

BC Sprinters and Hurdlers had an outstanding year in 2011. This report covers all of the BC athletes selected to Canadian National Teams and the podium athletes at national championships and games in 2011 as well as records achieved.

World Youth Team Members

- Brendan Restall – 400m 7th place
- Nathan George – 400m

Pan American Junior Games Team Member

- Katie Reid – 400m 4th place, 4x400m 2nd place, 4x100m 3rd place

Commonwealth Youth Games Team Member

- Keefer Joyce – 100m

Canadian Senior National Championships – Podium Athletes

- Traci Boss – 400m Hurdles *Silver medal*
- Haleigh Lloyd – 400m Hurdles *Bronze medal*

Canadian Junior National Championships – Podium Athletes

- Katie Reid – 400m *Gold medal*, 200m *Silver medal*
- Devon Wiebe – 200m *Silver medal*
- Nick Blackburn – 400m Hurdles *Bronze medal*
- 4x400m Men – *Gold medal*, *Bronze medal*
- 4x400m Women – *Gold medal*

Canadian Youth Championships – Podium Athletes

- Keefer Joyce – 100m *Bronze medal*
- Brendan Restall – 400m *Silver medal*
- 4x100m Men – *Silver medal*
- 4x400m Men – *Silver medal*

Canadian Youth U16 Midget Championships – Podium Athletes

- Ethan Strome – 200m Hurdles *Gold medal*
- 4x100 Men – *Silver medal*
- 1600m Sprint Medley Men *Gold medal*

Western Canada Games – Podium Athletes

- Sabrina Nettey – 100m *Silver medal*, 200m *Gold medal*
- Rohan Stewart – 100m *Gold medal*, 200m *Gold medal*
- Andrew Nathan – 100m *Silver medal*, 200m *Silver medal*
- Katie Reid – 200m *Bronze medal*
- Devon Wiebe – 400m *Silver medal*
- Casey Atkins – 400m *Bronze medal*
- Hodson Harding – 400m *Gold medal*

- Benjamin Ayesu-Attah – 400m *Silver medal*
- Haleigh Lloyd – 400m Hurdles *Silver medal*
- Jade Vaughan – 400m Hurdles *Bronze medal*
- Nick Blackburn – 400m Hurdles *Gold medal*
- 4x100m Women – *Silver medal*
- 4x400m Women – *Gold medal*
- 4x400m Men – *Gold medal*

Western Canada Games – Records

- Sabrina Nettey – 200m 23.99s
- Rohan Stewart – 100m 10.56s
- Hodson Harding – 400m 47.64s
- Nick Blackburn – 400m Hurdles 52.89s
- 4x400m Women – 3:41.41
- 4x400m Men – 3:12.56

Provincial Records

- **4x400m Junior Men – CLUB** - Linde/George/Harding/Ayesu-Attah--Coquitlam Cheetahs - 3:15.30--26/07/11--Surrey
- **Ethan Strome** – 200m Hurdles – Midget Men - 25.34--**O/N**--NWSA--Ottawa
- **4x400m Youth Men - O/N** - 3:18.27--Joyce/Restall/Swanson/Gravel--Ottawa
- **4x400m Junior Women – N** - Delage/Atkin/Wiebe/Reid - 3:41.41--Kamloops
- **Ruky Abdulai** - 100mH - Senior Female – **N** - VRTC--13.60—Daegu, South Korea

2011 was an extremely successful season for sprint and hurdle athletes in BC. We had athletes make national teams at the World Youth, Commonwealth Youth and Pan Am Junior levels. This trend shows that sprints and hurdles in our province is headed in the right direction, as our future senior national team members will come from our development athletes. It is important to continue to support our development athletes at all the steps that are required to develop world-class athletes. This is why our success at the Western Canada Games is so encouraging. Having achieved 17 podium finishes and achieving six Western Canada Games records proves that our sprinters and hurdlers are on the right track. As with any event group, more coaches will allow for more athletes to be developed and we as an organization should continue to support coaches' development.

It has been a pleasure to view and be a part of the all the successes that our provincial sprinters and hurdlers achieved this past season and we look forward to the coming seasons and the successes that it will bring.

Submitted by: Tara Self and Ian Cameron