

21st July, 2017

Adell Colthrust Wins Gold At Commonwealth Youth Games 2017

17 year old Adell Colthrust captured Trinidad and Tobago's first ever Commonwealth Youth Games(CYG) gold medal when he won the boy's U18 100m at the 6th CYG currently under in Nassau, Bahamas.

Colthrust , the Carifta U18 sprint champion had his excited TeamTTO teammates willing him on to the finish line with screams of "run Adell run."

Hezekiel Romeo was the first T&T athlete to medal at a Commonwealth Youth Games in the Isle of Man in 2011.



ADELL COLTHRUST 10.55 seconds victory

See YouTube link for Adell's victory:

<https://youtu.be/-JS4rQ60DIY>