

## Heart condition hasn't stopped – or slowed – Chambers

Teshad Chambers is a winner and it doesn't have anything to do with the seven first-place finishes, the four second-place finishes or the four third-or-worse finishes in 15 race finals he's had this outdoor season. The Times-Dispatch boys outdoor track and field athlete of the year, the Highland Springs sprinter is a winner because he has defeated his most formidable opponent: myocarditis. Myocarditis is an inflammation of heart muscle caused by infection because of viruses. Chambers was diagnosed with the condition as a sixth-grader. "For three days, I needed a pacemaker and I spent two weeks in the hospital trying to recover," Chambers said. "It was basically a miracle because the doctors said that I only had a 10 percent chance of survival. "So throughout middle school and most of high school, I didn't do anything because my mother was afraid that if I played sports, I would pass out from possible heart failure." In 2010, Chambers finally got cleared to participate in athletics and gravitated to track because of his love of running. But because of the tardiness of his physical, he sat out most of the season. An injury to his hip flexor halted his already abbreviated season after three meets. Three meets were enough. Chambers put his raw ability on display in a meet at Deep Run. Thereafter, Springers coach Matt Gifford was convinced that Chambers had special gifts. "I placed Teshad in the 200 meters as a last chance to for him to qualify for regional and I was halfway paying attention when I heard 'Whoa,'" Gifford said. "About halfway through the race, Teshad had about 25 meters on everybody. "Unfortunately, the timing equipment failed so we didn't get a time, but I knew he had potential. Whether he would actually reach that potential I wasn't aware of at the time." That question has since been answered. In his senior year, his first full season of competition, Chambers captured Capital District titles in the 100, 200 and 400. He won the 200 and placed third in the 100 at the Central Region meet. He earned all-district recognition in three events and all-state in two (the 100 and 400). Gifford said Chambers doesn't waste time or energy on doubt. "Teshad doesn't place limitations on himself," Gifford said. Specifically, Gifford said, Chambers is not shackled by the realization that "his body can only push him so far." Chambers put everything into perspective. "I love to run. It's just a part of me so if I can become better in both track and academics, it will be the best for me." Myocarditis limited Chambers for the bulk of his young life. Running could make his horizons limitless.



## 2011 ALL-METRO BOYS TRACK AND FIELD

**High jump:** 6-8 Nick Simmons (J.R. Tucker); 6-6 Marques Atkinson (Atlee); 6-6 Clark Thornhill (Douglas Freeman); 6-4 Chris Pace (Douglas Freeman); 6-4 Tariq Alkebu-Lan (L.C. Bird); 6-2 Adam O'Keeffe (Atlee); 6-2 Anthony Edwards (Matoaca); 6-2 Dre Bennett (Atlee); 6-2 Grant Boice (Mills Godwin).

**Long jump:** 23-8 Jamarian Bates (Matoaca); 22-7  $\frac{1}{4}$  Domico Phillips (Meadowbrook); 22-5  $\frac{3}{4}$  Caleb Wyatt (Lee-Davis); 22-5 Cody Simmons (New Kent); 22-4  $\frac{1}{2}$  Demonte Gregory (Petersburg); 22-3  $\frac{3}{4}$  Brandyn Laury (Cosby); 22-2  $\frac{1}{2}$  Cory Dunn (New Kent); 22-0 Kodi Page (Atlee).

**Triple jump:** 46-8 ¼ Christian Rogers (Manchester); 46-7 ¼ George Moore (Highland Springs); 46-0 ½ Kodi Page (Atlee); 45-1 ¼ Raysean Martin (Highland Springs); 44-9Y. Matthew Ross (Highland Springs); 44-7 ¼ Tariq Alkebu-Lan (L.C. Bird); 44-7 Cory Dunn (New Kent); 44-6 ¼ Tory Scott (Mills Godwin).

**Shot put:** 56-11 Wes Tuck (Lee-Davis); 55-5 Sam Hartman (Thomas Dale); 52-8 ½ Andre Aganbi (Saint Christopher's); 51 10 ½ Alexander Mosley (Highland Springs); 51-2 ½ Johnathan Munn (Lee-Davis); 50-7 ½ Ryan Coles (New Kent); 50-7 ¼ Paul Cozens (Douglas Freeman); 49-2 Cole Stout (Atlee).

**Discus:** 175-6 DuShaun Thompson (Meadowbrook); 158-8 Marzae Brooks (Hanover); 157-9 Cole Stout (Atlee); 156-1 Wes Tuck (Lee-Davis); 155-1 Ryan Coles (New Kent); 146-3 Sam Hartman (Thomas Dale);

144-0 Anthony Melton (J.R. Tucker); 143-4 Lucas Guarino (Midlothian).

