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

**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**
Michael Aono was encouraged to attend the IAAF World Youth Championships - July 15-19, 2015 in Cali, Columbia. Savannah, Ryan Gaiesky, and Nathan Mah in the same 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)

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 51.88s) - 6th Raquel Tjernagel 52.52s

* 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 Shuttleworth, 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