

BC ATHLETICS

Senior Committee Event Group Report

HURDLES

Ron Parker, Mike Murray

Summary of 2008 Activities:

- *Meetings as a group* – none
- *Event specific topics* – Meeting with Istvan Balyi in October to discuss the hurdles module in the new NCCP particularly with regard to the number of incorrect instructions and drills in the module. Subsequently supplied Istvan with a copy (e-mail) of the 192 page New NCCP Technical Manual and a critique of the Hurdles module prior to a meeting he was to have with Donna Kaye of Athletics Canada.
- *Challenges:* The hurdlers coming from the JD and School programs are not technically proficient enough to handle the increases in height and distance of the hurdles in the Youth and Junior age groups. Improvements must be made in coaching the hurdles with the younger age groups.
- *Successes:* Greater participation in the women's 400m hurdles at the Junior and Senior age groups and improved performances.

Planned activities for 2009: Participation in the Canada Games Training Camps.

Emerging trends in hurdles both regionally and provincially: One more meet in May in Victoria on Vancouver Island that has all hurdle events.

Major initiatives being planned or considered: None at this time.

Urgent matters: None

Records in 2008: One in male sprint hurdles and one in female 400m hurdles:

- **13.58** (-1.1) - 100m hurdles Age 15 men - **Nick Blackburn, CVC** – Kelowna 25/7/08
- **56.12** – 400m hurdles Senior women – **Yvonne Mensah, unat** – Lawrence, KS 4/19/08