



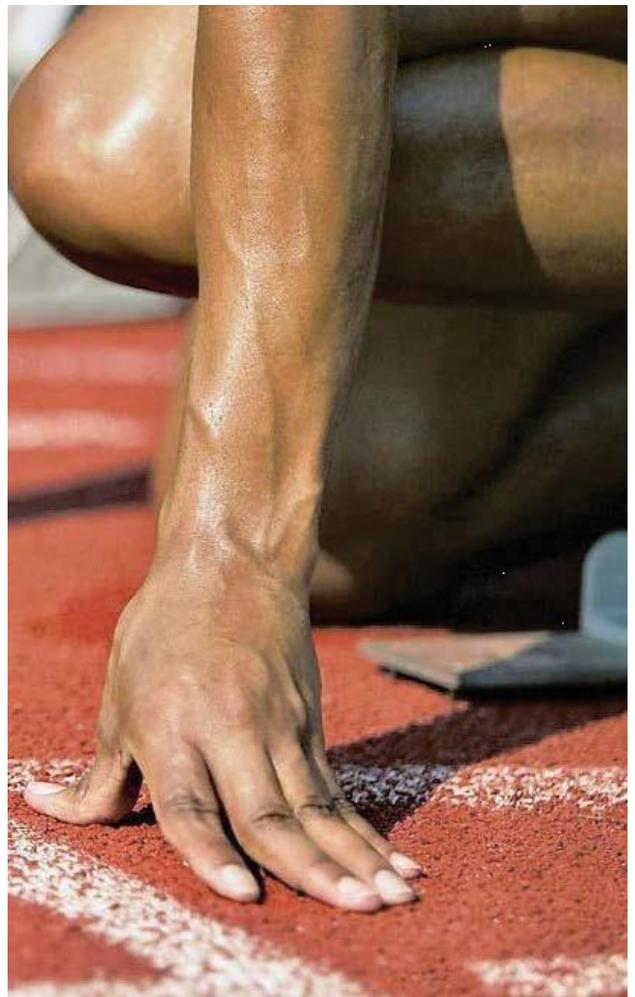
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PRESIDENT MESSAGE

by Víctor López



On behalf of the NACAC Executive Council and the NACAC Athletics Family, I would like to extend my greetings in our newsletter of this important year, perhaps the most important in the history of our sport. There is no doubt that we are facing tough challenges and scandals never experienced in the past. But despite the challenges and difficulties that we are experiencing, so far and going into the end of the first half of the year, our athletes are performing better than ever, especially the NACAC athletes.

Therefore, as I expressed in many occasions to President Coe, to the Media and to colleagues and friends, it looks to me that we will have one of the best, if not the best year ever, as far as performances is concerned. I am not talking about the NACAC athletes only but athletes from all over the world. In other words, we will own the show in Río de Janeiro, Brazil at the 2016 Olympic Games.

But in spite of the above opinion, from my part, as how great the performances have been so far, we still have to be vigilante because, for sure, we still have a problem with doping in our sport and in other sports. Yes, it is important that we clean the house and face the challenges that we are experiencing but, it is more important that we continue to do what we do best, which is to develop our great sport and our young people all over the world and at the same time stay behind the IAAF and President Sebastian Coe on the efforts to put the house in order. Yes, we cannot avoid looking back and reflect on what went wrong and why we ended up in this mess



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but, we need to concentrate more in showing to the world that our sport is perhaps the most beautiful and the most important of all the sports and that we are not the only the ones battling this epidemic but, that the whole sports world is contaminated.

To the NACAC Family, I would like to express my sincerest words of appreciation for the confidence rendered on me, to lead the Area for the next four years. As you all know, this a job too big for one person or for one small group of people to do, therefore, I would like to encourage you to work together in unity and in harmony to make sure that we bring our organization to the level that we deserve from the standpoint of a business type enterprise. Yes, our athletes are the best in the world; also we have demonstrated that we have great leaders in important positions, just not only in the Athletics organizations like the IAAF Council and Committees but, also in the Olympic movement organizations. Therefore, let us make sure that in these next four years we bring the NACAC AA and the brand to a place in the sport business world where we can be self-sustainable, marketable and valuable in the social media era for the young people.

We have a dynamic Council, composed of great leaders coming from all our regions, which are very active and committed to the development of our organization and our Area. Finally, we have our two largest members, the USA and Canada, supporting and contributing 100% with our efforts, therefore, with their leadership, resources and commitment, we can only go one way and that is to the top. Let us stay together no matter if from time to time we have differences, discrepancies and different points of view which is normal in any organization but, let us make sure that nothing stop us as an organization to rule the world, not just on the track and on the field but, as a respectable and prestigious organization in the sport business world.

Also, under the mandate of the IAAF and the Continental Area Strategic Plan (CASP), we have a number of objectives that we need to achieve in the next three years therefore, let us work together to make sure that by the end of this period we either achieved all of the objectives or most of them. One of these objectives is the increase the high level championships and competitions and that one is already on its way. So far all our championships and one day meetings organized this year have been very successful. We have a working group composed of very experience individuals



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and professionals in the business of marketing, television production, and big time event presentation working very hard putting together an attractive **NACAC International One Day Meetings Circuit**. The objective is to put together an attractive package that we can sell to multinational sponsors and big television companies in 2017. Also, we have been partnering with our brothers and sisters from the South America AA (CONSUDATLE) in the organization of a number of events that already those have been very successful. But we can only achieve all these objectives and make the championships

successful if you directly get involved with your leadership and with the participation of your athletes, coaches and officials in all our projects. One very important objective that we have been achieving and where we lead the world is in our women participation to the point that we have 11 women presidents of National Member Federations. Finally, on behalf of the NACAC Family I would like to extend my congratulations and welcoming to all the new elected Councils and leaders to the Family. Let us have a fantastic 2016 and a very successful Olympic Games in Río...

