

Neal Currie and Pat Sima-Ledding

2015 proved to be a successful year for BC's sprinters and hurdlers. Congratulations to all athletes and their coaches! The following are some results and statistics for the midget, youth, junior, and senior age categories:

## TOP 8 RESULTS AT LEGIONS

### MIDGET

M 200m - 5th Egidio Cantarella 23.21s

M 300m - 8th Noah Regnier 38.54s

W 80mH - 1st Katarina Vlahovic 11.62s

M 100mH - 6th Diego Madrano 13.91s

W 200mH - 1st Katarina Vlahovic 27.55s

M 200mH - 2nd Diego Madrano 25.20s

W 4x100m relay - 3rd Katarina Vlahovic, Julie Kawai Herdman, Kristin Schultz, Jasmine Lew 48.68s

M 4x100m relay - 6th Diego Madrano, Bryce Mackenzie, Philip Ngo, Sion Griffiths 48.52s

Summary - 2 Gold, 1 Silver, 1 Bronze, and 4 other top 8 finishes

### BC MIDGET RECORDS:

100m - W 11.85s M 10.91s

200m - W 24.50s M 21.96s

400m - W 54.79s M 49.21s

W 80mH - 11.42s

M 100mH - 13.58s

200mH - W 27.29s M 24.40s

Relays - not available

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## TOP 8 RESULTS AT LEGIONS

### YOUTH

W 100m - 8th Casey Heyd 12.71s

M 100m - 3rd Nathan Mah 11.02s

M 200m - 4th Nathan Mah 22.37s

M 400m - 3rd Dean Ellenwood 49.45s

W 100mH - 5th Chicago Bains 14.22s

M 110mH - 2nd Anastas Eliopoulous 14.10s, and 3rd Ryan Gaiesky 14.56s

M 400mH - 1st Jasper Schiedel 55.27s

M 4x100m - 3rd Nathan Mah, Alexander Savage, Ryan Gaiesky, Anastas Eliopoulous 42.90s

W 4x400m - 5th Glynis Sim, Madison Heisterman, Alyssa Mousseau, Nina Shultz 3:56.90

M 4x400m - 3rd Dean Ellenwood, Ryan Gaiesky, Jasper Schiedel, Nathan Mah 3:23.55

Summary - 1 Gold, 1 Silver, 4 Bronze, and 3 other top 8 finishes

### TOP 8 IN NATIONAL RANKINGS (BC athletes) - YOUTH

W 100m (R 11.53s) - 2nd Zion Corralles-Nelson 11.94s  
M 100m (R 10.46s) - 2nd Michael Aono 10.68s , 5th Nathan Mah 10.93s, and 7th Anastas Eliopoulos 10.96s  
W 200m (R 23.43s) - 5th Zion Corralles-Nelson 24.34s  
M 200m (R 20.93s) - 1st Michael Aono 21.28s , 5th Nathan Mah 22.14s, 7th Tanner Carnegie 22.23s  
W 400m (R 52.12s) Zion Corralles-Nelson 55.60s  
M 400m (R 46.83s) - \*\*\* 1st and pending record Michael Aono 46.79s, 4th Dean Ellenwood 48.85s, and 5th Quinn Litherland 48.90s  
W 100mH (R 13.38s) - 3rd Chicago Bains 13.84s, and 7th Nina Schultz 14.13s  
M 110mH (R 13.43s) - 2nd Anastas Eliopoulos 14.01s, and 3rd Ryan Gaiesty 14.56s  
W 400mH (R 57.42s, pending 56.79s) - 3rd Megan Champoux 1:00.56, 4th Chicago Bains 1:01.12, and 8th Hannah Johnston 1:03.38  
M 400mH (R 52.76s, pending 52.52s) - 4th Jasper Schiedel 54.66s  
M 4x100m relay (R 41.44s) - 1st Nathan Mah, Alexander Savage, Ryan Gaiesty, Anastas Eliopoulos 42.90s  
W 4x400m (R 3:45.32) - 5th Glynis Sim, Madison Heisterman, Alyssa Mousseau, Nina Schultz 3:56.90  
M 4x400m (R 3:17.31) - 3rd Dean Ellenwood, Ryan Gaiesty, Jasper Schiedel, Nathan Mah 3:23.55

\* R - national records provided for perspective

\* \*\*\* Michael Aono is ranked 11th in the World in the 400m - 46.79s

#### BC YOUTH RECORDS:

100m - W 11.66s M 10.41s

200m - W 24.00s M 20.94s

400m - W 53.11s M 46.49s

W 100mH - 13.49s

M 110mH - 13.98s

400mH - W 60.05s M 53.02s

Relays - not available

2015 was the inaugural year of the Hershey Youth Series which included meets in Calgary (June 27th), Gatineau (July 4-5th), Charlottetown (July 25-26th) and Surrey (July 25-26th). This is an initiative by Athletics Canada to create more competitive opportunities for the youth age group. This meet (Surrey) should be promoted to each Club in BC and potentially AB to create a deeper competitive pool. BC athletes may also be encouraged to attend the meet in AB.

