2019 Annual Awards Banquet

An Evening to Honour Athletes, Coaches, Officials & Volunteers

February 1, 2020 • Richmond, BC
On behalf of the Board of Directors, welcome to the BC Athletics Annual Awards Banquet celebrating the 2019 season.

This is a wonderful opportunity to recognize the achievements of our athletes, coaches, officials, club executives and volunteers during the past 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 on-going 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 levels and ages 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
A special THANK YOU to coaches, parents and club members who generously provided photos of award nominees and winners.
2019 Track & Field Athlete Of The Year Nominees

U16 Female Track & Field Award Recipients

**Hannah Arychuk**
Club: Victoria Speed Project
Coach: Dacre Bowen
EVENT & PERFORMANCE:
300m, 40.48 (2nd) – BC Athletics Championship Jamboree

**Maya Baechler**
Club: Vancouver Thunderbirds
Coach: Cindy Crowther
EVENT & PERFORMANCE:
800m, 2:15.55 (3rd) - Kukri Night at the Races
1200m, 3:30.29 (1st) - Jesse Bent

**Liepa Bajarunas**
Club: Coquitlam Cheetahs
Coach: Tara Self
EVENT & PERFORMANCE:
Javelin, 38.40m (1st) – Universal Track & Field Meet

**Brianna Breau**
Club: Okanagan Athletics Club
Coach: Marilyn Benz
EVENT & PERFORMANCE:
Javelin, 35.25m (1st) – BC High School Track & Field Championships

**Mekhila Brown**
Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding
EVENT & PERFORMANCE:
High Jump, 1.65m (1st) - OAC Twilight Meet #1

**Jaeland Cummings**
Club: Unattached
Coach: Karen Lopez
EVENT & PERFORMANCE:
300m, 40.45 (1st) - BC Athletics Championship Jamboree

**Lindsay Cyr**
Club: South Surrey Athletic Club
Coach: Don Allemeersch
EVENT & PERFORMANCE:
Shot Put, 11.87m (1st) – Universal Track & Field Meet

**Keerat Dhillon**
Club: Universal Athletics
Coach: Luca Molinari & Mandeep Dhillon
EVENT & PERFORMANCE:
Discus, 31.42m (1st) - Universal Track & Field Meet

**Sophie Forsyth**
Club: Vancouver Olympic Club
Coach: Besnik Mece
EVENT & PERFORMANCE:
1500m SC, 5:00.35 (4th) - Legion Youth National Championships

**Emily Franke**
Club: South Surrey Athletic Club
Coach: Don Allemeersch
EVENT & PERFORMANCE:
Shot Put, 12.09m (1st) - Langley Pacific Invitational

**Madison Gordon**
Club: Langley Mustangs
Coach: Kevin Harrison
EVENT & PERFORMANCE:
High Jump, 1.55m (1st) – BC Athletics Championship Jamboree
Pentathlon, 2933 points (1st) - BC Championship Jamboree

**Isabella Hall**
Club: Alberni Valley Track & Field Club
Coach: Darren Willis
EVENT & PERFORMANCE:
Hammer, 49.25m (1st) - BC Throws Project Mini Meet

**Sasha Kolodko**
Club: Unattached
Coach: Anatoliy Bondarchuk
EVENT & PERFORMANCE:
Hammer, 46.26m (1st) - Throwers Sunset Series #2

**Ella Madsen**
Club: Coquitlam Cheetahs
Coach: Paul Self
EVENT & PERFORMANCE:
800m, 2:15.56 (1st) - Jesse Bent
1200m, 3:31.10 (2nd) - Jesse Bent
2000m, 6:29.97 (1st) - Jesse Bent
2019 Track & Field Athlete Of The Year Nominees

Jordyn Reed
Club: Vancouver Thunderbirds
Coach: Laurier Primeau
EVENT & PERFORMANCE:
Triple Jump, 10.42m (1st) - BC HS Track & Field Championships

Adria Sellers
Club: Vancouver Olympic Club
Coach: Tatjana Mece
EVENT & PERFORMANCE:
300m Hurdles, 45.05 (1st) - Universal Track Meet

Isla Stewart
Club: Ocean Athletics
Coach: Jeannie Cockcroft
EVENT & PERFORMANCE:
High Jump, 1.64m (1st) - BC Athletics Championship Jamboree

Sonya Urbanowicz
Club: Nanaimo & District Track & Field Club
Coach: Sven Donaldson
EVENT & PERFORMANCE:
Pole Vault, 3.30m (1st) - Legion Track and Field Championships

Krysthina Vlahovic
Club: Universal Athletic Club
Coach: Jessie Dosanjh
EVENT & PERFORMANCE:
80m Hurdles, 11.62 (2nd) - BC HS Track & Field Championships

Alwilda Van Ryswyk Award
(Top Female Age 14 Long Jump)

Jordyn Reed
Club: Vancouver Thunderbirds
Coach: Laurier Primeau
Top Performance: 4.99m at the BC Athletics Championship Jamboree

U16 Male Track & Field Award Recipients

Mason Andulajevic
Club: Unattached
Coach: Mike Andulajevic
EVENT & PERFORMANCE:
Hammer, 55.30m (4th) - Legion Track and Field Championships

Cayden Arnold
Club: Ocean Athletics
Coach: Len van Ryswyk
EVENT & PERFORMANCE:
Pole Vault, 3.75m (1st) – Jack Brow Memorial Meet

Cole Bibby
Club: Kamloops Track & Field
Coach: Dylan Armstrong
EVENT & PERFORMANCE:
Javelin, 60.94m (1st) - BC Athletics Championship Jamboree

Tyson Carr
Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding & James O’Kane
EVENT & PERFORMANCE:
300m, 36.78 (4th) - Legion Track and Field Championships
Pole Vault, 3.20m (3rd) - Jack Brow Memorial

Kairo Chiang
Club: Royal City Track & Field Club
Coach: Frances Hanson-Monnie
EVENT & PERFORMANCE:
100m Hurdles, 14.58 (1st) - Trevor Craven Memorial T&F Meet

Ryan Cyr
Club: South Surrey Athletic Club
Coach: Don Allemersch
EVENT & PERFORMANCE:
Shot Put, 14.70m (3rd) – Universal Athletics Meet

Kai Hussein
Club: Coquitlam Cheetahs
Coach: Tara Self
EVENT & PERFORMANCE:
Shot Put, 16.81m (2nd) - Legion Track and Field Championships
2019 Track & Field Athlete Of The Year Nominees

U16 Males continued...

Hudson Irvine
Club: Coastal Track Club
Coach: Scott Kent
EVENT & PERFORMANCE:
800m, 2:02.98 (1st) - BC HS Track & Field Championships

George Kordas
Club: Ocean Athletics
Coach: Len van Ryswyk
EVENT & PERFORMANCE:
Pole Vault, 3.60m (1st) - Ocean Athletics Summer Series #1

Jaxon Kuchar
Club: Trail Track & Field Club
Coach: Dan Horan
EVENT & PERFORMANCE:
1500m SC, 4:28.68 (1st) - Jack Brow Memorial

Caiden Lee
Club: Ocean Athletics
Coach: Lynn Kanuka
EVENT & PERFORMANCE:
1200m, 3:17.53 (2nd) - Legion Track and Field Championships
2000m, 5:52.43 (1st) - Legion Track and Field Championships

Ethan Longley
Club: South Surrey Athletic Club
Coach: Don Allemeersch
EVENT & PERFORMANCE:
Hammer, 53.95m (2nd) - Ocean Athletics Summer Series #2
Shot Put, 14.93m (5th) - Legion Track and Field Championships

Yang Luo
Club: Nanaimo & District Track & Field Club
Coach: Tyler Heisterman
EVENT & PERFORMANCE:
300m Hurdles, 42.90 (3rd) - BC Athletics Championship Jamboree

Deven Marrero
Club: South Surrey Athletic Club
Coach: Don Allemeersch
EVENT & PERFORMANCE:
Hammer, 46.38m (3rd) - Ocean Athletics Summer Series #2

Isaac Naumenko
Club: Unattached
Coach: Robert Solmes
EVENT & PERFORMANCE:
1500m Race Walk, 7:05.68 (1st) - BC Athletics Championship Jamboree