Prof. Víctor López

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**You are invited to visit our NACAC AA office in the
Department of Recreation and Sports in San Juan,
Puerto Rico**



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General Secretary Report

by Michael Serralta



On December 18, 2015 I held a meeting with Professor Víctor López for the position of General Secretary to discuss my availability to occupy the position. After carefully analyzing the duties and responsibilities of the position I agreed to accept it.

Since then, another stage in my life has begun with a new challenge: to meet the objectives this prestigious organization. I am very proud to contribute and be a facilitator to work toward continuing the development of Athletics in our area.

For those of the NACAC community who do not know my background I can introduce myself by saying that I have thirty years of experience as a sports administrator and as an instructor for officials and coaches. I am currently an associate professor at the University of Puerto, Río Piedras Campus. I also serve as a senior instructor for level I-II IAAF officiating courses as well as competition director seminars.

We started 2016 reorganizing and updating all administrative and communications in our office. This task was completed in full by the end of March due to the volume of work since we were completing it in stages based on priority. We want our communication as effective and efficient as possible.

I have assumed this position with the objective of serving as a facilitator between the IAAF, NACAC and RDC. In compliance with the Continental Athletics Strategic Plan and I hope to continue with the excellent



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work carried out by my colleague, Prof. Cándido Vélez, to whom I publicly offer my congratulations. I look forward to accomplishing President López's goal that all Member Federations comply fully with the IAAF regulations for competitions and with both IAAF/NACAC offices in respect to all administrative aspects. We will continue with the work in process of having an evaluation system for facilities, organization, officials and delegates. To meet these goals, we must provide them with tools necessary such as courses, seminars and forums. I wish to inform you of the events that have taken place during this period:

1. FEB 20 CADICA Cross Country Championships
Belize City, Belize
2. FEB 28 NACAC 10K Road Race Cup
San Juan, Puerto Rico
3. MAR 4-5 NACAC Cross Country Championships
Estado de Vargas, Venezuela
4. MAR 20 CADICA Race Walking Championships
Managua, Nicaragua
5. MAR 26-28 CARIFTA Games
St. George's, Grenada
6. APR 16 Chris Brown Invitational (APM)
7. APR 22 Bermuda Invitational (APM)
Bermuda

8. APR 30 USA vs The World Penn Relays (APM) Philadelphia
9. APR 30 Drake Relays (APM)
Des Moines, Iowa
10. MAY 7 St. Maarten International (APM)
St. Maarten
11. MAY 14 Cayman Islands Invitational (APM) Cayman Islands
12. MAY 14 Grand Prix Region (APM)
Guadeloupe
13. MAY 20 CADICA U18/U20 Championships
San José, Costa Rica
14. MAY 25-31 Memorial Barrientos
Habana, Cuba
15. JUN 7-8 Boston Adidas – Boston, Mass.-USA
16. JUN 11 Racers Club Grand Prix – Kingston, Jamaica

Our biggest event for the first semester based on participation was the CARIFTA Games in St. George, Grenada with a new facility. This was a great challenge for the Federation and the Local Organizing Committee to fulfill all requirements for the event, but they worked hard and achieved an excellent outcome. We are working to construct a circuit of Area Permit Meetings (APMs) where our athletes can stay in our area and have athletes from around the world come and compete in the NACAC area. We hope to make a circuit with around twenty APM's.

We are including some photos of the different events organized.



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The Americas Athletics Family Mourns the passing of FAUSTO MENDOZA

On behalf of the Americas Athletics Family, NACAC and CONSUDATLE, we would like to express our most sincere words of condolences to the family, to the nation of Ecuador and to South America, for the passing of **Professor Fausto Mendoza**.

An undisputed leader of the sport of Athletics in our Hemisphere, Fausto dedicated all his life to the development of our beloved sport, especially of the **Race Walking** discipline. He leaves a great legacy for the present and future generations.

Dear Friend, America and the Athletics Family will miss you, rest in peace...

Víctor López
APA President



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NACAC EXECUTIVE COUNCIL RESOLUTION

WHEREAS: The IAAF, certain former officials and their associates are under investigation for ethical breaches and have come under legal investigation; and

WHEREAS: The policies, practices and governance of the IAAF must drastically be changed to ensure the integrity of the sport of athletics and to protect our clean athlete's; and

WHEREAS: The sport of athletics must be united in our efforts to severely punish past wrongs, clean up past practices and be clear in the path to a positive future; and

WHEREAS: In such a time of crisis, strong leadership is critical to addressing the crisis and moving forward; and

WHEREAS: IAAF President Lord Sebastian Coe, in his record as an athlete and leader, has demonstrated the integrity and resolve needed to lead athletics into a better future;

BE IT HEREBY RESOLVED, on this day Saturday, February 20, 2016 that the Executive Council of the North American, Central American and Caribbean (NACAC) Area Association of the IAAF FULLY and UNEQUIVOCALLY supports Lord Coe in his role, recommendations and actions as IAAF President, both now and in the future.

*Signed in San Juan, Puerto Rico by NACAC AA Executive Council
Saturday, February 20, 2016*



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NACAC-RDC SAN JUAN WOMEN LEADERS IN ATHLETICS COMMISSION REPORT

By Evelyn Claudio López



In compliance with the IAAF mandate to achieve at least 20% of participation and retention of women in Athletics, we have been working in the North America, Central America and Caribbean Athletics Area Association since 2010 cosponsored by both NACAC and the RDC San Juan.

