
Sheldan Gmitroski & Richard Collier

1. New records for British Columbia

Hammer - Junior Female 58.90 Asianna Covington, Walnut California 2014/04/18

Hammer - Midget Female 59.41 Lindsey Frederiksen, 2014/07/11 Kamloops

61.40 at Richard Collier open ratification pending.

Legion Canadian Youth Records

U 16 Hammer - Lindsey Frederiksen 99 Unattached 58.47m

U 16 Discus - Valerie Wideski 99 Team British 39.80m

2. Athletes from BC at international Events

Senior Teams

Men's Shot Put

Commonwealth Games - Justin Rhode

NACAC U23 Championship - Sullivan Parker

Men's Hammer

NACAC U23 Championship - 3rd Adam Keenan

Junior Teams

Women's Discus

World Junior Track and Field Championships - Agnes Esser

Youth Olympic Game's

Women's Javelin - Brittni Wolczck

Area Youth Olympic Selection Trials Miramar Florida

Women

Javelin - 2nd Brittni Wolczck, Tegan Rasche

Hammer - 2nd Chanel Botsis

Men

Javelin – 3rd Jordan Ellingson

3. National Podium finishers

Men Senior Canadian Championships

Shot Put - 2nd Justin Rhode

Hammer- 2nd Adam Keenan, 3rd Nolan Henderson

Javelin - 0

Discus – 0

Women Senior Canadian Championships

Shot Put - 0

Hammer women - 2nd Lauren Stuart, 3rd Jillian Weir

Discus – 0

Javelin - 0

Men Junior Canadian Junior Championships

Shot Put - 0

Hammer - 2nd Aaron Stroda

Discus - 0

Javelin - 2nd Tyler Kostiuik

Women Canadian Junior Championships

Shot Put - 0

Hammer - 1st Teagan Rasche, 2nd Asianna Covington, 3rd Natasha Akbarizadeh

Discus women - 1st Agnes Esser

Javelin - 2nd Brittnei Wolczyk, 3rd Teagan Rasche

Men Youth Legion Canadian Youth Championships

Shot Put - 0

Hammer - 2nd Sam Willett

Discus - 0

Javelin - 2nd Jordan Ellingson

Women Youth Legion Canadian Youth Championships

Shot Put - 2nd Tasha Willing

Hammer - 2nd Chanel Botsis, 3rd Teagan Rasche

Discus - 3rd Autumn Covington

Javelin – 2nd Tegan Rasche

Men Midget Legion Canadian Youth Championships

Shot Put - 3rd Connor Sinclair

Hammer – 1st Vikramjit Gondara

Discus - 0

Javelin - 0

Women Midget Legion Canadian Youth Championships

Shot Put - 0

Hammer – 1st Lindsey Frederiksen, 2nd Camryn Rogers, 3rd Tanika Dolfo

Discus – 1st Valerie Widski, 2nd Dolly Gabri

Javelin – 2nd Rori Denness, 3rd Hayley Hunter

4. Summary of this year

The throws athletes achieved **29 National Podium finishes** in 2014, with the **women accumulating 20** of those medals.

The depth in women's throws is deeper notably in the younger age groups.

We need to continue to strengthen the throws in all areas to increase both the depth and quality of all the throws events.

5. Potential for next year with WYC & Commonwealth Youth

Potential for next years world youth events are potentially:

Men

Vikramjit Gondara a youth in 2015 in hammer and Seever Rondquist a youth in 2015 in javelin for the men.

Women

Lindsey Frederiksen and Chanell Botsis both youth in 2015 in hammer and Tasha Willing in shot put for the girls with chances to qualify for an international team.

Others to consider may be Camryn Rogers in hammer and shot and Valerie Wideski in discus.

The bantam thrower Dolly Gabri is close to Valerie's distance in the 1kg discus, and would be an outside chance of qualifying depending on seasonal improvement and the standard set to make the team. Bantam thrower Rory Denness is #1 midget javelin thrower and again depends on improvement and standard to qualify. Both these girls will be first year midgets in 2015.

Respectfully submitted