Michael Ogbeiwi
Club: South Surrey Athletic Club
Coach: Don Allemeersch
EVENT & PERFORMANCE:
Discus, 60.58m (1st) - Throwers Sunset Series #3
Hammer, 61.50m (2nd) - Legion Track and Field Championships

Frank Padar
Club: Unattached
Coach: Dylan Armstrong
EVENT & PERFORMANCE:
Shot Put, 14.44m (1st) - Bondarchuk Cup

Nate Paris
Club: Nanaimo & District Track & Field Club
Coach: Mike Viers
EVENT & PERFORMANCE:
100m Hurdles, 14.05 (3rd) - Legion Track and Field Championships
300m Hurdles, 42.46 (1st) - Bob Dailey
High Jump, 1.82m (1st) - Legion Track and Field Championships

Ethan Tansky
Club: Comox Valley Cougars
Coach: John May
EVENT & PERFORMANCE:
300m Hurdles, 42.63 (2nd) - BC Athletics Championship Jamboree
2019 Track & Field Athlete Of The Year Nominees

Aidan Turner
Club: Ocean Athletics
Coach: Michaela Colluney & Len van Ryswyk
EVENT & PERFORMANCE:
100m Hurdles, 14.62 (2nd) - Trevor Craven Memorial T&F Meet
300m Hurdles, 42.21 (1st) - BC Athletics Championship Jamboree
Pole Vault, 3.55m (3rd) - Legion Track and Field Championships

Levi Tuura
Club: Royal City Track & Field Club
Coach: Cristina Weir
EVENT & PERFORMANCE:
High Jump, 1.80m (1st) - BC Athletics Championship Jamboree

Matthew Uliana
Club: Vancouver Thunderbirds
Coach: Tom Wilcox
EVENT & PERFORMANCE:
Hammer, 60.13m (2nd) - Ocean Athletics Summer Series #1
Shot Put, 15.83m (3rd) - Legion Track and Field Championships

Kian Zabihi
Club: Kamloops Track & Field Club
Coach: Dylan Armstrong
EVENT & PERFORMANCE:
Hammer, 69.99m (1st) - Throwers Sunset Series #3
Shot Put, 14.31m (1st) - Battle of the Border Invitational

Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik Mece
EVENTS: 1500m, 4:24.67
3000m, 9:48.24
HIGHLIGHTS:
NACAC U18 Championships - 1st (1500m)
National Legion Track & Field Championships - 1st (1500m, 3000m)
RANKINGS:
1500m: BC U18 – 1, CAN U18 – 2
3000m: BC U18 – 1, CAN U18 – 2

Olivia Lundman
Club: Nanaimo & District Track & Field Club
Coach: Linda Campbell
EVENTS:
3000m Race Walk, 14:59.08 (BC U18 Record)
5000m Race Walk, 25:51.24
HIGHLIGHTS:
NACAC U18 Championships – 4th (5000m RW)
National Legion Track & Field Championships – 1st (3000m RW)
RANKINGS:
3000m RW: BC U18 – 1, CAN U18 – 1
5000m RW: BC U18 – 2, CAN U18 – 2

Katelyn Stewart-Barnett
Club: Royal City Track & Field Club
Coach: Sean Dixon
EVENTS:
2000m Steeplechase, 6:50.01
High Jump, 1.67
HIGHLIGHTS:
NACAC U18 Championships – 1st (2000mSC)
National Legion Track & Field Championships – 1st (2000m SC), 6th (High Jump)
RANKINGS:
2000m SC: BC U18 – 1, CAN U18 – 2
High Jump: BC U18 – 2, CAN U18 – 6

U18 Male Track & Field Athlete of the Year Nominees

Praise Aniamaka
Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger
EVENTS:
Triple Jump – 14.93m (BC U18 Record)
400m Hurdles – 55.22
HIGHLIGHTS:
National Legion Track & Field Championships – 1st (Triple Jump), 7th (400mH)
Canadian U20 Track & Field Championships – 2nd (Triple Jump)
RANKINGS:
Triple Jump: BC U18 – 1, CAN U18 – 1
400m Hurdles: BC U18 – 2, CAN U18 – 3

U18 Female Track & Field Athlete of the Year Nominees

Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik Mece
EVENTS: 1500m, 4:24.67
3000m, 9:48.24
HIGHLIGHTS:
NACAC U18 Championships - 1st (1500m)
National Legion Track & Field Championships - 1st (1500m, 3000m)
RANKINGS:
1500m: BC U18 – 1, CAN U18 – 2
3000m: BC U18 – 1, CAN U18 – 2

Olivia Lundman
Club: Nanaimo & District Track & Field Club
Coach: Linda Campbell
EVENTS:
3000m Race Walk, 14:59.08 (BC U18 Record)
5000m Race Walk, 25:51.24
HIGHLIGHTS:
NACAC U18 Championships – 4th (5000m RW)
National Legion Track & Field Championships – 1st (3000m RW)
RANKINGS:
3000m RW: BC U18 – 1, CAN U18 – 1
5000m RW: BC U18 – 2, CAN U18 – 2

Katelyn Stewart-Barnett
Club: Royal City Track & Field Club
Coach: Sean Dixon
EVENTS:
2000m Steeplechase, 6:50.01
High Jump, 1.67
HIGHLIGHTS:
NACAC U18 Championships – 1st (2000mSC)
National Legion Track & Field Championships – 1st (2000m SC), 6th (High Jump)
RANKINGS:
2000m SC: BC U18 – 1, CAN U18 – 2
High Jump: BC U18 – 2, CAN U18 – 6

Praise Aniamaka
Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger
EVENTS:
Triple Jump – 14.93m (BC U18 Record)
400m Hurdles – 55.22
HIGHLIGHTS:
National Legion Track & Field Championships – 1st (Triple Jump), 7th (400mH)
Canadian U20 Track & Field Championships – 2nd (Triple Jump)
RANKINGS:
Triple Jump: BC U18 – 1, CAN U18 – 1
400m Hurdles: BC U18 – 2, CAN U18 – 3

Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik Mece
EVENTS: 1500m, 4:24.67
3000m, 9:48.24
HIGHLIGHTS:
NACAC U18 Championships - 1st (1500m)
National Legion Track & Field Championships - 1st (1500m, 3000m)
RANKINGS:
1500m: BC U18 – 1, CAN U18 – 2
3000m: BC U18 – 1, CAN U18 – 2

Katelyn Stewart-Barnett
Club: Royal City Track & Field Club
Coach: Sean Dixon
EVENTS:
2000m Steeplechase, 6:50.01
High Jump, 1.67
HIGHLIGHTS:
NACAC U18 Championships – 1st (2000mSC)
National Legion Track & Field Championships – 1st (2000m SC), 6th (High Jump)
RANKINGS:
2000m SC: BC U18 – 1, CAN U18 – 2
High Jump: BC U18 – 2, CAN U18 – 6

Praise Aniamaka
Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger
EVENTS:
Triple Jump – 14.93m (BC U18 Record)
400m Hurdles – 55.22
HIGHLIGHTS:
National Legion Track & Field Championships – 1st (Triple Jump), 7th (400mH)
Canadian U20 Track & Field Championships – 2nd (Triple Jump)
RANKINGS:
Triple Jump: BC U18 – 1, CAN U18 – 1
400m Hurdles: BC U18 – 2, CAN U18 – 3
2019 Track & Field Athlete Of The Year Nominees

**U18 Males continued...**

**Aiden Grout**  
Club: Langley Mustangs  
Coach: Kevin Harrison  
**EVENT:** High Jump, 2.09m  
**HIGHLIGHTS:**  
NACAC U18 Championships – 2nd  
National Legion Track & Field Championships – 1st  
Canadian U20 Track & Field Championships – 4th  
**RANKINGS:**  
High Jump: BC U18 – 1, CAN U18 – 1

