

2018 BC Throws Report Sheldon Gmitroski/Laurie Willett

1. Records pending

-Female Junior hammer 4kg Camryn Rogers broke the record several times during 2018, finally landing on 65.61m

2. International team members from BC

a. Commonwealth Games-Gold Coast Australia

Adam Keenan 4th male Hammer Throw

Liz Gleadle 4th female Javelin Throw

b. NACAC Championships Toronto Canada

Adam Keenan 3rd male Hammer Throw

c. World U/20 Track and Field Championships

Camryn Rogers 1st female Hammer Throw

d. World Youth Olympics Buenos Aires Argentina

Dolli Gabri still to compete female Discus Throw

e. Youth Challenge Jamaica

Jarrett Chong 1st male Javelin Throw

Phoebe Price Roberts 1st female Hammer Throw

Dolli Gabri 1st female Discus Throw and Shot Put

Jenvieve Patry Smith 1st female Javelin Throw

3. National podium finishers

Senior Female

-shot put 0

-discus 1/3rd

-javelin 1/ 1st

-hammer 1/2nd

Senior Male

-shot put 0/0

-discus 0/0

-javelin 0/0

hammer 1/1st

Junior female

-shot put 0

-discus 0

-javelin 1/1st

-hammer 2/1st and 3rd

Male Junior

-shot put 0

-discus 1/1st

-javelin 1/2nd

-hammer 2/1st & 2nd

Female youth(Legions)

-shot put 2/1st and 2nd

-discus 1/1st

-javelin 1/3rd

-hammer 2/1st and 2nd

Male youth

-shot put 1/2nd

-discus 0/0

-javelin 1/1st

-hammer 2/2nd and 3rd

Female midget

-shot put 0/0

-discus 0/0

-javelin 0/0

-hammer 0/0

Male midget

-shot put 1/1st

-discus-2/2nd and 3rd

-javelin 1/3rd

-hammer 2/1st and 3rd

4. Summary

2018 saw a quieter season than the previous on the international meet stage. BC had a 3rd place finish in mens hammer , Adam Keenan, at the NACAC's in Toronto and a gold medal in female hammer, Camryn Rogers, at the World Juniors in Finland. Adam Keenan and Liz Gleadle had 4th place finishes at the Commonwealth Games in Australia.

Our throwers competed well on the national front, with strong results in all age groups, especially the hammer throw. There are gaps in our competitiveness though especially in shot put for most age categories.

The BC throws Project is moving ahead, garrett Collier has provided a separate report on this.

5. 2018 outlook

International competitions include Pan Americans in Peru, University Games in Italy and World Championships in Doha.

respectfully Sheldan Gmitroski and Laurie Willett

