2007 BC Athletics Annual Awards Banquet
January 20, 2007

TRACK & FIELD

JUVENILE FEMALE TRACK & FIELD ATHLETE OF THE YEAR
Stacey Irvine
Club: Track 5450
Coach: Greg Peters
2006 Best Performances and Ranking
Event: Pole Vault – 3.80m
Rank: BC Juvenile 1st in Pole Vault Canadian Youth – 1st in Pole Vault
BC Junior 1st in Pole Vault Canadian Junior – 3rd in Pole Vault
Teams in 2006: BC Juvenile
BC Junior
Accomplishments: BC High School Gold medalist
Canadian Legion Pole Vault Gold medalist
Canadian Legion 100m Hurdles Gold medalist
National Juniors 9th place
Set a BC Juvenile Record in Pole Vault

JUVENILE FEMALE TRACK & FIELD NOMINEES:
Nicolle Fraser
Club Coquitlam Cheetahs
Coach: Tom Nielsen
2006 Best Performances and Ranking:
Event: Javelin Throw - 44.10m
Rank: BC Juvenile – 1st Canadian Youth – 1st
BC Junior – 2nd Canadian Junior – 3rd
Teams in 2006: BC Juvenile
BC Junior
Accomplishments: BC High School Silver Medalist in Javelin
Gold Medal at the National Legion Championships
Bronze medal at the National Junior Championships

Jessica Smith
Club: Norwesterns
Coach: Frank Reynolds
Event(s): 800m 2:10.28 and 1500m 4:28.93 and 3000m 10:07.77
Rank: BC Juvenile 800m – 1st BC Juvenile 1500m – 1st
Canadian Youth 800m – 3rd Canadian Youth 1500m – 3rd
Teams in 2006: BC Juvenile and BC Junior
Accomplishments: BC High School 1500m Champion
Canadian Legion National Champion 800m and 1500m
Canadian Junior 6th 1500m

Christine Lowe
Club: Coquitlam Cheetahs
Coach: Tara Self
Event(s): 100m Hurdles 14.93 and 400m Hurdles 61.60
JUVENILE MALE TRACK & FIELD ATHLETE OF THE YEAR

Trey Henderson
Club – Kajaks
Coach – Richard Collier
Event(s): Hammer Throw – 67.45m and Discus Throw 49.07m
Rank: BC Juvenile Hammer – 1st Canadian Youth – 1st
BC Discus – 1st Canadian Youth – 3rd
BC Hammer Junior – 1st Canadian Junior – 1st
BC Discus Junior – 3rd Canadian Junior – 6th
Teams in 2006: BC Juvenile Team and BC Junior Team
Accomplishments: BC High School Gold medalist in the Hammer Throw and Discus Throw
National Legion Champion in the Hammer Throw
National Junior Champion in the Hammer Throw
Canadian Youth Record in the Hammer Throw

JUVENILE MALE TRACK & FIELD NOMINEES:

Ryan Chester
Club: Kajaks
Coach: Mike Murray
Event: 400m Hurdles – 53.92
Rank: BC Juvenile 400m Hurdles – 1st Canadian Youth – 1st
BC Junior 400m Hurdles – 1st Canadian Junior – 3rd
Teams in 2006: BC Juvenile Team
Accomplishments: BC High Schools Gold medalist in the 400m Hurdles
Canadian Junior 400m Hurdles – Bronze
Canadian Legion Championships Gold medalist in the 4X400m relay

Kyle Nielsen
Club: Coquitlam Cheetahs
Coach: Tom Nielsen
Event: Javelin 66.34m
Rank: BC Juvenile Javelin – 1st Canadian Youth – 2nd
BC Junior Javelin – 2nd Canadian Junior – 4th
Teams in 2006: BC Juvenile Team and BC Junior Team
Accomplishments: BC High School Gold medalist in the Javelin Throw
Canadian National Legion Championships Silver Medalist
Canadian National Junior Championships Silver Medalist