**Tyler Wilson**  
Club: Ocean Athletics  
Coach: Lynn Kanuka  
**EVENT:**  
3000m Race Walk – 13:22.02  
(BC U18 Record)  
5000m Race Walk  
**HIGHLIGHTS:**  
National Legion Track & Field Championships – 1st (3000m RW)  
BC Athletics Championships Jamboree – 1st (5000m RW)  
**RANKINGS:**  
3000m RW: BC U18 – 1, CAN U18 – 1  
5000m RW: BC U18 – 1, CAN U18 – 1

**U20 Female Track & Field Athlete of the Year Nominees**

**Grace Fetherstonhaugh**  
Club: Royal City Track & Field Club  
Coach: Louie Quintana & Sean Dixon  
**EVENT:**  
3000m Steeple Chase – 10:03.13  
**HIGHLIGHTS:**  
Pan American U20 Championships – 2nd  
**RANKINGS:**  
3000m SC: BC U18 – 1, CAN U18 – 1

**Mateya Haintz**  
Club: Unattached  
Coach: Kyle Helf & Brad Graham  
**EVENT:**  
Hammer – 58.65m  
**HIGHLIGHTS:**  
Pan American U20 Championships – 5th  
Canadian U20 Track & Field Championships – 1st  
**RANKINGS:**  
Hammer: BC U18 – 1, CAN U18 – 1

**Alexa Porpaczy**  
Club: Unattached  
Coach: Sheldon Blockburger & Ziggy Szelagowicz  
**EVENT:** High Jump – 1.78m  
**HIGHLIGHTS:**  
Pan American U20 Championships – 4th  
Canadian U20 Track & Field Championships – 1st  
**RANKINGS:**  
High Jump: BC U18 – 1, CAN U18 – 1

**U20 Male Track & Field Athlete of the Year Nominees**

**Rowan Hamilton**  
Club: Kajaks Track & Field Club  
Coach: Garrett Collier  
**EVENT:**  
Hammer Throw – 75.35m  
(Canadian U20 Record)  
**HIGHLIGHTS:**  
Pan American U20 Championships – 1st  
Canadian U20 Track & Field Championships – 1st  
**RANKINGS:**  
Hammer: BC U20 – 1, CAN U20 – 1

**Druv Sobti**  
Club: Kajaks Track & Field Club  
Coach: Garrett Collier  
**EVENT:**  
Shot Put – 18.17m (BC U20 Record)  
Discus – 47.28m  
**HIGHLIGHTS:**  
Canadian U20 Track & Field Championships – 2nd (Discus), 3rd (Shot Put)  
**RANKINGS:**  
Shot Put: BC U20 – 1, CAN U20 – 3  
Discus: BC U20 – 1, CAN U20 – 3

**Tate Wyatt**  
Club: Langley Mustangs  
Coach: Ken Frenette & Dave Hetherington  
**EVENT:**  
3000m Steeplechase – 9:07.59  
**HIGHLIGHTS:**  
Pan American U20 Championships – 3rd  
**RANKINGS:**  
3000m SC: BC U20 – 1, CAN U20 – 1

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8.
**2019 Track & Field Athlete Of The Year Nominees**

### Senior Female Track & Field Athlete of the Year Nominees

**Lindsey Butterworth**  
Club: Coastal Track Club – 800m  
Coach: Brit Townsend  
**EVENT:** 800m – 2:00.31  
**HIGHLIGHTS:**  
- Pan American Games – 5th  
- IAAF World Track & Field Championships – 10th  
- Canadian Senior Track & Field Championships – 4th  
**RANKINGS:**  
- Hammer: BC – 1, CAN – 1, INTL - 22

**Liz Gleadle**  
Club: Vancouver Thunderbirds  
Coach: Laurier Primeau  
**EVENT:** Javelin – 63.77m  
**HIGHLIGHTS:**  
- Pan American Games – 2nd  
- IAAF World Track & Field Championships – 16th  
- Canadian Senior Track & Field Championships – 1st  
**RANKINGS:**  
- Javelin: BC – 1, CAN – 1, INTL – 13

**Camryn Rogers**  
Club: Kajaks Track & Field  
Coach: Mo Saatara  
**EVENT:**  
- Hammer Throw – 71.50m (U23 Canadian Record)  
**HIGHLIGHTS:**  
- Pan American Games – 6th  
- Canadian Senior Track & Field Championships – 1st  
- NCAA Div.1 Championships – 1st  
**RANKINGS:**  
- Hammer: BC – 1, CAN – 1, INTL - 29

**Natasha Wodak**  
Club: Prairie Inn Harriers Racing Team  
Coach: Lynn Kanuka  
**EVENT:** 10000m – 31:43.26  
**HIGHLIGHTS:**  
- Pan American Games – 1st  
- IAAF World Track & Field Championships – 17th  
- Canadian Senior Track & Field Championships – 1st  
**RANKINGS:**  
- 10000m: BC – 1, CAN – 1, INTL – 21

### Senior Male Track & Field Athlete of the Year Nominees

**Evan Dunfee**  
Club: Racewalk West  
Coach: Gerry Dragomir  
**EVENT:**  
- 10000m Race Walk – 38:54.20 (Canadian Record)  
- 20KM Race Walk – 1:22:23  
- 50KM Race Walk – 3:48:54  
**HIGHLIGHTS:**  
- Pan American Games – 5th (20KM RW)  
- IAAF World Track & Field Championships – 3rd (50KM RW)  
- Canadian Senior Track & Field Championships – 1st (50KM RW)  
**RANKINGS:**  
- 20KM RW: BC – 1, CAN – 1, INTL – 37  
- 50KM RW: BC – 1, CAN – 1, INTL – 11

**Django Lovett**  
Club: Kajaks Track & Field  
Coach: Ziggy Szilagowicz  
**EVENT:** High Jump – 2.30m  
**HIGHLIGHTS:**  
- IAAF World Track & Field Championships – 23rd  
- Canadian Senior Track & Field Championships – 2nd  
**RANKINGS:**  
- High Jump: BC – 2, CAN – 2, INTL – 18

**Michael Mason**  
Club: Unattached  
Coach: Jeff Huntoon  
**EVENT:** High Jump – 2.31m  
**HIGHLIGHTS:**  
- Pan American Games – 2nd  
- IAAF World Track & Field Championships – 7th  
- Canadian Senior Track & Field Championships – 1st  
**RANKINGS:**  
- High Jump: BC – 1, CAN – 1, INTL – 4
10.

2019 Cross Country Runners Of The Year

U16 Female Cross-Country Runner of the Year Nominees (Age 14)

Sidney Clement
Club: Unattached
HIGHLIGHTS:
Canadian XC Championship – 13th
BC XC Championship – 2nd (14)
BC Sr. High School XC Championship – 5th

Mackenzie Hack
Club: Ocean Athletics
Coach: Maureen De St. Croix
HIGHLIGHTS:
Canadian XC Championship – 19th
BC XC Championship – 3rd (14)

Ella Madsen
Club: Coquitlam Cheetahs
Coach: Tara Self
HIGHLIGHTS:
Canadian XC Championship – 1st
BC Jr. High School XC Championship – 1st

U16 Male Cross-Country Runner of the Year Nominees (Age 14)

Hudson Irvine
Club: Coastal Track Club
Coach: Scott Kent
HIGHLIGHTS:
Canadian XC Championship – 13th
BC XC Championship – 2nd (14)

Caiden Lee
Club: Ocean Athletics
Coach: Lynn Kanuka
HIGHLIGHTS:
Canadian XC Championship – 7th
BC XC Championship – 1st (14)
BC Jr. High School Championship – 5th

Cole Wheeler
Club: Coquitlam Cheetahs
Coach: Paul Self
HIGHLIGHTS:
Canadian XC Championship – 24th
BC XC Championship – 5th (14)

U16 Female Cross-Country Runner of the Year Nominees (Age 15)

Viviana Li
Club: Coastal Track Club
Coach: Scott Kent
HIGHLIGHTS:
Canadian XC Championship – 8th
BC XC Championship – 2nd (15)
BC Jr. High School XC Championship – 11th

Christina Peet Williams
Club: Chilliwack Track & Field
Coach: Sue Northey
HIGHLIGHTS:
Canadian XC Championship - 2nd
BC XC Championship – 1st (15)
BC Jr. High School XC Championship – 2nd

