2014
BC ATHLETICS
Development - Performance - Excellence

Annual Awards Banquet

An Evening to Honour Athletes, Coaches, Officials & Volunteers

December 6, 2014 • Richmond, BC
Welcome

Welcome On behalf of the Board of Directors, welcome to the 2014 BC Athletics Annual Awards Banquet.

This is a wonderful opportunity to recognize the achievements of our athletes, coaches, officials, club executives and volunteers during the past year. They all contribute to the success of athletics in British Columbia.

I would like to thank the Province of British Columbia, viaSport, our business partners, and the Royal Canadian Legion for their on-going support. Their involvement and participation in our sport enables us to provide a high level of programs and services to our members. BC Athletics offers so much to all levels and ages of its members. It is the support of parents, family, friends and volunteers that makes this all possible.

Congratulations to all. Enjoy your evening.

Greg White
Chair, Board of Directors
BC Athletics

The Program

Opening Remarks
Dinner
Awards Presentations
Track & Field
Road Running
Cross Country
Masters
Para-athletics
Officials
Excellence in Coaching
Executive of the Year
Jane Swan Memorial Award
BC Athletics Hall of Fame
Outstanding Athletes of the Year
Canadian Team Recognition
Closing Remarks

Many athlete photos are courtesy of Athletics Canada.
Thank You also to coaches, parents and club member who generously provided photos of award nominees and winners.
2014 Track & Field Athlete Of The Year Nominees

2014 Track & Field Athlete Of The Year Nominees

Midget 14 Female Award Winners

Andersen, Marina
Club: Nanaimo & District Track & Field Club | NTFC
Events & Performances:
- 1,500m Race Walk, 7:56.69 (4th | Open) – BC High School Track & Field Championships

D’Agnolo, Nicole
Club: Uvic Track Club | UVIC
Coach: Dacre Bowen
Events & Performances:
- 100m, 12.87 (3rd) – Zone 6 Summer Games Trials

Fetherstonhaugh, Grace
Club: Royal City Track & Field Club | CITY
Coach: Sean Dixon
Events & Performances:
- 1,200m, 3:44.77 (1st) – BC Athletics Championships

Hansma, Trinity
Club: Vernon Amateur Athletics Association | VAAA
Coach: Ian Cameron
Events & Performances:
- High Jump, 1.55m (2nd) – BC Athletics Championships

Heisterman, Madison
Club: Nanaimo & District Track & Field Club | NTFC
Coach: Tyler Heisterman
Events & Performances:
- 800m, 2:12.86 (2nd) – Legion Canadian Youth Championships

Lew, Jasmine
Club: South Fraser Track & Field Club | SFTC
Coach: Robert Esmie
Events & Performances:
- 200m, 21.94 (3rd) – BC Summer Games

O’Neill, Taryn
Club: Okanagan Athletics Club | OACS
Coach: Nathan Reiter
Events & Performances:
- 800m, 2:17.60 (6th | Jr.) – BC High School Track & Field Championships

Porpaczy, Alexa
Club: Ocean Athletics | OATF
Events & Performances:
- High Jump, 1.62m (1st | Gr. 8) – BC High School Track & Field Championships

Strome, Devin
Club: Royal City Track & Field Club | CITY
Coach: Sean Dixon
Events & Performances:
- High Jump, 1.55m (8th) – Legion Canadian Youth Championships

Terry, Alyssa
Club: South Fraser Track & Field Club | SFTC
Coach: Robert Esmie
Events & Performances:
- 800m, 2:19.44 (3rd) – BC Summer Games

2014 Track & Field Athlete Of The Year Nominees

Vlahovic, Katarina
Club: Universal Athletics Club | UATH
Coach: Jesse Dosanjh
Events & Performances:
- 100m, 12.44 (2nd) – BC Summer Games
- 200m, 25.30 (1st) – BC Athletics Championships Jamboree

AWILDA VAN RYSWICK AWARD (TOP 14 YEAR OLD – LONG JUMP)

Lew, Jasmine
Club: South Fraser Track & Field Club | SFTC
Coach: Raquel Chin & Robert Esmie
Top Marks:
- 5.22m – BC Athletics Championships Jamboree
- 5.22m – Legion Canadian Youth Championships

Blackman, Kenny Junior
Club: Ocean Athletics | OATF
Coach: Mary Chewning
Events & Performances:
- High Jump, 1.70m (1st) – ReMax Summer Series #6

Cantarella, Egidio
Club: Kajaks Track & Field Club | KJAK
Coach: Jarid Vaughan
Events & Performances:
- 100m, 11.65 (3rd) – BC Summer Games
- 200m, 23.63 (3rd) – BC Athletics Championships Jamboree

Filafilo, Josh
Club: Elite Track & Field Academy | ETFA
Coach: Krassimir Velkov
Events & Performances:
- 200mH, 26.55 (3rd) – BC Athletics Championships Jamboree

Hamilton, Rowan
Club: Valley Royals Track & Field Club | VRTC
Coach: Harold Willers
Events & Performances:
- Hammer Throw, 50.49m (2nd) – BC Summer Games

Midget 14 Male Award Winners

Bennison, Hannah
Club: Vernon Amateur Athletics Association | VAAA
Coach: Nathan Reiter
Events & Performances:
- 2,000m, 6:24.42 (1st) – Jack Brow 2014

Champoux, Megan
Club: Langley Mustangs Track & Field Club | LANG
Coach: Jarid Vaughan
Events & Performances:
- 80mH, 11.88 (1st) – BC Summer Games
- 200mH, 27.29 (2nd) – Legion Canadian Youth Track and Field Championships

Cheung, Lauryn
Club: Langley Mustangs Track & Field Club | LANG
Coach: Dave Hetherington
Events & Performances:
- Pole Vault, 3.10m (1st) – BC Athletics Championships Jamboree
### 2014 Track & Field Athlete Of The Year Nominees

