Annual Awards Banquet

An Evening to Honour Athletes, Coaches, Officials & Volunteers

February 3, 2018 • Richmond, BC
Welcome

On behalf of the Board of Directors, welcome to the BC Athletics Annual Awards Banquet celebrating the 2017 season.

This is a wonderful opportunity to recognize the achievements of our athletes, coaches, officials, club executives and volunteers from last 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 ongoing 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 ages and levels 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
Para-Athletics
Masters
Officials
Coaches
Executive of the Year
Jane Swan Memorial Award
BC Athletics Hall of Fame
Outstanding Athletes of the Year
Canadian Team Recognition
Closing Remarks

Cover photo: Damian Frazee
A special Thank You to coaches, parents and club members who generously provided photos of award nominees and winners.
**2017 Track & Field Athlete Of The Year Nominees**

**Midget 14 Female Award Winners**

**Alicia Bremer**
Club: New West Spartans
Track & Field Club
Coaches: Tatjana & Besnik Mece

**EVENT & PERFORMANCE:**
Discus, 36.14m (1st) - BC Athletics
Track and Field Championships Jamboree

**Kaitlyn Loo**
Club: Vancouver Olympic Club
Coach: Tatjana Mece
**EVENT & PERFORMANCE:**
Triple Jump, 10.45m (2nd) - BC Athletics
Track and Field Championships Jamboree

**Ella Symon**
Club: Vancouver Thunderbirds
Coach: Stanley Jang
**EVENT & PERFORMANCE:**
1500m SC, 5:10.74 (1st) - Jesse Bent
Memorial Cheetah Meet

**Emma Cannan**
Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding
**EVENT & PERFORMANCE:**
1500m SC, 5:10.74 (1st) - Jesse Bent
Memorial Cheetah Meet

**Emma De Boer**
Club: Ocean Athletics
Coach: Jeannie Cockcroft
**EVENT & PERFORMANCE:**
High Jump, 1.68m (1st) - BC Athletics
Track and Field Championships Jamboree

**Isabelle Forsyth**
Club: South Surrey Athletics
Coach: Donald Allemearsch
**EVENT & PERFORMANCE:**
Discus, 36.14m (1st) - Jesse Bent
Memorial Cheetah Meet

**2017 Track & Field Athlete Of The Year Nominees**

**Midget 14 Male Award Winners**

**Jasmin Bhandal**
Club: Kajaks Track & Field Club
Coach: Garrett Collier
**EVENT & PERFORMANCE:**
Discus, 31.75m (1st) - Langley Pacific Invitational

**Katelyn Stewart-Barnett**
Club: Royal City Track & Field Club
Coach: Sean Dixon
**EVENT & PERFORMANCE:**
2000m, 6:34.05 (2nd) - Jesse Bent
Memorial Cheetah Meet
1500m SC, 5:04.66 (1st) - BC Athletics
Track and Field Championships Jamboree
High Jump, 1.60m (1st) - Ocean Athletics
Summer Series #1

**Laysha Tunti**
Club: Coquitlam Cheetahs
Coach: Tara Self
**EVENT & PERFORMANCE:**
80m Hurdles, 11.87 (2nd) - Trevor Craven
Memorial Track and Field Meet
Long Jump, 5.32m (1st) - Trevor Craven
Memorial Track and Field Meet

**Madelyn Bonikowsky**
Club: Ocean Athletics
Coach: Lynn Kanuka
**EVENT & PERFORMANCE:**
1500m SC, 5:27.65 (2nd) - Langley Pacific Invitational

**Madison Paugh**
Club: Nanaimo & District Track & Field Club
Coach: Dave Morris
**EVENT & PERFORMANCE:**
Triple Jump, 10.55m (1st) - BC High School Track and Field Championship

**Olivia Lundman**
Club: Nanaimo & District Track & Field Club
Coach: Brenda Redman
**EVENT & PERFORMANCE:**
1500m RW, 7:45.90 (3rd) - BC High School Track and Field Championship

**Sophie Fernback**
Club: Ocean Athletics
Coach: Jeannie Cockcroft
**EVENT & PERFORMANCE:**
High Jump, 1.60m (2nd) - BC High School Track and Field Championship

**Alwilda Van Ryswyk Award**
**TOP FEMALE MIDGET 14 LONG JUMP**

**Laysha Tunti**
Club: Coquitlam Cheetahs
Coach: Tara Self
Top Performance: 5.32m
Trevor Craven Memorial Track and Field Meet

**Camden Elkin**
Club: Unattached British Columbia
Coach: Verena Stroda
**EVENT & PERFORMANCE:**
100m Hurdles, 11.87 (2nd) - Trevor Craven
Memorial Track and Field Meet

**Matt Erickson**
Club: Kootenay Chaos Track Club
Coach: Alex Ulaszonek
**EVENT & PERFORMANCE:**
800m, 1:59.05 (3rd) - BC Athletics Track and Field Championships Jamboree

**Nicholas Monro**
Club: Langley Mustangs
Coach: Ross Browne
**EVENT & PERFORMANCE:**
Long Jump, 6.17m (1st) - Ocean Athletics
Summer Series #3

**Nolan McEachern**
Club: Golden Ears Athletics
Coach: Rick Lloyd
**EVENT & PERFORMANCE:**
High Jump, 1.80m (1st) - BC High School Track and Field Championship

**Owen Pinto**
Club: Ocean Athletics
Coach: Lynn Kanuka
**EVENT & PERFORMANCE:**
1200m, 3:14.14 (2nd) - BC Athletics Track and Field Championships Jamboree

**Praise Aniamaka**
Club: Universal Athletics Club
Coach: Juliana Kroeger
**EVENT & PERFORMANCE:**
100m Hurdles, 14.82 (3rd) - BC Athletics Track and Field Championships Jamboree
300m Hurdles, 41.83 (3rd) - BC Athletics Track and Field Championships Jamboree

**Quan Ting Thomas Ma**
Club: Vancouver Olympic Club
Coach: Tatjana & Besnik Mece
**EVENT & PERFORMANCE:**
1200m, 3:14.14 (2nd) - BC Athletics Track and Field Championships Jamboree

**Terence Cheung**
Club: Vancouver Thunderbirds
Coach: Mary Chewning
**EVENT & PERFORMANCE:**
100m Hurdles, 14.99 (6th) - BC Athletics Track and Field Championships Jamboree
300m Hurdles, 42.43 (4th) - BC Athletics Track and Field Championships Jamboree

**Top Female Midget 14 Long Jump**

**Trevor Craven**
Club: Ocean Athletics
**EVENT & PERFORMANCE:**
1500m SC, 5:04.66 (1st) - BC Athletics
Track and Field Championships Jamboree

**Top Male Midget 14 Long Jump**

**Trevor Craven**
Club: Ocean Athletics
**EVENT & PERFORMANCE:**
1500m SC, 5:04.66 (1st) - BC Athletics
Track and Field Championships Jamboree
2017 Track & Field Athlete Of The Year Nominees

Midget 15 Female Award Winners

Angelina Shandro
Club: Victoria Speed Project
Coach: Dacre Bowen
EVENT & PERFORMANCE:
200m, 25.66 (1st) - BC High School Track and Field Championships

Cassidy Cardle
Club: Raceway West
Coach: Robert Solmes
EVENT & PERFORMANCE:
1500m RW, 7:07.17 (1st) - National Legion Track and Field Championships

Chisom Obioha
Club: Golden Ears Athletics
Coach: Rick Lloyd
EVENT & PERFORMANCE:
Long Jump, 5.50m (2nd) - National Legion Track and Field Championships

Eniko Sara
Club: Langley Mustangs
Coach: Kevin Harrison
EVENT & PERFORMANCE:
Pole Vault, 2.90m (2nd) - Trevor Craven Memorial Track and Field Meet

Holly Harrison
Club: Langley Mustangs
Coach: Dwayne Lotnick
Event & Performance:
Pentathlon, 3020 (1st) - BC High School Track & Field Championships