Abigail Yakemchuk
Club: Ocean Athletics
Coach: Lynn Kanuka
HIGHLIGHTS:
Canadian XC Championship – 20th
BC XC Championship – 3rd (15)
BC Jr. High School XC Championship – 15th

U16 Male Cross-Country Runner of the Year Nominees (Age 15)

Jaxon Kuchar
Club: Trail Track & Field Club
Coach: Dan Horan
HIGHLIGHTS:
Canadian XC Championship – 6th
BC Jr. High School XC Championship – 3rd

Tion McLeish
Club: Victoria Speed Project
Coach: Dacre Bowen
HIGHLIGHTS:
Canadian XC Championship – 1st
BC Jr. High School XC Championship – 1st

Devon Meadows
Club: Coquitlam Cheetahs
Coach: Paul Self
HIGHLIGHTS:
Canadian XC Championship – 2nd
BC Jr. High School XC Championship – 2nd
2019 Cross Country Runners Of The Year

U18 Female Cross-Country Runner of the Year Nominees

Madelyn Bonikowsky
Club: Kootenay Chaos
Coach: Alex Ulaszonek
HIGHLIGHTS:
Canadian XC Championship – 1st
BC XC Championship – 1st
BC Sr. High School XC Championship – 1st

Maya Kobylanski
Club: Ocean Athletics
Coach: Lynn Kanuka
HIGHLIGHTS:
Canadian XC Championship – 3rd
BC XC Championship – 2nd
BC Sr. High School XC Championship – 6th

Kendra Lewis
Club: Vancouver Olympic Club
Coach: Besnik & Tatjana Mece
HIGHLIGHTS:
Canadian XC Championship – 2nd
BC Sr. High School XC Championship – 2nd

U18 Male Cross-Country Runner of the Year Nominees

Jeremiah Mackie
Club: Coastal Track Club
Coach: Scott Kent and Jim Mackie
HIGHLIGHTS:
Canadian XC Championship – 12th
BC XC Championship – 3rd
BC Sr. High School XC Championship – 9th

Jaiveer Tiwana
Club: Coastal Track Club
Coach: Scott Kent
HIGHLIGHTS:
Canadian XC Championship – 1st
BC XC Championship – 1st
BC Sr. High School XC Championship – 1st

U18 Female Cross-Country Runner of the Year Nominees

Jacob Wadhwani
Club: Langley Mustangs
Coach: Vid Wadhwani
HIGHLIGHTS:
Canadian XC Championship – 13th
BC XC Championship – 7th
BC Sr. High School XC Championship – 4th

Naomi Lang
Club: UBC Thunderbirds
Coach: Brant Stachel
HIGHLIGHTS:
Canadian XC Championship – 2nd
CanWest XC Championship – 4th
USports XC Championship – 11th

Taryn O’Neill
Club: Okanagan Athletics / NAU
Coach: Malindi Elmore / Mike Smith
HIGHLIGHTS:
Canadian XC Championship – 1st
NACAC XC Championship – 1st
World XC Championship – 30th
Big Sky Conference XC Championship – 6th
NCAA Div. 1 XC Championship – 123rd

Ceili McCabe
Club: Vancouver Olympic Club / WVU
Coach: Besnik and Tatjana Mece / Sean Cleary
HIGHLIGHTS:
Canadian XC Championship – 5th
Big 12 Conference XC Championship – 13th
NCAA Mid-Atlantic Regional XC Championship – 25th
2019 Big 12 Women’s Newcomer of the Year

World XC Team Canada
# 2019 Cross Country Runners Of The Year

## U20 Male Cross-Country Runner of the Year Nominees

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
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<tbody>
<tr>
<td>Jack Boden</td>
<td>Prairie Inn Harriers / UVic</td>
<td>Bruce Deacon / Hilary Stellingwerf</td>
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**HIGHLIGHTS:**
- Canadian XC Championship – 13th
- Vic Vikes Invitational – 22nd
- CanWest XC Championship – 38th
- USports XC Championship – 81st

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<thead>
<tr>
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<td>Jaxon Mackie</td>
<td>Unattached</td>
<td>James Mackie</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 10th

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiden Miller</td>
<td>Coastal Track Club / UBC Thunderbirds</td>
<td>Scott Kent / Chris Johnson</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 16th
- CanWest XC Championship – 42nd
- Western Washington Classic – 70th

## Senior Male Cross-Country Runner of the Year Nominees

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucas Bruchet</td>
<td>Mile2Marathon / BCEP</td>
<td>Richard Lee</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 2nd

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
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</thead>
<tbody>
<tr>
<td>John Gay</td>
<td>Vancouver Thunderbirds</td>
<td>Chris Johnson</td>
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</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 5th
- World XC Championship – 102nd

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<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kieran Lumb</td>
<td>UBC Thunderbirds</td>
<td>Brant Stachel</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- CanWest XC Championship – 3rd
- USports XC Championship – 1st

## Senior Female Cross-Country Runner of the Year Nominees

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarah Inglis</td>
<td>Langley Mustangs</td>
<td>Mark Bomba</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 2nd
- BC XC Championship – 1st

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<thead>
<tr>
<th>Nominee</th>
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<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natasha Wodak</td>
<td>Prairie Inn Harriers</td>
<td>Lynn Kanuka</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 4th
- NACAC XC Championship – 4th
- World XC Championship – 43rd

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Club</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regan Yee</td>
<td>Langley Mustangs</td>
<td>Mark Bomba</td>
</tr>
</tbody>
</table>

**HIGHLIGHTS:**
- Canadian XC Championship – 5th
- World XC Championship Mixed Relay – 6th
2019 Para-Athletics Athletes Of The Year

Female Para-Athletics Athlete of the Year:
Ness Murby & Eva Fejes
Club: Unattached
EVENT: F11 Discus – 29.41m
HIGHLIGHTS:
IPC World Para Athletics Championships – 6th
Canadian Senior Track & Field Championships – 3rd
RANKINGS:
F11 Discus: BC – 1, CAN – 1, INTL – 8

Male Para-Athletics Athlete of the Year:
Nathan Riech
Club: Unattached
Coach: Heather Hennigar
EVENT:
T38 1500m – 3:57.00 (World Record)
HIGHLIGHTS:
IPC World Para Athletics Championships – 1st
Para Pan American Games – 1st
Canadian Senior Track & Field Championships – 1st
RANKINGS:
T38 1500m: BC – 1, CAN – 1, INTL – 1
2019 Road Runner of the Year Nominees

U20 Male Road Runner of the Year Recipient

Jonah Brost
Club: Prairie Inn Harriers
Coach: Bruce Deacon

HIGHLIGHTS:
TC10k – 21st Overall
Victoria Marathon 8k – 5th Overall

RANKINGS (U20):
5k: 16:17 BC – 9, CAN – 10
8k: 26:09 BC – 1, CAN – 1
10k: 34:35 BC – 1, CAN – 3

Senior Female Road Runner of the Year Nominees

Rachel Cliff
Club: Mile2Marathon
Coach: Richard Lee

HIGHLIGHTS:
Canadian Half Marathon Record 1:10:06
Canadian Marathon Record 2:26:56

RANKINGS:
8k: 26:15 BC – 3, CAN – 3
Half Marathon: 1:10:06 BC – 1, CAN – 1
Marathon: 2:26:56 BC – 1, CAN – 1

Sarah Inglis
Club: Langley Mustangs
Coach: Mark Bomba

HIGHLIGHTS:
BC 5k Champion
BC 5k All Comers Record
BC 10k Champion

RANKINGS:
5k: 15:29 BC – 1, CAN – 1
8k: 25:43 BC – 1, CAN – 1
10k: 32:24 BC – 1, CAN – 1

Natasha Wodak
Club: Prairie Inn Harriers
Coach: Lynn Kanuka

HIGHLIGHTS:
Canadian 10k Champion
BC Super Series Champion

RANKINGS:
5k: 15:36 BC – 2, CAN – 2
8k: 26:04 BC – 2, CAN – 2
10k: 32:31 BC – 2, CAN – 2
Half Marathon: 1:10:33 BC – 2, CAN – 2
Half: 1:11:31, BC – 2, CAN – 2

