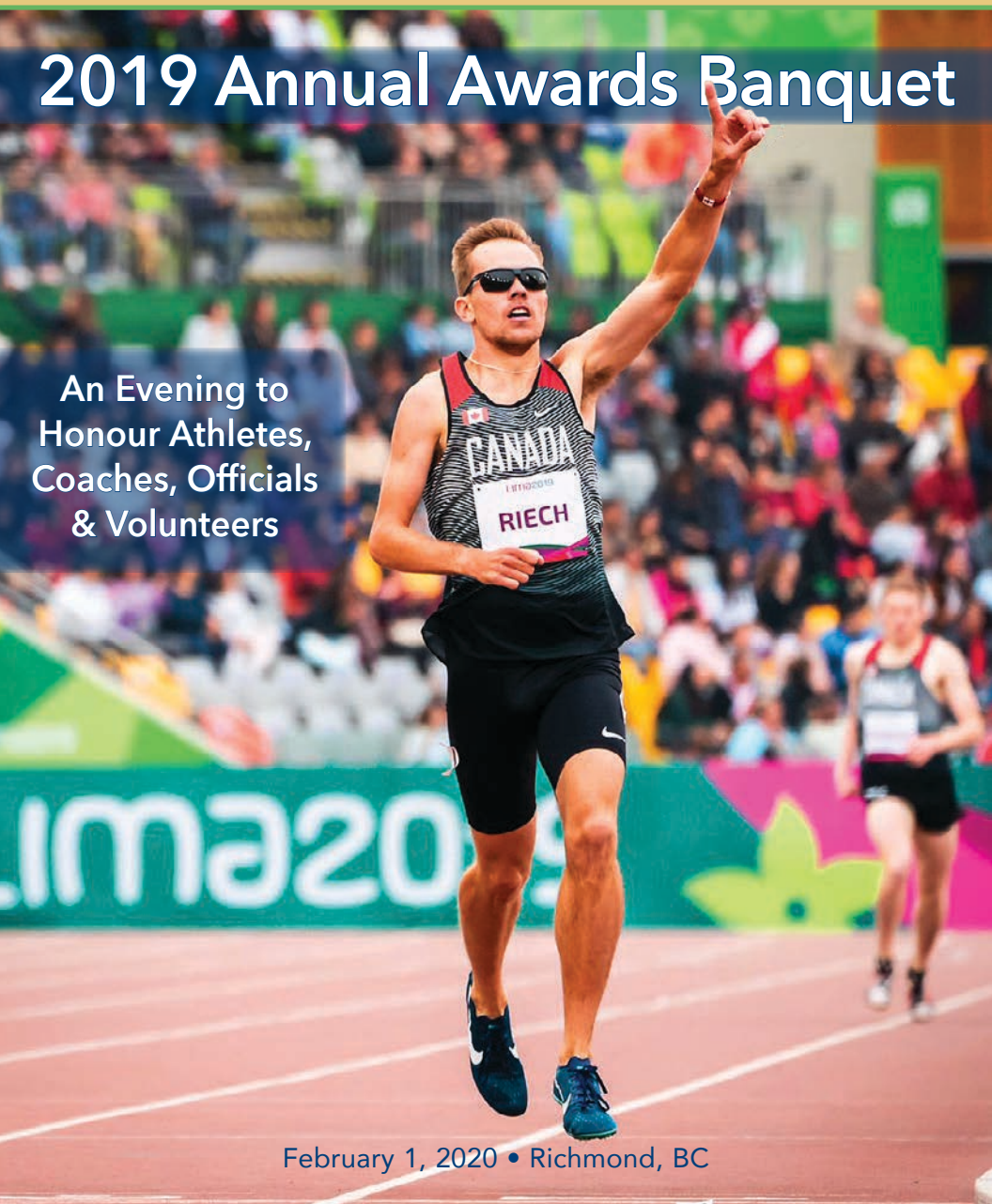




2019 Annual Awards Banquet

An Evening to
Honour Athletes,
Coaches, Officials
& Volunteers



February 1, 2020 • Richmond, BC



Welcome



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





The Program

Opening Remarks

Dinner

Awards Presentations

Track & Field

Cross Country

Para-Athletics

Road Running

Masters

Coaches

Officials

Jane Swan Award

Executive of the Year

Hall of Fame

Canadian Team Recognition

Closing Remarks

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

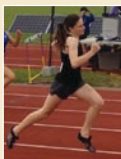
Hannah Arychuk

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



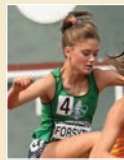
Sophie Forsyth

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

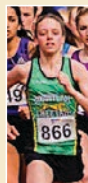
Ella Madsen

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

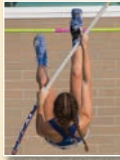


Isla Stewart

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

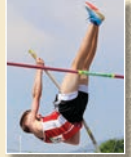


Cayden Arnold

Club: Ocean Athletics
Coach: Len van Ryswyk

EVENT & PERFORMANCE:

Pole Vault, 3.75m (1st) - Jack Brow Memorial Meet

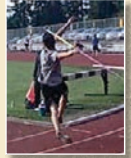


Cole Bibby

Club: Kamloops Track & Field
Coach: Dylan Armstrong

EVENT & PERFORMANCE:

Javelin, 60.94m (1st) - BC Athletics Championship Jamboree



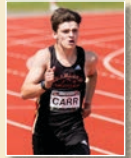
Tyson Carr

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 Allemeers

EVENT & PERFORMANCE:

Shot Put, 14.70m (3rd) - Universal Athletics Meet

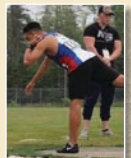


Kai Hussein

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



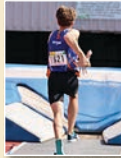
George Kordas

