



Department of Youth, Sport and Recreation NEWSLETTER

THE COMPETITIVE EDGE ~ MARCH 2023

Bermuda Karate Federation

The 27th Bodhidharma Zenji Ryu Shiai Karate Tournament took place on March 26th, 2023, at the Whitney Institute auditorium. This tournament brought together karate students from every dojo on the island, and they showcased their skills in kata, kobudo, and kumite. Shotocup, a renowned promotional company, did an excellent job organizing the tournament and making it an A-class event.

Sensei Gladwin Roots Phillips, the Shiai Director, Chief Instructor of the Bodhidharma Zenji Ryu Karate Dojo, and Bermuda Karate federation worked tirelessly to make this tournament successful for 27 years. His dedication and hard work have made this tournament a staple on Bermuda's karate scene.

The tournament showcased impressive performances, with Tony Cabral winning the advanced male kumite division and Khawai Mendoza triumphing in the under 15 male kata division. The overall champion and recipient of the Shiai cup was Geraldine Sidders of Shorikan, who exhibited exceptional technique and skill throughout the tournament. Sidders hopes to inspire more young athletes to compete in karate after her victory.

Noah and Zion Lowe were standout performers in the under 10 male novice kata division, with the brothers sweeping the division. It was Zion's first time ever competing, and he showed great potential as a young athlete. Their impressive performances were met with cheers from the crowd and praise from the judges.

The Bermuda Karate Federation sanctioned this event and expressed its appreciation for the support of all the dojos, participants, and sponsors that made it possible. The Federation encouraged aspiring karate athletes to train hard and participate in upcoming events.

The next event will be the 2023 Lepercq Memorial on June 25th, which will feature top karate athletes from all over the island competing for the coveted Paul Lepercq Memorial Cup. It's a great opportunity to showcase your skills and compete against other top karate practitioners in a fair and friendly environment.

For more information about Shotocup, please visit their website at www.shotocup.com or email compete@shotocup.com. For more information about the Bermuda Karate Federation, visit their website at www.bermudakarate.com.

khwai Mendoza



Bermuda Karate Federation Cont'd



Noah and Zion Lowe



Geraldine Sidders winning the Bodhidharma Zenji-RYU Shiai Cup.

Bermuda Cricket Board

March has been a very hectic month for the Bermuda Cricket Board as we prepare for the upcoming 2023 cricket season.

Earlier this month we saw the return of our Senior Men's National Team after their big win at the (ICC Americas Men's T20 Sub Regional Final. As a result of this win, the men have qualified for the upcoming ICC Americas Regional Final, that will be hosted later this year in September 28- October 7 here on island.

Registration deadlines and league start dates are as follows:

- **Senior Domestic League registration:** The deadline is March 31st, the official start date is April 29th
- Youth Cricket for ages 8 under, 11 under, 13 under, 17 under. The deadline is April 7th, start date is April 17th to June 24th.
- Women's hardball T20 cricket registration: The deadline is April 7th, start date is April 30th

Bermuda Cricket Board hosted another successful year of the Pee Wee 'Have A Go Cricket' programme sponsored by Athene Life Re.

The programme took place every Saturday throughout the month of March, for girls and boys ages 5-7.

This year we had a great turn out with over 140 registered players.

The Executive of the BCB would like to thank our sponsor Athene, coaches, U19 Men's Training Team, the Senior Men's National Team and players from our women's cricket programme.



Bermuda Sanshou Association

At the 41st Annual Sports Awards Ceremony, Kallan Todd was presented with a 'Junior Achievement Award' for his outstanding performances in 2022 which included winning gold medals at WKA World Championships in the K-1 and Glory divisions in the 16-17 years old +209 lbs category. This capped off a real breakthrough year for Kallan in which he remained undefeated in all forms of competition.

On Sunday, 26th March, 27 wushu athletes took part in Chinese Martial arts portion of the Bodhidharma Zenji-Ryu Bermuda Shiai 2023. Athletes competed in Taolu forms and 14 separate san da matches.