<table>
<thead>
<tr>
<th>Dolfo, Tanika</th>
<th>Rastad, Emma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Langley Mustangs Track &amp; Field Club</td>
<td>Club: NorWesters Track &amp; Field Club</td>
</tr>
<tr>
<td>Coach: Kevin Harrison</td>
<td>Coach: Elena Voloshin</td>
</tr>
<tr>
<td>Events &amp; Performances:</td>
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</tr>
<tr>
<td>Hammer Throw, 51.46m (1st) – 35th Annual Langley Pacific Open Invitational</td>
<td>80mH, 11.96 (1st) – BC Athletics Championships Jamboree</td>
</tr>
<tr>
<td></td>
<td>Long Jump, 5.50m (1st) – Legion Canadian Youth Championships</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Dufty, Hunter</th>
<th>Reierson, Tekarra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Penticton Athletics</td>
<td>Club: Campbell River Comets</td>
</tr>
<tr>
<td>Coach: Gustav Allander</td>
<td>Coach: Dave Ashcroft</td>
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<tr>
<td>Events &amp; Performances:</td>
<td>Events &amp; Performances:</td>
</tr>
<tr>
<td>Shot Put, 12.32m (1st) – Kamloops Centennial Track and Field Meet</td>
<td>200mH, 28.40 (5th) – Legion Canadian Youth Championships</td>
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<table>
<thead>
<tr>
<th>Frederiksen, Lindsay</th>
<th>Rogers, Camryn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Unattached British Columbia</td>
<td>Club: Kajaks Track &amp; Field Club</td>
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<tr>
<td>Coach: Sheldan Gmitroski</td>
<td>Coach: Richard Collier</td>
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<tr>
<td>Events &amp; Performances:</td>
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</tr>
<tr>
<td>Hammer Throw, 59.41m (1st CR) – BC Athletics Championships Jamboree</td>
<td>Hammer Throw, 56.56m (2nd) – BC Athletics Championships Jamboree</td>
</tr>
<tr>
<td></td>
<td>Discus, 35.13m (6th) – Legion Canadian Youth Championships</td>
</tr>
<tr>
<td></td>
<td>Shot Put, 13.16m (1st) – Trevor Craven Memorial T&amp;F Meet</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Hunter, Hayley</th>
<th>Sevske, Christina</th>
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</thead>
<tbody>
<tr>
<td>Club: River City Elite</td>
<td>Club: Unattached British Columbia</td>
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<tr>
<td>Coach: Dale Trenholm</td>
<td>Coach: Robert Esmie</td>
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<tr>
<td>Events &amp; Performances:</td>
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</tr>
<tr>
<td>Javelin, 39.64m (1st) – BC Summer Games</td>
<td>800m, 1:39.66 (4th) – Legion Canadian Youth Championships</td>
</tr>
</tbody>
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<thead>
<tr>
<th>McNulty, Kyra</th>
<th>Wideski, Valerie</th>
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<tr>
<td>800m, 2:15.65 (4th) – Legion Canadian Youth Championships</td>
<td>Hammer Throw, 44.21m (4th) – BC Athletics Championships Jamboree</td>
</tr>
<tr>
<td>1,200m, 3:37.16 (4th) – Legion Canadian Youth Championships</td>
<td>Shot Put, 11.96m (2nd) – Jesse Bent Memorial Cheetah Meet</td>
</tr>
</tbody>
</table>

| Morrison, Hannah       | | |
|------------------------| | |
| Club: Langley Mustangs Track & Field Club | | |
| Coach: Jarid Vaughan   | | |
| Events & Performances: | | |
| 80mH, 11.96 (5th) – Legion Canadian Youth Championships | | |
| 200mH, 22.40 (1st) – BC Athletics Championships Jamboree | | |

### 2014 Track & Field Athlete Of The Year Nominees

<table>
<thead>
<tr>
<th>Nobbs, Thomas</th>
<th>Eliopoulos, Anastas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Vancouver Olympic</td>
<td>Club: Vancouver Olympic</td>
</tr>
<tr>
<td>Coach: Besnik &amp; Tatjana</td>
<td>Coach: Besnik Mece</td>
</tr>
<tr>
<td>Events &amp; Performances:</td>
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</tr>
<tr>
<td>1,200m, 3:14.56 (4th) – Legion Canadian Youth Championships</td>
<td>100mH, 13.39 (Heats 1st, Finals DNF) – BC Summer Games</td>
</tr>
<tr>
<td>1,500m Steeplechase, 4:18.39 (1st) – Legion Canadian Youth Championships</td>
<td>200mH, 24.97 (3rd) – Legion Canadian Youth Championships</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Roman, Braydon</th>
<th>Gondara, Vikramjit</th>
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</thead>
<tbody>
<tr>
<td>Club: NorWesters Track &amp; Field Club</td>
<td>Club: Valley Royals Track &amp; Field Club</td>
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<tr>
<td>Coach: Rob Leone &amp; Elena Voloshin</td>
<td>Coach: Harold Willers</td>
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<tr>
<td>Events &amp; Performances:</td>
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</tr>
<tr>
<td>Shot Put, 15.86m (1st) – ReMax Summer Series #6</td>
<td>Discus, 50.89m (1st) – Trevor Craven Memorial T&amp;F Meet</td>
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<table>
<thead>
<tr>
<th>Sinclair, Connor</th>
<th>Harris, Luke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club: Ocean Athletics</td>
<td>Club: NorWesters Track &amp; Field Club</td>
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<tr>
<td>Coach: Donald Allemeersch</td>
<td>Coach: Rob Leone</td>
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<tr>
<th>Schultz, Nina</th>
<th>Hay, Gregory</th>
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<tbody>
<tr>
<td>Club: New West Spartans Track &amp; Field Club</td>
<td>Club: River City Elite</td>
</tr>
<tr>
<td>Coach: Tatjana &amp; Besnik Mece</td>
<td>Coach: Dale Trenholm</td>
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<tr>
<td>High Jump, 1.78m</td>
<td>Javelin, 50.09m (1st) – BC Summer Games</td>
</tr>
<tr>
<td>Long Jump, 5.82m</td>
<td>800mH, 1:59.66 (4th) – Legion Canadian Youth Championships</td>
</tr>
<tr>
<td>Heptathlon, 5105pts</td>
<td>High Jump, 1.78m</td>
</tr>
<tr>
<td>Teams: Legion Canadian Youth Championships – 2nd (TJ), 1st (LJ), 5th (HJ)</td>
<td>Long Jump: BC Yth – 1, CAN Yth – 1</td>
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<tr>
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<tr>
<td>Club: Coquitlam Cheetahs Track &amp; Field Club</td>
<td>Club: Vancouver Thunderbirds</td>
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<td>Coach: Tara Self</td>
<td>Coach: Derrick Johnston</td>
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<td>Events &amp; Performances:</td>
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<tr>
<td>200m, 23.75 (BC Yth Record)</td>
<td>300m, 36.22 (1st) – ReMax Summer Series #1</td>
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**Midget 15 Male Award Winners**

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<th>Youth Female Track &amp; Field Athlete Of The Year Nominees</th>
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**Track & Field Athlete Of The Year Nominees (continued next page)**
2014 Track & Field Athlete Of The Year Nominees

Tjernagel, Raquel...continued
Canadian Junior Track & Field Championships – 1st (200m), 2nd (100m), 3rd (4x400m)
Rankings:
100m: BC Yth – 1, CAN Yth – 1
200m: BC Yth – 1, CAN Yth – 1

Wolczyk, Brittni
Club: Langley Mustangs Track & Field Club | LANG
Coach: Tom Nielsen
Events: Javelin, 48.85m
Teams: Youth Olympic Summer Games (Nanjing, CHN) – 11th
Canadian Junior Track & Field Championships – 2nd
Rankings:
Javelin: BC Yth – 1, CAN Yth – 1

Junior Male Track & Field Athlete Of The Year Nominees

Colyn, Nickolas
Club: Langley Mustangs Track & Field Club | LANG
Coach: Dave Hetherington
Events: 3,000m, 8.37.40
2,000m SC, 5:49.28 (0.84m Height)
Teams: Legion Canadian Youth Championships – 2nd
IAAF World Junior Championships – DNS (Discus)
Rankings:
2,000m SC: BC Yth – 1, CAN Yth – 2
3,000m: BC Yth – 2, CDN Yth – 8