Club: Ocean Athletics

Coach: Len van Ryswyk

EVENT & PERFORMANCE:

Pole Vault, 3.60m (1st) - Ocean Athletics Summer Series #1



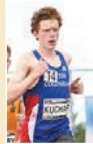
Jaxon Kuchar

Club: Trail Track & Field Club

Coach: Dan Horan

EVENT & PERFORMANCE:

1500m SC, 4:28.68 (1st)
- Jack Brow Memorial



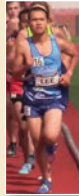
Caiden Lee

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



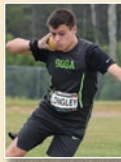
Ethan Longley

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 Ogbeiw

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



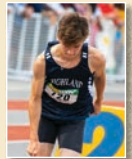
Ethan Tansky

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

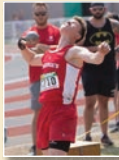


Matthew Uliana

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



U18 Female Track & Field Athlete of the Year Nominees

Kendra Lewis

Club: Vancouver Olympic Club
Coach: Besnik Mece

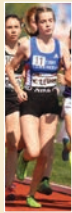
EVENTS: 1500m, 4:24.67
3000m, 9:48.24

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



U18 Male Track & Field Athlete of the Year Nominees

Praise Aniamaka

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

EVENTS:

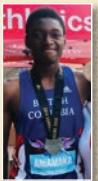
Triple Jump - 14.93m
(BC U18 Record)
400m Hurdles - 55.22

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



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)

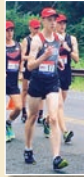
BC Athletics Championships Jamboree

– 1st (5000m RW)

RANKINGS:

3000m RW: BC U18 – 1, CAN U18 – 1

5000m RW: BC U18 – 1, CAN U18 – 1



Alexa Porpacz

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)

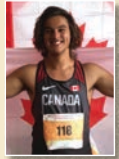
HIGHLIGHTS:

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



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



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



2019 Track & Field Athlete Of The Year Nominees

Senior Female Track & Field Athlete of the Year Nominees

Lindsay Butterworth

Club: Coastal Track Club – 800m

Coach: Brit Townsend

EVENT: 800m – 2:00.31

HIGHLIGHTS:

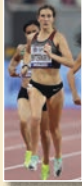
Pan American Games – 5th

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:

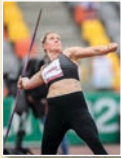
Pan American Games – 2nd

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 Saataro

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)

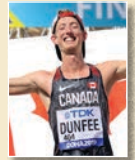
IAAF World Track & Field Championships – 3rd (50KM RW)

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 Szelagowicz

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



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)



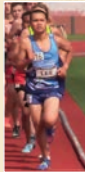
Caiden Lee

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



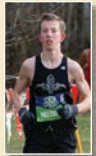
Tion McLeish

Club: Victoria Speed Project

Coach: Dacre Bowen

HIGHLIGHTS:

Canadian XC Championship – 1st
BC Jr. High School XC Championship – 1st



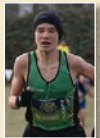
Devon Meadows

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

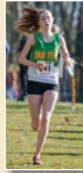
Club: Vancouver Olympic Club

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

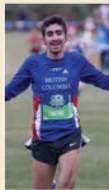
Coach: Scott Kent

HIGHLIGHTS:

Canadian XC Championship – 1st

BC XC Championship – 1st

BC Sr. High School XC Championship – 1st



Jacob Wadhvani

Club: Langley Mustangs

Coach: Vid Wadhvani

HIGHLIGHTS:

Canadian XC Championship – 13th

BC XC Championship – 7th

BC Sr. High School XC Championship – 4th



U20 Female Cross-Country Runner of the Year Nominees

Naomi Lang

Club: UBC Thunderbirds

Coach: Brant Stachel

HIGHLIGHTS:

Canadian XC Championship – 2nd

CanWest XC Championship – 4th

USports XC Championship – 11th



Taryn O'Neil

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

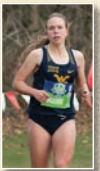
HIGHLIGHTS:

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

Jack Boden

Club: Prairie Inn Harriers / UVic
Coach: Bruce Deacon / Hilary Stellingwerf

HIGHLIGHTS:

Canadian XC Championship – 13th
Vic Vikes Invitational – 22nd
CanWest XC Championship – 38th
USports XC Championship – 81st

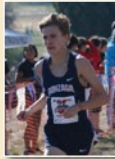


Jaxon Mackie

Club: Unattached
Coach: James Mackie

HIGHLIGHTS:

Canadian XC Championship – 10th



Aiden Miller

Club: Coastal Track Club / UBC Thunderbirds

Coach: Scott Kent / Chris Johnson

HIGHLIGHTS:

Canadian XC Championship – 16th
CanWest XC Championship – 42nd
Western Washington Classic – 70th



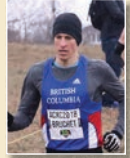
Senior Male Cross-Country Runner of the Year Nominees

Lucas Bruchet

Club: Mile2Marathon / BCEP
Coach: Richard Lee

HIGHLIGHTS:

Canadian XC Championship – 2nd



John Gay

Club: Vancouver Thunderbirds
Coach: Chris Johnson

HIGHLIGHTS:

Canadian XC Championship – 5th
World XC Championship – 102nd



Kieran Lumb

Club: UBC Thunderbirds
Coach: Brant Stachel

HIGHLIGHTS:

CanWest XC Championship – 3rd
USports XC Championship – 1st



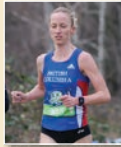
Senior Female Cross-Country Runner of the Year Nominees

Sarah Inglis

Club: Langley Mustangs
Coach: Mark Bomba

HIGHLIGHTS:

Canadian XC Championship – 2nd
BC XC Championship – 1st



Natasha Wodak

Club: Prairie Inn Harriers
Coach: Lynn Kanuka

HIGHLIGHTS:

Canadian XC Championship – 4th
NACAC XC Championship – 4th
World XC Championship – 43rd

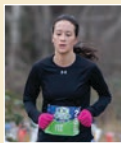


Regan Yee

Club: Langley Mustangs
Coach: Mark Bomba

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:

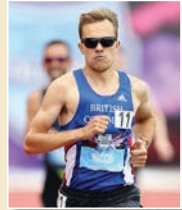
IPC World Para Athletics Championships – 1st

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 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



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



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



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



Dylan Wykes

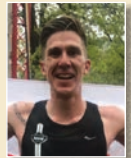
Club: Mile2Marathon
Coach: Richard Lee

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



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
Marathon: 1:11:31, BC – 2, CAN – 2



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

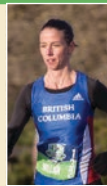
Our 2018 winner, Michael had another great year with the Shot Put (12.07) and the Discus (44.7). He competed in the Ultra Throws Festival, the BC Championships and the 55+ Games, winning all of the M65 shot put and discus events. He came close to his own Canadian discus record in all three events giving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



Cross-Country

FEMALE: **Jen Miller** – 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.



2019 Coaching Excellence Awards

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.



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.



U16/U18 Youth Coach of the Year

Besnik Mece (Vancouver Olympic Club)

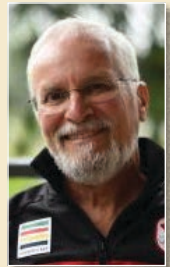
Besnik, a coach with both the Vancouver Olympic Club & New West Spartans, guided his athletes to an exceptionally successful year buoyed by numerous personal bests and podium performances at Provincial, National and International competitions. 2019 Highlights included having Kendra Lewis & Dylan Uhrich 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).



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.



2019 Excellence in Officiating Awards

Dave Coupland Award - Inspirational

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.



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.

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.



Ralph Coates Memorial Award - Longstanding Service

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

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.



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.



2019 BC Athletics Annual Awards

Jane Swan Award

Dan Horan

Trail Track & Field Club

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 Canadas' 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

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Makenna Fitzgerald	6km	Kamloops	UNBC
Taryn O'Neill	6km	Kelowna	OAC
Natasha Wodak	10km	North Vancouver	PIHR
Evan Esselink	10km	Vancouver	UNBC

World Cross Country Championships

March 30, Aarhus, Denmark

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Makenna Fitzgerald	6km	Kamloops	UNBC
Taryn O'Neill	6km	Kelowna	OAC
Natasha Wodak	10km	North Vancouver	PIHR
John Gay	10km	Vancouver	TBIR
Regan Yee	Mixed 4x2km Relay	South Hazelton	LANG
Justin Kent	Mixed 4x2km Relay	Burnaby	CTC1
Erica Digby	Mixed 4x2km Relay	Vancouver	M2M
Natalia Hawthorn	Mixed 4x2km Relay	Vancouver	TBIR

Pan American Race Walk Cup

April 20-21, Lazaro Cardenas, Mexico

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Evan Dunfee	50km RW	Richmond	WALK
Kenny Ho	20km RW	Vancouver	WALK
Alger Liang	20km RW	Vancouver	WALK
Gerry Dragomir	Head Coach	Vancouver	WALK
Bev Larsen	Team Manager	Vancouver	
Marilou Lamy	Team Physiotherapist	North Vancouver	

WPA World Marathon Championships

April 28, London, England

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Tristan Smyth	Marathon	Maple Ridge	WCRC
Patricia Roney	Team Physiotherapist	Victoria	

2019 Canadian Teams Recognition

IAAF World Relays

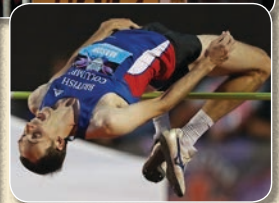
May 11-12, Yokohama, Japan

NAME	EVENT	HOMETOWN	CLUB
Jerome Blake	4x100m	Coquitlam	COQC
Whitney Rowe	4x100m	Burnaby	UNBC
Garfield Crooks	Team Massage Therapist		Vancouver
Dr. Simon Pearson	Team Chiropractor	Victoria	