Full results are as follows:

Wushu Taolu Results

Adult 16 + Male and Female Taolu

Talia Iris – 28.5
Kaelin Cox – 28.3

Youth 10 & under Taolu

LoNahjé Tota – 21.7
Ryze Lindsay-Trott – 21.4
George De Los Santos – 21.2
Joshua Williams – 20.9

Adult 16 + Male and Female long/short weapons

Kaelin Cox -29.4
Talia Iris – 28.6

Wushu Sanda Results

Ages 5 year Male/Female

1. Brooklyn Emery
2. Yara Robinson

Ages 5 – 7 Male

1. Joel Trott
2. Tristan Robinson

Ages 8 – 9 Male/Female

1. LynKo Cupidore
2. Ari Edness
3. Harrison Selkirk
3. Madden DeSilva

Ages 11 – 14 Female Intermediate

1. Muryah Swan
2. Geraldine Sidders
3. Gryffyn Benevides

Ages 11 – 14 Male

1. Michael Burgess
2. Jonathan Trott

Ages 14 – 16 Advanced Female

1. Enzi Johnston
2. Ryah Symonds

Ages 15 – 17 Male FINAL

1. Kallan Todd
2. Sweden Bashir

Ages 18 + Male RR3

1. Kaelin Cox
2. Che Beane
3. Q Robinson



Ryze Lindsay-Trott, LoNahjé Tota, George De Los Santos and Joshua Williams



Kallan Todd

Bermuda Sanshou Association Cont'd



TOP LEFT: Geraldine Sidders, Muryah Swan and Gryffyn Benevides **TOP RIGHT:** Che Beane, Kaelin Cox and Q. Robinson
BOTTOM: Ari Edness, LynKo Cupidore, Madden DeSilva and Harrison Selkirk

Bermuda Netball Association

The Bermuda Netball Association will be hosting a Walking Netball Community Program, with three pop-up sessions being held on Thursday March 23rd, April 13th, and April 27th. Open to males and females age 50 and up, though this is not a mandatory age requirement.

Walking netball is specifically designed for persons looking for a lower impact version of the sport at a slow pace, with running and jumping not allowed. There are also rolling substitutions to allow persons to play as much or as little as they wish. This makes walking netball attractive to persons with varying physical abilities.

Sessions will be held at the Bermuda College gymnasium and are open to all. Pre-registration is not required, with games taking place at 6.15pm and 7.15pm on a first come first serve basis. Participation fee is \$5 per person payable in cash on the day.

This program originally kicked off in 2020 and was unfortunately halted due to restrictions and caution during the COVID pandemic. The BNA is excited and looking forward to welcoming participants at Bermuda College.

Interested persons may contact the BNA at bdanetball@hotmail.com.

Direct messages may also be sent the BNA's Facebook and Instagram accounts.



WALKING NETBALL
Community Program

NO RUNNING OR JUMPING ALLOWED! | POPULAR AMONG THOSE AGE 50 AND OLDER!

PRE-REGISTRATION NOT REQUIRED

THURSDAY POP-UP SESSIONS
Mar 23 | Apr 13 | Apr 27

@ BERMUDA COLLEGE GYM

\$5 PER GAME
CASH ONLY

Two games per night starting at 6:15pm & 7:15pm

PLAYERS ARE ADDED TO TEAM ROSTERS ON A FIRST COME FIRST SERVE BASIS

ROLLING SUBSTITUTES ARE ALLOWED

HEALTH BENEFITS | COMRADERY | FUN

EMAIL: BDANETBALL@HOTMAIL.COM

Bermuda Equestrian Federation

HARNESS RACING – ENDS SEASON WITH CHAMPION OF CHAMPIONS

Driven by veteran driver Philip Correia, racing pony “War Machine closed out the 2022/23 DHPC racing season by winning the coveted CHAMPION OF CHAMPIONS! This fearless team claimed top place in three of the four races to claim the fastest combined average time in the four-race series held at the National Equestrian Center. War Machine is owned by Driving Horse & Pony Club, President, Collin Mello. In second place was Special Gold owned by Lee and Sergio Raynor and driven by Kiwon Waldron.