Jade Forrest
Club: Valley Royals Track & Field Club
Coach: Gerard Dumas
EVENT & PERFORMANCE:
Pole Vault, 2.90m (2nd) - Trevor Craven Memorial Track and Field Meet

Kamryn Mckean
Club: Alberni Valley Track & Field Club
Coach: Darren Willis
EVENT & PERFORMANCE:
Javelin, 39.63m (2nd) - Dogwood 2 Meet

Lindsay Maier
Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding
EVENT & PERFORMANCE:
300m Hurdles, 45.50 (1st) - BC High School Track and Field Championship

Maya Kobylanski
Club: Ocean Athletics
Coach: Lynn Kanuka
EVENT & PERFORMANCE:
1500m SC, 4:59.84 (3rd) - National Legion Track and Field Championships

Michelle Dadson
Club: Vancouver Thunderbirds
Coach: Don Almeaers
EVENT & PERFORMANCE:
Shot Put, 13.56m (1st) - BC High School Track and Field Championship

Olivia van Ryswyk
Club: Ocean Athletics
Coach: Len van Ryswyk
EVENT & PERFORMANCE:
Pole Vault, 3.00m (3rd) - National Legion Track and Field Championships

Midget 15 Male Award Winners

Aiden Grout
Club: Langley Mustangs
Coaches: Kevin Harrison
EVENT & PERFORMANCE:
High Jump, 1.85m (1st) - Trevor Craven Memorial Track and Field Meet

Alex Julien
Club: Comox Valley Cougars
Coach: Graham Morfitt
EVENT & PERFORMANCE:
Javelin, 51.72m (4th) - National Legion Track and Field Championships

Aneel Gillian
Club: Ocean Athletics
Coaches: Carl Savage / Dave McDonald
EVENT & PERFORMANCE:
Pentathlon, 2973 (4th) - National Legion Track and Field Championships

Bryson Wood
Club: Kamloops Track & Field Club
Coach: Shane Wiebe
EVENT & PERFORMANCE:
Long Jump, 6.38m (1st) - Jack Brow Memorial Track and Field Meet

Ethan Katzberg
Club: Naimko Track & Field Club
Coach: Bernie Katzberg
EVENT & PERFORMANCE:
Hammer Throw, 61.54m (1st) - National Legion Track and Field Championships

Felix Allen
Club: Langley Mustangs
Coach: Dave Hetherington
EVENT & PERFORMANCE:
High Jump, 1.80m (1st) - National Legion Track and Field Championships

Harrison Trustham
Club: Valley Royals Track & Field Club
Coach: Ziggy Szeglokowicz
EVENT & PERFORMANCE:
100m Hurdles, 14.10 (3rd) - National Legion Track and Field Championships

Isaiah Collins
Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding
EVENT & PERFORMANCE:
Discus, 47.85m (1st) - Langley Pacific Meet

Liam Espehido
Club: Valley Royals Track & Field Club
Coach: Ziggy Szeglokowicz
EVENT & PERFORMANCE:
High Jump, 1.83m (1st) - BC Athletics Track and Field Championships Jamboree

Michael O’Flynn
Club: NorWesters Track & Field Club
Coach: Elena Voloshin
EVENT & PERFORMANCE:
800m, 1:58.47 (2nd) - National Legion Track and Field Championships

Nicolas Aron
Club: Coastal Track Club
Coach: Scott Kent
EVENT & PERFORMANCE:
1500m, 1:58.29 (2nd) - National Legion Track and Field Championships

Quinn Cameron
Club: NorWesters Track & Field Club
Coach: Elena Voloshin
EVENT & PERFORMANCE:
Pentathlon, 3171 (1st) - National Legion Track and Field Championships

Tyler Wilson
Club: Ocean Athletics
Coach: Robert Solmes
EVENT & PERFORMANCE:
1500m RW, 6:41.42 (1st) - National Legion Track and Field Championships

Youth Female Track & Field Athlete of the Year Nominees

Alexa Porpaczy
Club: Valley Royals Track & Field Club
Coach: Ziggy Szeglokowicz
EVENT & PERFORMANCE:
High Jump, 1.80m - National Legion Track and Field Championships Jamboree

continued next page
2017 Track & Field Athlete Of The Year Nominees

**Alexia Porpaczy**
- National Legion Track & Field Championships - 1st (5000m)
- Canadian Junior Track & Field Championships - 6th (5000m)
- Canadian Track & Field Championships – 26th

**Bryce Mackenzie**
- Canadian Junior Track & Field Championships
- Canada Summer Games - 14th (5000m)

**Grace Fetherstonhaugh**
- Royal City Track & Field Club
- Coach: Sean Dixon
- Events: 2000m SC, 6:41.46 (BC Yth Record)
- 3000m SC, 10:15.32

**Jasneet Nijjar**
- Universal Athletics
- Coach: Jesse Dosanjh
- Events: 100m, 12.14 | 200m, 23.83 (BC Yth Record)
- 100m Hurdles, 14.13

**Kayla Butler**
- Unattached British Columbia
- Coach: Brad Graham
- Event: 110m Hurdles, 13.36 (CDN Jr Record)

**Kieran Lumb**
- UBC Track & Field Club
- Coach: Chris Johnson
- Event: 5000m, 15:31.07

**Rachel Cliff**
- Unattached British Columbia
- Event: 3000m SC, 9:44.13

2017 Track & Field Athlete Of The Year Nominees

**Chanell Botsis**
- Kajaks Track & Field Club
- Coach: Garrett Collier
- Events: Hammer Throw, 60.08m | Discus, 37.75

**Kaela Butler**
- Unattached British Columbia
- Coach: Brad Graham
- Event: Hammer Throw, 57.72m

**Kieran Lumb**
- UBC Track & Field Club
- Coach: Garrett Collier
- Events: Hammer Throw, 60.08m | Discus, 37.75

**Rachel Cliff**
- Unattached British Columbia
- Coach: Richard Lee
- Events: 5000m, 15:31.07 | 10,000m, 32:00.03

Junior Male Track & Field Athlete of the Year Nominees

**Anastasia Eliopoulos**
- Vancouver Olympic Club
- Coach: Tatjana Mece
- Event: 110m Hurdles, 13.36 (CDN Jr Record)

**Junior Female Track & Field Athlete of the Year Nominees**

**Camryn Rogers**
- Kajaks Track & Field Club
- Coach: Garrett Collier
- Events: Hammer Throw, 63.42m (CDN Jr Record)

**Kieran Lumb**
- UBC Track & Field Club
- Coach: Chris Johnson
- Events: 1500m, 3:51.35 | 5000m, 14:14.25

**Rachel Cliff**
- Unattached British Columbia
- Coach: Richard Lee
- Events: 5000m, 15:31.07 | 10,000m, 32:00.03

2017 Track & Field Athlete Of The Year Nominees

**Bryce Mackenzie**
- Golden Ears Athletics
- Coach: Rick Lloyd
- Events: Long Jump, 6.84m | Triple Jump, 13.81m | High Jump, 2.05m

**Ethan Foster**
- BC Flyers Athletic Club
- Coach: Scott Foster
- Events: Decathlon, 6035 | Pole Vault, 4.20m

**Rowan Hamilton**
- Valley Royals Track & Field Club
- Coach: Harold Williams
- Events: Hammer Throw, 69.54m (CDN Yth Record)