Hanna, Jake
Club: Ocean Athletics | OATF
Coach: Mary Chewning
Events: 200m, 21.75
400m, 48.25
Teams: Legion Canadian Youth Championships – 3rd (200m), 2nd (400m)
Rankings:
200m: BC Yth – 1, CAN Yth – 1
400m: BC Yth – 1, CAN Yth – 2

Willett, Sam
Club: Pacific Athletics | PATH
Coach: Sheldon Gmitroski
Events: Hammer Throw, 62.23m
Discus, 41.10m (continued next column)

Junior Female Track & Field Athlete Of The Year Nominees

Covington, Asiana
Club: Kajaks Track & Field Club | KJAK
Coach: Richard Collier
Events: Hammer Throw, 58.90m (CDN Jr Record)
Discus, 49.14m
Teams: Canadian Junior Track & Field Championships – 2nd (Hammer)
IAAF World Junior Championships – DNS (Hammer)
Rankings:
Hammer Throw: BC Jr – 1, CAN Jr – 1
Discus: BC Jr – 2, CAN Jr – 2

Ellenwood, Georgia
Club: Langley Mustangs Track & Field Club | LANG
Coach: Dwayne Lotnick & Nate Davis
Events: 100m Hurdles, 13.98
High Jump, 1.78m
Heptathlon, 594pts
Teams: Canadian Junior Track & Field Championships – 10th (Heptathlon)
IAAF World Junior Championships – Heptathlon (7th)
NCAA Division I Championships – Heptathlon (12th)
Rankings:
Heptathlon: BC Jr – 1, CAN Jr – 1
100m Hurdles: BC Jr – 1, CAN Jr – 3
High Jump: BC Jr – 1, CAN Jr – 1

Esser, Agnes
Club: Pacific Athletics | PATH
Coach: Sheldon Gmitroski
Events: Hammer Throw, 51.65m
Teams: Canadian Junior Track & Field Championships – 1st (Discus)
IAAF World Junior Championships – 12th (Discus)
Rankings:
Hammer Throw: BC Jr – 1, CAN Jr – 1
Shot Put: BC Jr – 1, CAN Jr – 1

2014 Track & Field Athlete Of The Year Nominees

Cheng, Caleb
Club: Strathcona Lions Athletics Club | STRA
Coach: Robert Solmes
Events: 10km Race Walk, 46:00.00
Teams: Canadian Junior Race Walk Championships – 10km RW (2nd)
Rankings:
10km RW: BC Jr – 1, CAN Jr – 2

Hooton, Jesse
Club: Hershey Harriers Athletic Club | HHAC
Coach: Marek Jedrzejek
Events: 5,000m, 14:56.50
10,000m, 31:24.92
Teams: IAAF World Junior Championships – 10,000m (28th)
Canadian Junior Track & Field Championships – 5,000m (5th)
Rankings:
5,000m: BC Jr – 4, CAN Jr – 8
10,000m: BC Jr – 1, CAN Jr – 1

Stroda, Aaron
Club: Unattached British Columbia | UNBC
Coach: Verena Stroda
Events: Discus, 46.39m
Hammer Throw, 59.29m
Shot Put, 15.20m
Teams: NCAA Division I Championships – Discus (2nd), HT (2nd), Shot Put (6th)
Rankings:
Hammer Throw: BC Jr – 1, CAN Jr – 1
Shot Put: BC Jr – 1, CAN Jr – 5

Athlete Of The Year Nominees

2014

Tjernagel, Raquel...continued
Canadian Junior Track & Field Championships – 1st (200m), 2nd (100m), 3rd (4x400m)
Rankings:
100m: BC Yth – 1, CAN Yth – 1
200m: BC Yth – 1, CAN Yth – 1

Willett, Sam...continued
Teams: Legion Canadian Youth Championships – 2nd (Hammer Throw)
Rankings:
Hammer Throw: BC Yth – 1, CAN Yth – 2
Discus: BC Yth – 3, CAN Yth – 16

Junior Female Track & Field Athlete Of The Year Nominees

Covington, Asiana
Club: Kajaks Track & Field Club | KJAK
Coach: Richard Collier
Events: Hammer Throw, 58.90m (CDN Jr Record)
Discus, 49.14m
Teams: Canadian Junior Track & Field Championships – 2nd (Hammer)
IAAF World Junior Championships – DNS (Hammer)
Rankings:
Hammer Throw: BC Jr – 1, CAN Jr – 1
Discus: BC Jr – 2, CAN Jr – 2

Ellenwood, Georgia
Club: Langley Mustangs Track & Field Club | LANG
Coach: Dwayne Lotnick & Nate Davis
Events: 100m Hurdles, 13.98
High Jump, 1.78m
Heptathlon, 594pts
Teams: Canadian Junior Track & Field Championships – 10th (Heptathlon)
IAAF World Junior Championships – Heptathlon (7th)
NCAA Division I Championships – Heptathlon (12th)
Rankings:
Heptathlon: BC Jr – 1, CAN Jr – 1
100m Hurdles: BC Jr – 1, CAN Jr – 3
High Jump: BC Jr – 1, CAN Jr – 1

Esser, Agnes
Club: Pacific Athletics | PATH
Coach: Sheldon Gmitroski
Events: Hammer Throw, 62.23m
Discus, 41.10m (continued next column)
2014 Track & Field Athlete Of The Year Nominees

Dunfee, Evan
Club: Racewalk West I WALK
Coach: Gerry Dragonm
Events: 20km Race Walk, 1:20:13 (CDN Sr Record)
Teams: IAAF World Race Walking Cup – 20km RW (11th)
XXVIII Gran Premio Cantones de La Coruña – 20km RW (8th)
Canadian Track & Field Championships – 20km RW (1st)
Rankings: Summerfast 10km – 47th
BMO St. Patrick's Day 5km – 56th
Coach: Cyrill Laktionova
Club: NorWesters Track & Field Club | NORW

Levins, Cameron
Club: Valley Royals Track & Field Club I VRTC
Coach: Ziggy Szelagowicz
Events: High Jump, 2.30m(i), 2.28m(o)
Teams: IAAF World Indoor Championships – High Jump (8th)
Commonwealth Games – High Jump (3rd)
Canadian Track & Field Championships – High Jump (2nd)
Rankings: High Jump (i): BC Sr – 1, CAN Sr – 1, WORLD – 16
High Jump (o): BC Sr – 1, CAN Sr – 2, WORLD – 26

Mason, Michael
Club: Prairie Inn Harriers Running Club I PIHR
Coach: Matt Clout
Bazan Bay 5km – 1st
BC 8km Championships / Harriers Pioneer – 1st
Canadian Half Marathon Championships – 2nd
Rankings: 5k: 16:35, BC Sr – 3, CAN Sr – 6
8k: 27:13, BC Sr – 3, CAN Sr – 4
Half: 1:15:01, BC Sr – 3, CAN Sr – 7