Philip Correia driving War Machine

BERMUDA DRESSAGE RIDER, ROBIN STEMPEL QUALIFIES FOR 2023 NORTH AMERICAN YOUTH CHAMPIONSHIP

Bermuda dressage rider Robin Stempel has successfully achieved the requisite qualifying scores to participate in the 2023 North American Youth Championship (NAYC). Riding Rossano Royal 2 at the Bruce's Field Dressage held in Aiken South Carolina on 18th and 19th February, Robin scored 67.3% in the both the Team Test and the Individual Test. More recently, on 4th and 5th March, Robin and Rossano scored 65.7% in the Team Test, 67.1% in the Individual Test and a commendable 70.1% in their Freestyle Test.

Going forward, Robin intends to focus on further improving and tweaking her freestyle test. Robin intends to continue in competition as she finds it extremely beneficial to receive feedback and scores from a variety of dressage judges.

This Championship is the premier equestrian competition in North America for junior and young riders. Young equestrians vie for team and individual FEI medals in the Olympic equestrian disciplines of dressage as well as in show

jumping. The competition is run under the FEI (Federation Equestre Internationale), the International Federation of equestrian sport and will take place from 7th – 13th August 2023 in Traverse City, Michigan, USA.

Robin Stempel on Rossano Royal 2



Bermuda Bicycle Association

The National Mountain Bike Championships were held. The event was sponsored by Winners Edge and organized and sanctioned by the Bermuda Bicycle Association. The Southlands Park course did not disappoint and provided opportunities for riders to test their skills, make errors and have good fun whilst racing. Results below.

MEN – OPEN	TIME
Robin Horsfield	1 0:51:45
Che'quan Richardson	2 0:59:43
Michael Terceira	3 1:05:08
Andrew Charlesworth	5 1:09:44
Tim Fox	4 1:14:28
DNF Justin Horsfell	7

WOMEN – OPEN	TIME
Gabriella Arnold	21 0:31:40
Cassandra McPhee	26 0:35:03
Lauri Orchard	24 0:35:49
Jennifer Lightbourne	22 0:40:17
Rebecca May	23 0:49:47
Florence Pedro	25 0:35:37 1 lap down

MEN – JUNIOR	TIME
Jackson Langley	35 0:34:38
Cameron Morris	31 0:35:56
Manning Smith	32 0:40:31
Gordon Smith	33 0:34:48 1 lap down
Zach Moniz	37 0:35:27 1 lap down
Daniel Ringer	34 0:36:08 1 lap down
DNF Andrew Thomas	36



LEFT: Cameron Morris, Jackson Langley, Manning Smith and Greg Hopkins

WOMEN – JUNIOR	TIME
Kelise Wade	62 0:28:01
Annabelle Miller	63 0:28:51
Skye Ferguson	61 0:29:35

MEN – MASTERS	TIME
Kavin Smith	56 0:42:54
Hans Hirschi	51 0:46:04
Duncan Simons	55 0:49:36
Matthew Ringer	53 0:50:58
Craig Ferguson	49 0:51:43
Wendell Burrows	41 0:53:08
Clifford Roberts	54 0:53:37
Dennis Fagundo	48 0:55:25
Chris Roque	44 0:56:27
Matthew Carr	42 0:57:02
Maceo Dill	46 0:57:05
Dave Wolfe	57 0:57:20
Dirk Hasselkuss	58 0:57:58
Shane Mora	52 0:59:33
Sherman Darrell	43 1:00:59
DNF Andrew Davis	45
DNF Mark Anthony Domingo	47

N/C 7-12 YEARS – GIRLS	TIME
Daisy Langley	66
Naomi MacGuinness	67
Ava Swart	69
Stella Richardson	68
Maya Da Silva	65
DNF Ruby Cook	64

BOYS	TIME
Jens Drea	14
Ray Richardson	17
Philando Hill III	15
Jonah MacGuinniss	16
Mathis Stevens	18
Hannes Swart	19
Austen Carr	11
Mason Da Silva	12
Owen Davis	13
Conor Szalmary	20
Ayden Todd	6

Conyers Wins Road Race in Belize

Sunday, April 2, 2023, Caitlin Conyers won the 32nd Annual Women Cross Country Classic organized by the Cycling Federation of Belize.