FISU Summer Universiade

July 3-14, Napoli, Rome

NAME	EVENT	HOMETOWN	CLUB
Kieran Lumb	5000m	Vancouver	TBIR
Nicole Hutchinson	5000m	West Vancouver	UNBC
Chanell Botsis	Hammer	Coquitlam	KJAK
Brittini Wolczyk	Javelin	Port Coquitlam	UNBC
Kaila Butler	Hammer	Port Coquitlam	UNBC
Alex Forsythe	Team Massage Therapist	Nelson	



2019 Canadian Teams Recognition

NACAC U18 & U23 Championships

July 5-7, Queretaro, Mexico

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Kendra Lewis	1500m	Vancouver	VOC
Katelyn Stewart-Barnett	2000m SC	New Westminster	CITY
Aiden Grout	High Jump	Pitt Meadows	LANG
Dylan Uhrich	2000m SC	Vancouver	VOC
Olivia Lundman	5000m RW	Luntzville	NFTC
Angelina Shandro	400m	Victoria	VICS
Chase Haagensen	400m	Victoria	UNBC
Roan Allen	Javelin	Vancouver	UNBC
Anastas Eliopoulos	110mh	Vancouver	TBIR
Alger Liang	10,000m RW	Vancouver	WALK
Sam Willett	Hammer	Victoria	AVIC
Tasha Willing	Hammer	Chilliwack	UNBC
Thelma Wright	Team Leader	Vancouver	UNBC
Sheldon Gmitroksi	Team Coach	Victoria	AVIC
Carolyn Daubeny	Team Massage Therapist	Vancouver	UNBC
Erik Yuill	Team Chiropractor	Vancouver	UNBC





2019 Canadian Teams Recognition

Pan American U20 Championships

July 19-21, San Jose, Costa Rica

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Baneet Bains	3000m SC	Surrey	CTC1
Grace Fetherstonhaugh	3000m SC	New Westminster	CITY
Dolly Gabri	Shot Put / Discus	Surrey	SOSA
Mateya Haintz	Hammer	Pitt Meadows	UNBC
Rowan Hamilton	Hammer	Chilliwack	KJAK
Jasmine Lew	Long Jump	Coquitlam	UNBC
Alexa Porpaczy	High Jump	White Rock	UNBC
Phoebe Price - Roberts	Hammer	Lake Country	KAML
Katarina Vlahovic	100mh	Surrey	UAC
Tate Wyatt	3000m SC	Langley	LANG
Zachary Wyatt	3000m SC	Langley	LANG

Pan American Games

July 26 – August 11, Lima, Peru

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Jerome Blake	200m / 4x100m	Coquitlam	COQC
Lindsey Butterworth	800m	North Vancouver	CTC1
Rachel Cliff	10,000m	Vancouver	M2M
Evan Dunfee	20km RW	Richmond	WALK
Liz Gleadle	Javelin	Vancouver	TBIR
Django Lovett	High Jump	Surrey	KJAK
Michael Mason	High Jump	Nanose Bay	NTFC
Christabel Netthey	Long Jump	Surrey	UNBC
Camryn Rogers	Hammer	Richmond	KJAK
Natasha Wodak	10,000m	North Vancouver	PIHR
Heather Hennigar	Team Coach	Victoria	
Mike Van Tighem	Team Coach	Summerland	
Dr. Melina Thibodeau	Team Physician	Victoria	
Dr. Simon Pearson	Team Chiropractor	Victoria	

WPA U20 Championships

August 1-4, Nottwil, Switzerland

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Michael Barber	T20 1500m	Victoria	PIHR
Mark Gottfried	Team Physiotherapist	Victoria	