Cliff, Rachel
Club: Vancouver Thunderbirds I TBIR
Coach: Chris Johnson
BC 5km Road Race Championships / BC 8km Road Race Championships / Vancouver Sun Run – 1st
Canadian 5km Road Race Championships / BC Timex Series – 1st
Canadian 10km Road Race Championships / BC 10km Road Race Championships – 1st
Vancouver Sun Run – 4th
BC 8km Road Race Championships / Harriers Pioneer – 1st
BC 5km Road Race Championships / Longest Day 5km – 1st
Bazan Bay 5km – 1st
BC Timex Series – 1st
Rankings: 5k: 14:12, BC Sr – 1, CAN Sr – 1
10k: 27:13, BC Sr – 3, CAN Sr – 4
Half: 1:15:04, BC Sr – 4, CAN Sr – 8

Labeaud, Natasha
Club: Unattached British Columbia I UNBC
Coach: Marco Anzures
Carlsbad 5km – 10th
Scripps Ranch 10km (San Diego, CA) – 1st
Canadian 10km Road Race Championships – 2nd
Carlsbad Half Marathon – 1st
Scttiabank Toronto Waterfront Marathon – 8th

Willett, Samuel
Club: Unattached British Columbia I UNBC
Coach: Richard Willett
2014 Blue Shore Financial Longest Day 5km Road Race – 73rd
Vancouver Sun Run – 774th
10k: 42:59, BC Jr – 8, CAN Jr – 11

2014 Road Runners Of The Year

DeSchiffart, Marita
Club: Nanaimo & District Track & Field Club I NTFC
Coach: Al Johnston
Bazan Bay 5km – 20th
2014 Cobble Hill 10km – 8th
Rankings: 5k: 18:57, BC Jr – 5, CAN Jr – 8
10k: 41:01, BC Jr – 2, CAN Jr – 2

Laktionova, Anna
Club: NorWesters Track & Field Club I NORW
Coach: Cyrill Laktionova
BMO St. Patrick’s Day 5km – 56th
Summerfast 10km – 47th

Nightingale, Alex
Club: Sunshine Coast Athletics I SCAC
Coach: Larry Nightingale
Shaughnessy 8km – 23rd
Summerfast 10km – 79th
Rankings: 8k: 32:17, BC Jr – 2, CAN Jr – 3
10k: 41:47, BC Jr – 6, CAN Jr – 9

Miller, Sean
Club: Nanaimo & District Track & Field Club I NTFC
Coach: Al Johnston
Summerfast 10km – 11th
2014 Blue Shore Financial Longest Day 5km Road Race – 7th
BC 5km and 10km Road Race Championships – 1st
Vancouver Sun Run – 23rd
Rankings: 5k: 16:14, BC Jr – 6, CAN Jr – 9
10k: 34:41, BC Jr – 2, CAN Jr – 3

Watson, Rob
Club: Point Grey Track Club I PTGR
Coach: Richard Lee
2014 Rock N’ Roll Vancouver Half Marathon – 2nd
Vancouver Sun Run – 4th
BC 8km Road Race Championships / Harriers Pioneer – 1st
BC 5km Road Race Championships / Longest Day 5km – 1st
Bazan Bay 5km – 1st
BC Timex Series – 1st
Rankings: 5k: 14:12, BC Sr – 1, CAN Sr – 1
10k: 27:13, BC Sr – 3, CAN Sr – 4
Half: 1:15:04, BC Sr – 4, CAN Sr – 8

Hunt, Theo
Club: Point Grey Harriers Running Club I PHR
Coach: Richard Lee
2014 Rock N’ Roll Vancouver Half Marathon – 2nd
Vancouver Sun Run – 10th
BC 10km Road Race Championships – 1st
Canadian 5km Road Race Championships – 9th
Canadian 10km Road Race Championships – 8th
BC Timex Series – 1st
Rankings: V5k: 14:55, BC Sr – 6, CAN Sr – 16
10k: 30:51, BC Sr – 2, CAN Sr – 10

Martinson, Geoff
Club: Prairie Inn Harriers Running Club I PIHR
Coach: Richard Lee
2014 Rock N’ Roll Vancouver Half Marathon – 2nd
Vancouver Sun Run – 4th
BC 8km Road Race Championships / Harriers Pioneer – 1st
BC 5km Road Race Championships / Longest Day 5km – 1st
Bazan Bay 5km – 1st
BC Timex Series – 1st
Rankings: 5k: 14:12, BC Sr – 1, CAN Sr – 1
10k: 29:51, BC Sr – 1, CAN Sr – 2
Half: 1:05:46, BC Sr – 2, CAN Sr – 4

Senior Male Road Runner Of The Year Nominees

Senior Female Road Runner Of The Year Nominees

2014 Of The Year Nominees
2014 Cross Country Runners Of The Year

Midget 14 Female Cross Country Runner Of The Year

O’Neill, Taryn
Club: Okanagan Athletics Club I OACS
Coach: Nathan Reiter
Achievements: BC Championships, 14 year olds (1st)
BC High School Senior Championships (1st)

Hutchinson, Nicole
Club: Hershey Harriers Athletic Club I HHAC
Coach: Darcie Montgomery
Achievements: BC High School Senior Championships (2nd)
Canadian Junior Championships (6th & 4th Youth)

Youth Male Cross Country Runner Of The Year

Tadasse, Nathan
Club: Unattached British Columbia I UNBC
Coach: Scott Svelander
Achievements: BC High School Senior Championships (1st)
Canadian Junior Championships (4th & 1st Youth)

Junior Female Cross Country Runner Of The Year

Yee, Reagan
Club: Uvic Track Club I UVIC
Coach: Brent Fougner
Achievements: BC Senior Championships (7th)
CIS Championships (3rd & 4th Rookie)
Canadian Junior Championships (5th)

2014 Masters Athletes Of The Year

Masters Female Track Athlete Of The Year

Bortignon, Christa – W77
Club: West Vancouver Track & Field I WVAN
WMA World Indoor Championships – 1st (60mH)
Rankings: World #1 in the 60m, 100m, and 200m, Sprint Hurdles, Long Hurdles & Triple Jump
World #2 in the Long Jump & High Jump
Highlights: In 2014, Christa competed in 12 meets winning all 56 of her events. Her age-graded scores in the 60m(1), 80m hurdles and 200m hurdles are all over 100%. Though Christa didn’t break any world records in these events this year, she had done so in every event listed over the previous two years.

Cummins, Diane – W40
Club: Unattached British Columbia I UNBC
Canadian Track and Field Championships – 200m (3rd)
Rankings: 800m (3rd), 200m, Sprint Hurdles, Long Hurdles & Triple Jump
Highlights: Retires as the fastest Canadian woman in history in both the 800m, indoor (2:00.66) and outdoors (1:58.39), and 1,000m, indoor (2:38.24) and outdoors (2:34.14). Diane retired at the same meet in which she set her outdoor CDN 800m record in Rieti, Italy, concluding her career as one of the most decorated track athletes in Canadian middle distance history.