#### IAAF WORLD YOUTH CHAMPIONSHIPS - July 15-19, 2015 in Cali, Columbia

- 2 BC sprinter/hurdlers represented Canada

Megan Champoux - 400mH - 1:02.06 (in heats)

Michael Aono - 400m - 50.18s (in heats)

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#### TOP 8 RESULTS AT NATIONALS JNR

M 400m - Michael Aono qualified to final, but was injured

W 100mH - 3rd Chicago Bains 14.22s

M 110mH - 2nd Jackson Cheung 14.12s

W 400mH - Chicago Bains DQd from final

Summary - 1 Silver, 1 Bronze

#### TOP 8 IN NATIONAL RANKINGS (BC athletes) - JUNIOR

W 100m (R 11.21s) - 2nd Raquel Tjernagel 11.58s  
W 200m (R 22.86s) - 1st Raquel Tjernagel 23.34s  
W 400m (R 51.85s) - 1st Raquel Tjernagel 52.52s  
M 400m (R 45.83s) - 6th Andrew DeGroot 48.45s  
W 100mH (R 13.32s) - 4th Chicago Bains 14.22s  
M 110mH (R 13.43s) - 1st Jackson Cheung 14.11s, 3rd Kenneth Schultze 14.31s, and 8th Bogdan Pavel 14.66s  
W 400mH (R 56.55s) - 8th Monique Lisek 1:02.01  
W 4x100m (R 44.77) - 4th Casey Heyd, Nicole Lindsay, Chicago Bains, Taryn Smiley 48.27s  
M 4x400m (R 3:07.61) - 6th Steven Schan, Miles Huynh, Peter Oxland, Thomas Oxland 3:30.09

\* R - national records provided for perspective

\* \*\*\* Raquel Tjernagel is ranked 10th in the World in the 400m - 52.52s, and 21st in the 200m - 23.34s

#### BC JUNIOR RECORDS:

100m - W 11.66s M 10.38s  
200m - W 23.30s M 20.46s  
400m - W 51.88s M 45.83s  
W 100mH - 13.67s  
M - 110mH - 14.40s  
400mH - W 59.22s M 51.97s  
Relays - not available

#### PAN AM JUNIOR CHAMPIONSHIPS - July 31- August 2, 2015 in Edmonton, Canada

- 1 BC sprinter/hurdler represented Canada  
Jackson Cheung - 110mH 14.15s (in semi final) 10th overall

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#### TOP 8 RESULTS AT WESTERN CANADA GAMES

W100m - 2nd Valda Kabia 12.21s, and 6th Shania Payne 12.51s  
M 100m - 1st Jerome Blake 10.36s, 3rd Francis Klimo 10.84s, and 7th Adeyemi Taylor-Lewis 11.11s  
W 200m - 2nd Valda Kabia 25.26s, and 7th Shania Payne 26.32s  
M 200m - 1st Jerome Blake 21.20s, 4th Francis Klimo 22.12s, and 6th Quinn Litherland 23.06s  
W 400m - 4th Lizzie Gummer 57.44s, and 5th Rachel Shuttleworth 57.61s  
M 400m - 1st Andrew DeGroot 48.45s, and 3rd Quinn Litherland 48.90s  
W 100mH - 5th Tyra Gilbert 15.51s, and 6th Hannah Johnston 15.88s  
M 110mH - 1st Jackson Cheung 14.96s  
W 4x100m - 3rd Shania Payne, Rachel Shuttleworth, Stephanie Cho, Valda Kabia 48.59s  
M 4x100m - 1st Adeyemi Taylor-Lewis, Rostam Turner, Francis Klimo, Jerome Blake 41.08s  
W 4x400m - 1st Valda Kabia, Rachel Shuttlewoth, Sarah Korpach, Lizzie Gummer 3:51.30  
M 4x400m - 1st Francis Klimo, Jerome Blake, Quinn Litherland, Andrew DeGroot 3:16.31