**Junior Male Track & Field Athlete of the Year Nominees**

**Anastasia Eliopoulos**
- Vancouver Olympic Club
- Coach: Tatjana Mece
- Event: 110m Hurdles, 13.36 (CDN Jr Record)

**Junior Female Track & Field Athlete of the Year Nominees**

**Camryn Rogers**
- Kajaks Track & Field Club
- Coach: Garrett Collier
- Events: Hammer Throw, 63.42m (CDN Jr Record)

**Kieran Lumb**
- UBC Track & Field Club
- Coach: Chris Johnson
- Events: 1500m, 3:51.35 | 5000m, 14:14.25

**Rachel Cliff**
- Unattached British Columbia
- Coach: Richard Lee
- Events: 5000m, 15:31.07 | 10,000m, 32:00.03

Senior Female Track & Field Athlete of the Year Nominees

**Alycia Butterworth**
- Unattached British Columbia
- Coach: Pat McCurry
- Event: 3000m SC, 9:44.13

**Kieran Lumb**
- UBC Track & Field Club
- Coach: Garrett Collier
- Events: Hammer Throw, 60.08m | Discus, 37.75

**Rachel Cliff**
- Unattached British Columbia
- Coach: Richard Lee
- Events: 5000m, 15:31.07 | 10,000m, 32:00.03
2017 Track & Field Athlete Of The Year Nominees

Senior Male Track & Field Athlete of the Year Nominees

Evan Dunfee
Club: Racewalk West
Coach: Gerry Dragomir
HIGHLIGHTS:
IAAF World Track & Field Championships - 15th (50K RW)
Canadian Track & Field Championships - 2nd (20K RW)
RANKINGS:
20K Race Walk: BC Sr – 2, CAN Sr - 2
50K Race Walk: BC Sr – 1, CAN Sr - 1

James Linde
Club: Coquitlam Cheetahs
Coach: Tara Self
Events: 100m, 10.42 | 200m, 20.70
HIGHLIGHTS:
Summer Universiade (FISU) - 2nd (200m)
Canadian Track & Field Championships - 4th (200m)
RANKINGS:
100m: BC Sr – 2, CAN Sr - 2
200m: BC Sr – 1, CAN Sr - 1

Michael Mason
Club: Nanaimo Track & Field Club
Coach: Jeff Huntoon
Event: High Jump, 2.30m
HIGHLIGHTS:
IAAF World Track & Field Championships - 18th
Canadian Track & Field Championships - 1st
RANKINGS:
High Jump: BC Sr – 1, CAN Sr - 2

Ben Thorne
Club: Racewalk West
Coach: Lynn Kanuka
Events: 20K Race Walk, 1:21:16
HIGHLIGHTS:
IAAF World Track & Field Championships - 51st
Canadian Track & Field Championships - 1st
RANKINGS:
20K Race Walk: BC Sr – 1, CAN Sr - 1

Alyx Treasure
Club: Prince George Track & Field Club
Coach: Cliff Rovelto
Events: High Jump, 1.92m
HIGHLIGHTS:
IAAF World Track & Field Championships - 21st
Canadian Track & Field Championships - 1st
RANKINGS:
High Jump: BC Sr – 1, CAN Sr - 1

Natasha Wodak
Club: Prairie Inn Harriers
Coach: Lynn Kanuka
Events: 5000m, 15:42.81 | 10000m, 31:55.47
HIGHLIGHTS:
IAAF World Track & Field Championships - 16th (10,000m)
Canadian Track & Field Championships - 8th (5000m)
Canadian 10K Road Championships - 2nd
RANKINGS:
5000m: BC Sr – 2, CAN Sr - 7
10000m: BC Sr – 1, CAN Sr - 1

2017 Road Runner of the Year Nominees

Olivia Willett
Club: Unattached / SFU
Coach: Richard Willett / Brit Townsend
HIGHLIGHTS:
BC 5K Junior Champion
St. Patrick’s Day 5K – 1st Jr
Stevaston Icebreaker 8K – 1st Jr
RANKINGS:
5K: 18:44, BC Jr – 2, CAN Jr - 4
8K: 32:59, BC Jr – 3, CAN Jr - 4

Joshua Kozelj
Club: UVic Track Club
Coach: Brent Fougner
HIGHLIGHTS:
Bazan Bay 5K – 1st
Vancouver Sun Run 10K – 1st Jr
RANKINGS:
5K: 24:30, BC Jr – 1, CAN Jr - 1
10K: 32:00, BC Jr – 1, CAN Jr - 1

Dayna Pidhoresky
Club: Unattached
Coach: Josh Seifarth
HIGHLIGHTS:
IAAF World Championships Marathon-70th
BC 5K Champion
Around the Bay 30K Champion
T10K Champion
RANKINGS:
Half-Marathon: 1:13:45, BC – 5, CAN – 1
Marathon: 2:36:08, BC – 1, CAN – 2

Kevin Coffey
Club: Unattached
Coach: Richard Lee
HIGHLIGHTS:
Canadian 10K Champion
NACAC 10K Championship – 3rd
BC 10K Championship – 2nd
Vancouver Sun Run 10K – 3rd
New York Half-Marathon – 8th
RANKINGS:
10K: 33:35, BC – 2, CAN – 2
Half-Marathon: 1:12:07, BC – 1, CAN – 1

Theo Hunt
Club: Unattached
Coach: Richard Lee
HIGHLIGHTS:
BC Super Series – 2nd
Longest Day 5K Champion
Vancouver Sun Run 10K – 3rd BC
RANKINGS:
5K: 15:05, BC – 1, CAN – 11
8K: 25:06, BC – 6, CAN – 11
10K: 30:52, BC – 5, CAN – 11

Rachel Cliff
Club: Unattached
Coach: Richard Lee
HIGHLIGHTS:
Canadian 10K Champion
NACAC 10K Championship – 3rd
BC 10K Championship – 2nd
Vancouver Sun Run 10K – 3rd
New York Half-Marathon – 8th
RANKINGS:
10K: 33:35, BC – 2, CAN – 2
Half-Marathon: 1:12:07, BC – 1, CAN – 1

Senior Male Road Runner of the Year Nominees

Geoff Martinson
Club: Prairie Inn Harriers
Coach: Richard Lee
HIGHLIGHTS:
Canadian Half-Marathon Championship – 2nd
BC 10K Champion
BC Super Series Champion
Vancouver Sun Run 10K – 2nd
RANKINGS:
10K: 29:46, BC – 1, CAN – 1
Half-Marathon: 1:04:28, BC – 1, CAN – 2

Senior Female Road Runner of the Year Nominees

Theo Hunt
Club: Prairie Inn Harriers
Coach: Richard Lee
HIGHLIGHTS:
BC Super Series – 2nd
Longest Day 5K Champion
Vancouver Sun Run 10K – 3rd BC
RANKINGS:
5K: 15:05, BC – 1, CAN – 11
8K: 25:06, BC – 6, CAN – 11
10K: 30:52, BC – 5, CAN – 11
2017 Cross Country Runners Of The Year

Midget 14 Female Cross Country Runner of the Year
Katelyn Stewart-Barnett
Club: Royal City Track & Field Club
Coach: Sean Dixon
HIGHLIGHTS:
BC XC F14 Championships – 1st
BC High Schools Junior Championship – 3rd (2nd Grade 9)
Age 14 Lower Mainland XC Series – 1st (undefeated in 4 races)

Midget 14 Male Cross Country Runner of the Year
Matti Erickson
Club: Kootenay Chaos
Coach: Alex Ulazonek
HIGHLIGHTS:
BC XC M14 Championships – 1st
BC High Schools Junior Championship – 1st (1st Grade 9)

Midget 15 Female Cross Country Runner of the Year
Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik & Tatjana Mece
HIGHLIGHTS:
BC XC F15 Championships – 1st
Age 15 Lower Mainland XC Series – 1st (undefeated in 5 races)

Midget 15 Male Cross Country Runners of the Year
Jack Dannatt
Club: Hershey Harriers
Coach: Cindy O’Krone & Darce Montgomery
HIGHLIGHTS:
BC XC M15 Championships – 1st
Canadian Youth XC Championships – 10th

Midget 15 Male continued
Keaton Heisterman
Club: Nanaimo Track & Field Club
Coach: Tyler Heisterman
HIGHLIGHTS:
BC XC M15 Championships – 2nd
BC High Schools Junior Championship – 2nd (1st Grade 10)
Canadian Youth XC Championship – 148th

Youth Female Cross Country Runner of the Year
Justine Stecko
Club: Prairie Inn Harriers
Coach: Bruce Deacon
HIGHLIGHTS:
BC Junior Championships – 3rd
BC High Schools Senior Championship – 1st
Canadian Junior Championship – 35th (4th BC Athlete)