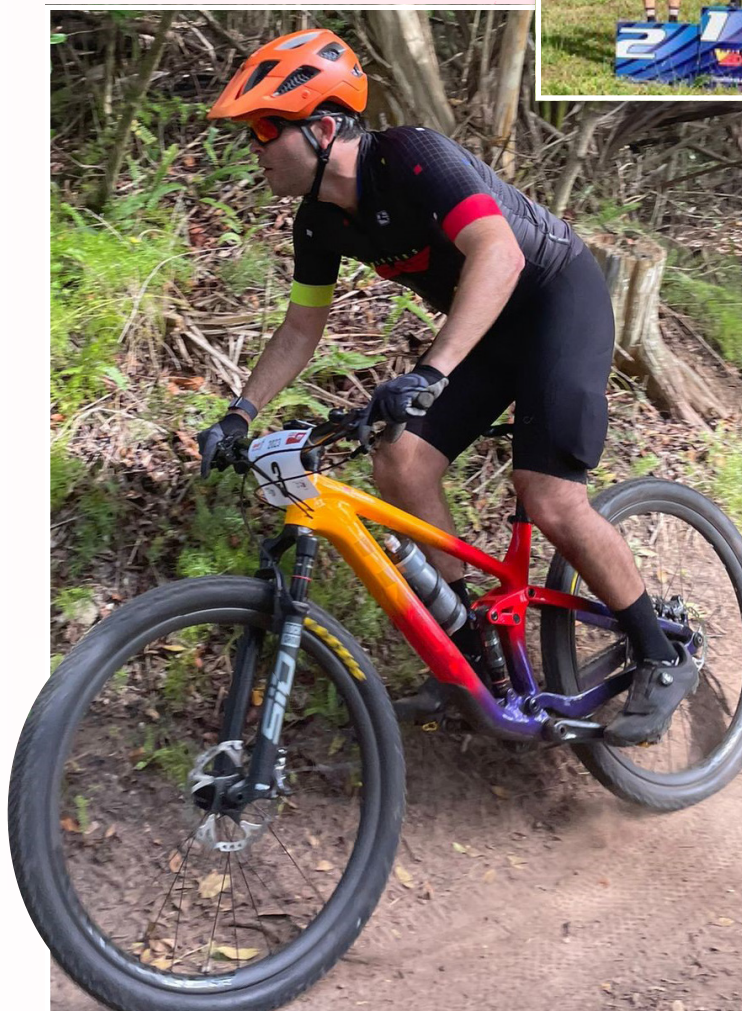
Early in the race, Conyers attacked and got away solo. Unfortunately, she suffered a flat tire and had to watch the peloton catch her and pass by. After receiving assistance from the support team of the 4th place finisher from Belize, Caitlin chased for at least 20 miles to get back in with the peloton.

Once back with the peloton, Caitlin attacked coming into Belize City between miles 5½ and 6 for a solo win, crossing the finish line more than a minute ahead of the chase. After 74 miles of head-wind and heat, Conyers was able to use her time-trialing skills to come away with the crown.

BOTTOM LEFT: Iron Mike Terceria

BOTTOM RIGHT: Jackson Langley

INSET: Cassandra McPhee, Gabriella Arnold, Lauri Orchard and Greg Hopkins



Bermuda National Athletics Association



TOP: Nike Boston W1 JNT Group Photo
INSET Pacers Track Team

Speed Capital South Florida Invitational – Davie, Florida

Last month, 10 athletes under the Bermuda National Athletic Association competed in the Speed Capital in Davie Florida.

The environment of the highly competitive meet, accompanied by grueling temperatures and significant meet delays, pushed athletes outside of their comfort zones. In doing so, the talent and potential of Bermuda's youth became ever more evident as athletes took to the track and competed outstandingly.