We have been able to recruit other organizations such as USATF, APA, FUPPDA and CONSUDATLE and we are in the process to enhance our relationship with the Olympic Committees from each country in our area.

Since the beginning of our organization we prepared a Strategic Plan based on accurate and reliable information regarding the situation of female participation using a research prepared by the RDC San Juan, reports presented by the Delegates from each Member Federation and a SWOT Analysis to guarantee the truthfulness and accuracy of the information and data obtained.

We have published books and reports in newsletters and webpages, participated in Forums, Congresses, Book Fairs, Meetings, interviews of members of the IAAF Women Committee and the leaders of our athletics groups in the area and we have been able to increase from five NACAC Commissions to 18.

An outstanding achievement is the commitment of women from other areas to organize themselves. Therefore, we have prepared a **Step by Step Method** as a guide



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for women in each nation to initiate their organization as committees or commissions to serve as a support group to the IAAF Member Federations and guarantee the accuracy of their annual reports, abiding by the rules and regulations of the IAAF and NACAC, the transparency in the financial procedures, the participation of women in all our events, and, above all, to achieve that our athletes participate in our regional competitions and, when they retire, continue their contribution to Regional Athletics. In our 2016 Women Project we also include an Excel Program to be used by Member Federations to record their expenses and facilitate accurate financial reports at the end of the year.

We are in one of the best moments in the NACAC Area Athletics: the leaders of the IAAF are former athletes who love this sport. Therefore, the Women of the Americas have a commitment to collaborate with our President Sebastian Coe and the IAAF Council, not only to continue as the # 1 sport in the Olympics, but to adquire the credibility of our international organization and achieve with our work the formation of the best citizens of the World.



Logo proposed for the Americas Women in Athletics



Publication

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Organization of Commissions in every country as a support group for the Member Federations (18)



Women Seminar in Miami, co-sponsored by USATF



ANGUILLA Women Commission



María Caridad Colón from Cuba (IAAF Women Committee) and Esther Maynard From Barbados (NACAC Technical Commission)



Interviews by Julita Osendi

1st Cuban Women in Athletics Forum



Highlights of the FORUM:

1. Male support of former Olympians: Enrique Figuerola, Lázaro Betancourt, Juan Morales, Alberto Juantorena, Javier Sotomayor, among others
2. International support: Hilda Cepeda, sister of Major League Star and member of the Hall of Fame, Orlando Cepeda
3. Participation of Delegates from all the Cuban Provinces and Officials, athletes, coaches, educators, media persons, etc.

CADICA CROSS COUNTRY CHAMPIONSHIPS BELIZE 2016



*By
Carlos Clemente
Technical Delegate*

On Saturday February 20th the Central America Cross Country Championships was held in the capital of Belize, Belmopan.

Seven countries of Central America took part in the event: Belize, El Salvador, Guatemala, Honduras, Nicaragua, Costa Rica and Panama. A total of 72 individuals took part of this event with 55 athletes and 17 officials. The place of the event was the Roaring River Golf Club located on the outskirts of Belmopan, in a circuit of two kilometers.

The categories in the event were: U14, U16, U18, U20 and Seniors males and females. El Salvador was the Absolute Champion of the tournament, Costa Rica second and Guatemala third place.





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More information on the website of CADICA www.atletismocadica.org and Facebook **ATLETISMO CADICA**.





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NACAC CROSS COUNTRY CHAMPIONSHIPS & PANAMERICAN CROSS COUNTRY CHAMPIONSHIPS – VENEZUELA 2016

MORGAN AND COWART CROWNED PANAMERICAN CROSS COUNTRY CHAMPIONS

By Javier Clavelo Robinson

Allison Grace Morgan and Donald Cowart of the USA took the elite titles at the 2nd Pan American Cross Country Championships at the Caraballeda Golf Course in the state of Vargas, Venezuela, on Friday (4).

The duo, wearing the USA uniform for the first time, led their country to top the overall standings after compiling results from all six races (under 18, under 20 and senior) for both men and women. A total

130 athletes from 11 countries braved the 30C temperatures. In the men's 10km race, Morgan's compatriot Cowart held off the challenge from Brazil's Gilberto Silvestre, silver medalist at the 2015 edition, to cross the finish line first in 31:20, ahead of



Silvestre (31:36) and USA's Max King (31:43).



Perú featured prominently in the event with their athletes winning medals in five of the six races, including two titles in the under-18 categories.

Ruth Karina Basilio became the first continental champion on Friday as she

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covered the 4km race in 14:35, in a close battle with Mexico's María de Jesús Ruiz, second in 14:36. Another Peruvian, Lida Meneses, rounded out the podium in third with 14:56.

Edward Condori gave the South American nation its second win of the day as he covered the 6km race in 20:27 ahead of Jose de Sousa of Brazil (20:35) and Venezuela's Frammik Semprun (20:47), the only medal winner for the host country.

The U20 crowns went to Canada's Branna McDougall and Brazil's Daniel Ferreira, who both improved from their bronze medal performance a year ago in Colombia.



Morgan and Cowart crowned Pan American Cross Country Champions

McDougall and fellow Canadian Madeleine Ghazarian moved away from defending champion Saida Meneses in the 6km race to set the stage for a photo finish, with just 0.39 seconds separating both athletes: McDougall (21:31.33) and Ghazarian (21:31.72). Meneses settled for third in 21:58.

Ferreira covered the 8km distance in 26:06 to win Brazil's only title on Friday. Thomas Pollard of the USA and Omar Ramos of Peru joined him on the podium.

Athletes from Ecuador, Jamaica, Puerto Rico, Panamá, Colombia and Trinidad and Tobago also took part in the annual event, held for the first time in Barranquilla, Colombia, in 2015.