Youth Male Cross Country Runner of the Year
Zachary Wyatt
Club: Langley Mustangs
Coach: Dave Hetherington
HIGHLIGHTS:
BC Youth Championship – 3rd (2nd BC Athlete)
BC High Schools Senior Championship – 1st
Canadian Youth Championships – 79th (4th BC Athlete)

Junior Women Cross Country Runner of the Year
Jouen Chang
Club: Unattached, Trinity Western
Coach: Mark Bomba
HIGHLIGHTS:
BC Junior Championships – 2nd
U Sports Championships – 39th (Canada West Rookie of the Year)
Canadian Junior Championships – 16th (1st BC Athlete)

Senior Female Cross Country Runners of the Year
Rachel Cliff
Club: Unattached
Coach: Lynn Kanuka
HIGHLIGHTS:
BC Senior Championships – 1st
Canadian Senior Championships – 4th (2nd BC Athlete)

Ness Murby
Club: Unattached British Columbia
Coach: Ingrid Ruys
HIGHLIGHTS:
F11 Javelin, 26.24m (CDN Record)
F11 Discus, 30.05m

2017 Para-Athletics Athletes Of The Year

Liam Stanley
Club: Prairie Inn Harriers
Coach: Bruce Deacon
EVENTS:
T37 1500m: 4:09.13 (CDN Record)
T37 800m: 2:03.11 (CDN Record)

HIGHLIGHTS:
World Para Athletics Championships - 2nd (T37 1500m)
Canadian Track & Field Championships - 2nd (1500 Meter Run Para Ambulatory)
Canadian Track & Field Championships - 1st (800 Meter Run Para Ambulatory)
RANKINGS:
T37 1500m: BC – 1, CAN – 1, World – 1
T37 800m: BC – 1, CAN – 1, World - 2

Kieran Lumb
Club: Vancouver Thunderbirds, UBC
Coach: Chris Johnson
HIGHLIGHTS:
NACAC Junior Cross Country Championship -1st (T)
IAAF World Junior Cross Country Championship – 55th (1st Canadian)

Lucas Bruchet
Club: Vancouver Thunderbirds
Coach: Richard Lee
HIGHLIGHTS:
BC Senior Championships – 1st
Canadian Senior Championships – 1st

Junior Male Cross Country Runner of the Year
Zachary Wyatt
Club: Langley Mustangs
Coach: Dave Hetherington
葚T37 800m: 2:03.11 (CDN Record)
HIGHLIGHTS:
NAIA Championships – 3rd
Canadian Junior Championships – 1st Place

Senior Male Cross Country Runner of the Year
Lucas Bruchet
Club: Vancouver Thunderbirds
Coach: Richard Lee
HIGHLIGHTS:
BC Senior Championships – 1st
Canadian Senior Championships – 1st

Ness Murby
Club: Unattached British Columbia
Coach: Ingrid Ruys
EVENTS:
F11 Javelin, 26.24m (CDN Record)
F11 Discus, 30.05m

HIGHLIGHTS:
World Para Athletics Championships - 3rd (F11 Javelin)
Canadian Track & Field Championships - 1st (Javelin Para Ambulatory)
Canadian Track & Field Championships - 3rd (Discus Para Ambulatory)
Rankings:
F11 Javelin: BC – 1, CAN – 1, World – 2
F11 Discus: BC – 1, CAN – 1, World - 5

Jouen Chang
Club: Unattached, Trinity Western
Coach: Mark Bomba
葚T37 1500m: 4:09.13 (CDN Record)
T37 800m: 2:03.11 (CDN Record)

HIGHLIGHTS:
World Para Athletics Championships - 2nd (T37 1500m)
Canadian Track & Field Championships - 2nd (1500 Meter Run Para Ambulatory)
Canadian Track & Field Championships - 1st (800 Meter Run Para Ambulatory)
RANKINGS:
T37 1500m: BC – 1, CAN – 1, World – 1
T37 800m: BC – 1, CAN – 1, World - 2

Kieran Lumb
Club: Vancouver Thunderbirds, UBC
Coach: Chris Johnson
HIGHLIGHTS:
NACAC Junior Cross Country Championship -1st (T)
IAAF World Junior Cross Country Championship – 55th (1st Canadian)

Lucas Bruchet
Club: Vancouver Thunderbirds
Coach: Richard Lee
HIGHLIGHTS:
BC Senior Championships – 1st
Canadian Senior Championships – 1st

Jouen Chang
Club: Unattached, Trinity Western
Coach: Mark Bomba
葚T37 1500m: 4:09.13 (CDN Record)
T37 800m: 2:03.11 (CDN Record)

HIGHLIGHTS:
World Para Athletics Championships - 2nd (T37 1500m)
Canadian Track & Field Championships - 2nd (1500 Meter Run Para Ambulatory)
Canadian Track & Field Championships - 1st (800 Meter Run Para Ambulatory)
RANKINGS:
T37 1500m: BC – 1, CAN – 1, World – 1
T37 800m: BC – 1, CAN – 1, World - 2

Kieran Lumb
Club: Vancouver Thunderbirds, UBC
Coach: Chris Johnson
HIGHLIGHTS:
NACAC Junior Cross Country Championship -1st (T)
IAAF World Junior Cross Country Championship – 55th (1st Canadian)

Lucas Bruchet
Club: Vancouver Thunderbirds
Coach: Richard Lee
HIGHLIGHTS:
BC Senior Championships – 1st
Canadian Senior Championships – 1st

2017 Cross Country Runners Of The Year

Midget 14 Female Cross Country Runner of the Year
Katelyn Stewart-Barnett
Club: Royal City Track & Field Club
Coach: Sean Dixon
HIGHLIGHTS:
BC XC F14 Championships – 1st
BC High Schools Junior Championship – 3rd (2nd Grade 9)
Age 14 Lower Mainland XC Series – 1st (undefeated in 4 races)

Midget 14 Male Cross Country Runner of the Year
Matti Erickson
Club: Kootenay Chaos
Coach: Alex Ulazonek
HIGHLIGHTS:
BC XC M14 Championships – 1st
BC High Schools Junior Championship – 1st (1st Grade 9)

Midget 15 Female Cross Country Runner of the Year
Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik & Tatjana Mece
HIGHLIGHTS:
BC XC F15 Championships – 1st
Age 15 Lower Mainland XC Series – 1st (undefeated in 5 races)

Midget 15 Male Cross Country Runners of the Year
Jack Dannatt
Club: Hershey Harriers
Coach: Cindy O’Krone & Darce Montgomery
HIGHLIGHTS:
BC XC M15 Championships – 1st
Canadian Youth XC Championships – 10th

Midget 15 Male continued next column

Midget 15 Male continued...
Keaton Heisterman
Club: Nanaimo Track & Field Club
Coach: Tyler Heisterman
HIGHLIGHTS:
BC XC M15 Championships – 2nd
BC High Schools Junior Championship – 2nd (1st Grade 10)
Canadian Youth XC Championship – 148th

Youth Female Cross Country Runner of the Year
Justine Stecko
Club: Prairie Inn Harriers
Coach: Bruce Deacon
HIGHLIGHTS:
BC Junior Championships – 3rd
BC High Schools Senior Championship – 1st
Canadian Junior Championship – 35th (4th BC Athlete)

Youth Male Cross Country Runner of the Year
Zachary Wyatt
Club: Langley Mustangs
Coach: Dave Hetherington
HIGHLIGHTS:
BC Youth Championship – 3rd (2nd BC Athlete)
BC High Schools Senior Championship – 1st
Canadian Youth Championships – 79th (4th BC Athlete)

Junior Women Cross Country Runner of the Year
Jouen Chang
Club: Unattached, Trinity Western
Coach: Mark Bomba
HIGHLIGHTS:
BC Junior Championships – 2nd
U Sports Championships – 39th (Canada West Rookie of the Year)
Canadian Junior Championships – 16th (1st BC Athlete)
Ted de St. Croix

A track and field coach for 13 years, Ted de St. Croix leads the Ocean Athletics JD program. A proponent of long-term athlete development, Ted’s training is designed to meet the needs of developing multi-ability athletes. Skill development, enjoyment, and social opportunities are the priority, with his athletes knowing he is having fun right along with them. Ted is also committed to working with the newer Ocean Athletics JD coaches, making sure they are receiving continued training and skill development, and ensuring they are becoming better coaches. He is a cornerstone of the JD program.

