

BC Throwers had an outstanding year in 2011. This report covers all of the National, Provincial, and National Championship records achieved. Also included are BC Throwers selected to Canadian National Teams and the podium athletes at national championships in 2011.

National and Provincial Records:

- **Dylan Armstrong:** Men's shot put - breaking his own national record of 21.58m to set a new Canadian and provincial record of 22.21m.
- **Krista Woodward:** Women's javelin - breaking the old record of 58.21m to set a new Canadian and provincial record of 58.64m
- **Adam Keenan:** Set three (3) new provincial and open records:
 1. JR.1.61kg discus - 56.17m breaking the old record of 52.90m
 2. JR.1.75kg discus - 53.50m the old record of 52.28m
 3. 6kg hammer - 66.62m the old record of 65.51m
- **Cody Parker:** Set a new provincial / open record in junior men's javelin with a throw of 73.50 breaking the old record of 68.73m.
- **Asianna Covington:** Set a new Canadian Legion Youth record in women's discus of 45.04m.
- **Aaron Stroda:** New Provincial Midget 1kg discus record of 59.69m breaking the old record of 59.38m.

Canadian Senior National Championships - Podium Athletes:

- Dylan Armstrong Gold medalist men's shot put
- Crystal Smith Bronze medalist women's hammer
- Trey Henderson Silver medalist men's hammer
- Kyle Nielson Silver medalist men's javelin
- Curtis Moss Bronze medalist men's Javelin

Canadian Junior Championships Podium - Athletes:

- Joanna Franke Kuhn Gold medalist women's hammer
- Cody Parker Gold medalist men's Javelin
- Adam Keenan Gold medalist men's hammer & Bronze men's discus
- Jade Richardson Silver medalist women's discus
- Spencer Prince Silver medalist men's shot put & Bronze in men's hammer
- Samantha Kennedy Silver medalist women's hammer
- Asianna Covington Bronze medalist women's hammer

Canadian Youth Championships - Podium Athletes:

- Asianna Covington Gold medalist women's hammer & discus
- Serena Graff Silver medalist women's shot put & Bronze in women's javelin

Canadian Youth under 15 Midget - Podium Athletes:

- Aaron Stroda Gold medalist in men's javelin & discus, Silver medalist men's shot put
- Benjamin Ingvaldson Gold medalist men's shot put & Men's hammer Silver medalist men's discus.
- Nijjar Avneet Gold medalist women's shot put
- Courtney Neville-Rutherford Gold medalist women's hammer
- Olivia Moriconi Silver medalist women's hammer
- Prabhjit Dosanjh Bronze medalist women's discus

Pan Am Junior Championships Podium Athletes:

- Cody Parker Silver medalist men's javelin
- Adam Keenan Bronze medalist men's hammer

Western Canada Games Podium Athletes:

- Angus Taylor triple medalist Gold in hammer & discus & Bronze in shot put
- Tiffany Perkins Gold medalist women's javelin
- Cody Parker Gold medalist men's javelin
- Samantha Kennedy Silver medalist women's hammer
- James Turner Silver medalist men's javelin
- Gurinder Dosanjh Silver medalist men's discus
- Olivia Merritt Bronze medalist women's javelin

Canadian National Team Members:

- Dylan Armstrong World Championship Team
- Joanna Franke Kuhn Pan Am JR. Team
- Samantha Kennedy Pan Am JR. Team
- Cody Parker Pan Am JR Team
- Adam Keenan Pan Am JR. Team
- Jade Richardson Pan Am JR. Team
- Asianna Covington Commonwealth Youth Team

World Championships:

- Dylan Armstrong

Highlights of 2011:

BC's Dylan Armstrong of Kamloops BC received Canada's only medal at the World Championships – a Silver in shot put. He also ended his season in the top position in Shot Put to win the Diamond League.

At this year's Commonwealth Youth Games in the Isles of Mann, BC thrower Asianna Covington was selected to carry the Canadian flag in the opening ceremonies.

Summary:

2011 saw BC Athletics sending numerous throwers to all of our national championships. Due to the sheer numbers I have not mentioned all of the outstanding throws athletes selected. BC Throwers selected all finished in the top 8 at all of our national championships. Our BC team standards for throws are now set at higher levels and BC throwers have risen to the challenge as their performances show. BC throws coaches are to be congratulated for their part in this successful season.

The improvement in both men and women shot put is apparent over past years. I hope that our young shot putters will continue their quest to be better and look to the future. With Dylan Armstrong as a role model to look to they will continue their goals to be one of Canada's and the world's finest shot putters.

Do we need to improve our coaching capabilities? The answer is yes. There is still so much more to learn. Now is the time to bring clinicians in from around the world so that that we as coaches can improve our skills as coaches and pass the knowledge on to our athletes. By improving our skills we will not only benefit our own athletes but throwers all over BC and in all of Canada.

I would like to take this opportunity now to thank and congratulate all the throws coaches in BC for their dedication and perseverance in making our throwers the finest throughout BC and Canada.

Submitted By:

Richard Collier & Harold Willers.