RESULTS here:

<http://www.athleticsnacac.org/index.php/results-2016.html>

CARIFTA GAMES GRENADA 2016



By Terry Finisterre

Keshorn Walcott may have had more of an effect on Caribbean javelin throwing than he could have ever imagined, as demonstrated by the performances in this event at the three-day 2016 Carifta Games in Grenada, which ended on Monday (28).

In 2012, the Trinidadian became Carifta Champion in the U20 men's javelin

PETERS PROVIDES THE HIGHLIGHT OF THE 2016 CARIFTA GAMES

with a meeting record of 77.59m. He then went on to win at the IAAF World Junior Championships Barcelona 2012 and at the London 2012 Olympic Games, upsetting a strong field and making history.

In the 45th edition of the Carifta Games, held at the new National Athletics Stadium in St George's, and the host nation's Anderson Peters produced a winning throw of 78.28m in the second round on Saturday.



Previously a winner at under-17 and under-18 level at the Carifta Games, not

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only did Peters broke the Games record, he also improved the Grenadian record, the Organization of Eastern Caribbean States record, and put himself in the frame for a medal at the IAAF World U20 Championships Bydgoszcz 2016.



Anderson Peters

"I want to become the first person from Grenada to qualify for the Olympics while training at home," said Peters, who also anchored his team to fourth place in the 4x100m relay. "The goal for this year was always 84-85 meters, and I think I can get that, get to World Juniors (IAAF World U20 Championships) and see what happens. After that, I will have to make a decision about whether to go to school or to become a professional athlete."

Peters also earned the Austin Sealy Award as the best performer at the Games.

GREAT SCOTT, ANOTHER JAVELIN RECORD

Another highlight of the Games came on the third day, when Grenada's Candesha Scott

emulated her compatriot with a record throw in the U20 women's javelin.

A bronze medalist the year before, Scott came in with the relatively modest personal best of 47.80m but improved to 51.13m, adding more than a metre to the Games record to punch her ticket to Bydgoszcz.



Candesha Scott

The Caribbean throws 'revolution' – advertising potential medal contenders at the IAAF World U20 Championships this summer – continued with a record in the U20 men's shot as Jamaica's Warren Barrett pushed the 6kg ball out to 19.97m, bettering compatriot Ashinia Miller's 2011 effort of 19.47m and showing his intention to follow in the footsteps of world bronze medalist and compatriot O'Dayne Richards.



Warren Barrett

On the track, much of the attention was on Sada Williams of Barbados, who stamped her authority on the U20 400m, winning in 52.07 from defending champion Shaquania Dorsett from The Bahamas, who was second in 52.50.



Sada Williams

Williams then ran a scintillating 22.72, albeit with a following wind of 2.4m/s, to take the 200m.

World youth 100m silver medallist Khalifa St Fort from Trinidad and Tobago fulfilled her role as favorite for the shorter sprint and

won the U20 100m in 11.40 into a -2.7m/s headwind.



Khalifa St Fort

BOLT'S SUCCESSORS

IAAF president Lord Sebastian Coe, visiting Grenada for the meeting, commented that the next Usain Bolt might well be found at the CARIFTA Games.

He could have been referring to Akeem Bloomfield, as the Jamaican ran 46.01 in breezy conditions to win the U20 men's 400m from Pan American U20 champion Jamal Walton of Cayman Islands, who was second in 46.23.

He might also have been alluding to someone like Nigel Ellis, the Jamaican sprinter who won the U20 100m in 10.16 (1.4m/s). Ellis unfortunately false started in the 200m heats, leaving the way clear for Trinidad and Tobago's Akanni Hislop to win in 20.89, but with a gusting 4.5m/s breeze on his back.

In the U20 men's triple jump, there was a bit of an upset as Jamaica's O'Brien Wasome

bounded out to 16.09m to win, while Suriname's defending champion and 2014 Youth Olympic Games winner Miguel van Assen failed to record a mark. Assen did, however, win the long jump with 7.66m.



Yanis David

In the U20 women's horizontal jumps, France's Yanis David, competing for Guadeloupe, won her fourth CARIFTA triple jump title in five years with 13.13m but then impressed when adding nine centimeters to the 27 year-old jump record with her winning mark of 6.8m.

In the younger age groups, there was a Games record in the U18 boys' shot as Jamaica's Zico Campbell's putted 17.75m. The record fell too in the U18 boys' discus as Jamaica's Phillippe Barnet won with 60.44m, improving the previous record by more than six meters. Tyriq Horsford of Trinidad and Tobago took the U18 boys' javelin with a record of 73.00m.

]



NACAC President Victor López, Carifta Games founder Austin Sealy and IAAF President Sebastian Coe awarded Grenada's Anderson Peters the Austin Sealy award given to the 45th Carifta Games' Most Outstanding Athlete Award

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Tyriq Horsford of Trinidad and Tobago took the U18 boys' javelin with a record of 73.00m.



Tyriq Horsford

Records fell as well in the 400m hurdles, both to Jamaican athletes. Shiann Salmon, who also won the U18 high jump,



Shiann Salmon

won the 400m hurdles final in 59.50 while Shannon Kalawan took the U20 title in 56.29.



Shannon Kalawan

Another record fell to Jamaica in the U18 boys' 4x100m with Christopher Taylor, Jhevaughn Matherson, Michael Stephens, and Dejour Russell winning in 40.40.

At the conclusion of the Games on Monday evening, the Carifta flag was handed to 2017 hosts Curacao and the 600-plus athletes from 26 nations and territories danced on the infield to calypso and reggae music, and the Junkanoo drums, before the three-day carnival of athletics came to an end with a brilliant fireworks display.