Jill Delane – F50

Jill had the best female age-graded average at the BC and the Canadian Cross-Country Championships. She was the first F50 finisher in the BC Championships and won the F50 division of the Vancouver Spirit Run. Her performance helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Kevin O’Connor – M50

Kevin was the best age-graded male athlete at the BC and the Canadian Cross-Country Championships. He was the top M50 athlete at both Canadian and world levels. His promotion is well deserved. Kevin and his colleagues have been working hard in the Canadian Cross-Country Championships and helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Marvin Johnson – M40

Marvin broke the BC masters indoor records in the 200m and 400m and an outdoor record as part of a 4x100m relay team. At the CMA/NCCWMA Championships, Marvin defeated some of the top American sprinters to win the 100m and 400m. He is ranked #1 in Canada in these events. Marvin’s 400m time of 51.34 is 2 all-time in BC and ranks him #12 in the world for 2017.

Christa Bortignon – W80

Christa won six gold medals at the WMA Championships including gold in the 60m, 200m and 400m. At the CMA/NCCWMA Championships, Christa won gold in the 100m and 200m. She broke seven Canadian records on the track, specifically the indoor 50m, 60m, 200m and 400m records, and the outdoor 100m, 200m and 400mH records. For the 2017 WMA Rankings, Christa is ranked #1 in the world in seven track events across both indoor and outdoor disciplines.

Masters Field Female Athlete of the Year

Christa Bortignon – W80

For the 2017 track and field season, Christa broke a total of four world records and 12 Canadian records. She started with breaking the long and triple jump world records at the Canadian and BC Indoor Championships. At the World Masters Championships, Christa broke world records in these events as well. She put Christa’s world records in the long jump and triple jump world records in the long jump and triple jump while winning gold at the CMA/NCCWMA Championships.

Masters Road Running Male Athlete of the Year

Mark Bennett – M55

Mark had the highest age-graded result for the male road runners this year, narrowly ahead of Kevin O’Connor. He was within three seconds of the BC record at the West Van 5K (16:57) and ran an excellent 35:12 in the Sun Run. In Canada, he is the 2nd-ranked M55 athlete in the 5K, and 1st in the 8K and the aided 10K and half-marathon.

Jill Delane – F50

Jill had the best female age-graded average at the BC and the Canadian Cross-Country Championships. She was the first F50 finisher in the BC Championships and won the F50 division of the Vancouver Spirit Run. Her performance helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Masters Field Male Athlete of the Year

Reidar Zapf-Gilje – M65

Reidar is a multi-talented athlete who competed in 18 different track and field events in 2017 and was ranked #1 in Canada in 13 of them. He broke nine BC records and two Canadian records at both Canadian and world levels. In the pentathlon, he ranks #1 in the world. He is also ranked #2 in the world in the 2000m SC and 800m. Reidar excelled in all four jumping events and all five throwing events. At the CMA/NCCWMA Championships, Reidar won eight gold medals.

Masters Track Female Athlete of the Year

Christa Bortignon – W80

Christa won six gold medals at the WMA Championships including gold in the 60m, 200m and 400m. At the CMA/NCCWMA Championships, Christa won gold in the 100m and 200m. She broke seven Canadian records on the track, specifically the indoor 50m, 60m, 200m and 400m records, and the outdoor 100m, 200m and 400mH records. For the 2017 WMA Rankings, Christa is ranked #1 in the world in seven track events across both indoor and outdoor disciplines.

Masters Track Male Athlete of the Year

Marvin Johnson – M40

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Masters Road Running Female Athlete of the Year

Jill Delane – F50

Jill had the best female age-graded average at the BC and the Canadian Cross-Country Championships. She was the first F50 finisher in the BC Championships and won the F50 division of the Vancouver Spirit Run. Her performance helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Masters Cross Country Female Athlete of the Year

Jill Delane – F50

Jill had the best female age-graded average at the BC and the Canadian Cross-Country Championships. She was the first F50 finisher in the BC Championships and won the F50 division of the Vancouver Spirit Run. Her performance helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Masters Cross Country Male Athlete of the Year

Kevin O’Connor – M50

Kevin was the best age-graded male athlete at the BC and the Canadian Cross-Country Championships. He was the top M50 athlete at both Canadian and world levels. His promotion is well deserved. Kevin and his colleagues have been working hard in the Canadian Cross-Country Championships and helped the BC Masters team to a second-place finish in the provincial team competition at the Canadian Cross-Country Championships.

Masters Midget / Youth Coach of the Year

Tara Self

Tara Self, herself a highly successful sprinter and Olympic athlete, has come full circle, currently leading a talented squad of sprinters and hurdlers as the Head Coach of the Coquitlam Cheetahs. Over the past decade she has coached numerous provincial and national champions in the sprints. This success continued in 2017, when she saw her athletes represent Canada at three separate international championships. Highlights from the season include James Linde earning Silver in the 200m at the Summer Universiade (FISU) and Benjamin Ayers-Attaah’s winning Gold in the 400m at the Jeux de la Francophonie.

Masters Track Male Athlete of the Year

Marvin Johnson – M40

Marvin broke the BC masters indoor records in the 200m and 400m and an outdoor record as part of a 4x100m relay team. At the CMA/NCCWMA Championships, Marvin defeated some of the top American sprinters to win the 100m and 400m. He is ranked #1 in Canada in these events. Marvin’s 400m time of 51.34 is 2 all-time in BC and ranks him #12 in the world for 2017.

Junior Development Coach of the Year

Ted de St. Croix

A track and field coach for 13 years, Ted de St. Croix leads the Ocean Athletics JD program. A proponent of long-term athlete development, Ted’s training is designed to meet the needs of developing multi-ability athletes. Skill development, enjoyment, and social opportunities are the priority, with his athletes knowing he is having fun right along with them. Ted is also committed to working with the newer Ocean Athletics JD coaches, making sure they are receiving continued training and skill development, and ensuring they are becoming better coaches. He is a cornerstone of the JD program.

Junior / Senior Coach of the Year

Garrett Collier

Head Coach of Kajaks Track & Field Club, 2017 saw Garrett Collier guide his throws group to superb performances at the provincial, national, and international levels. His athletes won medals at the BC Championships, Junior & Senior National Championships, Canada Summer Games, and the Pan American U20 Championships. Building on their shared success from the previous season, his athletes Camryn Rogers and Chanell Botsis placed 1st and 3rd respectively at the Canadian Junior Track & Field Championships in the Hammer Throw. Rogers and Botsis both went on to compete for Canada at the Pan Am Junior Championships, with Rogers taking home Gold in the Hammer Throw with a national record-setting throw of 63.42m and Botsis placing 4th.

High-Performance Coach of the Year

Tara Self

Tara Self, herself a highly successful sprinter and Olympian, has come full circle, currently leading a talented squad of sprinters and hurdlers as the Head Coach of the Coquitlam Cheetahs. Over the past decade she has coached numerous provincial and national champions in the sprints. This success continued in 2017, when she saw her athletes represent Canada at three separate international championships. Highlights from the season include James Linde earning Silver in the 200m at the Summer Universiade (FISU) and Benjamin Ayers-Attaah’s winning Gold in the 400m at the Jeux de la Francophonie.
Iain Fisher
Iain Fisher started his athletics career as a runner in 1961 with the Vancouver Olympic Club. His father soon became as an official, and even officiated as a starter at the 1976 Olympics. In 1967, Iain followed his coach and mentor Ivor Davies in organizing the cross-country races at Brockton Oval, in Stanley Park. So began his officiating career. Highlights of Iain’s career include officiating at the 1994 Commonwealth Games; being on the start line for all races at the 2001 IAAF World Championships; being on the organizing committees of the last six Canadian Cross-Country Championships held in Vancouver and being inducted into the BC Athletics Hall of Fame in 2007. Iain’s favourite memory as an official is working with the amazing volunteer team of BC Athletics officials, the “best in Canada.” Iain is active in encouraging athletes to give back to our sport as coaches, officials, or administrators, once their competitive career is over.