Senior Male Road Runner of the Year Nominees

Evan Esselink
Club: Mile2Marathon
Coach: Richard Lee

HIGHLIGHTS:
Edmonton Half Marathon – 1st
Eastside 10k – 1st
Canadian Marathon Championships – 7th

RANKINGS:
10k: 29:50 BC – 2, CAN – 2
Half: 1:02:17 BC – 1, CAN – 1
Marathon: 2:18:38 BC – 2, CAN – 9

Justin Kent
Club: Coastal Track Club
Coach: Richard Lee

HIGHLIGHTS:
Victoria Marathon 8k Course Record
Canadian 10k Championships – 2nd
Vancouver Sun Run – 1st

RANKINGS:
5k: 14:13 BC – 2, CAN – 4
8k: 23:14 BC – 1, CAN – 1
10k: 29:54 BC – 4, CAN – 4

Dylan Wykes
Club: Mile2Marathon
Coach: Richard Lee

HIGHLIGHTS:
Canadian 10k Champion
Canadian Half Marathon Championships – 4th
First Half Marathon – 1st

RANKINGS:
10k: 29:56 BC – 5, CAN – 6
Half: 1:06:00 BC – 2, CAN – 7
**2019 Masters Athletes Of The Year**

### Road Running

**FEMALE: Natasha Wodak – W35**

Natasha achieved the highest age graded result for her five best road races this year (93.8%). She set F35 Canadian records in the 5k (15:36), the 8k (26:04), the 10k (32:31) at the Canadian 10k Championships and in the half marathon (Houston Half in 1:10:33).

**MALE: David Guss – M55**

David set a new 5K M55 record of 16:39 in Kelowna. He won the Sun Run 10k, the Oliver 10k the 5th Avenue Mile in Lethbridge and the Midsummer 8k in Kelowna. David finished an excellent 6th M55 in the Berlin Marathon (2:50:05). His average age graded performance for his best 5 races was 89.6%

### Track

**FEMALE: Patty Szybunka – W60**

In 2019, Patty scored 94.8% age graded for her 5 best outdoor performances. She won gold medals in the sprint events in the BC indoor and outdoor masters championships. Her best performance was a second place finish (14.08) in the 100m at the North, Central and Caribbean Region World Masters Athletics Championships in Toronto. Patty set new BC records in the 100m (14.08) and 200m (30.07). Patty also broke two BC Masters Indoor records in the 60m (9.06) and 200m (30.69). For the 2019 World rankings, Patty is ranked #3 in the 100m and #4 in the 200m.

**MALE: Thomas Dickson – M65**

Tom set a new Canadian Indoor record time of 8.12 in the 60m. He set BC records in the M65 100m (12.95) and the 200m (27.78). Tom was fourth in the 60m at the World Masters Indoor Championships in Poland. His 5 best 100m times averaged 92.07% age graded, best in BC. Tom was ranked 9th in the World in the M65 100m.

### Field

**FEMALE: Myrtle Acton – W85**

At the BC Masters T&F Championships, Myrtle won all of her events and set a new Canadian Record in the Shot Put. At the 55+ Games in Kelowna, Myrtle set Canadian records in the Discus (17.23), the Hammer throw (21.04), the Weight throw (8.91) and the Throws Pentathlon. Myrtle also set a BC record in the 1500m race walk. Myrtle was named as the CMA athlete of the month for September.

**MALE: Michael Deady – M65**

Our 2018 winner, Michael had another great year with the Shot Put (12.07) and the Discus (44.7). He competed in the Ultra Throws Festival, the BC Championships and the 55+ Games, winning all of the M65 shot put and discus events. He came close to his own Canadian discus record in all three events giving him an excellent 91% of the Canadian records for his 5 best performances.

### Cross-Country

**FEMALE: Jen Millar – W40**

Jen was the first female master across the finish line at the BC Cross Country Championships held at Beaver Lake, Victoria. She was also the best female age graded athlete at 80.67% on a difficult course. Jen won the F40-45 division at the Canadian Cross Country Championships held in Abbotsford on November 30th. She scored an impressive 83.81% age graded result in that race, helping BC win the GAAT trophy, awarded to the province with the top four age graded results.

**MALE: Dave Cressman – M50**

Dave won the M50 division of the BC Championship and was second in the Canadian Championships. He was a member of the BC Masters cross country team and had the highest average age graded result for the two championships. Dave finished first in all of his Lower Mainland Series cross country races.
Junior Development Coach of the Year

Graeme Fell (Vancouver Thunderbirds)
A former international level distance runner, Graeme joined the Vancouver Thunderbirds as a coach in 2003. Initially working with the high school distance runners, Graeme took on the Thunderbirds Junior Development Head Coach position in 2009. Under Graeme’s leadership the JD Program has grown from a dozen athletes to over 150. Due to the expanding program, Graeme also oversees 15 assistant coaches. While they work on skill development, the focus is always on fun! Graeme is a committed coach, attending every meet during the cross country and track & field season to encourage his athletes. Graeme also sat on the Junior Development Committee for 7 years, and served as Chair for 3 years.

U16/U18 Youth Coach of the Year

Besnik Mece (Vancouver Olympic Club)
Besnik, a coach with both the Vancouver Olympic Club & New West Spartans, guided his athletes to an exceptionally successful year buoyed by numerous personal bests and podium performances at Provincial, National and International competitions. 2019 Highlights included having Kendra Lewis & Dylan Uhrich selected to the NACAC U18 Canadian Team where Kendra won gold in the 1500m and Dylan placed 4th in the 2000m Steeplechase. At the Canadian Youth National Track & Field Championships Besnik guided Kendra Lewis to double Gold in the U18 1500m & 3000m, a personal best performance by Sophie Forsyth in the U16 1500m SC (4th), and two strong performances by Dylan Uhrich in the U18 2000m SC (5th) and 3000m (6th).

U20/Senior Coach of the Year

Garrett Collier (Kajaks Track & Field Club)
Garrett is head coach of the Kajaks Track & Field Club and Throws Coach for the University of British Columbia. In 2019 Garrett’s athletes achieved tremendous success at the Provincial, National, and International levels of competition. Highlights from the 2019 season include Rowan Hamilton’s Gold Medal winning performances in the Hammer at the BC and Canadian Championships, as well as the Pan American U20 Championships where he broke the existing Canadian U20 Record with a throw of 75.35m. Another of Garrett’s Athlete’s Druv Sobti set a new BC U20 Record in the Shot Put (18.17m) on his way to 3rd place Finish at Nationals as well as a Silver Medal in the U20 Discus Throw. Additionally Chanell Botsis competed for Team Canada at the 2019 Summer Universiade where she placed 9th in the Women’s Hammer Throw.

High-Performance Coach of the Year

Gerry Dragomir (Race Walk West)
Gerry has had a long and successful tenure as the Head Coach for Race Walk West. Over his career he has developed a number of internationally competitive athletes in the Race Walking events and in 2019 Gerry helped guide Olympian Evan Dunfee to a historic Bronze medal in the 50km RW at the 2019 IAAF World Track & Field Championship held in Doha, Qatar. Other notable performances included Evan’s 5th place finish at the 2019 Pan American Championships in the 20km RW and his Canadian Record in the 10,000m RW (38:54.20) at the 2019 BC Athletics Championship Jamboree. Additionally, Gerry Coached 3 athletes named to the Pan American Race Walking Cup and one athlete (Alger Liang) qualified for the NACAC U23 Canadian Team. In 2019 Gerry served as Team Coach for the IAAF World Track & Field Championships and the Pan Am Race Walking Cup.
The Dave Coupland Award is presented to a BC Athletics member who has been an inspiration for Officials; someone who has made it fun.

### Chris Eliopoulos

Chris began helping out in the track and field world when his children began competing in 2009. Soon Chris was taking his level 1 requirements and the rest, as they say, is history. Now at level 3, and well on his way to becoming a level 4, Chris is a reliable, knowledgeable and hardworking official. He has dedicated himself to track and field, officiating at numerous club meets, BC Summer Games, Legion National Championships, Provincial Championships, American Masters Games, as well as the 2017 Senior Canadian National Championships. Chris is known for running a tight ship at the horizontal jump pits, while extremely supportive and positive to all. Chris enjoys travelling to meets around the province, interacting with other officials, track organizers, coaches and especially athletes.