JUNIOR FEMALE TRACK & FIELD ATHLETE OF THE YEAR

Elizabeth Gleadle
Club: Vancouver Thunderbirds
Coach: Laurier Primeau/Ron Bunting
Event: Javelin Throw 50.86m
Rank: BC Junior – 1st, Canadian Junior – 1st
Teams in 2006: BC Junior Team
Canadian World Junior
Accomplishments: BC High School Gold medalist in Javelin
Set a Canadian Junior Championship meet record
8th place at Mount Sac Relays International Section
12th place at the World Junior Championships in Beijing

JUNIOR FEMALE TRACK & FIELD ATHLETE NOMINEES:
Corri-Ann Campbell Fell
Club: Vancouver Thunderbirds
Coach: Laurier Primeau
Event: 400m Hurdles 59.22
Rank: BC Junior – 1st Canadian Junior – 1st
Teams in 2006: BC Junior
Canadian World Junior
Accomplishments: Silver Medallist at the Canadian National Junior Championships
17th place at the World Junior Championships in Beijing
National Junior 4X400m relay team at World Juniors
Canadian National Team Dual Meet with China

Whitney Wellington
Club: Vancouver Thunderbirds
Coach: Laurier Primeau
Event(s): 100m 12.01 and 200m 24.55
Rank: BC Junior 100m – 2nd Canadian Junior -5th
BC Junior 200m – 1st Canadian Junior – 4th
Teams in 2006: BC Junior Team
Canadian Junior
Accomplishments: 1st place at BC Juniors in both 100m and 200m
2nd place at Canadian National Juniors in 100m
Only athlete from BC to qualify for the World Juniors in more than one event
Member of the 10th place 4 x 100m relay at the World Juniors
40th at the World Juniors in 100m

JUNIOR MALE TRACK & FIELD ATHLETE OF THE YEAR
Reid Gustavson
Club: Vancouver Thunderbirds
Coach: Laurier Primeau
Event: Decathlon 7080 points
Rank: BC Junior – 1st Canadian Junior – 1st
Teams in 2006: BC Junior Team
Canadian Junior Team
Accomplishments: BC Junior Decathlon record
Canadian Junior Decathlon record
Undefeated in Canada in the Decathlon in 2006
National Junior Champion
18th place at the World Junior Championships in Beijing China
Nationally ranked in individual events – High Jump; Pole Vault; Long Jump and 400m

JUNIOR MALE TRACK & FIELD ATHLETE NOMINEES:
Justin Marpole-Bird
Club: Vancouver Thunderbirds
Coach: Graeme Fell
Event: 1500m 3:45.99
Rank: BC Junior – 1st Canadian Junior – 1st  
BC Senior – 3rd Canadian Senior – 12th  

Teams in 2006:  
BC Junior Team  
Canadian Junior Team  

Accomplishments:  
Silver Medallist at National Junior Championships  
BC High School Gold medalist in the 1500m  
Member of the Canadian National Team at the World Junior Championships  

Curtis Moss  
Club: Unattached  
Coach: Don Steen  
Event: Javelin Throw 66.52m  
Rank: BC – 1st Canadian – 1st  
Teams in 2006:  
BC Junior Team  
Canadian Junior Team  

Accomplishments:  
Gold medallist at National Junior Championships  
Represented Simon Fraser University at NAIA championships  
Member of the National Team at the World Junior Championships in Beijing, China  

SENIOR FEMALE TRACK & FIELD ATHLETE OF THE YEAR  
&  
FEMALE ATHLETE OF THE YEAR  
Jennifer Joyce  
Club: Kajaks  
Coach: Chris Huffins  
Event: Hammer Throw 68.09m  
Rank: BC – 1st Canadian – 1st World – 37th  
Teams in 2006:  
Canadian Commonwealth Games Team  

Accomplishments:  
Silver medallist at the Canadian National Senior Championships  
Silver medallist at the Commonwealth Games in Melbourne Australia  
Bronze medallist at the Prefontaine Classic in Eugene Oregon  

SENIOR FEMALE TRACK & FIELD ATHLETE NOMINEES:  
Diane Cummins  
Club: Pacific Athletics  
Coach: Brent Fougner  
Event: 800m 1:59.81  
Rank: BC – 1st Canadian – 1st World – 19th  
Teams in 2006:  
BC Senior Team  
Canadian National Senior Team for the Commonwealth Games  