Results here:

<http://www.cariftagames2016grenada.com/index.php/schedule-and-results>

THE MOST SUCCESSFUL ATHLETES OF THE OECS DIASPORA

By Rey O'Neal



While the impact of athletes born in O.E.C.S countries but representing other nations has been nowhere near as great as that of competitors born in Jamaica, Barbados, Trinidad and Tobago or Guyana there have been a few who have stood out on the international stage Among the leading lights are:



Keith Connor (GBR/AIA)

The Anguilla born triple jumper was one of the world's best in a career that



stretched from the mid-1970's to the mid-1980. He won one U.K. title indoors and another outdoors, also finishing second on two occasions in the outdoor Championships. Connor spent some of his

peak years at Southern Methodist University in Dallas, Texas gaining All-America honor with a leap of 17.57 meters (57' 7 3/4") with his victory at the 1982 National Collegiate Athletic Association (N.C.A.A.) Championships. Later in 1982 Connor scored his first major international triumph, winning the event at the European Championships. He followed that up later in the year with a win at the Commonwealth Games in Brisbane, Australia. Connor, who had placed fourth at the 1980 Olympic Games, was surprisingly off his game at the inaugural I.A.A.F. World Championships in 1983. He made amends the following year however, taking home a bronze medal from the 1984 Olympic Games in Los Angeles.



Elliott Quow (USA/VIN)

Ironically, for a country that has yet to win a global medal in track and field, two athletes born in St. Vincent and the Grenadines mounted the podium at the first I.A.A.F. World Championships in Helsinki in 1983. One of the pair was Elliott Quow, a sprinter with a relatively brief athletics career, lasting only four significant years between 1982 and 1985, but hardly an uneventful one.

Quow first came to national attention in 1982 when he clocked 20.39 seconds in the 200 meter dash at the N.C.A.A. Championships. In 1983 the Rutgers University sprinter would win the half-lap

event at the collegiate meet 1983 was in fact Quow's "year of years" His first international success came at the World University Games in July when he won the 200. He placed fourth in the event at the U.S.A. Championships but was selected for the World Championships after another runner opted to concentrate on the shorter dash. Considered a likely finalist but an improbable medalist, Quow upset the form charts by taking second in Helsinki, ahead of Olympic gold medalists Pietro Mennea and Allan Wells. Quow's string of successes continued with a gold medal in the 200 and another in the 4x100 meter relay at the Pan American Games in Caracas, his last major meet.



Joan Baptiste (GBR/VIN)



The other Vincentian born medalist at the Helsinki World Championships was British sprinter Joan Baptiste who mounted the podium after running the leadoff leg for Britain's silver-medal winning 4x100 meter relay team. Primarily a 200 meter runner Baptiste was particularly good indoors. She won two British indoor medals in the 60 meter dash and was twice British champion in the 200 indoors in 1983 and outdoors in 1987. Baptiste also won silver in the 200 at the European Indoor Championships in 1983.



Desai Williams (CAN/SKN)



One of the best of a large number of Canadian sprinters of Caribbean origin in the 1970's and 1980's, Williams hailed from the island of St. Kitts. Williams won Canadian National outdoor titles in the 100 meter (1979, 1980 and 1983) three times and on six occasions in the 200 (1977, 1979, 1980, 1981, 1982 and 1983) His only global medals came at the 1984 Olympic Games in Los Angeles in 1984 when he joined Jamaica-born Ben Johnson and Tony Sharpe and Canadian-born Sterling Hinds to propel Canada to a third-place finish; and at the I.A.A.F. World Cup in 1985 when he won a relay silver as part of the team representing the Americas. Williams was a finalist in the 100 meter dash at the 1983 World Championships and 1988 Olympic Games, as well as on Canada's sprint relay teams at the 1987 World Championships and 1988 Olympics.



**Flora
Hyacinth
(ISV/LCA)**



Born in St. Lucia, the versatile Hyacinth moved to St. Croix, U.S.V.I. as a teenager and first gained attention at the 1985 Carifta Games where she placed third in the 400 meter and fifth in the 100 meter hurdles. Awarded an athletic scholarship to the University of Alabama she became the first female athlete to surpass 45 ft. (13.73m) in the triple jump but the mark was never ratified as an official World Record. Hyacinth won three medals at the Central American and Caribbean Games, a gold in the 400 meter hurdles and a bronze in the long jump in 1986, and a long jump gold in 1998. At the C.A.C. Championships she won the long jump in 1991 and 1997. Hyacinth twice won collegiate All-America honor and is the U.S.V.I. national record holder in the 100m hurdles (13.33 secs.), 400m hurdles (57.55), long jump (6.72m/22' 0 3/4") and triple jump (13.73m) At the 1992 Olympic Games she placed 9th in the long jump and four years later tied for 12th in the qualifying round but did not go forward to the final.



Shani Anderson (GBR/VIN)



Shani Anderson was a British athlete who moved to the sprints after first surfacing as a triple jumper. She was a silver medalist in that event at the 1996 British Indoor Championships. In 1999 she won the British indoor title at 200 meter. Outdoors she was a medalist in the 200 meter dash three times- bronze in 1999, silver in 2001 and finally gold in 2002. Internationally her finest moment came in 1999 when she ran the second leg for the British quartet that finished eighth in the 4x 100 meter relay at the World Championships. Individually her best result was a sixth place finish in the 100 at the 2002 Commonwealth Games. Anderson retired in after the 2005 season, having recorded personal bests of 11.32 seconds for 100 meter and 22.96 for 200 meter.