### Ralph Coates Memorial Award - Longstanding Service

A registered Official who has contributed dependable, long term and versatile service to Track and Field.

### 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.

### Dave Short

Dave has been an active track and field coach and official since 1971. His easy going manner has allowed him to be a great communicator and he is a great mentor to other officials, as well as a favourite of the extensive number of athletes that he knows by name. Dave has been accredited with Provincial Throws Certification, National Throws Certification, and National Throws Judge Certification and is frequently called upon to serve as the certification official for all throwing implements in meets throughout BC. In 2001 he was awarded the Paul Harris Fellow Rotary Foundation Community Service Award and in 2007 the Mary Temple Award as an outstanding novice Official. Included in his enthusiastic contributions to track and field are: the 2010 Canadian Championships, 2010 World Masters Indoor Championships, 2013 Canadian Championships, 2014 NACAC U23 Championships, and the 2017 Canada Summer Games.

### Marilyn Benz

Marilyn is a very active member of the Okanagan Athletics Track & Field Club, coaching Junior Development athletes, and competing as an athlete in throws. She is also a Level 3 official, upgrading to Level 4. Marilyn is currently on the BC Officials Committee, presents Level 1 workshops in her zone, and assists in maintaining and recruiting new Officials. Marilyn started out in Track & Field in the early 1960’s with the Trail Track & Field Club. The highlight of her throwing career (Javelin), came with a bronze medal at the Canadian Track & Field Championships in Saskatoon in 1967. Marilyn is also on the BC Masters Committee and volunteers every November for the Legion Poppy Campaign. Marilyn has truly found her bliss and is very excited to give back to a sport that has given her great friendships, discipline and respect.

### Ian McNeil Award - Official of the Year

A registered Official who made an outstanding contribution to track and field and was conspicuous in their excellence in the calendar year. The recipient is automatically nominated for the ‘NOC Official of the Year’.

### Brad Heinzman

Brad Heinzman is a Level 1 Official who has already made a huge contribution to Athletics. Brad serves as President of the Okanagan Athletics Club. He was instrumental in the successful running of the 2019 BC High School Championships in Kelowna and was Meet Director for the Jack Brow Memorial. He was also Meet Director for the 55+ Games, a competition which involved on his part, much constant and thoughtful communication with the Games Society. Brad can always be counted on to help at every competition that he attends whether formally, as an Official, or as a much engaged attendee at events. Brad is personable, energetic and a wonderful asset to the Sport of Athletics and has been described as the “Mr. Go-Get-It” for anything any other official needs at any meet.
In 1964 Willie Krause ‘invited’ Dan to join the Trail Track Club when he “discovered” him at an elementary track meet.

In 1977 Willie decided to organize his many athletes into training groups. Dan coached the runners and throwers. When Willie retired, Dan coached all disciplines. Much of Dan’s philosophy of coaching was learned from Willie. If an athlete wants to train, Dan will consistently coach, no matter how many attend. Dan travels to out of town meets with club athletes.

Dan volunteered at the Winter, Summer, Senior and Disabled Games hosted in the Trail area. He has run the track meet portion of the Summer, Senior and Special Olympic Games providing a positive experience for all. During a Winter games he organized the Accreditation Centre.

From 2004 to 2018 Dan coached the BC Games team from Zone 1 and encouraged them to do their best, have fun, meet new friends, and discover a new destination.

Since 2002 Dan has overseen the annual West Kootenay Legion Track meet. He has volunteered as a starter for the Kootenay Zone High School Meet and School District 20 Elementary School Meet since the mid 1980’s. Using his home-made toe boards and club equipment, Dan trains school athletes.

For the last 10 years, Dan has also coached Run, Jump, Throw through the Trail Parks & Recreation.

Dan has filled many executive positions on the Trail Track and Field Club Board since the late 70s. The Club incorporated as a society in 1987 under Dan’s guidance. Dan became the Registrar in 2002 and the President in 2010, positions he holds today.

Dan has attended three Legion National Championships from 2015 to 2017 as a BC team coach. Since 2012 Dan has been a member of the JD Committee representing Zone 1.
2019 BC Athletics Annual Awards

Executive of the Year Award

Urith Hayley
President, Greyhounds Masters Track & Field Club

For sixteen years Urith Hayley has been an Executive Member of the Board of Directors with the Greyhounds Masters Track & Field Club – filling the positions of Secretary/Treasurer and, since 2015, President of the Club. During that time Urith has taken the tasks of accounting and financial reporting, budget development, Club Registrar, registration of the Club as a Not-for-Profit Society with the BC Government, fund raiser, uniform designer and with members of the Club established a Club Code of Conduct along with Policies and Procedures for the day to day operations of the club.

During her spare time in 2009, Urith set up and maintained the initial club website and, together with a club member, transitioned to a new platform in 2012 while at the same time securing funding to purchase equipment and centralized storage facilities at North Surrey Secondary School.

As the Club Photo Archivist, the Zone 3 BC 55+ Plus Games Athletics Coordinator and a Trained Technical Official – together with her own Training and Competing – Urith has truly mastered the art of exceptional volunteer and Club Executive.

BC Athletics is grateful and honoured to award the BC Athletics Executive of the Year Award to Urith Hayley, President of the Greyhounds Masters Track & Field Club.

Thank You Urith Hayley!
2019 BC Athletics Annual Awards

2019 BC Athletics Hall Of Fame Inductee

JAKE MADDEROM: ATHLETE, BUILDER, KAJAKS TRACK & FIELD CLUB

It is a great honour to induct Jake Madderom into the BC Athletics Hall of Fame.

Jake Madderom’s summary reads - Athlete, BC Athletics Masters Committee Chair, BC Athletics Canadian Masters Athletics Representative, Board of Director and Chair BC Athletics Board of Directors, Athletics Canada Appeals Committee Member, Event Director and Organizing Committee Member, Technical Official, 2016 Official of the Year, Road and Cross Country Committees member and Canadian Masters Athletics Hall of Fame Inductee 2019 – a capsule of Jake Madderom’s life-time of involvement and commitment to Athletics in British Columbia and Canada.

Building off a high school running career under Coach Gerry Swan, Jake continued his commitment to training under the guidance of Gord Johnson of Kajaks TFC. This led to his continue participation in Masters Track & Field, Road and Cross Country Running at Provincial, National and International Levels of Athletics. BC and Canadian Masters Championships medals followed at 800m, 1500m & 4 x 400 Relays - along with BC and Canadian Records.

Jake’s commitment, with encouragement of others, expanded to the BC Athletics Board with roles as a both a Director and Chair. The BC Athletics Masters Committee was the next calling where he has continued as Chair of the committee for upwards of 20 years. The Masters representative on the BC Athletics Road Running Committee and Lower Mainland Cross Country Committee, each have benefited from his knowledge and commitment to the ongoing development and promotion of Athletics in British Columbia.

Organizing Committees for Canadian Championships, Athletics Canada’s Appeals Committee, HOC of International Masters Competitions, Canadian Delegate to International Masters Organizations and BC Athletics Provincial Director of Canadian Masters Athletics – have all had Jake Madderom as a committed, knowledgeable, skilled, fair and honest member of these many BC and Canadian Committees.

Athletics in British Columbia, Canada and at the World Masters levels have truly benefited from Jake’s life-time commitment to our sport.