Accomplishments:  
Gold medallist at the Victoria International Meet  
5th Place at the Commonwealth Games  
Ranked under 2 minutes twice in 2006  

Stephanie McCann  
Club: Valley Royals  
Coach: Les Gramantik  
Event: Pole Vault 4.37m  
Rank: BC – 1st Canadian – 2nd  
Teams in 2006:  
BC Senior Team  
Canadian National Team for Dual Meet with China  
Canadian National Team member for the Commonwealth Games  

Accomplishments:  
Canadian Senior Championships – Gold medallist
Commonwealth Games Bronze medalist

SENIOR MALE TRACK & FIELD ATHLETE OF THE YEAR
&
MALE ATHLETE OF THE YEAR
Gary Reed
Club: Pacific Athletics
Coach: Wynn Gmitroski
Event: 800m 1:43.93
Rank: BC – 1st Canadian – 1st World – 14th
Teams in 2006: BC Senior Team Canadian Commonwealth Games Team
Accomplishments: Set a new Canadian Record in the 800m twice in 2006 Member of the Canadian Commonwealth Games Team Currently ranked 14th in the World in the 800m

SENIOR MALE TRACK & FIELD ATHLETE NOMINEES:
Mike Mason
Club: Valley Royals
Coach: Laurier Primeau
Event: High Jump 2.23m
Rank: BC – 1st Canadian 4th
Teams in 2006: BC Senior Team Canadian National Team for the Dual Meet with China
Accomplishments: National Senior Championships – Bronze medalist NAIA Gold medalist NACAC – Bronze medalist 4 times in 2006 jumped 2.20 metres or better

Dariusz Slowik
Club: Kajaks
Coach: Richard Collier
Event: Discus 63.47m
Rank: BC – 1st Canadian 2nd
Teams in 2006: BC Senior Team Canadian Commonwealth Games Team
Accomplishments: Gold medalist at the National Senior Championships in Ottawa Bronze medalist at the Commonwealth Games in Melbourne

MASTER FEMALE TRACK & FIELD ATHLETE OF THE YEAR
Avril Douglas
Kajaks Track & Field Club
Avril Douglas scored an 87.58% average over her best 5 performances. She set W60 BC Records in the 100m, 200m, 400m and 800m. Her best performances were in the 400 with a 69.57 as a 60 year old and a 68.58 at 59.

MASTER MALE TRACK & FIELD ATHLETE OF THE YEAR
John Hawkins
West Vancouver Track & Field Club
John Hawkins scored 94.58% for his best 5 performances. He won 8 Gold medals at the BC Championships, and 6 at the Senior Games. He won gold at the USA Decathlon Championships and Gold in the heptathlon at the USA Indoor Championships. His best performance was a 1.75m high jump.

ROAD RUNNING

SENIOR FEMALE ROAD RUNNER OF THE YEAR
Lucy Smith
Prairie Inn Harriers Racing Team
Times Colonist 10k, Victoria, 1st, 35:09
Vancouver Sun Run 10k, 7th, 35:26
Canadian Half Marathon Championships, Edmonton, 1st, 1:14.25
Canadian 10k Championships, Ottawa, 1st, 33:45

SENIOR MALE ROAD RUNNER OF THE YEAR
Steve Osaduik
Prairie Inn Harriers Racing Team
• First Half Half Marathon, Vancouver, BC, 1st, 1:06:32, 1,905 finishers
• Times Colonist 10K, Victoria, BC, 1st, 30:16, 8,162 finishers, Third consecutive TC10K Championship
• Scotiabank Half Marathon, Vancouver, BC, 5th, 1:07:23, 3,424 finishers
• National Half Marathon Championships, Edmonton, AB, 1st, 1:07:21, 947 finishers, Canadian Champion

MASTER FEMALE ROAD RUNNER OF THE YEAR
Nancy Tinari
Phoenix Athletics Association
Nancy Tinari was first in the F4549 category of the Timex Series with a perfect score of 210. She was fourth overall in the series. Nancy averaged 89.6% age graded for her five best road races. Her top performance was a 35:53 clocking in the Sun Run (91.5%).