Summary - 7 Gold, 2 Silver, 3 Bronze, and 9 other top 8 finishes

#### TOP 8 RESULTS AT NATIONALS SNR

M 100m - 5th Akeem Haynes 10.20s  
W 200m - 6th Raquel Tjernagel 23.90s  
W 400m - 6th Raquel Tjernagel 53.18s  
M 400m - 4th Nathan George 47.17s

W 400mH - 7th Anastasia Pearse 1:01.09

M 4x100m - 1st - James Linde, Rohan Stewart, Nathan George, Jerome Blake 41.23s

Summary - 1 Gold, 5 other top 8 finishes

#### TOP 8 IN NATIONAL RANKINGS (BC athletes) - SENIOR/OPEN

M 100m (R 9.84s) - 4th Akeem Haynes 10.15s

W 200m (R 22.62s) - 4th Raquel Tjernagel 23.34s

M 200m (R 20.16s, pending 19.88s) - 7th Jerome Blake 20.96s

W 400m (49.91s) - 7th Raquel Tjernagel 52.52s

M 400m (R 44.44s) - 5th Michael Aono 46.79s, 6th Nathan George 46.86s

M 4x100m (R 37.69s) - 5th Adeyemi Taylor-Lewis, Rostam Turner, Francis Klimo, Jerome Blake 41.08s, and 7th James Linde, Rohan Stewart, Nathan George, Jerome Blake 41.23s

M 4x400m (R 3:02.64h - 3rd Francis Klimo, Jerome Blake, Quinn Litherland, Andrew DeGroot 3:16.65

\* R - national records provided for perspective

#### BC SENIOR RECORDS:

100m - W 11.03s M 10.00s

200m - W 22.60s M 20.46s

400m - W 50.57s M 44.86s

W 100mH - 13.60s

M 110mH - 13.57s

400mH - W 56.12s M 49.83s

Relays - not available

#### NTL - National Track League

- Guelph (May 30th) - no BC sprinter/hurdler

- Halifax (June 2nd) - no BC sprinter/hurdler

- Vancouver (international section) - June 8th

M 200m - 5th Jerome Blake 21.39s, 7th James Linde 21.71s

W 400m - 8th Anastasia Pearse 58.53s

M 400m - 3rd Michael Aono 46.79s, 6th Nathan George 47.40, and 7th Benjamin Ayesu-Attah 48.152

- Victoria (international section) June 10th

W 100m - 7th Taryn Smiley 12.54s

M100m - 4th Jerome Blake 10.54s

M 400m - 5th Rohan Stewart 49.80s

- Edmonton (international section) July 11-12th

M 100m - 7th Akeem Haynes 10.29s

#### PAN AM GAMES - July 10-26, 2015 in Toronto Canada

- 2 BC sprinter/hurdlers represented Canada

Raquel Tjernagel - 200m 23.63s (in heats), and 24.07s (in semi final)

Nathan George - 4x400m 3:05.40 (in semi final) Canadian SB performance

#### In Conclusion:

- there are more member athletes competing in BC

- competitive opportunities & the quality of performances are good (but can be improved upon)

- more BC coaches are working towards certification

- 4 BC sprints/hurdles coaches completed the Performance Coach Theory course held at Fortius Nov 6-8th.

Suggestions :

Annual Speed Festival - a weekend "training camp" for athletes aged 9-13, and another for Midget - Senior aged athletes.

For the aged 9-13 camp, athletes could work with specialized coaches and BC performance athletes to learn training techniques, supplemental training exercises, be introduced to nutrition, sports psych, video analysis, etc, at an age appropriate level. The camp could include speakers and a Q&A session. The camp could be concluded with a competition.

Outcomes:

Create some enthusiasm around the sprints and hurdles events.

Allow for identification of athletes showing potential in the sprints/hurdles events.

Introduce younger BC athletes to their performance "teammates" - this may encourage kids to watch and follow the sport, have a sense of "hey I worked with her/him" and be able to identify more than just Usain Bolt as sprinters.

Allow for an opportunity to foster more of a "sense of team" within an individual sport.

The camp for midget - senior athletes could have a similar structure, but potentially include other provinces (athletes & coaches).

This may also be a good opportunity for some BC relay team development.

Submitted by: Neal Currie & Pat Sima-Ledding