Masters Male Track Athlete Of The Year

Dickson, Tom – M61
Club: Valley Royals Track & Field Club I VRTC
WMA World Indoor Championships – 60m (2nd), 200m (4th)
Rankings: 60m(i): 7.73 (CRP), BC – 1, CAN – 1, WORLD – 1
200m: 21.03 (BC – 1), CAN – 1, WORLD – 2
100m: 11.20, BC – 1, CAN – 1, WORLD – 6
200m: 23.56, BC – 1, CAN – 1, WORLD – 9
Records: M60 60m Canadian Indoor Record (Pending), M60 200m Canadian Indoor Record, M60 100m Canadian Outdoor Record
Highlights: Tom’s five best age-graded score average is 97%. Tom also coaches the sprint team at SFU.

Masters Female Field Athlete Of The Year

Kotelko, Olga – W95
Club: Greyhounds Masters Track & Field Club I GREY
World Masters Indoor Championships – 10 Gold Medals
Rankings: #1 in 14 Throwing and Jumping Events
Records: 14 W95 Records
Highlights: Set 14 W95 Records including seven outdoors & seven indoors, 12 of which were in the field events. Olga broke the world records in the long, triple, and high jump events as well as the outdoor shot put, weight throw, in addition to the outdoor javelin, hammer, weight and throws pentathlon. Olga was an inspiration to many people worldwide and a great ambassador for track & field.

Masters Male Field Athlete Of The Year

McDonald, Dave – M60
Club: Greyhounds Masters Track & Field Club I GREY
Rankings: Hammer Throw: 43.80m, BC – 1, CAN – 1
Weight Throw: 16.22m, BC – 1, CAN – 1
Javelin: 42.55m, BC – 1, CAN – 1
Throws Pentathlon: 3,608pts, BC – 1, CAN – 1
Records: BC M60 Weight Throw, Hammer Throw, Superweight, and Throws Pentathlon
Highlights: Dave competed in 12 meets and finished first 30 times in 32 events. When Dave was not competing, he coached the throwers on the Greyhounds Masters Track and Field Club.

Masters Female Road Runner Of The Year

Watkins, Catherine – W40-44
Club: Unattached British Columbia I UNBC
BC Timex Road Running Series – 2nd (Overall)
BC Championships 5k, 10k & Half – 1st (W40-44)
BC Championships 5k – 2nd (Overall)
Rankings:
5km: 16:52, BC – 1, CAN – 1
8km: 27:54, BC – 1, CAN – 1
10km: 34:19, BC – 1, CAN – 2
Half-Marathon: 1:16:48, BC – 1, CAN – 1
Best Age Graded Result: 34:19 (91.30%) | Vancouver Sun Run
2014 Masters Athletes Of The Year

**Masters Male Road Runner Of The Year**

**Bennett, Mark** – M50-54

Club: Vancouver Falcons Athletic Club | VFAC

2014 Boston Marathon – 1st (M50-54)
BC M5054 Masters Championships (5k, 8k, 10k, Half, Marathon) – 1st
BC Records – 5k, Half, Marathon

Rankings: 5km: 16:19, BC – 1, CAN – 2
8km: 26:40, BC – 1, CAN – 1
10km: 33:32, BC – 1, CAN – 1
Half-Marathon: 1:13:33 (CDN Record), BC – 1, CAN – 1
Marathon: 2:34:41, BC – 1, CAN – 1
Best Age Graded Result: 33:32 (91.54%) | Summerfast 10k

**Connelly, Tina** – continued

and the Canadian Championships. In the Canadian Championships, Tina finished about one minute ahead of second place Lisa Harvey from Alberta. Tina also won 6 cross-country races in the Lower Mainland Cross Country Series. Thelma won the W6064 age category in the BC and Canadian Championships. She improved on her BC performance to score as our third best age graded runner in the Provincial Team competition to help BC finish a very close second to Ontario. Thelma also scored a perfect 150 in the W6069 division of the Lower Mainland Cross Country Series.

**Masters Female Cross Country Runners Of The Year**

**Connelly, Tina**
Age: 63  Club: UNBCV

Tina and Thelma were virtually tied for the best average age graded score for the BC and the Canadian Championships. Tina was the first female finisher in both the BC and Canadian Championships.

**Wright, Thelma**
Age: 44  Club: PIHR

Thelma won the W6064 age category in the BC and Canadian Championships. She was third in the M4549 category in the Canadian Championships. He had the highest average age graded score for the BC and Canadian Championships.

(continued next column)

2014 Para-Athletes Athletes Of The Year

**Para-Athletics Male Athlete Of The Year**

**Dolfo, Braedon**

Club: Langley Mustangs Track & Field Club | LANG

Coach: Laurier Primeau

Events: T13 100m, 11.43
T13 200m, 23.10sec
Teams: N/A

Canadian Track & Field Championships – T13 100m (2nd), T13 200m (1st)

Rankings: T13 100m: BC Sr – 1, CAN Sr – 1, WORLD – 17
T13 200m: BC Sr – 1, CAN Sr – 1, WORLD – 8

**Bennett, Mark** – M50-54

Club: Vancouver Falcons Athletic Club | VFAC

2014 Boston Marathon – 1st (M50-54)
BC M5054 Masters Championships (5k, 8k, 10k, Half, Marathon) – 1st
BC Records – 5k, Half, Marathon

Rankings: 5km: 16:19, BC – 1, CAN – 2
8km: 26:40, BC – 1, CAN – 1
10km: 33:32, BC – 1, CAN – 1
Half-Marathon: 1:13:33 (CDN Record), BC – 1, CAN – 1
Marathon: 2:34:41, BC – 1, CAN – 1
Best Age Graded Result: 33:32 (91.54%) | Summerfast 10k

**Connelly, Tina** – continued

and the Canadian Championships. In the Canadian Championships, Tina finished about one minute ahead of second place Lisa Harvey from Alberta. Tina also won 6 cross-country races in the Lower Mainland Cross Country Series. Thelma won the W6064 age category in the BC and Canadian Championships. She improved on her BC performance to score as our third best age graded runner in the Provincial Team competition to help BC finish a very close second to Ontario. Thelma also scored a perfect 150 in the W6069 division of the Lower Mainland Cross Country Series.

**Masters Male Cross Country Runner Of The Year**

**Deacon, Bruce**
Age: 48  Club: PIHR

Bruce was the first M4549 finisher in the BC Championships, finishing second overall. He was third in the M4549 category in the Canadian Championships. He had the highest average age graded score for the BC and Canadian Championships.

2014 Excellence in Officiating

**Mary Temple Award: Novice Official of the Year**

A registered Official who, in his/her first 5 years, has focused substantial effort on learning to be an official as well as contributed willingly and unselfishly as a beginner Official.

**Needham, Judy**

Judy began in Athletics as a dedicated Coquitlam Cheetaah parent, and has now also become an enthusiastic novice official. Willing to work in the field, on the track, and at cross-country events, Judy attends many meets throughout the province. She repeatedly demonstrates a willingness to learn and develop her skills. We are fortunate to have the quality that Judy brings to our sport as a novice official.