2019 Canadian Teams Recognition

Para Pan American Games

August 24-28, Lima, Peru

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Michael Barber	T20 1500m	Victoria	PIHR
David Johnson	T12 400m	Victoria	VICS
Ljiljana Ljubisic	F11 Discus	Coquitlam	UNBC
Thomas Normandeau	T47 400m	Victoria	UNBC
Adam Paul-Moris	Guide (David Johnson)	Victoria	VICS
Nathan Riech	T38 1500m	Victoria	UNBC
Liam Stanley	T37 1500m	Victoria	PIHR
Greg Stewart	F46 Shot Put	Kamloops	KAML
Patricia Roney	IST Lead / Team Physiotherapist	Victoria	UNBC
Sarah Black	Asst. Team Manager	Victoria	UNBC

IAAF World Championships

September 27 – October 6, Doha, Qatar

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Jerome Blake	4x100m	Coquitlam	COQC
Lindsey Butterworth	800m	North Vancouver	CTC1
Rachel Cliff	5000m	Vancouver	M2M
Evan Dunfee	50km RW	Richmond	WALK
John Gay	3000m SC	Vancouver	TBIR
Liz Gleadle	Javelin	Vancouver	TBIR
Django Lovett	High Jump	Surrey	KJAK
Michael Mason	High Jump	Nanose Bay	NTFC
Natasha Wodak	10,000m	North Vancouver	PIHR
Regan Yee	3000m SC	South Hazelton	LANG
Gerry Dragomir	Team Coach	Vancouver	WALK
Geoff Harris	Team Coach	Victoria	
Heather Hennigar	Team Coach	Victoria	
Trent Stellingwerff	Team IST Lead and Physiologist	Victoria	
Marilou Lamy	Team Physiotherapist	North Vancouver	
Paddy McCluskey	Team Physician	Victoria	
Garfield Crooks	Team Massage Therapist	Vancouver	
Dr. Simon Pearson	Team Chiropractor	Victoria	

2019 Canadian Teams Recognition

NACAC Mountain Running Championships

October 29, Cerro Gordo, Mexico

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Jocelyn Poirier-Hardy	12km	Prince George	UNBC
Alexandre Ricard	12km	Squamish	UNBC

World Para Athletics Championships

November 7-15, Dubai, United Arab Emirates

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Eva Fejes	Sport Assistant (Ness Murby)	Vancouver	UNBC
Ness Murby	F11 Discus	Vancouver	UNBC
Ljiljana Ljubisic	F11 Discus	Coquitlam	UNBC
Liudys Masso Beliser	Sport Assistant (Ljiljana Ljubisic)	Coquitlam	UNBC
Thomas Normandeau	T47 400m	Victoria	UNBC
Nathan Riech	T38 1500m	Victoria	UNBC
Liam Stanley	T37 1500m	Victoria	PIHR
Greg Stewart	F46 Shot Put	Kamloops	KAML
Bruce Deacon	Team Coach	Victoria	PIHR
Dr. Duriell Bernard	Team Chiropractor	Vancouver	
Nathan Garrison	Team Massage Therapist	Victoria	
Sandeep Nandhra	Team Athletics Therapist	Victoria	
Patricia Roney	IST Lead / Team Physiotherapist	Victoria	
Sarah Black	Assistant Team Manager	Victoria	

World Mountain Running Championships

November 15-16, Villa La Angostura, Argentina

<u>NAME</u>	<u>EVENT</u>	<u>HOMETOWN</u>	<u>CLUB</u>
Christian Petersen	7.6km	Vancouver	VOC
Samuel Perrin	7.6km	North Vancouver	UNBC
Robyn Mildren	14.7km	Vancouver	TBIR
Brendan Urlocker	41.5km	Squamish	UNBC
Kris Swanson	14.7km	North Vancouver	UNBC



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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

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2019 BC Athletics Annual Awards Banquet

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