MASTER MALE ROAD RUNNER OF THE YEAR
Herb Phillips
Prairie Inn Harriers Racing Team
Herb Phillips scored 91.0% age graded over his best 5 performances. His best race was a 37:20 in the Sandcastle 10k. His most impressive result was a 29:41 in the Steveston Ice Breaker 8k in January under very cold conditions.

CROSS COUNTRY

JUVENILE FEMALE CROSS COUNTRY RUNNER OF THE YEAR
Justine Johnson
Pacific Athletics
• October – 1st Place BC Athletics Cross Country Championships
• November – 1st Place BC High School Cross Country Championships
• December – 14th Place Canadian Junior Cross Country Championships

JUVENILE MALE CROSS COUNTRY RUNNER OF THE YEAR
Mitch Culley
Valley Royals Track & Field Club
• 1st Place BC Athletics Cross Country Championships
• 2nd Place BC High School Cross Country Championships
• 23rd Place Canadian Junior Cross Country Championships

JUNIOR FEMALE CROSS COUNTRY RUNNER OF THE YEAR
Rachel Cliff
Vancouver Thunderbirds Track & Field Club
• 4th Place Ontario University Cross Country Championships
• 8th Place CIS Canadian University Cross Country Championships
• 5th Place Canadian Junior Cross Country Championships

JUNIOR MALE CROSS COUNTRY RUNNER OF THE YEAR
Justine Marpole-Bird
Vancouver Thunderbirds Track & Field Club
• 1st Place Stanford Invitational Cross Country
• 4th Place Santa Clara Invitational Cross Country
• 1st Place Canadian Junior Cross Country Championships

SENIOR FEMALE CROSS COUNTRY RUNNER OF THE YEAR
Kirsty Smith
Kajaks Track & Field Club
• 15th Place NACAC Cross Country Championships – Canadian Team Member
• 93rd Place IAAF World Cross Country Championships – Canadian Team Member - 8 km
• 1st Place BC Athletics Cross Country Championships

SENIOR MALE CROSS COUNTRY RUNNER OF THE YEAR
Steve Osaduik
Prairie Inn Harriers Racing Team
• 12th Place NACAC Cross Country Championships – Canadian Team Member
• 92nd Place IAAF World Cross Country Championships – Canadian Team Member – 12 km
• 2nd Place BC Athletics Cross Country Championships
• 25th Place Canadian Cross Country Championships

MASTER FEMALE CROSS COUNTRY RUNNER OF THE YEAR
Maureen de St. Croix
Ocean Athletics
Maureen de St. Croix won the F5054 division in the BC and the Canadian Championships (leading the BC Team to another Blue Nose Trophy win). She was the top female age graded athlete in both races.

MASTER MALE CROSS COUNTRY RUNNER OF THE YEAR
Rob Lonergan
Hershey Harriers
Rob Lonergan won the masters race at the BC Cross Country Championships in a great time of 25:56. He was also the top age graded performer at 89.58%. He won the North Shore Cross Country Championship and the Remembrance Day Masters Only Classic and finished 44th in the Senior division of the Canadian Cross Country Championships in a fine time of 34:35.

ATHLETES WITH A DISABILITY
FEMALE ATHLETE WITH A DISABILITY
Michelle Stilwell
BC Wheelchair Sports - Athletics
Event(s): 100m 200m
Coach: Peter Lawless
Teams in 2006: BC Senior
Canadian National Senior Team
Michelle raced to become a double medalist at the World Championships in the 100m and 200m. Michelle established a World Championship Games Record in the 200m (39.51). She won the Silver medal in the 100m in a time of 22.15. Michelle placed first in the Wheelchair Race Series here in BC.