BC Athletics is privileged and honoured to induct Jake Madderom into the BC Athletics Hall of Fame.
# 2019 Canadian Teams Recognition

## NACAC Cross Country Championships
**February 16, Port of Spain, Trinidad & Tobago**

<table>
<thead>
<tr>
<th>NAME</th>
<th>EVENT</th>
<th>HOMETOWN</th>
<th>CLUB</th>
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</thead>
<tbody>
<tr>
<td>Makenna Fitzgerald</td>
<td>6km</td>
<td>Kamloops</td>
<td>UNBC</td>
</tr>
<tr>
<td>Taryn O’Neill</td>
<td>6km</td>
<td>Kelowna</td>
<td>OAC</td>
</tr>
<tr>
<td>Natasha Wodak</td>
<td>10km</td>
<td>North Vancouver</td>
<td>PIHR</td>
</tr>
<tr>
<td>Evan Esselink</td>
<td>10km</td>
<td>Vancouver</td>
<td>UNBC</td>
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</tbody>
</table>

## World Cross Country Championships
**March 30, Aarhus, Denmark**

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</tr>
<tr>
<td>John Gay</td>
<td>10km</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>Regan Yee</td>
<td>Mixed 4x2km Relay</td>
<td>South Hazelton</td>
<td>LANG</td>
</tr>
<tr>
<td>Justin Kent</td>
<td>Mixed 4x2km Relay</td>
<td>Burnaby</td>
<td>CTC1</td>
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<tr>
<td>Erica Digby</td>
<td>Mixed 4x2km Relay</td>
<td>Vancouver</td>
<td>M2M</td>
</tr>
<tr>
<td>Natalia Hawthorn</td>
<td>Mixed 4x2km Relay</td>
<td>Vancouver</td>
<td>TBIR</td>
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## Pan American Race Walk Cup
**April 20-21, Lazaro Cardenas, Mexico**

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<th>NAME</th>
<th>EVENT</th>
<th>HOMETOWN</th>
<th>CLUB</th>
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<tbody>
<tr>
<td>Evan Dunfee</td>
<td>50km RW</td>
<td>Richmond</td>
<td>WALK</td>
</tr>
<tr>
<td>Kenny Ho</td>
<td>20km RW</td>
<td>Vancouver</td>
<td>WALK</td>
</tr>
<tr>
<td>Alger Liang</td>
<td>20km RW</td>
<td>Vancouver</td>
<td>WALK</td>
</tr>
<tr>
<td>Gerry Dragomir</td>
<td>Head Coach</td>
<td>Vancouver</td>
<td>WALK</td>
</tr>
<tr>
<td>Bev Larsen</td>
<td>Team Manager</td>
<td>Vancouver</td>
<td>WALK</td>
</tr>
<tr>
<td>Marilou Lamy</td>
<td>Team Physiotherapist</td>
<td>North Vancouver</td>
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## WPA World Marathon Championships
**April 28, London, England**

<table>
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<tr>
<th>NAME</th>
<th>EVENT</th>
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</thead>
<tbody>
<tr>
<td>Tristan Smyth</td>
<td>Marathon</td>
<td>Maple Ridge</td>
<td>WCRS</td>
</tr>
<tr>
<td>Patricia Roney</td>
<td>Team Physiotherapist</td>
<td>Victoria</td>
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</tbody>
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### IAAF World Relays
**May 11-12, Yokohama, Japan**

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<th>NAME</th>
<th>EVENT</th>
<th>HOMETOWN</th>
<th>CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jerome Blake</td>
<td>4x100m</td>
<td>Coquitlam</td>
<td>COQC</td>
</tr>
<tr>
<td>Whitney Rowe</td>
<td>4x100m</td>
<td>Burnaby</td>
<td>UNBC</td>
</tr>
<tr>
<td>Garfield Crooks</td>
<td>Team Massage Therapist</td>
<td></td>
<td>Vancouver</td>
</tr>
<tr>
<td>Dr. Simon Pearson</td>
<td>Team Chiropractor</td>
<td>Victoria</td>
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</tr>
</tbody>
</table>

### FISU Summer Universiade
**July 3-14, Napoli, Rome**

<table>
<thead>
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<th>NAME</th>
<th>EVENT</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Kieran Lumb</td>
<td>5000m</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>Nicole Hutchinson</td>
<td>5000m</td>
<td>West Vancouver</td>
<td>UNBC</td>
</tr>
<tr>
<td>Chanell Botsis</td>
<td>Hammer</td>
<td>Coquitlam</td>
<td>KJAK</td>
</tr>
<tr>
<td>Brittni Wolczyk</td>
<td>Javelin</td>
<td>Port Coquitlam</td>
<td>UNBC</td>
</tr>
<tr>
<td>Kaila Butler</td>
<td>Hammer</td>
<td>Port Coquitlam</td>
<td>UNBC</td>
</tr>
<tr>
<td>Alex Forsythe</td>
<td>Team Massage Therapist</td>
<td>Nelson</td>
<td></td>
</tr>
</tbody>
</table>
### 2019 Canadian Teams Recognition

#### NACAC U18 & U23 Championships
**July 5-7, Queretaro, Mexico**

<table>
<thead>
<tr>
<th>NAME</th>
<th>EVENT</th>
<th>HOMETOWN</th>
<th>CLUB</th>
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<tr>
<td>Kendra Lewis</td>
<td>1500m</td>
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<td>New Westminster</td>
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<td>Pitt Meadows</td>
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<tr>
<td>Dylan Uhrich</td>
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<tr>
<td>Chase Haagensen</td>
<td>400m</td>
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<td>Roan Allen</td>
<td>Javelin</td>
<td>Vancouver</td>
<td>UNBC</td>
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<td>Alger Liang</td>
<td>10,000m RW</td>
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<td>WALK</td>
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<tr>
<td>Sam Willett</td>
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<td>Tasha Willing</td>
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<td>Thelma Wright</td>
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<td>Sheldon Gmitroksi</td>
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<td>Victoria</td>
<td>AVIC</td>
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<tr>
<td>Carolyn Daubeny</td>
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<td>Erik Yuill</td>
<td>Team Chiropractor</td>
<td>Vancouver</td>
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## Pan American U20 Championships

**July 19-21, San Jose, Costa Rica**

<table>
<thead>
<tr>
<th>NAME</th>
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<tbody>
<tr>
<td>Baneet Bains</td>
<td>3000m SC</td>
<td>Surrey</td>
<td>CTC1</td>
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<tr>
<td>Grace Fetherstonhaugh</td>
<td>3000m SC</td>
<td>New Westminster</td>
<td>CITY</td>
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<tr>
<td>Dolly Gabri</td>
<td>Shot Put / Discus</td>
<td>Surrey</td>
<td>SOSA</td>
</tr>
<tr>
<td>Mateya Haintz</td>
<td>Hammer</td>
<td>Pitt Meadows</td>
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<td>Rowan Hamilton</td>
<td>Hammer</td>
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<td>KJAK</td>
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<tr>
<td>Jasmine Lew</td>
<td>Long Jump</td>
<td>Coquitlam</td>
<td>UNBC</td>
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<tr>
<td>Alexa Porpaczy</td>
<td>High Jump</td>
<td>White Rock</td>
<td>UNBC</td>
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<tr>
<td>Phoebe Price - Roberts</td>
<td>Hammer</td>
<td>Lake Country</td>
<td>KAML</td>
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<tr>
<td>Katarina Vlahovic</td>
<td>100mh</td>
<td>Surrey</td>
<td>UAC</td>
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<tr>
<td>Tate Wyatt</td>
<td>3000m SC</td>
<td>Langley</td>
<td>LANG</td>
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<tr>
<td>Zachary Wyatt</td>
<td>3000m SC</td>
<td>Langley</td>
<td>LANG</td>
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## Pan American Games

**July 26 – August 11, Lima, Peru**

<table>
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<tbody>
<tr>
<td>Jerome Blake</td>
<td>200m / 4x100m</td>
<td>Coquitlam</td>
<td>COQC</td>
</tr>
<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>M2M</td>
</tr>
<tr>
<td>Evan Dunfee</td>
<td>20km RW</td>
<td>Richmond</td>
<td>WALK</td>
</tr>
<tr>
<td>Liz Gleadle</td>
<td>Javelin</td>
<td>Vancouver</td>
<td>TBIR</td>
</tr>
<tr>
<td>Django Lovett</td>
<td>High Jump</td>
<td>Surrey</td>
<td>KJAK</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>Camryn Rogers</td>
<td>Hammer</td>
<td>Richmond</td>
<td>KJAK</td>
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<tr>
<td>Natasha Wodak</td>
<td>10,000m</td>
<td>North Vancouver</td>
<td>PIHR</td>
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<tr>
<td>Heather Hennigar</td>
<td>Team Coach</td>
<td>Victoria</td>
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<tr>
<td>Mike Van Tighem</td>
<td>Team Coach</td>
<td>Summerland</td>
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<tr>
<td>Dr. Melina Thibodeau</td>
<td>Team Physician</td>
<td>Victoria</td>
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<tr>
<td>Dr. Simon Pearson</td>
<td>Team Chiropractor</td>
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## WPA U20 Championships