Cheryl & Wayne Elke
Wayne and Cheryl Elke have been involved in track and field since their son joined the Kamloops Track & Field Club in 2006. Cheryl coached the Run Jump Throw program and was on the club executive, and Wayne became the club equipment manager. In 2007, they began officiating. In 2017, Wayne received his Field Referee Thows Level 4 and Cheryl received her Field Referee Thows Level 3. They like to travel to other meets and enjoy working with their fellow officials, coaches, meet organizers and, most of all, interacting with the athletes. Wayne and Cheryl are also on the BCA Officials Committee, on which Cheryl serves as the Provincial Upgrading Coordinator.

Mary Temple Award – Novice Official
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.

Betsy Rollins
Betsy Rollins began in athletics 55 years ago as a hurdler, long jumper in Trail, B.C. She sponsored and coached many Vancouver high school track teams during her teaching career. After retirement, Betsy resumed competing with as a Kajaks Masters athlete. Through club volunteer hours, she became involved in officiating, bringing a wealth of experience. She has a wonderful way with youngsters, and runs events firmly but with understanding.

Ralph Coates Memorial Award – Longstanding Service
A registered Official who has contributed dependable, long term and versatile service to Track and Field.

2017 BC Athletics Annual Awards

Ron Wichmann
Ron Wichmann fell in love with track and field as an elementary school student and has been running ever since. In 1984, as a teacher, Ron began coaching athletes on the school’s fields. Soon more athletes were joining the group and the Chilliwack YMCA Running Club was born. The club eventually became known as the Chilliwack Track & Field Club.

Ron has been the head coach of the CHWK since its inception, acting as both a mentor and a role model, still competing in track and road racing. Ron is respectful and encouraging, never disparaging in conversing with athletes of all ages. He is well-known, liked, and respected by athletes, parents and coaches in the running community provincially and afar.

Ron believes in giving back to athletes just as coaches gave their time and expertise to him. During his 33 years of coaching, he has been instrumental in the success of the Chilliwack Track & Field Club through support of JD athletes and mentorship of other JD coaches. His goal for athletes of all ages and abilities is to help them to improve their times, distances and general fitness in a positive, supportive environment.

For several years, Ron participated on the BCA JD Committee. He was also instrumental in lobbying the Chilliwack City and School District to build a track and field complex for the 1993 BC Summer Games.

2017 Excellence in Officiating Awards

Cheryl & Wayne Elke
Wayne and Cheryl Elke have been involved in track and field since their son joined the Kamloops Track & Field Club in 2006. Cheryl coached the Run Jump Throw program and was on the club executive, and Wayne became the club equipment manager. In 2007, they began officiating. In 2017, Wayne received his Field Referee Thows Level 4 and Cheryl received her Field Referee Thows Level 3. They like to travel to other meets and enjoy working with their fellow officials, coaches, meet organizers and, most of all, interacting with the athletes. Wayne and Cheryl are also on the BCA Officials Committee, on which Cheryl serves as the Provincial Upgrading Coordinator.

Brian Thompson
In 2017, Brian Thompson officiated 29 days of meets on Vancouver Island and the Lower Mainland, ranging from club and school meets to provincial championships. He was invited and officiated at the Canadian Legion Track & Field Youth Championships in Brandon, Manitoba. Brian is chair of the BC Athletics Officials Committee, working to deliver the officiating policies and program for BC. In addition, Brian is an active member of the National Officials Committee (NOC) subcommittee on pathways and education. Brian benefits from a very supportive wife (Laura), daughters (Alix, Emma) and son (Anthony - also an official), all of whom are great sources of ideas and inspiration.

Shirley Young
A long time BCA Official and Competition Secretary, Shirley Young was a tremendously hard working, committed, knowledgeable, and dedicated member of our Provincial Association. Shirley was one of only three Nationally-listed Competition Secretaries.

In the early 1980’s Shirley was initiated as a parent at South Fraser Track and Field Club, quickly becoming the club president, a member of the Officials’ Committee, and the Provincial Advisor to the BC Summer Games. Shirley started completing the meet results for her own club, and once electronic results became available, Shirley grasped the technology and was a pioneer in the field.

Shirley soon began helping other clubs and associations, and became the “go to” person for managing meet entries and results. Her skills were remarkable, her devotion even greater. Her support for the sport and her work ethic will never be forgotten.

Shirley was previously recognized by BC Athletics as the recipient of the Dave Coupland Inspirational Award and the Ralph Coates Longstanding Service Award. Respected by all, Shirley Young is a beloved and true legend.
MAURICE TARRANT - ATHLETE
Maurice Tarrant’s assault on the Canadian Masters record book began in the late 1980s. Since then, he has broken more than 50 Canadian records. While most of his racing was done in British Columbia, he did compete at the: World Athletics Veterans Association (now World Masters Athletics) Championships in Eugene, Ore. and Buffalo, N.Y. where he won gold and bronze.

World Masters Games in Edmonton where he won three golds in the M75 category. His dominance however is most evident in the Vancouver Island Road Race Series where, in eight races from 5K to half-marathon, Maurice has won his age category EVERY YEAR since 1988.

GIVING BACK - Every spring Maurice:
- Coaches a training group for the Victoria 10K.
- Coordinates the course marshals for the Royal Victoria Marathon.
- For many years directed his club’s race in the Island Series.

RECORDS - Maurice still holds 16 BC Masters Road Running and 10 BC masters track records.

Inducted into the Canadian Masters Athletics Hall of Fame in 2010, BC Athletics is very proud and honoured to welcome Maurice Tarrant into the BC Athletics Hall of Fame.

LENORE MONTGOMERY - ATHLETE
Due to the value of Sport for Life, Lenore Montgomery began running in masters road races when she was 53. Her assault on the Canadian masters record book began 20 years later.

In 2003, when she was 73, Lenore broke the W70 Canadian Record for 5,000m and captured gold in the 5000m and silver in 1,500m at the Canadian Masters Track & Field Championships. Lenore established World and Canadian records at distances from 400m to 10K in the W70, W75 and W80 categories, with her 5000m record from 2003 still standing.

In 2011 Lenore’s outstanding performances, records and honours continued with:
- Canadian record in the W80 800m
- A world record in the 1,500m.
- A W80 victory in the prestigious Carlsbad 5000, in world record time.
- Gold in the 400m and the 5K at the World Masters Athletics championships in Sacramento, Calif.
- Being named BC Athletics Masters Female Road Runner of the Year.

In 2012, at 81, Lenore improved both her record times from the previous year and was named CMA Athlete of the Month for July 2012 and inducted into the Canadian Masters Athletics Hall of Fame in 2012. BC Athletics is honoured to induct Lenore Montgomery, a true proponent and champion of Athletics as a Sport for Life.

JOHN HAWKINS - ATHLETE
Excelled in both high jump and basketball while attending UBC, John Hawkins’ success and involvement in track & field has continued for more than five decades. His track & field achievements include:
- 1st Canadian to clear 7 feet in the high jump
- 1970 Commonwealth Games silver medal
- 1971 Pan American Games
- 1972 Olympian
- 1973 World Student Games bronze medal
- 1973 Pan-Pacific Games gold medal

As a masters athlete John has:
- Competed in 12 Canadian Masters Track & Field Championships.
- Won 39 gold, seven silver and six bronze medals in a range of events including high jump, pole vault, long jump, discus, javelin, hurdles, pentathlon and throws pentathlon.