**Dave Coupland Award – Inspirational Award**

The Dave Coupland Award is presented to a BC Athletics member who has been an inspiration for Officials; someone who has made it fun.

**Chin Aleong, Neil**

Always cheerful, always positive, that’s Neil! A committed starter, Neil attends a range of events around the province. As a Master athlete himself, Neil well understands the concept that sport is a competition, but also should be fun, and he brings that knowledge to every venue. An individual well versed in the rules, and with a great sense of humour, Neil is a role model for the values of the Dave Coupland Award.

**JD Coaching Excellence Award**

**Kevin Harrison**

Kevin was a competitive high jumper with several provincial and national titles. He has been coaching with Langley Mustangs since retiring from a masters’ competition in 2004. Kevin served as Mustangs’ Head Coach before moving to head up the Junior Development Program. He has used his coaching development focus to put together

(continued next page)
2014 Excellence in Coaching Awards

Kevin Harrison...continued

an excellent group of coaches under his direction while still continuing his coaching activities in jumps and sprints with two of his athlete, Kelsa Kempf (LJ) and Natalia Mono (HJ) earning JD Awards this past season.

High Performance Coaching Excellence

Derek Evely

Derek is one of Canada's best Track & Field coaches. In 2014, Derek coached Sultana Frizzell, an Ontario native living and training in Kamloops British Columbia. In her 2014 season, Sultana had a dominating season with wins at the 2014 Mt SAC relays, Tuscon Elite Throws Classic and the 2014 Canadian Track & Field Championships in Montcon, NB. Sultana finished up her year as the 2014 Commonwealth Games Champion in 2013. Earlier this year in May, Frizzell also bested her old Canadian record in the women’s hammer with a throw of 75.73m.

Gerry Dragomir

Gerry has proved himself as one of the prominent Walks coaches in the world. In 2014, five of Gerry's athletes were named to the 2014 IAAF World Race Walking Cup in Taicang, China. While in China, 3 of his athletes performed well with an 11th, 12th and 13th place finish for Evan Dunfee, Inaki Gomez and Benjamin Thorne respectively. In July of this year, Gerry's athletes received Gold and Silver in the men's Senior Race Walk, and Silver and Bronze in the women's Senior Race Walk. In November of this year, coach Dragomir was awarded the prestigious Jack Donohue Coach of the Year Award by the Coaches Association of Canada, recognizing the outstanding contributions of a Canadian Coach who exemplifies the great qualities of the legendary Jack Donohue.

Senior Coaching Excellence

Tara Self

Tara has been an instrumental fixture of track and field in BC. In 2014, Tara coached Benjamin Ayusu-Attah, James Linde and Nathan George to births on the 2014 NACAC U-23 Championships. Ayusu-Attah and George both finished 5th and 4th respectively at the 2014 Canadian Track & Field Championships in Moncton, NB. In addition to those athletes, Coach Self also coached Raquel Tjernagel who was the 2014 BC High School Champion in the 100m and 200m, the 2014 BC Champion in the 100m and 200m, the 2014 Canadian Junior Champion in the 200m, and a member of the 2014 IAAF World Junior team where she traveled with team Canada to the finish as a semi-finalist at the IAAF World Junior Track & Field Championships in Eugene, Oregon.

Sheldon Gmrotoski

Sheldon has earned the right to call himself one of the prominent throwers coaches in BC in Canada. 2014 saw a great year for his athletes. Sheldon guided Lindsey Frederiksen to a BC midget women's hammer record of 61.40m. Frederickson also finished the year with a Gold at the 2014 BC High School Championships, Gold at the 2014 BC Championships and Gold at the 2014 Canadian Youth Championships. Amongst his Youth aged athletes, Sam Willett finished with a Gold in the BC Championships, followed by a Silver at the Canadian Youth Championships. At the Junior level, Sheldon’s guidance saw women’s discus thrower Agnes Esser win Gold at the BC Championships, Gold at the Canadian Junior Championships, and finish with a strong performance as the member of the 2014 IAAF World Junior Team where she finished a respectable 12th place and a season's best 51.65m.

Jane Swan Award

Kydd, Sue

Sue Kydd became involved in track and field when her son, Aaron, joined the Langley Track Club when he was 10 years old in 1992. She was soon volunteering to help the club with their club's, Langley Mustangs, track meets. She later became the club president and meet director for 10 years. In addition she took on choreographing duties for the BC Summer Games and assisted with hosting the games when they were held at Bear Creek Park (2011) and in Nainamo (2013). She was a member of the B.C. J.D. Committee for many years.

2014 BC Athletics Annual Awards

Executive of the Year Award

Canadian Cross Country Championships Organizing Committee 2011-2014

Hosting a National Championship for one year is no small undertaking. To host a National Championship for four consecutive years requires endurance and pacing. Ocean Athletics and the Hershey Harriers have successfully hosted the Canadian Cross Country Championships at Jericho Beach Park in Vancouver for the last four years. Building on the experience of each consecutive year, the Championships were rewarded with a record entry, clear sunny skies, large enthusiastic crowds, and live CBC TV coverage in their final year - a testament to the commitment of the organizing committee and the members of both clubs. BC Athletics is pleased to recognize members of the Host Organizing Committee: Jerry Tighe, Maureen de St Croix, Iain Fisher, and Jake Madderem.

Dingle, Tom – Builder

Club: Peninsula Track & Field Club

Tom’s work in Athletics has been diverse and his contributions numerous. From club development, coaching, officiating, event director, club website contributor to BC Athletics Director and committee liaison – Tom is always willing to provide his expertise, knowledge and his time to so that the athletes have the opportunities to compete and be recognized. His work to promote and develop Athletics has been and continues to be unending.

Tom’s contributions include:

- BC Athletics Board of Director and Liaison to the BC Athletics Junior Development and Track & Field Committees
- Developed an integrated procedure to consider Junior Development results for:
  - Junior Development Annual Awards, Jnr Dev. Top 10 Lists and Junior Development Crest Tables,
  - BC Athletics Annual Awards for Midget 14 &...continued

2014 BC Athletics Hall Of Fame Inductees

15 yr. olds.

