

## **2006 REPORT – HURDLES** **BC ATHLETICS SENIOR COMMITTEE**

Submitted by Ron Parker

### **1. Records**

One BC Record was set in 2007. *Corri-Anne Campbell Fell* ran a new Junior Women's Record of **59.22** while competing at the World Junior Championships in Beijing.

### **2. Men's Performances**

As usual the 400m hurdles was the bright spot in BC hurdling with most of the best hurdlers, particularly in the women's events, doubling in both 400m and sprint hurdles.

- In the Men's 110m hurdles, decathlete *Mark Chenery* posted the best time of **14.92** in the Junior hurdles and was the only hurdler to go under 15 seconds in BC. *Matthew Daly-Grafstein* showed promise with a **14.56** in the Midget **100m hurdles**.
- In the Men's 400m hurdles, *Ryan Chester* ran **53.91** as a juvenile over the 36" hurdles coming within 9 tenths of a second of the BC Record.
- *Joel Newbert* dominated the Junior event with a best of **55.13** with *Jason Pooni* running a creditable **56.57** seasonal best.
- *Andrew Cooke* led all Seniors with **55.02**.

### **3. Women's Performances**

All the top women hurdlers in BC were capable of doubling in both the 100m and 400m hurdles including *Katherine Murphy* who led the juvenile women in the 100m hurdles with **14.69**, having posted a BC Midget Record of 42.9 in 2005.

- *Christine Lowe* ran under 15 with **14.99** as a juvenile and doubled with an excellent **61.60** in the 400m hurdles.
- *Corri-Anne Campbell-Fell* had a great year as a Junior with a **14.45PB** over the short race and a **new BC Record of 59.22** over the long race while competing for Canada in the World Junior Championships in Beijing.
- *Ruki Abdulai* posted good times of **13.97** and **59.13** as the best of our Senior Women with *Lauren Welch* posting a **59.83** as her best time of 11 races this season.

### **4. Activity**

To promote the coaching of hurdles, particularly sprint hurdles, a 3 hour Hurdles Workshop was held in Abbotsford prior to the International Meet on June 4<sup>th</sup>.

Also, a Level 2 Sprints/Hurdles Course was held for 10 coaches on October 12/13<sup>th</sup> at Rick Hansen School in Abbotsford.