MALE ATHLETE WITH A DISABILITY
Kelly Smith
BC Wheelchair Sports – Athletics
Coach: Peter Ericson
Event: Marathon 1:29:34
10k – 21:02
Kelly was the top Canadian finisher at the Boston Marathon placing 3\textsuperscript{rd} in the Men’s Open Division. Kelly won the 2006 Vancouver Sun Run 10k, as well as the 2006 Forzani Mother’s Day 10k; Kelly placed 4\textsuperscript{th} in the 2006 Rolling Rampage 10k in Toronto repeating as the top Canadian athlete in the field. Kelly competed in the 2006 World Championships in Assen, Netherlands but was involved in a huge crash which damaged his wheelchair. Kelly managed to finish the race in 31\textsuperscript{st} position.

OFFICIALS

IAN McNEIL AWARD
2006 OFFICIAL OF THE YEAR
April Arsene
A founder of the Valley Royals Track and Field Club, April Arsene turned her attention to officiating ten years ago. A woman with a remarkable level of expertise, April has become a finish line authority within this province, working proficiently in a team with other officials. In 2006 April completed the Level 4 National Officials Umpires criteria, was the Meet Director of the BC Senior Games in Abbotsford, and is a member of the BC Branch Official Committee. April brings energy, knowledge and a great deal of fun to meets of all levels throughout British Columbia, and is a very worthy recipient of the 2006 Official of the Year Award.

RALPH COATES MEMORIAL AWARD
2006 LONG STANDING SERVICE
Keith Newell
An official with more than 30 years volunteer service to his province and country, Keith Newell is an excellent example of commitment at a very high level. Keith is a Starters Assistant, a Referee, a Starter and a regular member of a Jury at elite meets. A member, and currently Chair, of the National Officials Committee, Keith is a past Chair of the BC Branch Officials. He has demonstrated his proficiency as a Meet Director on numerous occasions, notably during the 1994 Commonwealth Games in Victoria. Keith is a wealth of information, and willingly mentors other officials who appreciate his calm attitude and attention to detail. British Columbia is indeed fortunate to have the continual expertise that Keith Newell has brought to our province.

MARY TEMPLE AWARD
NOVICE OFFICIAL OF THE YEAR
Sandra Herd
A volunteer with a keen interest in developing her officiating skills, Sandra has been a regular at track and field meets over the past 2 years. During this time she completed the Level 1 and 2 BC Officials courses, and though enjoying a sampling of all athletics competitions, Sandra has a particular interest in the jumping events. After spending years as a parent watching her own three athletes, she was drawn into officiating by the camaraderie and
expertise she saw modeled by other officials. A new official with a tremendous potential, Sandra has demonstrated four important traits: leadership, dedication, talent, and a great sense of humour!

**DAVID COUPLAND INSPIRATIONAL AWARD**

**Gerry Swan**

A long serving member of the Athletics Community, Gerry is a head coach, organizer, former athlete, and a founding member of the Valley Royals T&F Club as well as a long serving member of the Achilles Society. With the presentation of the Dave Coupland Award, Gerry is recognized for his appreciation of Provincial and National Officials, and the volunteer work they perform for the sport. Gerry is an advocate for officials, respectful of their expertise, always assuring they are acknowledged and awarded hospitality. A Freeman of the City of Abbotsford, due to his contribution to community sports and volunteers, Gerry is outspoken in his support of the role played by Athletics Officials.

**EXCELLENCE IN COACHING**

**JUNIOR DEVELOPMENT COACH**

**Larry Neilson**

Larry Neilson is the Junior Development Coordinator for the Valley Royals Track and Field Club. He tracks talented athletes attending school in the Abbotsford and Mission School Districts and does his utmost to enlist these athletes as BC Athletics members. Larry has his Level 2 Coaching Certification. Larry is a fantastic volunteer with the Valley Royals Track Club and helps to organize numerous school, club and provincial meets. He is a patient worker with parents of JD athletes.

**Athletes:**

Shayna Lauer  
Event – Race Walk – BC Summer Games Gold medalist  
Ranked first in BC  
David Crumley  
Event – 400m – Silver medal at the BC Summer Games  
Ranked in BC – 2nd  
Dyson Barnes  
Event – 300m Hurdles – BC Summer Games Gold medalist  
Ranked in BC – 1st

**SENIOR COACH**

**Laurier Primeau**

Laurier Primeau is the Head Coach and Founder of the Vancouver Thunderbirds. Laurier has been a very successful athlete, coach and club administrator over many years. He is a valued member of the Senior, Junior and Juvenile Track and Field Committee representing the Combined Events area. This past summer he was selected to be the Jumps and Combined Events coach on the National World Junior Team that travelled to Beijing China. His club program produced five of the 28 athletes selected to this team. The success of the club athletes is a testament to the hard work and dedication that Laurier provides his athletes.