- Meet Director Peninsula TFC Meets
- Coordinator of the Peninsula TFC Track Rascals Program
- Event Coordinator for Peninsula TFC
- Statistician for Peninsula TFC
- Officials Development Liaison for Peninsula TFC
- Vancouver Island Athletic Association – Co-coordinator of the Officials Training program for parents and athletes
- Officiating VIAA Club Track & Field Meets
- Chair, Vancouver Island Athletic Association – assisting in organizing competitions, officials training as part of the meets and joint equipment use in Zone 6
- Director Events and Technical Development, BC Athletics Board of Directors and Executive Committee
- Zone 6 BC Summer Games Representative

BC Athletics is very pleased to welcome Tom Dingle to the BC Athletics Hall of Fame.
Kotelko, Olga – Athlete  
(March 02, 1919 – June 24, 2014)  
The name ‘Olga Kotelko’ was probably the most recognized name in Masters track and field, not only by her peers, but also by the general public. Her name was well known, not only in Canada, but also around the world. For the last few years she had been sought after by the media, researchers and the public. She was interviewed by many magazines, newspapers, authors, radio and television stations. As Bridget Cushen wrote, the “WMA has lost its best advertisement.”  
Two books have been written about Olga. In the book “What Makes Olga Run,” Bruce Grierson “sets out to unlock the secrets behind her remarkable success and graceful aging.” With the help of Roxanne Davies, Olga co-authored “Olga: The O.K. Way to a Healthy, Happy Life.”  
Born in Smuts, Saskatchewan, the seventh of 11 kids, she was raised on a farm during the Depression. This is where she learned her great work habits which she applied to everything she would do later in life, including being an elementary school teacher and of course, participating in track and field.  
Olga competed in her first track and field meet at the age of 77. She competed in her first WAVA Championships in Gateshead, England when she was 80, and where she won the first of her many world championships. But this was only the beginning. With the Harriers, Rosamund won the Gunner Shaw Most Valuable Runner once, the John Thipthorpe Durability Award once and the Alex Marshall Master of the Year three times. In 1989 she was selected Female Master of the Year for track by BC Athletics.  
Olga was often sought after as a motivational speaker, and thrown from both competitors and non-athletes. Olga impacted many lives.  
Olga co-authored “Olga: The O.K. Way to a Healthy, Happy Life.” With the help of Roxanne Davies, Olga impacted many lives.  
Olga had an outstanding career in Masters track and field. She won almost a thousand medals in competitions around the world in the sprints, jumps and throws. Even though she became an international “star,” she would always support the local meets by competing in them whenever she could.  
Olga set or broke more Masters world records (probably more than 50) than any other athlete, setting records in the W80, W85, W90 and W95 age groups. A few of her world records have been broken but when she passed away on June 24, 2014, Olga still had 39 world records by her name.  
Olga won several awards. She was chosen as BC Athletics’ Female Athlete of the Year, Sport BC’s Masters Athlete of the Year, Canadian Masters Athletics’ Female Field Athlete of the Year, and has won the Vancouver WYCA’s Women of Distinction in Sports award. Chosen to carry the Olympic torch for the 2010 Vancouver Olympic Games was one of Olga’s most cherished honours.  
Olga was always genuine, positive, happy and friendly. She set a wonderful example for everyone, locally, nationally and world wide, of how to live a healthy and active lifestyle, how to compete fairly, and how to treat people with respect. She was an inspiration to all who had the fortune to meet her and to those who had the privilege to compete with her. Olga was an ambassador for track and field and young and old and received much applause and admiration from both competitors and non-athletes. Olga impacted many lives.

Dashwood, Rosamund – Athlete  
(June 13, 1924 – April 3, 2007)  
Rosamund was born in a small village in Devonshire, England. She joined the Women’s Auxiliary Air Force during WW2. She married Leslie Truelove, moved from England to New Zealand, Scotland then Canada. After her husband passed away in 1976, Rosamund moved to Victoria and took up running. She joined the Prairie Inn Harriers and the Flying Y in 1982.  
At the age of 65 she ran all 8 races in the Vancouver Island Series. She set course records and Canadian records for 1 mile, 5K, 8K, 10K 15K 20K and Half Marathon that year (1989). Those seven Canadian F65 records still stood 18 years later.  
Perhaps her greatest performance came at the World Masters Championships in Eugene, Oregon in 1989. Rosamund established a new World 10K Road record of 46:18, lowering the previous mark by one minute and 10 seconds. She wasn’t finished with that one world record. In the following two days, she set Canadian records in the 10K cross country race, the 10K track race and the 5K-track race. In Victoria, she added another World Record for the Mile at the University of Victoria, completing the distance in 6:41, one minute and 46 seconds faster than the previous record.  
In the 18 years of running the Island Road Running Series, she never lost a race in her age category. Rosamund ran her final marathon in 1995 at the age of 71. With the Harriers, Rosamund won the Gunner Shaw Most Valuable Runner once, the John Thipthorpe Durability Award once and the Alex Marshall Master of the Year three times. In 1989 she was selected Female Master of the Year for track by BC Athletics.  
Rosamund was an outstanding athlete as a masters runner, but was not content to let her performances be her only contribution to the sport. She was an active member of the BC Athletics Masters Committee for many years, taking the ferry from Victoria to attend the Vancouver meetings. For Rosamund’s outstanding contribution to our sport, the Prairie Inn Harriers instituted “The Rosamund Dashwood Veteran of the Year” perpetual trophy in 2003 and in 2007 started an initiative to establish the Rosamund Dashwood Fine Arts Scholarship to be awarded annually at the University of Victoria.

BC Athletics is very pleased to welcome Rosamund Dashwood to the BC Athletics Hall of Fame.
The following members of 2014 Canadian Teams will be recognized at the 2014 BC Athletics Annual Awards Banquet.

### NACAC Cross Country Championships  
**Feb 22 – Mt. Irvine, Tri**

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
<th>CLUB</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Thomas Getty</td>
<td>Victoria, BC</td>
<td>UVIC</td>
<td>Junior Men 6km</td>
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<tr>
<td>Erin Burrett</td>
<td>Nanaimo, BC</td>
<td>PIHR</td>
<td>Senior Women 6km</td>
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<tr>
<td>Sabrina Willie</td>
<td>Vancouver, BC</td>
<td>UNBC</td>
<td>Senior Women 6km</td>
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<td>Ryan Cassidy</td>
<td>Grande-Digue, NB</td>
<td>UVIC</td>
<td>Senior Men 8km</td>
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<td>Theo Hunt</td>
<td>Vancouver, BC</td>
<td>PTGR</td>
<td>Senior Men 8km</td>
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<tr>
<td>Lynn Kanuka</td>
<td>Surrey, BC</td>
<td>OATF</td>
<td>Team Coach</td>
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### IAAF World Indoor Championships  
**Mar 7-9 – Sopot, Pol**

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<tr>
<td>Cameron Levins</td>
<td>Black Creek, BC</td>
<td>UNBC</td>
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<tr>
<td>Michael Mason</td>
<td>Nanoose Bay, BC</td>
<td>VRTC</td>
<td>High Jump</td>
</tr>
<tr>
<td>Ziggy Szelagowicz</td>
<td>Abbotsford, BC</td>
<td>VRTC</td>
<td>Jumps Coach</td>
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### IAAF World Race Walking Cup  
**May 3-4 – Taicang, Chn**

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<td>WALK</td>
<td>20km RW</td>
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<td>Inaki Gomez</td>
<td>Vancouver, BC</td>
<td>WALK</td>
<td>20km RW</td>
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<td>Benjamin Thorne</td>
<td>Kitimat, BC</td>
<td>WALK</td>
<td>20km RW</td>
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<td>Nicole Evangelista</td>
<td>Vancouver, BC</td>
<td>WALK</td>
<td>20km RW</td>
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<tr>
<td>Katelynn Ramage</td>
<td>Vancouver, BC</td>
<td>WALK</td>
<td>20km RW</td>
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<td>Gerry Dragomir</td>
<td>Vancouver, BC</td>
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<td>Team Coach</td>
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### Pan American Combined Events Cup  
**July 16-18 – Ottawa, ON**

