

» Army men Inter-Services medal count: Gold – 9, Silver – 8, Bronze – 10 » Army women Inter-Services medal count: Gold – 6,



Differing days: While the Army men romped to victory in Portsmouth the women were left trailing in the wake of a determined Royal Air Force team

Reds progress on track

Inter-Services Athletics

Men's championship
Army 159
Royal Air Force 135
Royal Navy 94

Women's championship
Royal Air Force 134
Army 119.5
Royal Navy 72.5

THE Army's track and field stars suffered a day of mixed emotions at the Inter-Services Athletics Championships as the men's team retained their title in style but the women saw their hopes dashed by the Royal Air Force.

Sprint sensation Cpl Ramone Smith (RLC, pictured right) led the charge for the men as his double in the 100 and 200 metres helped the squad to a score of 159 – a winning margin of 24 points.

However, old foe Sgt Laura McGawn again proved to be

the thorn in the women's side as she claimed victories in the javelin, long jump and triple jump – as well as second place in the 200 metres and third in the shot putt and 100 metres – to steer the defending champions to a 134-point haul.

The new-look Army set-up fell agonisingly short but with a number of athletes making their debut on the big stage the future of the sport is looking bright.

Cpl Ben Jones (RE) gave the Servicemen the perfect start as he retained his hammer title with a throw of 48.85 metres before LCpl Osman Muskwe (3 LSR) added further points with a second-place finish in the pole vault.

A leap of 6.66 metres saw Cpl Vic Mahachi (RE) secure long jump gold and with teammate Gdsm Peter Moreno (Coldm Gds) taking bronze the points continued to build.

LCpl Jonny Lowdowski (R Signals) destroyed the field in the 400 metres hurdles and an Army one-two in the javelin



“We really pulled it out of the bag in the field and sprint events”

– courtesy of Sig Carl Quinlan (R Signals) and Muskwe – maintained the stranglehold.

Smith, who clocked a time of 10.35 seconds in the British Championships earlier in the season, then took centre stage in the 100 metres and Muskwe produced a throw of 13.56 metres to claim the shot putt crown.

Further points followed as all-rounder Moreno and Mahachi finished second and third in the high jump, before the former added silver in the 110 metres hurdles.

The 3,000 metres steeplechase was another happy hunting ground as Maj Ady Whitwam (RLC) dominated his rivals and Muskwe (pictured right) completed a hectic schedule with a silver in the discus.

Smith's winning run came to an end in the 4x100 metres relay as the Royal Navy took gold by just a hundredth of a second but the 4x400 metres team had no such dramas as they surged to the line to end the day in style.

While a McGawn-inspired

Silver – 6, Bronze – 7 ▶ Top scorer: LCpl Osman Muskwe – 21

INTER-SERVICES ATHLETICS



Coaches' corner

Date: Wednesday, July 9, 2014

Competition: Inter-Services Athletics

Venue: HMS Temeraire

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We had a very young team – around 80 per cent were making their Inter-Services debuts so it was a great performance. Danielle Hodgkinson [pictured] and Gauna Tuilovoni were superb for us.

When I took over I wanted to bring on the development squad and prepare for next year. We thought we may have a chance this season but injuries took their toll.

In Laura McGawn we were up against a top athlete but we beat her in some of the events she was expected to win. If we go away and have a good winter we can push the RAF next year.

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Cpl Scott Woodhouse
(REME) – women's coach



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There were a few events, especially the middle-distance races, where we did not have our strongest guys but we really pulled it out of the bag in the field and sprint events.

We came here to win and we've done that for the third successive season – that is the expectation every year.

We had four or five guys who were brand new to the team and they all did very well. A few people were away or missing through injury so it was a great performance.

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Capt John Crimpson
(R Signals) – men's coach

RAF took top honours in the women's competition the Army were able to celebrate a number of notable performances of their own.

Cpl Danielle Hodgkinson (RAMC) completed a double in the 1,500 and 5,000 metres, while sprinters Pte Gauna

Tuilovoni and Pte Diya Jatta (both AMS) secured gold and silver in the 100 metres.

In the field, skipper Capt Lucy Rann (AGC) scored welcome points in the shot putt and javelin and Cpl "Pinky" Smith (R Signals) took gold in the hammer thanks to a

throw of 27.40 metres.

Cpl Amy Clift (AMS) underlined her promise with second place in the triple jump and third in the 200 metres before Tuilovoni took silver in the 400 metres and then anchored the victorious 4x100 metres relay team. ■

SOLDIERSPORT SITREP

Points scored by **LCpl Osman Muskwe**, who won the **shot putt** and came second in the **pole vault**, **javelin** and **discus**

21



10.4
The winning **time**, in **seconds**, clocked by **Cpl Ramone Smith** in the **men's 100 metres**



53.75
Distance, in metres, thrown by **javelin** gold medallist **Sgt Carl Quinlan**

