand Bahama, Corey Sherrod finished first in his heat of the Under 18 Boys' 400m, but fell to fifth place in the finals of the event.

Tyrell Simms also competed in the Under 18 Boys' 400m preliminaries. He placed second, but his time did not qualify to get into the final. Quanisha Marshall ran in the Under 20 Girls' 400m, but missed out on the finals after she placed ninth overall in the preliminaries.

Devine Parker finished second in her heat of the Under 18 Girls' 100m preliminaries and her time qualified her for the final. However, Parker did not continue the race after she stumbled out of the blocks.

Javan Martin made into the Under 20 Boys' 100m finals; however, he was disqualified after a false start.

With a productive and rewarding Day One under their belt, Team Bahamas' confidence was high headed into day two.

## Holland Martin secures long jump silver medal Day Two of competition

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**CURACAO** – The Bahamas picked up where they left off on Day Two of the 46th FLOW CARIFTA Games, securing two medals in the morning session.

Grand Bahama's Holland Martin may have missed out on the finals of the 200 meters, but he went on to capture the silver of the Under 20 Boys' Long Jump

event. On his final attempt, Martin set the second place mark of 7.33 meters. Jamaica's Carey McLeod walked away with the gold with a mark of 7.62m, which he set on his second attempt.

Enzo Hodebar of Guadeloupe tied Martin with 7.33m, but had the most fouls called against him.

The second medal of the morning session came from Acacia

Sweeting in the Under 18 Girls' Discus throw. Her third attempt of 39.40m was a personal best (PB) and landed The Bahamas its second bronze medal of the competition. Marie Forbes of Jamaica secured the gold with a throw of 43.62m. Kimone Reid, also of Jamaica, won the silver with a toss of 40.39m.

The Bahamas also got a few qualifiers for yesterday's finals of the 200m. Devine Parker made up for a stumble in Satur-

day's 100m final and qualified for 200m finals with a time of 24.42 seconds.

Megan Moss, 400m gold medalist, also punched her ticket to the finale with a time of 25.02 seconds.

Joel Johnson and Under 18 Boys' Long Jump champion, Denvaughn Whymns, both qualified for the Under 18 200m finals. Johnson clocked a time of 21.81 seconds, while Whymns' time of 22.21 seconds secured

the final spot in those finals.

Grand Bahama's Bryant Lowe and Tyrell Simms made it into the Under 18 Boys' 800m finals, which took place yesterday.

Lowe posted a time of one minute and 58.85 seconds. Simms turned in a time of 2:00.53 to secure the final spot.

Matthew Thompson made it into the Under 18 Boys' 400m Hurdles finals with a time of 57.38 seconds.

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