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<td>James Turner</td>
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<td>Ivan Staeheli</td>
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<td>Decathlon</td>
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### IAAF World Junior Championships  
**July 22-27 – Eugene, USA**

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<td>Langley, BC</td>
<td>LANG</td>
<td>Heptathlon</td>
</tr>
<tr>
<td>Agnes Esser</td>
<td>Victoria, BC</td>
<td>PATH</td>
<td>Discus</td>
</tr>
<tr>
<td>Jesse Hooton</td>
<td>North Vancouver, BC</td>
<td>HHAC</td>
<td>10,000m</td>
</tr>
<tr>
<td>Madeline Price</td>
<td>Hillsborough, BC</td>
<td>UNBC</td>
<td>400m</td>
</tr>
<tr>
<td>Raquel Tjernagel</td>
<td>New Westminster, BC</td>
<td>COQC</td>
<td>200m</td>
</tr>
<tr>
<td>Regan Yee</td>
<td>South Hazelton, BC</td>
<td>BVAS</td>
<td>3,000m SC</td>
</tr>
<tr>
<td>Patricia Roney</td>
<td>Victoria, BC</td>
<td>UNBC</td>
<td>Team Physiotherapist</td>
</tr>
</tbody>
</table>

### XX Commonwealth Games  
**Jul 27-Aug 2 – Glasgow, GB**

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
<th>CLUB</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matthew Hughes</td>
<td>Oshawa, ON</td>
<td>UVIC</td>
<td>3,000m SC</td>
</tr>
<tr>
<td>Cameron Levins</td>
<td>Black Creek, BC</td>
<td>UNBC</td>
<td>10,000m</td>
</tr>
<tr>
<td>Michael Mason</td>
<td>Abbotsford, BC</td>
<td>VRTC</td>
<td>High Jump</td>
</tr>
<tr>
<td>Tim Nedow</td>
<td>Brockville, ON</td>
<td>UNON</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Justin Rodhe</td>
<td>Kamloops, BC</td>
<td>UNBC</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Chris Winter</td>
<td>Vancouver, BC</td>
<td>UNBC</td>
<td>3,000m SC</td>
</tr>
<tr>
<td>Sultana Frizell</td>
<td>Perth, ON</td>
<td>OTTL (ON)</td>
<td>Hammer Throw</td>
</tr>
<tr>
<td>Christabel Nettey</td>
<td>Surrey, BC</td>
<td>UNBC</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Jessica Smith</td>
<td>North Vancouver, BC</td>
<td>UNBC</td>
<td>800m</td>
</tr>
<tr>
<td>Dr. Anatoly Bondarchuk</td>
<td>Kamloops, BC</td>
<td>KAML</td>
<td>Throws Coach</td>
</tr>
<tr>
<td>Dr. Trent Stellingwerff</td>
<td>Victoria, BC</td>
<td>CSIP</td>
<td>Exercise Physiology &amp; Sport Nutrition</td>
</tr>
</tbody>
</table>

### IWAS World Junior Games  
**Aug 4-7 – Stoke Mandeville, UK**

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
<th>CLUB</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jessye Brockway</td>
<td>Mill Bay, BC</td>
<td>WCRS</td>
<td>U23 Wheelchair</td>
</tr>
<tr>
<td>Kelly Smith</td>
<td>Kelowna, BC</td>
<td></td>
<td>Shot Put &amp; Discus</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Head Coach</td>
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</table>
## NACAC U23 Championships
Aug 8-10 – Kamloops, BC

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
<th>CLUB</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benjamin Ayesu-Attah</td>
<td>Coquitlam, BC</td>
<td>COQC</td>
<td>400m</td>
</tr>
<tr>
<td>Maria Bernard</td>
<td>Calgary, AB</td>
<td>UBC</td>
<td>3,000m SC</td>
</tr>
<tr>
<td>Rachel Francois</td>
<td>St. Albert, AB</td>
<td>UVIC</td>
<td>800m</td>
</tr>
<tr>
<td>Nathan George</td>
<td>Coquitlam, BC</td>
<td>COQC</td>
<td>400m</td>
</tr>
<tr>
<td>Adam Keenan</td>
<td>Victoria, BC</td>
<td>KAML</td>
<td>Hammer Throw</td>
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<tr>
<td>James Linde</td>
<td>Coquitlam, BC</td>
<td>COQC</td>
<td>4x100m Relay</td>
</tr>
<tr>
<td>Sullivan Parker</td>
<td>Vancouver, BC</td>
<td>UNBC</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Thomas Riva</td>
<td>Qualicum Beach, BC</td>
<td>UVIC</td>
<td>800m</td>
</tr>
<tr>
<td>Whitney Rowe</td>
<td>Burnaby, BC</td>
<td>UNBC</td>
<td>200m</td>
</tr>
<tr>
<td>Tyler Smith</td>
<td>Wetaskiwin, AB</td>
<td>UVIC</td>
<td>800m</td>
</tr>
<tr>
<td>Benjamin Thorne</td>
<td>Kitimat, BC</td>
<td>WALK</td>
<td>20km RW</td>
</tr>
<tr>
<td>Alyxandria Treasure</td>
<td>Prince George, BC</td>
<td>UNBC</td>
<td>High Jump</td>
</tr>
<tr>
<td>James Turner</td>
<td>Kelowna, BC</td>
<td>OACS</td>
<td>Decathlon</td>
</tr>
<tr>
<td>Jillian Weir</td>
<td>Kingston, ON</td>
<td>UNBC</td>
<td>Hammer Throw</td>
</tr>
<tr>
<td>Nadine Nembhard</td>
<td>New Westminster, BC</td>
<td></td>
<td>Team Physiotherapist</td>
</tr>
</tbody>
</table>

## Youth Olympic Games
Aug 20-28 – Nanjing, CHN

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
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<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brittni Wolczyk</td>
<td>Port Coquitlam, BC</td>
<td>LANG</td>
<td>Javelin</td>
</tr>
</tbody>
</table>

## IAAF Continental Cup
Sept 13-14 – Marrakech, MAR

<table>
<thead>
<tr>
<th>NAME</th>
<th>HOMETOWN</th>
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<th>EVENT</th>
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<tbody>
<tr>
<td>Sultana Frizell</td>
<td>Perth, ON</td>
<td>OTTL (ON)</td>
<td>Hammer Throw</td>
</tr>
<tr>
<td>Jessica Furlan</td>
<td>Regina, SK</td>
<td>EXCL (SK)</td>
<td>3,000m SC</td>
</tr>
<tr>
<td>Christabel Nettey</td>
<td>Surrey, BC</td>
<td>UNBC</td>
<td>Long Jump</td>
</tr>
</tbody>
</table>
Thank You!

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- Canadian Sport Institute – Pacific
- Clif Bar
- Dominion Command – Royal Canadian Legion
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