

In 2012 several Best Performances were set with the introduction of new lighter implements in shot put, hammer and javelin in the youth and midget categories. Women's youth and midget javelin went from 600g to 500g and shot put and hammer went from 4kg to 3kg. Records for new events are officially recognized after 5 years.

## New "Bests" set with lighter Implements:

- **Brittni Wolcyk:** New midget 500g javelin BC open & native was set at this year's Cdn. Legion Champs in PEI 8/19/12 with a throw of 44.97m. Club affiliation Langley Mustangs.
- **Asianna Covington:** New Youth 3kg hammer BC open & native in Coquitlam 6/10/12 with a throw of 60.40m. Club affiliation Kajaks T&F.
- **Agnes Esser:** New BC youth 3kg shot put open & native at CDN Youth Champs PEI with a throw of 15.09m. Club affiliation PATH.

## National & Provincial Records:

- **Curtis Moss:** Men's javelin BC Senior native record of 81.21m Victoria 6/13/12. Breaking the old record of 79.52m. Club affiliation Kajaks T&F
- **Krista Woodward:** Women's javelin BC Senior native record of 59.34m breaking her old record of 58.64m < Club affiliation Kajaks T&f
- **Adam Keenan:** National & Provincial men's junior hammer record of 74.11, breaking the Canadian record of 74.09m in Kamloops 9/22/12. Set a new BC Native and Open record breaking his old record of 66.62m. Club affiliation Kamloops T&F
- **Asianna Covington:** National & Provincial women's youth discus record of 48.98m in Surrey 4/28/12, breaking the Canadian record of 47.35m. Set a new BC native & open record breaking the old BC Record which has stood for 44years of 48.24m. Club affiliation Kajaks T&F.

## Canadian National Champs – Podium Athletes:

- Men's Shot Put: Dylan Armstrong Gold medalist / Justin Rodhe Silver medalist.
- Men's Javelin: Curtis Moss Gold medalist / Kyle Nielsen Silver medalist.
- Women's Javelin: Krista Woodward Silver medalist / Tiffany Perkins Bronze medalist.
- Men's Hammer: Trey Henderson Silver medalist / Adam Keenan Bronze medalist.
- Women's Hammer: Megann Rodhe Bronze medalist.

## Canadian Junior National Champs – Podium Athletes

- Women's Hammer: Samantha Kennedy Gold medalist/ Jillian Weir Silver medalist.
- Men Hammer: Adam Keenan Gold medalist.
- Men's Javelin: Mason Kereszti Gold medalist.
- Women's Shot Put: Jillian Weir Silver medalist.

## **Canadian Legion Youth Champs – Podium Athletes**

- Women's Hammer: Courtenay Neville-Rutherford Gold medalist / Manpreet Grewal Silver medalist.
- Women's Discus: Asianna Covington Gold medalist / Agnes Esser Bronze medalist.
- Men's javelin: Max Hanna gold medalist.
- Men's Discus Aaron Stroda Silver medalist.
- Men's Shot Put Aaron Stroda Silver medallist.
- Women's Shot Put: Agnes Esser Gold medalist.
- Men's Hammer: Peter Behncke Silver medalist / Ben Ingvaldson Bronze medalist.

## **Canadian Legion Midget Champs – Podium Athletes:**

- Women's Discus: Brittni Wolczyk Gold medalist / Chanell Botsis Silver medalist.
- Women's Javelin: Brittani Wolczyk Gold medalist / Chanell Botsis Silver medalist.
- Women's Hammer: Chanell Botsis Gold medalist (meet record) / Teagan Rasche Silver medalist / Autumn Covington Bronze medalist.
- Men's Javelin: Jordan Ellingson Gold medalist.

## **BC Throwers 2012 National Team:**

- Dylan Armstrong: Canadian Olympic Team & World Indoor Team Member (Shot Put)
- Curtis Moss: Canadian Olympic Team Member (Javelin)
- Justin Rodhe: Canadian Olympic Team & World Indoor Team Member (Shot Put)
- Asianna Covington: Canadian World Junior Team Member (Discus)
- Adam Keenan: Canadian World Junior Team Member (Hammer Throw)
- Sullivan Parker Canadian World Junior Team Member (Shot Put)
- Jillian Weir Canadian World Junior Team Member (Shot Put)

## **Summary:**

2012 is proof that we have a good group of up and coming throwers in the future for BC Throws. We shine brightly in the National scene.

Although we continue to make significant strides we can still improve our coaching capabilities. There is still more to learn and now is the time to bring in more clinicians from around the world so that we as coaches can continuously improve our skills. We need to pass on information and knowledge to our young coaches and athletes. By improving our skills we will not only benefit our own athletes but all of BC and Canada.

BC landed three throwers on the Canadian Olympic Team to the London Games. We also sent four young junior athletes to the World Junior Champs to Barcelona Spain. This could not have been accomplished without the dedication of our coaches.

I again would like to take this opportunity to thank and congratulate all the throws coaches in BC for their dedication and perseverance in making our throwers the finest throughout BC and Canada.

Submitted By:

Richard Collier & Harold Willers.