

2006 REPORT – SPRINTS
BC ATHLETICS JUVENILE, JUNIOR, SENIOR COMMITTEE

Submitted by Tara Self

The highlight of the 2006 season for sprints in BC was the bronze medal performance in the men's 4x100m relay at the Commonwealth Games by Nathan Taylor. Along with Charles Allen, Anson Henry and Emanuel Parris, the men raced to a 3rd place finish in a time of 39.21 (38.86 H), in Melbourne, Australia.

At the Canadian Junior Championship, the women's 4x100m relay was won by the BC Team with a team comprised of Liza Whitehead, Whitney Wellington, Camille Richards and Paulina Kisielewska in a time of 46.91.

Performances

This past season we had many good performances from the sprinters in our province. The top performer in each of the sprint disciplines, 100m, 200m and 400m, is as follows;

MEN

100m

- JUV - Quincy Hurst – 11.00
- JR – Mike Guiffre – 10.87
- SR – Nathan Taylor – 10.36

200m

- JUV – Lyle Tarzwell – 22.49
- JR – Ricardo Charles – 21.82
- SR – Nathan Taylor – 21.55

400m

- JUV – Lyle Tarzwell – 49.29
- JR – Kevin Lim – 47.99
- SR – Gary Reed – 46.45

WOMEN

100m

- JUV – Sabrina Nettey – 12.14
- JR – Liza Whitehead – 11.98
- SR – Lauren Siebel – 12.08

200m

- JUV – Jane Channell – 25.81
- JR - Whitney Wellington – 24.55
- SR – Lauren Siebel – 24.05

400m

- JUV – Christine Lowe – 55.84
- JR – Anastasia Pearse – 56.28
- SR – Lauren Siebel – 53.22

Coaching Development

A Level 2 Sprints/Hurdles Course was held for 10 coaches on October 12/13th at Rick Hansen School in Abbotsford.

Currently, nothing is planned for 2007.