- **Maya Bean** competed in the 100m and 200m (17-18 Division) finishing 12th and 13th respectively
- **l'Aura Golding** competed in the 100m Hurdles and 200m (17-18 Division) finishing 1st and 9th respectively
- **Jaeda Grant** competed in the 800m and 1500m (Age 15 Division) finishing 2nd and 3rd respectively
- **Jauza James** competed in the 110m Hurdles, Long Jump, 1500m (17-18 Division) and finished 2nd, 8th, 2nd
- **Azari Jones** competed in the 800m and 1500m (Age 14 Division) finishing 1st in both events
- **Lashee Jones** competed in the 200m and 400m (Age 14 Division) finishing 4th in both events
- **Amaris Munya** competed in the 400m and 800m (Age 14 Division) finishing 7th and 2nd respectively
- **Miles Outerbridge** competed 100m and 200m (15-16 Division) finishing 7th and 4th respectively
- **Daylen Scott** competed in the 200m and 400m (Age 15 Division) finishing 6th and 3rd respectively
- **Saniya Place** competed in the 400m (Age 14 Division) finishing 8th
- **Fenella Wightman** competed in the 1500m (Age 14 Division) finishing 5th
- **Pria Wilson** competed in the 100 and 200m (Age 14 Division) finishing 3rd and 6th respectively



Many of the above athletes will again step out onto the international stage when they compete in the 50th Carifta Games in April. Please join BNAA in congratulating the above athletes on their performances and wishing them luck.

The 50th Carifta Games

The Bermuda National Athletics Association is pleased to announce the athletes that will form the 50th edition of the Bermuda Carifta team.

Under 17 Girls

- **Jaeda Grant** – 1500m, 800m
- **Ellise Dickinson** – 200m, 400m, 4x400m relay
- **Fenella Wightman** – 1500m & 3000m
- **Arima Turner** – 100m, 200m & 4x100m relay
- **Pria Wilson** – 100m & 4x100m relay
- **Lashee Jones** – 4x400m relay & 400m
- **J’Naz Richards** – 4x100 relay [maybe 100m]

- **Azari Jones** – 4x400m relay [maybe 800m]
- **Amaris Munya** – 4x400m relay

Under 17 Boys

- **Miles Outerbridge** – 100m, 200m & 4x100m relay
- **Daylen Scott** – 200m, 400m & 4x100 relay
- **Tajari Rogers** – 1500m, 800m, 3000m & 4x100 relay
- **Cameron Adkins** – 3000m
- **Jake Smith** – 1500m
- **Kyah Richardson** – 100m & 4x100 relay

Under 20 Girls

- **Shayla Cann** – 400m, 800m & 4x400m relay
- **Sanaa Re Morris** – 200m, 400m & 4x400m relay
- **I’aura Golding** – 110 hurdles & 4x400m relay

- **Zenji Washington** – 100m, 200m & 4x400m relay

- **Kesay Bell** – shot & javelin

Under 20 Boys

- **Khazi Sealy** – 5000m, 1500m & 4x400m relay
- **Sancho Smith** – 800m & 4x400m relay
- **Jake Brislane** – 5000m
- **Jauza James** – Octathlon
- **Simeon Hayward** – 800m & 4x400m relay
- **Denver Tucker** – 100m & 200m
- **Seer Carey** – 4x400 relay
- **Razai Garland** -Javelin
- **Kallan Richardson**



gnosis
knowledge is power



Nationals 2023 Mens and Womens winner
Micah and Eilidh Franklin



Bermuda Squash Racquets Association

Husband and wife Micah and Eilidh Franklin basked in glory after capturing the Gnosis National Squash Championship Open men's and women's titles at the Bermuda Squash Racquets Association.

Second seed Micah upstaged top seed and three-times defending champion Noah Browne 11-7, 11-9, 14-12 to finally get over the last hurdle, having finished runner-up to his opponents the previous three finals.

Micah seized early control after taking the opening game which saw two lead changes and featured long rallies, exquisite stroke play and tremendous athleticism.

The second game, which also saw both players hold a share of the lead, was more evenly fought with Browne staving off three game points before his opponent was controversially awarded the game by the referee after the two players made contact.

Very little separated the pair in the third game, which saw Browne rally late and stave off match point to draw level at 10-10. However, Franklin would not be denied glory as he dug deep to win the next two points and finally seal the title.

It also proved a night to remember for the 30-year-old's wife, Eilidh, who overpowered teenager Izzy White 11-5, 11-4, 11-4, in what was lopsided women's final. The top seed jumped out to a commanding 7-2 lead in the opening game and never looked back to place herself in the driver's seat.

The second game proved much of the same as Franklin's experience and clinical stroke play continued to shine through, while White struggled to find her rhythm. White offered more resistance at the beginning of the third game, reeling off successive winners to draw level at 2-2.

