

Hi Team – Saturday was an awesome day and Team bp took second place overall!!! It came down to the wire and we secured silver by just **5 points** over a very talented Schlumberger team that included their CEO.

I am so proud of our resilience, pride and fortitude throughout the day. As the first meet back after a couple of years, this event was by far the smallest one held but that meant companies brought their fastest runners only so the competition was tough each race and we fought together as One Team for every last point.

Huge thanks to our amazing volunteers **Aixa Lopez, Debbie,** and **John Sharemet** and gym management that had our area looking amazing with flags, banners, all the refreshments and snacks we wanted and Theragun tools to keep us loose throughout the day. Of course **Sheila, Stephen,** and **Josh** support us every year and we couldn't do this meet without them, we appreciate you all so much.

I hope you all had a great time and are inspired to keep training and competing with Team bp! I'll send out details for the August meet in Colorado for nationals later this week and will send out links for the pictures from Saturday.

*Some of my favorite moments throughout the day:*

- We kicked the meet off with the 3000m distance race, we started strong with two new teammates **Chuck German** and **Esteban Diaz** completing their first races for Team bp and **Changrui Cheng** sprinted to the finish securing third place in the last meters of the race!
- Next, in her usual exceptional fashion **Melissa Fairey** dominated the entire field finishing in 11:36 for 2 miles! **Jessica Shu** jumped in to the race with virtually no warning to ensure we scored points and came out with team first place for this event! We also saw new teammate **Sue Caruthers** make her debut along with **Reyna Cabrera** who is one of the cornerstones of our team, amazing performances ladies!
- Out at the field, **Geoffrey Woodham** was our solo shot put and discus thrower and scored 813 to beat out 5 other teams that had 2 people each! We definitely need more throwers and jumpers, so spread the word!
- The men's open mile race was next, we cheered **Ben Hilton** on as he completed a full 11 seconds faster than his goal time and **Esteban** ran a huge PR! The winner from Schlumberger went almost sub 5 minutes, so this race was really impressive.
- Our first relay was the submaster's distance with **Antoinette Beale, Mark Reed, Chuck German,** and **Finlay Baxter** battling to the end against Exxon! **Antoinette** strategized her opening leg perfectly and passed SLB in the last 25 meters before handing off to **Mark** who showed no mercy for the competition on his 400m and ran a PR time while extending our lead by another 50m.
- The women's 800m was next and epitomized our team spirit as **Kelly Ton (Giang)** and **Sue** formed an additional team last minute alongside **Reyna** and **Caren Harris**. Anyone who has ever ran an 800m knows how tough that distance is, which makes it even more inspiring to see Kelly and Sue join in here!
- The 3 Lap Sprint relay is considered a core competency of bp 😊 – **Natalie Woodham, Chris Walton, Ben Hilton,** and **Leo Bush** sprinted to first place by at least 70 meters over Exxon and continued our years long undefeated streak.

- Our distance medley team is always one of our strongest and this year was no different, **David Mkoji** made his Team bp debut with a strong 800m and **Finlay**, another one of our foundational team vets, held strong as the mile anchor leg for his second race of the day (Melissa, Esteban, Mark, David, Finlay)
- Our Women's relay was team vet **Antoinette** alongside new teammates **Jessica** and **Wendy Reyes** who finished her 400m with perfect form – great job ladies!
- Our Senior's Relay was a last minute addition, and **secured us with the critical points needed to beat SLB for second place!** **Antoinette, Geoffrey Woodham, Reyna** and **Caren** all showed up big time for us and their efforts paid off exponentially!
- Our 4x100 relay teams featured **Shavonna Lewis, Wendy, Bunmi Elebiju,** and **Chris Walton for bp A** and **Jessica**, new teammates **Sorcha Brown, Bruce Zhang** and **David Mkoji** for bp B. Chris almost made up a deficit in his anchor leg to chase down Exxon in one of the most exciting anchors of the day! Special shoutout to these teams for their amazingly smooth handoffs at every exchange too!
- Our Pyramid Relay was next and had **Caren, Melissa, Chuck, Finlay and Natalie** battling it out against really strong distance legs from SLB and Exxon!
- Last but not least, **Shavonna, Wendy, David, Bunmi, Mark,** and **Leo** represented us on the Sprint Relay and Leo's amazing 200M anchor leg was the perfect way to finish the day strong! Special shoutout to **Bunmi** and **Mark** for jumping in last minute to fill voids in this relay in distances (400M and 200M) that they usually don't run and both did amazing.

Thanks,

*Natalie Woodham*