The Second Generation

Besides the athletes mentioned above a number of athletes with a parent or parents from one of the O.E.C.S. countries have also featured prominently on the international scene. They include:

Simone Jacobs was a bronze medalist as a member of Britain's 4 x 100m relay team at the Los Angeles Olympics in 1984. Also won a relay bronze at the 1990 European Championships. Was a relay finalist at the 1993 World Championships and 1996 Olympic Games.



Vince Matthews (USA/SKN)



A silver medalist at the 1967 Pan American Games in the 400 meter dash, Matthews ran a world best 44.4 seconds at the U.S. Pre-Olympic Trials in 1968. Ran on the world-record setting 4x400 meter relay team at the Games in Mexico City. Four years later Matthews won an individual gold at the Games in Munich.



Myrtle Augee (GBR/LCA)



Commonwealth Games gold medalist in the shot put in 1990, silver medalist in 1994 and 1998. Five times British champion in the shot also placed second eleven times and third once.



Simone Jacobs (GBR/VIN)



Darren Braithwaite (GBR/LCA)



Bronze medalist in 1991 and 1997 as a member of the British 4x100 meter relay teams at the

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IAAF World Championships. Won an individual silver medal at 60 meter at the 1995 World Indoor Championships. A silver medalist in the relay at the 1990 European Championships



Mark Richardson (GBR/AIA)



Gold medalist upgraded as a member of the British 4 x 400 meter relay team at the 1997 World Championships. Won a relay silver at the 1996 Atlanta Olympics. A bronze medalist in the 400 at the 1990 World Junior Championships. Three times a W.C. finalist with a fourth and two fifth- place finishes. Won a silver medal in the 400 at the 1998 Commonwealth Games. Personal best of 44.31 seconds.

Sarah Claxton (GBR/IVB)



Sarah Claxton was fourth in long jump at 1998 World Junior Championships. Holds the U.K. record for 60 meter hurdles indoors, second fastest ever outdoors over the 100 meter barriers. Finalist in the sprint hurdles at Beijing Olympic Games. Five times British national outdoor hurdles champion



Daniel Caines



(GBR/SKN) The son of St. Kitts-born Blondelle Thompson (now Caines), one of Britain's leading hurdlers in the 1970's, Daniel has twice won medals at the World Indoor Championships in the 400 meter dash, a gold in 2001 and a silver in 2003. At the European Championships in 2002 he was 3rd in the individual 400m and was a member of the winning 4x400m relay team. That same year he finished third in the Commonwealth Games 400. In 2000 he was a member of the British quartet that placed fifth in the long relay at The Sydney Olympic Games.

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Perdita Felicien (CAN/LCA)

Perdita Felicien has the distinction of being a gold medalist at IAAF World

Championships over the indoor 60 meter distance (2000) and

the outdoor 100 meter hurdles (2003). She also was a silver medalist outdoors in 2007 and indoors in 2010. Felicien has won seven Canadian outdoor titles and was twice a National Collegiate champion while a student at the University of Illinois. She also owns two Pan American silver medals in the hurdles (2003 and 2007).



Returning to her native Canada prior to the 2011 season her fortunes took an upward turn. She established personal bests in the 100 and 200m dashes as well as her specialty, the 100 meter hurdles. A second place finish in the latter event at Canada's National Championships earned her a spot on the team to the I.A.A.F World Championships in Daegu. There she surprised the pundits by reaching the final of the 100m hurdles, finishing 7th in a personal best 12.73 seconds.



Tabia Charles (CAN/ANT)



Phylicia George (CAN/GRN)



Phylicia George, a graduate of the University of Connecticut, was a useful though not particularly outstanding athlete during her collegiate career. She performed well at the Conference (Big East) level in the sprint hurdles and the 4x 100m relay, without making an impact in the National Collegiate Championships.

An eight-time Canadian national champion in the long and triple jumps, Charles' career was cut short by an ankle injury after her most successful year in athletics. She had won the triple jump at the N.C.A.A. Championships in 2006 and placed 10th in the long jump at the 2005 Beijing Olympics. In 2010 she was the bronze medalist in the long jump at the 2010 She set a national record in the outdoor long jump and the indoor triple jump. Her personal best marks were 6.83m in the long jump and 14.02m in triple.

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John Regis (GBR/LCA)



Probably the most accomplished of the O.E.C.S. athletics diaspora and one of the best all-around sprinters of all time, John Regis experienced success at virtually every international competition available to him. The son of St. Lucian immigrants and the cousin of England footballer Cyrille Regis, John in an international career that began in 1985 and ended in 1998, recorded personal bests of 10.07 seconds for 100 meter, 19.87 for 200 and 45.48 seconds for 400 meter. At the Olympic Games Regis won a silver medal in the 200 meter in 1988 and a bronze in the 4x400 meter four years later. His honors won at the World Championships in Athletics included a gold medal in the 4x 400 meter relay in 1991, silvers in the 200 and 4x100 meter in 1993 and bronze in the 200 in 1987 and the 4x 100m in 1991. At the World Indoor Championships in 1989 he took the gold in the 200 meter. The European Championships saw Regis win two gold medals in 1990 in the 200 and 4x400. At 4x100m and a bronze in the 100 meter dash. At the European Indoors he finished second in the 200 in 1989 after having placed third in 1987. His accomplishments at

the Commonwealth Games were just as noteworthy and included a gold medal in the sprint relay in 1990, two silvers in the 200 in 1990 and 1994, and a bronze in the same event in 1998.