**Athletes**

Reid Gustavson – established a Canadian Junior Decathlon record  
Elizabeth Gleadle – set a National Jr. Championship meet record in the Javelin 50.86m  
Corri-Ann Campbell Fell – set a new personal best in the 400m Hurdles 59.22  
Justin Marpole-Bird – Ranked as the top junior in not only BC but also in Canada  
Whitney Wellington – the only BC athlete to qualify in two events for the World Juniors  
Rachel Cliff – Bronze medallist at the National Junior Championships

**Katherine Digby**  **Erica Digby**  **Morgan Twitchell**  
**Cloe Hewitt**  **Aaron Dixon**  **Mike Clapson**
HIGH PERFORMANCE COACH
Peter Lawless
BC Wheelchair Sports
Peter has contributed to the growth and development of Wheelchair Athletics in British Columbia for many years. He is the coach of the National Training Centre for Wheelchair Athletics in Victoria under the Integrated Performance System’s National Wheelchair Sports Training Centre in British Columbia. Peter is involved each year in the BCWSA Annual Wheelchair Athletics Clinic for athletes and coaches. Peter’s main focus is training his athletes, including World Champion Michelle Stillwell and National Marathon Silver medalist Alan Bergman. Peter has supported the development of Canada Summer Games and the Western Canada Summer Games team athletes for many years. Peter also works with provincial team athletes including Canada Summer Games hopeful Jessica Des Mazes and National Development Team member, Brad Skeats. Peter has travelled as a National Team Coach to the 2006 World Championships in Assen, in the Netherlands, and to the 2005 European Championships in Espoo, Finland.

EXECUTIVE OF THE YEAR
Local Arrangements Committee for the 2006 Legion National Track & Field Championships
Lead by Sharel Fraser, the Local Arrangements Committee hosted and organized the 30th Annual Legion National Track & Field Championships held at Simon Fraser University. Drawing from the Legion Branches throughout the Lower Mainland and Fraser Valley, Simon Fraser University, BC Athletics Officials and Staff, Sharel forged a dedicated, dynamic and determined committee to lead the hosting of this National Legion Championship. Travelling throughout the province soliciting donations and commitments from Legion Branches, governments at all levels and businesses this team of volunteers pulled together the necessary resources to make this one of the most memorable Legion National Track & Field Championships ever held and provide Simon Fraser University with a legacy of Track & Field equipment. Cool under pressure was the motto for Sharel who despite the many challenges faced in the staging of this event could always be counted on to listen and help in whatever way possible. This was the approach adopted by all the Local Arrangements Committee members who together with the many volunteers and officials just did it!

BC ATHLETICS HALL OF FAME
Iain Fisher
When you mention the Fisher name in the Athletics Community in British Columbia you open the door to a treasure chest of volunteer commitment and dedication to the sports of Track & Field, Road and Cross Country Running. Carrying on the family tradition, Iain is now one of our longest serving officials in BC. He is an International level Starters Assistant and Call Room Manager, and has been invited to participate in many National and International Championships in Canada. In 2005 and 2006 he acted as a Technical advisor and Officials Manager for the Canadian Cross-country Championships. He was Chief Starters Assistant for the Harry Jerome International Track Classic, and for a full season of invitational and local meets. Iain is Chief Starter and Officials Manager for a regular series of “twilight meets” in Burnaby, which attracts recreational as well as International class athletes. In 2004 he was invited to act as a Major Official at the National Track and Field Championships, and at the National Junior Championships in Saskatoon. Iain was Co-Meet Director of the Royal Canadian Legion Championships in 2006. He has been a competitive athlete all his life, and trains for Masters cross country and road racing. Iain Fisher was the 2005 BC Athletics Official of the Year (the Ian McNeill Award).