

Athletes Highlight

My Name is: **Najhada Seymoure**



The great American football coach Vince Lombardi is reputed to have said that

"winning is a habit". I am quite sure that Najhada Seymoure never heard of Lombardi, and it's just as likely that she never heard the aforementioned phrase, but she sure epitomises it. Since becoming Class 2 Discus Throw champion at Champs 2022, the 16-year old St. Mary native has won every Class 2 DT event she has entered. Her latest victory was at Saturday's Youngster Goldsmith Classic held at the National Stadium. A meet held in honour of the man who introduced weight training to schoolboy sports in Jamaica; completely revolutionising competitive physical activity among local high schools.

Facing probably her stiffest competition since last Champs, Seymoure defeated last year's Class 2 DT runner up as well as the Class 3 champion and runner up from the same championship, for her 4th consecutive victory this season. In the process she set a new meet record of 43.04m, breaking the old mark by 2 metres.

Age Animo,

Writer: Desmond Shakespeare (DASH)