John Herbert (GBR/MNT)



One of a host of world-class triple jumpers that Britain produced in the late 1980's and early 1990's, Herbert's finest hour came when he won the triple jump at the 1986 Commonwealth Games. He was a finalist at the 1984 Los Angeles Olympics and won bronze medals at both the 1993 and 1985 World Student Games. He won one U.K. title in the triple jump and another in the long jump. His best mark of 17.41 meter (57 ft.2 1/2in.) still ranks among the Commonwealth's all-time elite. Herbert later competed in the 1994 Winter Olympics as a member of Britain's 4-man bobsleigh team which finished 8th. He became the first black British athlete to compete in both the Summer and Winter Games.



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NACAC U23 EL SALVADOR 2016

From July 15th to 17th the IX NACAC under 23 will be held in the city of San Salvador, El Salvador.

The El Salvador Federation accepted the challenge of organizing the event after Puerto Rico withdrew the organization of the games and we are very happy with El Salvador to accept the event.

<http://athleticsnacac.org/index.php/Latest/nacac-u23-el-salvador-july-2016.html>

26th NACACTFCA CONGRESS

*"Preparing Coaches
and Athletes for
International
Championships"*

The organizing committee has already received confirmation from all the countries members of NACAC so it is expected to be a big athletics party at the track of the National Stadium Jorge "Mágico" González.

Technical Information Manual is on the following link



San Salvador, El Salvador

July 14-17, 2016



Visit to Cuba

May 21-30, 2016

May 21 Arrival

Upon arrival, NACAC President was received by the IAAF Vice President, Alberto Juantorena, Former Commissioner of Cuban Athletics, Jesús Molina, and Cuban protocol personnel. He was interviewed by several media and news TV press people. Media coverage of this visit was outstanding. Daily press reports were written and presented on TV.

May 23, 2016

Meeting with the Cuban Athletics Federation Staff



The President of the FCA, Alberto Juantorena presented an overview of the current situation of Athletics in Cuba and stated that three tracks were scheduled to

be built in the nation. He explained difficulties of MONDO compliance with the track repairs agreements and the need to find a solution using other companies. NACAC President, Prof. Victor López, insisted that this must be a priority in order to accomplish the goal of incorporating Cuba as part of the NACAC/Caribbean Circuit in 2017.

Visit to the MANUEL FAJARDO University

A very successful meeting was held with authorities from the University who made a Power Point presentation of the facilities and programs they offer and a statistical report on their graduation rate and performance. They agreed with NACAC President, Prof. Víctor López to participate in the IAAF Coaches Academy Training Program and submitted a Letter of Intent which is the first requirement for an agreement.

Meeting with CUBADEPORTES

A meeting was held with the whole staff of CUBADEPORTES, one of the organizations dealing with all the sports in Cuba. They expressed their willingness to work with NACAC AA in all the Athletics activities we presented and to provide the Cuban coaches for the IAAF High Performance Training Center to be relocated to the Dominican Republic.



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May 24, 2016

1st Cuban Women in Athletics Forum

A very successful Forum with representatives of all the Cuban Provinces, coaches, former athletes, sports authorities, university professors, officials, historians, sports media and others participated in the 1st Cuban Women in Athletics Forum led by the NACAC/RDC Women Leaders in Athletics Commission, Mrs. Evelyn Claudio López, who summarized in a Power Point Presentation the achievements of the organization since 2010 and highlighting that NACAC area is the leader in the world in women participation since we have 11 Member Federations presidents, two Olympic Committee Presidents and the number of female athletes participating in our championships have increased. Cuba presented the proposal to host the 2016 RDC annual Seminar in November 2016. A Committee was designated led by María Caridad Colón, former Javelin Olympian and member of the IAAF Women Committee, Roberto Apaceiro, ITO, and Yipsi Moreno, Olympic and World medalist and Ana Fidelia Quirot, former World Champion. They will meet with the Athletics Commissioner, CUBADEPORTES and present a proposal in June.

Meeting with Cuban Officials

After the Women Forum, during the luncheon with the Cuban officials, they

awarded Certificates in recognition to both guests: Víctor López and Evelyn Claudio López, for their contribution to Athletics not only in Cuba but in the Americas Hemisphere and the World. Among the areas identified as special needs of the Cuban Officials were the trainings in Spanish which should be sponsored by the RDC San Juan in the different countries since this will facilitate the attendance and participation plus the actualization of their expertise. Another specific need is the development of new international officials and the inclusion of females in this group.

Conference about the role of Organizations such as North American, Central American and Caribbean Athletics Area Association (NACAC) and the Association of the Pan American Association (APA), both presided by Víctor López

The President of the Cuban Athletics Federation, Alberto Juantorena acknowledged the contribution of both guests in the two organizations and Víctor López summarized the accomplishments of the organizations, explained the advancements in the organization of sports events, including the new Continental Athletics Strategic Plan and the success in the production of high performance athletes in our area. He congratulated the coaches for their contribution to this and



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encouraged their commitment to continue as leaders in the World. He also mentioned that our area is leading in the participation of females since we have 11 women presidents of Federations in the NACAC AA and have organized 18 Women Leaders in Athletics Commissions in our Member Federations and in 2016 will continue working with the organization of the female support groups. López, who is also the IAAF Coaches Commission Chairperson, reported the possibility of the inclusion of the Cuban sport events Memorial Barrientos and Marabana Marathon, in the 2017 NACAC Circuit Calendar which is almost completely done and will be published soon in the NACAC webpage and bulletin. It will also be sent to the Member Federations.

May 26

Meeting with the Cuban Olympic Committee President

The President of the Cuban Athletics Federation, Alberto Juantorena, explained the purpose of the visit of Victor López, IAAF Council Member to the President of the Cuban Olympic Committee, José Ramón Fernández. A summary of the visit was presented by NACAC President and the priority of fixing the track and the athletic stadium was established.

