2011
BC Athletics Annual Awards Banquet

An Evening to Honour Athletes, Coaches, Officials & Volunteers

January 29, 2011 • Richmond, BC
In December of 2010, Gary Reed announced his retirement from competition following an 8 year International career as one of Canada’s greatest Middle Distance Runners in history.

“My goal has always been fairly simple – to be the best in the world at what I do and medal at the Olympics and World Championships. I woke up every single day for the last 15 years and dedicated 100% of myself to this while trusting my coach, Wynn Gmitroski, and earlier on, Derek Evely. From the beginning I’ve always known that I wanted to be able to walk off the track and have zero regrets - to be able to retire from the sport and not let the sport retire me. I wanted to have that feeling that I had poured everything I had into track and field, and that there was nothing left to give.”

Gary’s post-athletics career includes supporting up and coming athletes, a reality he knows all too well. He knows that the smallest amount of money can make the biggest difference for athletes. To support this need and remain involved in the sport, Gary plans to integrate a program into his business plan which will involve partnering with like-minded people to commit a portion of income to Olympic hopefuls. He wants small businesses to become involved in the dream to see Canadian athletes excel. Gary himself will continue to lend his voice to supporting developing athletes.

**Gary Reed:**
- 800-metre Canadian record holder – 1:43.68
- 2 time Olympian (2004, 2008)
- Silver medallist - 2007 World Championships
- 4th place finish at the 2008 Olympic Games in Beijing, China.
Welcome to the 2011 BC Athletics Annual Awards Banquet. The annual banquet is a wonderful opportunity for us to gather and recognize the achievements of athletes, coaches, officials, club executive and volunteers. Each, in their individual way, contribute to the success of our sport in British Columbia. The evening will also include an induction into the BC Athletics Hall of Fame, honouring a life time of service to the sport of Athletics.

I would also like to take this opportunity to thank the Province of BC, our business partners, and the Royal Canadian Legion, some of whom are represented here tonight, for their ongoing support. Their involvement and participation in our sport enables us to provide a high level of programs and services to the members of the association.

BC Athletics offers so much to all levels and ages of its’ members. It is your support as parents, volunteers and partners, no matter the role, that makes this possible.

Thank you for being with us tonight to honour the accomplishments of the athletes, coaches, officials and volunteers.

Larry Harper
Chair, BC Athletics

It is my pleasure to attend the 2011 BC Athletics Annual General Meeting and Annual Awards Banquet. I am very much looking forward to a great year, working with our partners as we build our great sport together. We have so many passionate and experienced athletics enthusiasts in our country, and together we will share in our challenges and successes. We will work towards our goals of increased participation, high performance and support to our athletes, coaches and officials. Track and Field, Cross Country and Road Running are in good hands, and I look forward to meeting as many of you as possible over the course of the weekend.

Sincerely

Rob Guy
Chief Executive Officer
Athletics Canada
2010 Midget 15 Award Recipients

**ADUGALSKI, Sebastian**
Club: New West Spartans TFC
Coach: Tatjana & Besnik Mece
Events and Performances:  
1200m, 3:47.59, BC Summer Games, 1st  
5000m, 16:58.47, BC Summer Games, 2nd

**BALAZS, Emma**
Club: Prince George Track Club
Coach: Brian Martinson
Events and Performances:  
1500m SC, 5:01.99, Legion National Champs, 2nd

**COVINGTON, Asianna**
Club: Kajaks TFC
Coach: Richard Collier
Events and Performances:  
Discus (1kg), 14.50m, BC Summer Games, 1st

**COVINGTON, Asianna**
Club: Kajaks TFC
Coach: Richard Collier
Events and Performances:  
Discus (1kg), 14.50m, BC Summer Games, 1st

**DAVIEL, Petranella**
Club: Kajaks TFC
Coach: Richard Collier
Events and Performances:  
Hammer (3kg), 43.08m, BC Summer Games, 2nd

**ELLWOOD, Georgia**
Club: Langley Mustangs
Coach: Kim Chapdelaine
Events and Performances:  
200mH, 30.5, BC Summer Games, 1st

**FEDOR, Kye**
Club: NorWesters TFC
Coach: Elena Voloshin
Events and Performances:  
Pole Vault, 2.60m, Langley Pacific Meet, 1st

**HANNA, Maxwell**
Club: Ocean Athletics
Coach: Jim Cliffrord
Events and Performances:  
Javelin (600g), 49.56m, Langley Pacific Meet, 1st

**HOUlTON, Jacob**
Club: Langley Mustangs
Coach: Kim Chapdelaine
Events and Performances:  
High Jump, 1.90m, Langley Pacific Meet, 1st

**HUMENIUK, Tanya**
Hometown: Vancouver
Coach: Robert Solmes
Events and Performances:  
1200m, 3:37.40, BC Summer Games, 1st

**JOYCE, Elisa**
Hometown: Kelowna
Coach: Brandt Fralic
Events and Performances:  
100m, 12.61, BC High School Championships, 1st

**KENNER, Logan**
Club: New West Spartans TFC
Coach: Tatjana & Besnik Mece
Events and Performances:  
Triple Jump, 11.98m, BC Championship Jamboree, 1st

**MAHAL, Loveleen**
Club: Universal Athletics Club
Coach: Kulwant Dosanjh
Events and Performances:  
1200m, 3:41.40, BC Summer Games, 4th

**MOLDAVANOV, Vladislav**
Club: NorWesters TFC
Coach: Elena Voloshin
Events and Performances:  
Triple Jump, 11.41m, Legion National Champs, 2nd

