

## **Lanfranc Athletes Shine at the Surrey Open Championships**

Wet and windy and cold weather greeted the athletes at the 2010 County Championships at Kingsmeadow. The weekend started with bad news; the loss of three potential golds and a place medal from the injured Creston Harrison and Femi Agbetoyin. However the remaining athletes excelled; bringing home four bronze medals, three silver medals and providing five Surrey Champions.

Tamara Reid narrowly missed a bronze medal; having thrown as far as the medallist but missed out on the countback (the next best throw). Old boy Afam Obi-Adewole won a bronze in the U20 200m, Afam represented the school last year at the English Schools Championships.

His sisters Chioma and Iyanni both picked up Bronze medals as well. Chioma in the U17 Discus and Iyanni in the U17 Shot Putt. Ladies team captain, Shanice Harrison, won a bronze as well in a competitive U17 200m.

Simi Obi-Adewole went one better than the rest of his family this time, winning a silver medal in the U15 Shot Putt. Joshua Thompson had his first Triple Jump competition since the South of England Indoors Champs; he opened his account this summer with a creditable 12m25 for silver as well. The third of our silver medals came from the Men's Captain, Khalil Njoya in the Discus. A previous English Schools Champion, Khalil has not been able to throw properly for nearly a year, due to a wrist injury sustained playing Rugby League for Harlequins. He threw a creditable 38m64 in very difficult conditions.

Simi stepped up yet again later in the day to become U15 Discus champion with 29m92. Javari Cameron overcame his usual runway nerves to jump a personal best of 12.90 to become the U17 Triple Jump champion. Javari was only 10cm off the English Schools qualifying standard. Shanice Harrison overcame the reigning Surrey champion to take a magnificent Gold medal in the U17 100m. This was one of the upsets of the day. Taiwo Kamoju stormed to victory in the U15 200m., leaving all competitors well behind. He dipped under 24secs for the first time, clocking a personal best of 23.87; an English Schools qualifying time. Finally, Cameron Smith retained his U17 100m title, again leaving all others trailing in his wake. Cameron clocked an excellent 10.94, faster than the Senior Mens winning time and another English Schools qualifying time.

Yet again Lanfranc athletes claimed a medal haul that would have delighted many a smaller club. Well done to all our athletes.

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