

## BC Athletics Distance Committee Report 2007

### Athlete success:

The highlight of the year was the performances of the senior 800m runners at the World level. Gary Reed led the way, breaking his personal best and Canadian record twice during the season finishing with a 1.43.93 clocking for 14th place in the world. Achraf Tadili clocked 1.45.15 for 22nd on the world list and a silver medal at the Commonwealth Games to go along with this. Diane Cummins continued her perennial dominance of this event in Canada, ranking 19th in the world and finished with a 5th place in Melbourne.

There were solid performances at the World Cross Championships by Kirsty Smith (93) and Steve Osaduik (92). in the long event. Osaduik followed this up with a strong marathon performance of 2.16.49 in Victoria. At the National Road Race Championships Ryan Hayden and Jerry Ziak finished 2nd and 3rd respectively.

At the Junior Level Anita Campbell finished 57th in the short course event at the World Cross Championships, and Justin Bird narrowly missed qualifying for the final at the World Junior Track Championships.

At the national championships BC athletes performed well. At the Senior championships there were ten top eight finishes by BC distance runners, 5 top three finishes, and 1 first place. At the junior level there were 7 top eight finishes, 4 top three finishes, and 1 first place finish. At the legion championships there were 12 top eight finishes, 7 top 3 finishes, and 3 first place finishes.

In terms of national rankings: At the senior level BC had 28 top 10 rankings, 10 top 3 rankings and 3 number one rankings. At the junior level there were 14 top 10 rankings, 5 top 3 rankings, and one first place ranking. At the Juvenile level there were 11 top 10 rankings, 5 top three rankings, and 1 first place rankings.

### Coaching development:

In February a middle/long distance Level 2/3 Clinic was held in Abbotsford. The clinic was sponsored by BC Athletics and Pacific Sport Fraser Valley and organized by the Valley Royals. A number of highly qualified clinicians presented at the clinic including national team coach Wynn Gmitrowki, a former Irish International and now head coach at Yakima's Eisenhower High School Phil English, and senior BC Coach Frank Reynolds. Pacific Sport Fraser Valley obtained and underwrote the costs of a highly qualified "sports psychologist. One of the student coaches was pressed into action and Graeme Fell gave a presentation on the steeplechase. The clinic was organized by Sue Northey and Gerry Swan. Hansen Secondary School, where the clinic was held, made available classrooms and equipment

Fifteen student coaches took the course Five student coaches received credit for Level 2 and 6 received credit for Level 3. There is one candidate who has one more component to complete and then she will also receive credit for Level 3

In October a Level Two course was conducted by Al Johnston in Abbotsford at Rick Hansen Secondary School and several coaches up-graded their credentials at this successful workshop.