However, Franklin regained the lead for good before the game was held up for several minutes after White was unwell. Upon resumption, with the score at 8-4, the top seed wasted no time finishing off the job by producing three successive winners to secure a maiden title.

Micah was thrilled to see him and his wife savor glory together.

Bermuda Boxing Association BERMUDA BOXING FEDERATION TEAM VICTORIOUS IN BAHAMAS

(HAMILTON, BERMUDA) – Four athletes from the Bermuda Boxing Federation recently competed in The Leonard "Boston Blackie" Miller/Wellington "Sonny Boy" Rahming Memorial Championship in Nassau, Bahamas on the 4th of March, 2023.

This experience was an overall success for the Bermuda team despite significant challenges. National Team athlete Adrian Roach won both his matches by way of majority decision which was forced to be held on the same day due to scheduling challenges. Gabriel Curiel won his lightweight bout by referee stoppage (RSC). Bruce Perinchief also claimed a RSC win in the middleweight division while Annan Zuill lost his middleweight contest by RSC. All four fighters hail from the Controversy Boxing Gym.

The organizers of this tournament were keen to rekindle the close relationship that Bermuda had with the Bahamas in the past. Bahamas Boxing Federation president Vincent Stratchan noted that in his first international fight he lost to a Bermudian.

Spokesperson for the team, Perinchief reflected on the experience calling it a significant bonding experience for the Bermuda boxers and great results, "It was nice to get to know the other fighters and coaches better. Our President [Nathan Dill] stated in the pre-fight press conference that he expected victory and that is what we achieved. It was good to be able to train and just focus on boxing and I hope there are more experiences like this to come."



Bermuda Volleyball Association

This past month was a very busy one for the Bermuda Volleyball Association, especially in regard to overseas travel. Our Junior National Team program sent a total of eight teams abroad to compete in the Nike Boston Volleyball Festival, which took place over two weekends. The first weekend, February 24-26, saw six groups, ranging from U11 Girls to U16 Boys, traveling and competing, while the second weekend, March 3-5, featured the older teams of U18 Girls and U17 Boys. Three teams made their way to the gold bracket, with all three teams finishing 9th overall, out of over 54 teams in each division.

Bermuda also sent a Men's beach team, comprised of Brandon Sousa and Ryan Davies, to St. Lucia to compete in the ECVA Senior Men's Beach Championships at the end of February. During the first day of pool play, Bermuda beat St. Lucia 2 in two sets (21-16, 21-8) but lost to St. Kitts (21-11, 21-14). The quarterfinals saw them matched up against St. Vincent, who they defeated in two sets (21-16, 21-13), advancing them to the semifinals where they were unable to beat St. Lucia 1, losing both sets (21-12, 21-14). Bermuda fought hard against Antigua in the Bronze Medal match, but ultimately were defeated in a close match by two sets (21-19, 21-13), ranking them 4th overall – a great result!

In mid-March, the BVA hosted a "Spring SMASH" National Team showcase weekend, whereby every team in both the Junior and Senior National Team programs competed over two days. The Developmental Division played their round robin on Saturday morning, placing them in either the Silver or Gold Division on Sunday, where they were then ranked based on overall wins/losses for the day. The Women's and Men's Divisions played round robin on Saturday, advancing them to semi-finals and finals on Sunday. It was a great opportunity to show off the skills and improvements made over the 2022-23 season to spectators, family and friends!

Also during that weekend, representatives from the BVA attended the 41st Annual Sports Awards at Hamilton Princess. The Bermuda Volleyball Association won the Appreciation Award as well as the Special Achievement Award for coach and ex-player Gary LeBlanc. Both the BVA and Gary are honored to have been nominated and selected for these awards and want to thank everyone who was involved in helping to achieve this.



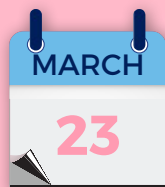
TOP: ECVA Senior Mens Beach

BOTTOM RIGHT: Sports Awards Bermuda Volleyball Association

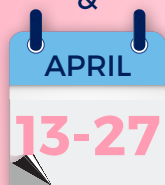




2023 UPCOMING EVENTS



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Netball Association

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