**Pole vault:** 16-3 Chris Pillow (Atlee); 13-6 Matt Thompson (Atlee); 13-6 Chip Wigginton (Saint Christopher's); 13-0 Scott Ellwood (Atlee); 13-0 Michael PanWil (Lee-Davis); 12-6 John Tomlin (Maggie Walker GS); 12-6 Matthew Moliterno (Maggie Walker GS); 12-6 Trey Rydel (Atlee); 12-6 Brian Ketchem (LeeDavis).

**3,200 relay:** 7:47.63 (Brandon Hunt, Mi. Atkinson, Griffin Carmichael, Ma. Atkinson) Atlee; 7:55.84 Midlothian; 8:00.07 Lee-Davis; 8:02.70 Saint Christopher's; 8:05.65 Douglas Freeman; 8:06.81; 8:14.07 Manchester;

8:16.27 Mills Godwin.

**110 hurdles:** 14.60 Cody Simmons (New Kent); 14.70 Marques Atkinson (Atlee); 14.83 Chris Finklea (L.C. Bird); 14.91 Nick Simmons (J.R. Tucker); 14.98 Travis Phillips (Patrick Henry); 15.0 Matthew Fultz (New Kent); 15.09 Shepley Burke (Dinwiddie); 15.13 Michael Atkinson (Atlee).

**100:** 10.73 Teshad Chambers (Highland Springs); 10.82 Keith Johnson (Petersburg); 10.90 Trevor Elie (Atlee); 10.93 Jamarian Bates (Matoaca); 10.99 Terrill Cooke (Cosby); 11.02 Rex Owusu (Mills Godwin); 11.02 DJ

Reid (Thomas Dale); 11.09 De'Chavon Hayes (Varina).

**1,600:** 4:13.61 Cody Snyder (Lee-Davis); 4:16.14 Darren Barlow (Midlothian); 4:17.68 Silas Frantz (Douglas Freeman); 4:18.54 Brayden Burleigh (Midlothian); 4:20.15 Daniel Novak (Deep Run); 4:23.87 Ian McDonald

(Douglas Freeman); 4:24.26 Sean Willard (Midlothian); 4:24.35 Robbie Longest (Lee-Davis).

**400 relay:** 42.90 (Caleb Wyatt, Brandon Woody, Wesley Jones, Israel Vaughan) LeeDavis; 42.98 Highland Springs; 43.03 New Kent; 43.26 Thomas Dale; 43.34 Cosby; 43.416 Patrick Henry; 43.419 Matoaca; 43.58 Mills

Godwin.

**400:** 48.07 Marques Atkinson (Atlee); 48.63 Michael Atkinson (Atlee); 48.74 Teshad Chambers (Highland Springs); 48.98 Byron Robinson (Thomas Dale); 49.29 Kempton Moore (John Marshall); 49.5 Rex Owusu

(Mills Godwin); 49.66 carlton Edwards (Henrico); 49.76 Ajani Kingslow (Cosby).

**300 hurdles:** 37.83 Marques Atkinson (Atlee); 38.88 Michael Atkinson (Atlee); 39.06 Tyrell Eaton (Lee-Davis); 39.09 Matthew Fultz (New Kent); 39.42 Darrian Henley (Hermitage); 39.44 Nick Simmons (J.R. Tucker'); 39.97

Trey Jenkins (Cosby); 40.0 Will Henry (Cosby).

**800:** 1:53.74 Cody Snyder (Lee-Davis); 1:54.11 Michael Atkinson (Atlee); 1:54.54 Marques Atkinson (Atlee); 1:55.21 Daniel Novak (Deep Run); 1:55.45 Keith Crawford (Huguenot); 1:55.90 Sam Reid (James River);

1:56.13 Jake Zimmerman (L.C. Bird); 1:56.20 Ben Constable (Saint Christopher's).

**200:** 21.96 Byron Robinson (Thomas Dale); 22.02 Teshad Chambers (Highland Springs); 22.11 Rex Owusu (Mills Godwin); 22.23 Keith Johnson (Petersburg); 22.32 Ajani Kingslow (Cosby); 22.33 Cory Dunn (New Kent); 22.34 Sherrod King (John Marshall); 22.11 Jamarian Bates (Matoaca).

**3,200:** 9:07.19 Darren Barlow (Midlothian); 9:07.90 Silas Frantz (Douglas Freeman); 9:21.62 Ronnie calkins (Douglas Freeman); 9:30.76 Evan Niciphor (Cosby); 9:35.25 Marc Breidenbaugh (Maggie Walker); 9:36.14 Sean Willard (Midlothian); 9:36.72 Cody Snyder (Lee-Davis); 9:39.34 Nathaniel Hall (Atlee).

**1,600 relay:** 3:19.61 (David Segovai, Mi. Atkinson, Matt Combs, Ma. Atkinson) Atlee 3:23.93 Douglas Freeman; 3:24.31 John Marshall; 3:24.74 Hermitage; 3:25.08 Deep Run; 3:26.05 Highland Spring;;; 3:26.11 Lee-Davis; 3:26.63 VA New Kent.