**August 1-4, Nottwil, Switzerland**

<table>
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<th>NAME</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Michael Barber</td>
<td>T20 1500m</td>
<td>Victoria</td>
<td>PIHR</td>
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<tr>
<td>Mark Gottfried</td>
<td>Team Physiotherapist</td>
<td>Victoria</td>
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### 2019 Canadian Teams Recognition

#### Para Pan American Games
**August 24-28, Lima, Peru**

<table>
<thead>
<tr>
<th>NAME</th>
<th>EVENT</th>
<th>HOMETOWN</th>
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<tbody>
<tr>
<td>Michael Barber</td>
<td>T20 1500m</td>
<td>Victoria</td>
<td>PIHR</td>
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<tr>
<td>David Johnson</td>
<td>T12 400m</td>
<td>Victoria</td>
<td>VICS</td>
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<tr>
<td>Ljiljana Ljubisic</td>
<td>F11 Discus</td>
<td>Coquitlam</td>
<td>UNBC</td>
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<tr>
<td>Thomas Normandau</td>
<td>T47 400m</td>
<td>Victoria</td>
<td>UNBC</td>
</tr>
<tr>
<td>Adam Paul-Moris</td>
<td>Guide (David Johnson)</td>
<td>Victoria</td>
<td>VICS</td>
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<tr>
<td>Nathan Riech</td>
<td>T38 1500m</td>
<td>Victoria</td>
<td>UNBC</td>
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<tr>
<td>Liam Stanley</td>
<td>T37 1500m</td>
<td>Victoria</td>
<td>PIHR</td>
</tr>
<tr>
<td>Greg Stewart</td>
<td>F46 Shot Put</td>
<td>Kamloops</td>
<td>KAML</td>
</tr>
<tr>
<td>Patricia Roney</td>
<td>IST Lead / Team Physiotherapist</td>
<td>Victoria</td>
<td>UNBC</td>
</tr>
<tr>
<td>Sarah Black</td>
<td>Asst. Team Manager</td>
<td>Victoria</td>
<td>UNBC</td>
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#### IAAF World Championships
**September 27 – October 6, Doha, Qatar**

<table>
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<td>Jerome Blake</td>
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<td>800m</td>
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<td>John Gay</td>
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<td>Vancouver</td>
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<td>Javelin</td>
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<td>High Jump</td>
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<td>Michael Mason</td>
<td>High Jump</td>
<td>Nanoose Bay</td>
<td>NTFC</td>
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<td>10,000m</td>
<td>North Vancouver</td>
<td>PIHR</td>
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<td>Regan Yee</td>
<td>3000m SC</td>
<td>South Hazelton</td>
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<td>Gerry Dragomir</td>
<td>Team Coach</td>
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<td>Geoff Harris</td>
<td>Team Coach</td>
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<tr>
<td>Heather Hennigar</td>
<td>Team Coach</td>
<td>Victoria</td>
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<tr>
<td>Trent Stellingwerff</td>
<td>Team IST Lead and Physiologist</td>
<td>Victoria</td>
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<tr>
<td>Marilou Lamy</td>
<td>Team Physiotherapist</td>
<td>North Vancouver</td>
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<td>Paddy McCluskey</td>
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<td>Garfield Crooks</td>
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<tr>
<td>Dr. Simon Pearson</td>
<td>Team Chiropractor</td>
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## NACAC Mountain Running Championships

**October 29, Cerro Gordo, Mexico**

<table>
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<tr>
<td>Jocelyn Poirier-Hardy</td>
<td>12km</td>
<td>Prince George</td>
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<tr>
<td>Alexandre Ricard</td>
<td>12km</td>
<td>Squamish</td>
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## World Para Athletics Championships

**November 7-15, Dubai, United Arab Emirates**

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<tbody>
<tr>
<td>Eva Fejes</td>
<td>Sport Assistant (Ness Murby)</td>
<td>Vancouver</td>
<td>UNBC</td>
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<tr>
<td>Ness Murby</td>
<td>F11 Discus</td>
<td>Vancouver</td>
<td>UNBC</td>
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<tr>
<td>Ljiljana Ljubisic</td>
<td>F11 Discus</td>
<td>Coquitlam</td>
<td>UNBC</td>
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<tr>
<td>Liudys Masso Beliser</td>
<td>Sport Assistant (Ljiljana Ljubisic)</td>
<td>Coquitlam</td>
<td>UNBC</td>
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<tr>
<td>Thomas Normandeau</td>
<td>T47 400m</td>
<td>Victoria</td>
<td>UNBC</td>
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<tr>
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<td>T38 1500m</td>
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<td>PIHR</td>
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<td>Greg Stewart</td>
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<tr>
<td>Sarah Black</td>
<td>Assistant Team Manager</td>
<td>Victoria</td>
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## World Mountain Running Championships

**November 15-16, Villa La Angostura, Argentina**

<table>
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<tbody>
<tr>
<td>Christian Petersen</td>
<td>7.6km</td>
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<tr>
<td>Samuel Perrin</td>
<td>7.6km</td>
<td>North Vancouver</td>
<td>UNBC</td>
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<tr>
<td>Robyn Mildren</td>
<td>14.7km</td>
<td>Vancouver</td>
<td>TBIR</td>
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<tr>
<td>Brendan Urlocker</td>
<td>41.5km</td>
<td>Squamish</td>
<td>UNBC</td>
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<tr>
<td>Kris Swanson</td>
<td>14.7km</td>
<td>North Vancouver</td>
<td>UNBC</td>
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</tbody>
</table>
The 2020 Olympics Games are only a few short months away and our athletes and coaches are training harder than ever in preparation for what promises to be an exhilarating season of competition. In order to properly prepare our athletes need your help! Here’s how your donation helps:

- **$50** Athlete registration fee for the 2020 Olympic trials
- **$250** Travel grant for an athlete/coach to attend a provincial development camp
- **$500** Travel grant for an athlete/coach to attend a warm weather training camp
- **$1,000** Travel grant for an athlete to attend the 2020 Olympic trials
- **$5,000** Support the BC Athlete Assistance Program
- **$10,000** Support an in-province training camp for BC’s high performance athletes

**DONATE TODAY!**

support.bcameuronsportfund.org/donate
or call us at 604-333-3552

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Thank You!

...To Our Partners, Sponsors, Friends and Members who helped to make the 2019 Year in Athletics “A GREAT SUCCESS!!!”

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- Athletics Canada
- BC Athletics Member Clubs and Regional Associations
- BC Athletics Officials
- BC Event Volunteers
- BC Ferries Corporation
- BC Gaming Branch – Ministry of Municipal Affairs and Housing, Hon. Selina Robinson, Minister
- BC/Yukon Command – Royal Canadian Legion
- Canadian Sport Institute Pacific
- Clif Bar
- Dominion Command – Royal Canadian Legion
- Forerunners
- Fortius Sport and Health / Athlete Development Centre
- Government of British Columbia, Ministry of Tourism, Arts & Culture, Hon. Lisa Beare, Minister
- Hertz
- Infigo Imaging – graphic & print services
- ISPARC – Indigenous Sport, Physical Activity & Recreation Council
- Kahunaverse Sports Group
- Kintec – Footwear & Orthotics
- Nuun Hydration
- PacificSport Regional Alliance – Fraser Valley, Interior BC, Northern BC, Okanagan, Vancouver Island, Columbia Basin
- Pique Newsmagazine
- Resort Municipality of Whistler
- RockTape
- Saucony
- Scandinave Spa
- Sport BC Insurance
- Sport BC
- Sport Burnaby
- Superfeet
- The Press Room
- 360 Athletics
- Times Colonist
- Trackie Inc.
- Tourism Whistler
- Vancouver Sun Run
- viaSport
- Whistler Cooks

Supporting our Sponsors and Partners is our way of thanking them for their contributions to our sport. We urge you to purchase their products and services and support their programs.