Visit to the FRANK PAIS Hospital

The visit to the Frank País Hospital was a total success since a verbal agreement was made to

use the facilities for traumatological medical issues in the area and as a medical educational training center. A video diskette was given to the guests since the facilities include not only the hospital but also a hotel and industrial park which could be an asset for the area.

MEMORIAL BARRIENTOS Opening Ceremony

Both IAAF Vice President, Alberto Juantorena and IAAF Council Member, Victor López, participated in the Inauguration Ceremony of the Memorial Barrientos.

May 27

Meeting with the President of INDER

This meeting was cancelled since a delegate from the INDER was present in all the meetings and visits held. He will present a complete report to the INDER Sport authorities and a copy will be sent to the INDER Sport authorities and to the NACAC San Juan Office.

May 28-29

MEMORIAL BARRIENTOS Championships

A copy of the NACAC AA Guidelines was given to the organizers of the competition to guarantee following the IAAF guidelines. A digital version of the *Manual for the Organization of the NACAC AA Championships and Competitions*, a NACAC AA Brochure and a diskette summarizing the purpose of the visit were also distributed to the appropriate sports organizations in every visit.

May 28

Meeting with the MARABANA Director

NACAC President, Prof. Victor López and Jesús Molina, discussed the previously circulated guidelines for the possibility of including a NACAC Half Marathon Championship in the 2017 Marabana event, similar to the agreement with the World Best 10K

May 30 Departure

Alberto Juantorena and Cuban protocol staff accompanied NACAC President in his departure from Cuba and expressed their gratitude for the guests continuous support to the Cuban athletes and the Cuban Athletic Federation.



Former Cuban Olympians support the Women Forum: Enrique Figuerola, Lázaro Betancourt, Juan Morales, Javier Sotomayor and Alberto Juantorena.

1st Women Athletics Forum in Cuba

As part of the 2016 Women Project, Evelyn Claudio López , Chairperson of NACAC/RDC Women Leaders in Athletics Commission visited Cuba to participate in the 1st Women Athletics Forum in Cuba and made a Power Point presentation of the NACAC AA and the Women Commission accomplishments

Evolution of Women Athletics in Cuba by Jesús Molina and Lázaro Betancourt, Former Cuban Athletics Commissioners and Members of the Cuban Athletics Federations (FCA) A Power Point presentation of the history of Cuban women participation in Athletics

The King of Sports has its QUEEN by Irene Esther Ruiz, FCA Member, presented A historical approach presented in a Power Point based on research of the incorporation of black females in Cuban Athletics and listing the actions needed for gender equity in Cuba.

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Experiences of Athletics in Schools by María Luisa Betancourt, Greter Lorenzo Amat, Norma García Proenza, Mirna Romero Cruzata and Sofía Bolaños, Physical Education Teachers from several National Provinces. Several Power Point presentations summarize the different activities held in communities and statistics for Age Group participation including the inauguration of a Central American house visits to museum, organizational and awards meetings. An unique Green Project was thoroughly explained in which the athletes are creating a forest planting trees after each Athletic event.

Another presentation summarized community schools in Artemisa where masification procedures are used and motivational visits from high performance athletes are used as role models. In Guantánamo, the municipality of Baracoa also has a Green Project sponsored by IAAF Women Committee Member. On a monthly basis, they have competitions and one of their major achievement is the increase of female participation and an improvement in several age group female athletes.

Women as Sport Leaders by Dulce Solozábal and Mariela Pita, Directors of two different Cuban provinces, presented a A step –by-step development and training is thoroughly explained and the statistical analysis of women achievements is presented.

“We can also be Champions” by María Caridad Colón, 1st Olympic Medal in 1980, Ana Fidelia Quiroz, World Champion in 1995 and in 1997 and Yipsi Moreno, another Cuban World Champion, shared their personal experiences.



Education of Professionals for Athletics by UCCFD Professors, Ana María Morales and Lázaro de la Paz. A PPT presentation of the achievements of the Sport University Manuel Fajardo, their graduation rate and distribution of professional all over the country. Following the guidelines of the IAAF is part of their

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curriculum and a letter of intent was signed for a project with NACAC AA.



High Performance Athlete Training by Cuban Coaches of the National Team, Nelson García and Faustino Hernández shared their expertise in the development of training female athletes and insisted on the difference in the development of training female athletes and on the difference in the approach which must be used.

The President of the National Officials, Antuanet Depreste, and two Technical Officials, Gisela Martínez and Odalisca Hernández presented a PPT report of the number of national officials in which 3,241 females out of 9,320 and 4 provinces are led by women out of 13. Collaboration, knowledge of the rules and regulations and participation in the different

levels of competitions are priorities for their organization Research Projects.

Role of the Media in Athletics by Granma Former Sports Editor, Enrique Montesinos and Luisa Fernanda, René Navarro and Joaquín Ortega, Sports Press personalities concluded the Forum discussing the importance of the media coverage and knowledgeable research was stressed by the professionals participating in the forum. A limited exposure of Athletics in the written press was a barrier to be addressed.

A digital version of the Forum was sent to each NACAC AA Member Federation which includes all the 8 Power Point presentations, and the following **Table of Contents**:

1. **Cuban Visit Report**
2. **Evolution of Women Athletics in Cuba**
3. **The King of Sports has its QUEEN**
4. **Experiences in Athletics Schools**
5. **Women as Sport Leaders**
"We can also be Champions"
6. **Education of Athletic Professionals**
High Performance Athlete Training
7. **Women as Athletic Officials**
8. **Role of the Media in Athletics**



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Copies of the FORUM are available in your National Federations, at the NACAC AA Webpage or could be requested from the Women Leaders in Athletics Commission Chairperson at evelynclaudio344@gmail.com

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