MASTERS RECORDS
- Broke Canadian Masters records 37 times in high jump (M40, M45, M50, M55, M60), Pole vault (M55), Decathlon (M50, M55), and Long Jump (M55).
- Currently John has 12 Canadian Masters records in the outdoor High Jump (M40, M50, M55, M60), Pole vault (M55) and Decathlon (M55) and indoor records in the high jump, heptathlon and pentathlon.
- World and International Masters Track & Field Championships
- Nine World Masters Championships: four gold, five silver and five bronze.
- Two World Masters Games: two gold and one silver medal.

HERB PHILLIPS - ATHLETE
Herb Phillips has been the most successful long-distance runner ever in BC Masters Athletics, competing in events from 800m on the track to 100K on the Road. His accomplishments include:
- 2000 - M60 Ultra Marathon Champion (Canadian 100K, World 100K, Haney to Harrison 100K). In addition he also won the M60 NCCWMA 10K, the TC 10K, Hawaii 10K, Vancouver Sun 10K, the San Francisco Marathon, two Vancouver Half-Marathons, BC 5K Championship, BC Cross-Country Championship, Canadian Cross-Country Championship, and three gold at the Hayward Classic Classic T&F meet in Eugene.

Herb’s success continued when, in 2015, his M75 age group 5,000m time of 20:51.35 ranked him #2 in the world for his age group.

Herb has:
- Competed in 1,042 races.
- Logged 102,641 miles (this is more than 4 times around Earth).
- Logged 102,641 miles (this is more than 4 times around Earth).
- Set and still holds 19 BC and five Canadian records.
- Set a single-age world record (2:47:28) for the M63 marathon.
- At 64, ran the marathon in 2:47:02.

BC ATHLETICS MASTERS AWARDS
- Male Road Running Athlete of the Year 10 times.
- Male Cross Country Athlete of the Year six times.
- Male Track & Field Athlete of the Year twice.
- Over his running career Herb has been a member of both the Kajaks Track & Field Club and the Prairie Inn Harriers, served as a director of the BC Athletics Masters Committee for eight years - four as chair. Inducted into the CMA Hall of Fame in 2017 BC Athletics is honoured to induct Herb Phillips into the BC Athletics Hall of Fame.

AVRIL DOUGLAS - ATHLETE
Avril Douglas’ running career began in the early 90s in the W45 age division. In 1993, she set a Canadian masters record in the W45 200m, a record that stands today. In 1996, Avril broke five Canadian masters records in the W50 100m, 200m, 400m, 800m, 1500m and added the mile record the following season.

Competing in the W55 age group at the 2001 Canadian Masters Championships, Avril broke all three Canadian masters sprint records in the 100m, 200m and 400m and, in doing so, set world masters W55 records at 200m and 400m. She still holds four Canadian masters records at 200m (W45: 27.15), 400m (W45: 56.02 and W55: 62.40) and mile (W55: 5:41.38).

International success has been a part of Avril’s success in athletics. She won silver in the 800m and bronze in the 400m at the 1993 World Masters Championships in Japan and then again in 2000 with five golds at the North American, Central American and Caribbean WMA Championship in Kamloops, B.C.

She competed for the Richmond Kajaks Track & Field Club under the coaching of her long-time coaches Rod Palmer and JJ Schmidt and gives back to the club by coaching the Kajaks’ Track Rascals program.

Inducted into the Canadian Masters Athletics Hall of Fame in 2011 and chosen as BC Athletics Masters Women Athlete of the Year four times, BC Athletics is honoured to welcome Avril Douglas to the BC Athletics Hall of Fame.
### Pan American Cross-Country Championships
**March 4, Boca Raton, Florida**

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<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
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<tbody>
<tr>
<td>Hannah Bennison</td>
<td>5K</td>
<td>Vernon</td>
<td>OACS</td>
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<tr>
<td>Lisa Brooking</td>
<td>10K</td>
<td>Surrey</td>
<td>LANG</td>
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<tr>
<td>Kieran Lumb</td>
<td>8K</td>
<td>Vancouver</td>
<td>TBIR</td>
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<tr>
<td>Lynn Kanuka</td>
<td>Head Coach</td>
<td>Surrey</td>
<td>OATF</td>
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<tr>
<td>Gillian Wright</td>
<td>Team Manager</td>
<td>Vancouver</td>
<td>UNBC</td>
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<tr>
<td>Chris Napier</td>
<td>Physiotherapist</td>
<td>Vancouver</td>
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<tr>
<td>Dr. Melina Thibodeau</td>
<td>Team Physician</td>
<td>Victoria</td>
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### IAAF World Cross-Country Championships
**March 26, Kampala, Uganda**

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<tr>
<td>Hannah Bennison</td>
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### Pan American Race Walking Cup
**May 13 – 14, Lima, Peru**

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<tbody>
<tr>
<td>Mathieu Bilodeau</td>
<td>50km Racewalk</td>
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<tr>
<td>Evan Dunfee</td>
<td>20km Racewalk</td>
<td>Richmond</td>
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<tr>
<td>Alger Liang</td>
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<td>Benjamin Thorne</td>
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<td>Gerry Dragomir</td>
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### Commonwealth Youth Games
**July 18 – 23, Nassau, Bahamas**

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<tr>
<td>Paul Fisher</td>
<td>400m</td>
<td>Vancouver</td>
<td>TBI</td>
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<tr>
<td>Dolly Gabri</td>
<td>Shot Put / Discus</td>
<td>Surrey</td>
<td>CTC1</td>
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<tr>
<td>Alexa Porgacz</td>
<td>High Jump</td>
<td>Surrey</td>
<td>VRFC</td>
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<tr>
<td>Katarina Vlahovic</td>
<td>100m Hurdles</td>
<td>Surrey</td>
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### Pan American Junior Championships
**July 21 – 23, Trujillo, Peru**

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<tr>
<td>Chanel Botcis</td>
<td>Hammer Throw</td>
<td>Richmond</td>
<td>KJAK</td>
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<tr>
<td>Jason Clare</td>
<td>Pole Vault</td>
<td>Nanaimo</td>
<td>NTFC</td>
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<tr>
<td>Joel Della Siega</td>
<td>High Jump</td>
<td>Vancouver</td>
<td>TBI</td>
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<tr>
<td>Anastas Eliopoulos</td>
<td>110m Hurdles</td>
<td>Vancouver</td>
<td>VOC</td>
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<tr>
<td>Vikramjit Gondara</td>
<td>Hammer Throw</td>
<td>Abbotsford</td>
<td>VRTC</td>
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<td>Rowan Hamilton</td>
<td>Hammer Throw</td>
<td>Chilliwack</td>
<td>VRTC</td>
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<tr>
<td>Quinn Litherland</td>
<td>400m / 4*100m</td>
<td>Vancouver</td>
<td>TBI</td>
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<tr>
<td>Kieran Lumb</td>
<td>5,000m</td>
<td>Vancouver</td>
<td>TBI</td>
</tr>
<tr>
<td>Keira McCarrell</td>
<td>Javelin / Heptathlon</td>
<td>Abbotsford</td>
<td>UNBC</td>
</tr>
<tr>
<td>Taryn O’Neill</td>
<td>3,000m</td>
<td>Lake Country</td>
<td>OAC</td>
</tr>
<tr>
<td>Camryn Rogers</td>
<td>Hammer Throw</td>
<td>Richmond</td>
<td>KJAK</td>
</tr>
<tr>
<td>Janet Neufield</td>
<td>Team Manager</td>
<td>New Westminster</td>
<td>UNBC</td>
</tr>
</tbody>
</table>
### Jeux de la Francophonie
**July 21 – 30, Abidjan, Ivory Coast**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spencer Allen</td>
<td>Pole Vault</td>
<td>Kamloops</td>
<td>UNBC</td>
</tr>
<tr>
<td>Ben Ayesu-Attah</td>
<td>400m / 4*400m</td>
<td>Coquitlam</td>
<td>COQC</td>
</tr>
<tr>
<td>Ryan Brockerville</td>
<td>3000m SC</td>
<td>Marystown, N.L.</td>
<td>UNBC</td>
</tr>
<tr>
<td>Lindsey Butterworth</td>
<td>800m</td>
<td>North Vancouver</td>
<td>CTC1</td>
</tr>
<tr>
<td>Helen Crofts</td>
<td>800m</td>
<td>West Vancouver</td>
<td>UNBC</td>
</tr>
<tr>
<td>Erica Digby</td>
<td>5,000m</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>John Gay</td>
<td>3000m SC</td>
<td>Kelowna</td>
<td>TBIR</td>
</tr>
<tr>
<td>Justin Kent</td>
<td>1500m</td>
<td>Surrey</td>
<td>CTC1</td>
</tr>
<tr>
<td>Kendra Pomfret</td>
<td>1500m / 5,000m</td>
<td>Roberts Creek</td>
<td>TBIR</td>
</tr>
<tr>
<td>Brendon Restall</td>
<td>800m</td>
<td>Victoria</td>
<td>UVIC</td>
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<tr>
<td>Jessica Smith</td>
<td>800m</td>
<td>North Vancouver</td>
<td>VRTC</td>
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<tr>
<td>Lauren Stuart</td>
<td>Hammer Throw</td>
<td>Kamloops</td>
<td>UNBC</td>
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<tr>
<td>Rostam Turner</td>
<td>Decathlon</td>
<td>Kelowna</td>
<td>OAC</td>
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<tr>
<td>Pat Sima-Ledding</td>
<td>Team Coach</td>
<td>Kelowna</td>
<td>OAC</td>
</tr>
<tr>
<td>Patricia Roney</td>
<td>Physiotherapist</td>
<td>Victoria</td>
<td></td>
</tr>
<tr>
<td>Dr. Erik Yuill</td>
<td>Chiropractor</td>
<td>Vancouver</td>
<td></td>
</tr>
</tbody>
</table>

