

BC Athletics Technical Event Year End Report – REVISED 1.10.2006

Technical Event: Women's HURDLES	Committee Members:	Ron Parker	Ph# 250 658-6553
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Category	Comments		
Marquis Events for the Season <ul style="list-style-type: none"> • Organisation • Officials • Outstanding Results 	There were some fast sprint hurdle marks (albeit windy) in the BC Juvenile Championships and Canada Games trials in 2005.		
Athlete Performances <ul style="list-style-type: none"> • BC Team Members • Up and Coming Athletes 	<p>BC Team members: There were a number of athletes under 15.0 seconds in the 100m hurdles in 2005, one our best years for sprint hurdles. Corri Campbell Fell had 9 marks under 15 with a best of 14.41 sec. as a Junior. In the seniors, Yvonne Mensah ran a 13.50 in NCAA competition but was unable to compete in the summer. Jessica Olfert ran a 14.38 and non Canadian Ruky Abdulai posted a 13.93 running for SFU. Three Juvenile girls ran under 15 sec. with Morgan Twitchell leading with 14.54, followed by Zaria Stoffman 14.60 and Katie Gallagher with 14.91.</p> <p>In the 400m hurdles Corri Campbell Fell (60.08); Melissa Appelt (60.44) and Lauren Welch (60.52) continued to run fast but the sub 60 marks still eluded them.</p> <p>The best prospect for the future looks like Midget Katherine Murphy who ran 14.57 in Juvenile hurdles and a 42.9 hand timed 300m hurdles to rank top 25 in North American high school marks as a Grade 9.</p>		
Coaching Performances <ul style="list-style-type: none"> • Coaching Performers • Developing Performers 	Laurier Primeau continues to produce the most sprint and intermediate hurdlers out of the Thunderbird Club in Vancouver.		
Coaching Education <ul style="list-style-type: none"> • Courses this Year • Clinics this Year 	There continues to be a need for good hurdles coaching, particularly at the JD and Midget levels. A Hurdles training camp for both athletes and coaches would be a good idea for 2006.		
Development Opportunities (general or event specific) <ul style="list-style-type: none"> • Trips • Camps 	The Canada Games spring training camp was the only camp opportunity for older athletes in 2005 and it was marred by inclement weather (rain).		
Direction from National Event Group Coordinators	None		
Trends in Performances over the past three years: <ul style="list-style-type: none"> • Results from Championship meets • Males • Females 	Sprint hurdle marks are gradually improving. Having the Juvenile women running senior women spacing with lower hurdles has been good for the development of hurdlers.		
Recommendations for the coming season. How do we improve: <ul style="list-style-type: none"> • Performances • Coaching • Communication • Opportunities 	More sprinters have to start hurdling. Also, hurdlers have to learn how to sprint. Training sessions have to get away from using regulation spacings and heights to get hurdlers sprinting over the barriers. At the present time, our best sprint hurdlers are combined events athletes. Better coaching is needed at the Midget level and earlier to give athletes correct hurdling technique while in the learning to train stage, when skills and technique are more easily learned.		