### World Mountain Running Championship
**July 30, Premana, Italy**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
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</thead>
<tbody>
<tr>
<td>Annika Austin</td>
<td>4K</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>Adele Blaise-Schniis</td>
<td>8K</td>
<td>Germany</td>
<td>UNBC</td>
</tr>
<tr>
<td>Aidan Doherty</td>
<td>8K</td>
<td>West Vancouver</td>
<td>HHAC</td>
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<tr>
<td>Adrienne Gomes</td>
<td>8K</td>
<td>Squamish</td>
<td>UNBC</td>
</tr>
<tr>
<td>Chantelle Groenewoud</td>
<td>8K</td>
<td>Vancouver</td>
<td>CVSC</td>
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<tr>
<td>Ross Henderson</td>
<td>8K</td>
<td>North Vancouver</td>
<td>HHAC</td>
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<tr>
<td>Kieran Lumb</td>
<td>8K</td>
<td>Vancouver</td>
<td>TBIR</td>
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<tr>
<td>Austin Sutherland</td>
<td>8K</td>
<td>North Vancouver</td>
<td>HHAC</td>
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### IPC World Para Athletics Junior Championships
**Aug. 3 – 6, Nottwil, Switzerland**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Barber</td>
<td>T20 1500m</td>
<td>Victoria</td>
<td>PIHR</td>
</tr>
<tr>
<td>David Johnson</td>
<td>T12 100m</td>
<td>Saanichton</td>
<td>VICS</td>
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</tbody>
</table>

### IAAF World Championships
**Aug. 4 – 13, London, Great Britain & N.I**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mathieu Bilodeau</td>
<td>50 km Racewalk</td>
<td>Québec City</td>
<td>WALK</td>
</tr>
<tr>
<td>Alycia Butterworth</td>
<td>3000m SC</td>
<td>Parksville</td>
<td>UNBC</td>
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<tr>
<td>Lindsey Butterworth</td>
<td>800m</td>
<td>North Vancouver</td>
<td>CTC1</td>
</tr>
<tr>
<td>Rachel Cliff</td>
<td>10,000m</td>
<td>Vancouver</td>
<td>BCEP</td>
</tr>
<tr>
<td>Evan Dunfee</td>
<td>50 km Racewalk</td>
<td>Richmond</td>
<td>WALK</td>
</tr>
<tr>
<td>Liz Gleadie</td>
<td>Javelin</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>Michael Mason</td>
<td>High Jump</td>
<td>Nanoose Bay</td>
<td>NTFC</td>
</tr>
<tr>
<td>Christabel Nettey</td>
<td>Long Jump</td>
<td>Surrey</td>
<td>UNBC</td>
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<tr>
<td>Dayna Pidhoresky</td>
<td>Marathon</td>
<td>Vancouver</td>
<td>UNBC</td>
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<tr>
<td>Ben Thorne</td>
<td>20 km Racewalk</td>
<td>Kitimat</td>
<td>WALK</td>
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<tr>
<td>Alyxandria Treasure</td>
<td>High Jump</td>
<td>Prince George</td>
<td>PTF</td>
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<tr>
<td>Jillian Weir</td>
<td>Hammer Throw</td>
<td>Kingston, Ont.</td>
<td>UNBC</td>
</tr>
<tr>
<td>Natasha Wodak</td>
<td>10,000m</td>
<td>Surrey</td>
<td>PIHR</td>
</tr>
<tr>
<td>Dr. Paddy Mccluskey</td>
<td>Team Physician</td>
<td>Victoria</td>
<td></td>
</tr>
<tr>
<td>Dr. Simon Pearson</td>
<td>Chiropractor</td>
<td>Victoria</td>
<td></td>
</tr>
<tr>
<td>Dr. Trent Stellingwerff</td>
<td>IST Lead/Physiologist</td>
<td>Victoria</td>
<td></td>
</tr>
</tbody>
</table>

### Summer Universiade Games (FISU)
**Aug. 19 – 30, Taipei, Taiwan**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Hometown</th>
<th>Club</th>
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<tr>
<td>Spencer Allen</td>
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<tr>
<td>Ben Ayesu-Attah</td>
<td>400m / 4*400m</td>
<td>Coquitlam</td>
<td>COQC</td>
</tr>
<tr>
<td>Agnes Esser</td>
<td>Discuss / Hammer Throw</td>
<td>Victoria</td>
<td>UNBC</td>
</tr>
<tr>
<td>John Gay</td>
<td>3000m SC</td>
<td>Kelowna</td>
<td>TBIR</td>
</tr>
<tr>
<td>Nathan George</td>
<td>400m / 4*400m</td>
<td>Pitt Meadows</td>
<td>COQC</td>
</tr>
<tr>
<td>James Linde</td>
<td>100m / 200m / 4*100m</td>
<td>Coquitlam</td>
<td>COQC</td>
</tr>
<tr>
<td>Sullivan Parker</td>
<td>Shot Put</td>
<td>Tofino</td>
<td>UNBC</td>
</tr>
<tr>
<td>James Turner</td>
<td>Decathlon</td>
<td>Kelowna</td>
<td>OAC</td>
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<tr>
<td>Regan Yee</td>
<td>1500m</td>
<td>Langley</td>
<td>LANG</td>
</tr>
<tr>
<td>Carolyn Daubeny</td>
<td>Massage Therapist</td>
<td>Vancouver</td>
<td></td>
</tr>
<tr>
<td>Sheldon Gmitroski</td>
<td>Team Coach</td>
<td>Victoria</td>
<td></td>
</tr>
</tbody>
</table>
Thank You!

...To Our Partners, Sponsors, Friends and Members who helped to make the 2017 Year in Athletics “A GREAT SUCCESS!”

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- Big Kahuna Sport Company
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- Canadian Sport Institute Pacific
- Clif Bar
- Dominion Command - Royal Canadian Legion
- Fortius Sport and Health / Athlete Development Centre
- Government of British Columbia, Ministry of Tourism, Arts & Culture, Hon. Lisa Beare, Minister
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- Muscle MLK
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- Sport BC
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