2010 Youth Female Nominees

**DAVIS, Shai-Anne**
Club: Kajaks TFC
Coach: Mike Murray
Events:  
100m – 11.71, 200m – 24.01

**GRAF, Serena**
Club: Kajaks TFC
Coach: Richard Collier
Events:  
Javelin – 44.85m

**HayWARD, Katelyn**
Club: Pacific Athletics
Coach: Keith Butler
Events:  
2000m SC – 6:59.50, 3000m – 9:55.40

**KENNEDY, Samantha**
Club: Kajaks TFC
Coach: Richard Collier
Events:  
Hammer – 48.79m

**REID, Katie**
Club: Kajaks TFC
Coach: Mike Murray
Events:  
400m – 53.47 sec (Canadian YTH Record)

**TurnER, RosTAM**
Club: Kelowna TFC
Coach: Dr. Bondarchuk/Verena Strode
Events and Performances:  
Javelin (600g), 48.65m, BC Summer Games, 1st

**VanderMaLe, EmAlee**
Club: Comox Valley Cougars
Coach: John May
Events and Performances:  
Javelin (600g), 35.05m, Bob Dailey Memorial Meet, 1st

**WILLIAMS, Alison**
Club: Ocean Athletics
Coach: Scott Kent
Events and Performances:  
800m, 2:14.55, BC Championship Jamboree, 2nd

**WOrrTHy, Kate**
Club: Pacific Athletics
Coach: Ron Parker
Events and Performances:  
800m, 2:14.55, BC Championship Jamboree, 2nd

2011 Annual Awards Banquet

2010 Track & Field Athletes of the Year

**PALESch, Meghan**
Club: Ocean Athletics
Coach: Jim Cliffrord
Events and Performances:  
200mH, 27.88, Legion National Championships, 1st

**PAYNE, Shania**
Club: Golden Ears Athletics
Coach: Rick Lloyd
Events and Performances:  
100m, 12.65, BC Summer Games, 1st

**STONe, Kala**
Club: Kamloops TFC
Coach: Jarett Mclean
Events and Performances:  
1200m, 3:44.42, BC Championship Jamboree, 1st

**Van RYSWyK, Kathryn**
Club: South Fraser TFC
Coach: Peter Raddatz
Events and Performances:  
800m, 2:12.21, Legion National Championships, 4th

**VanderMaLe, EmAlee**
Club: Comox Valley Cougars
Coach: John May
Events and Performances:  
Javelin (600g), 35.05m, Bob Dailey Memorial Meet, 1st

**WiLLIAMS, Alison**
Club: Ocean Athletics
Coach: Scott Kent
Events and Performances:  
800m, 2:14.55, BC Championship Jamboree, 2nd
2010 Junior Female Nominees

COBB, Aleisha
Club: Pacific Athletics
Coach: Ron Parker
Event: Long Jump – 5.89m
Teams: BC Jr Team
Rankings: BC Jr – 2

FRANKE-KUHN, Joanna
Club: Kajaks TFC
Coach: Richard Collier
Event: Hammer – 52.34m
Teams: BC Jr Team, World Jr Champs Team
Rankings: BC Jr – 2

NETTEY, Christabel
Hometown: Surrey
Coach: Mike Murray
Event: Long Jump – 6.28m
Teams: N/A
Rankings: BC Jr – 1

PARENT, Holly
Club: Victoria TFC
Coach: Greg Peters
Event: High Jump – 1.82m
Teams: BC Jr Team, BC Sr Team, World Jr Champs Team
Rankings: BC Jr – 1

PERKINS, Tiffany
Hometown: Abbotsford
Coach: Tom Nielsen
Event: Javelin – 48.46m
Teams: BC Jr Team, World Jr Champs Team
Gold medalist at Canadian Jr Champs
Rankings: BC Jr – 1 / National Jr – 1

2010 Junior Male Nominees

HELDMAN, Jared
Club: Valley Royals TFC
Coach: Ziggy Szelagowicz
Event: Decathlon – 6658 pts
Teams: World Jr Champs Team, BC Jr Team
Gold Medalist BC High School Champs
Rankings: BC Jr – 1

LOVETT, Django
Club: Valley Royals TFC
Coach: Ziggy Szelagowicz
Event: High Jump – 2.14m World Jr Trials
Teams: World Jr Champs Team, BC Jr Team
Gold Medalist at BC High School Champs
Rankings: BC Jr – 1 / National Jr – tied for 1

McKAY, David
Club: Pacific Athletics
Coach: Greg Peters
Event: Pole Vault – 4.80m
Teams: BC Jr Team
Gold Medalist at BC High School Champs
Record: BC High School Champs – PV 4.66m
Rankings: BC Jr – 1 / National Jr – 2

VUGEVEEN, Travis
Club: Valley Royals TFC
Hometown: Chilliwack
Coach: Sue Northey
Event: 800m – 1:51.50 Fraser Valley HS Champs, 1st
Teams: World Jr Champs Team, BC Jr Team
Gold Medalist at Fraser Valley High School Champs / BC High School Champs & 3rd at Canadian Jr Champs
Rankings: BC Jr – 1

2010 Senior Female Nominees

ABDULAI, Ruky
Club: Valley Royals TFC
Coach: Jerold Jones / Brit Townsend
Event: Long Jump – 6.74m, Heptathlon – 6086 pts
Teams: Commonwealth Games
Rankings: BC Sr – 1 (LJ)
National Sr – 1 (LJ)

2010 Senior Male Nominee

ARMSTRONG, Dylan
Club: Kamloops TFC
Coach: Dr. Anatoly Bondarchuk
Event: Shot Put – 21.58m (Canadian Record)
Teams: Commonwealth Games Team, National Sr Team, IAAF Continental Cup competitor
Gold Medalist at Canadian Champs & Commonwealth Games
Rankings: BC Sr – 1
National Sr – 1 / World – 7
Records: New records both Canadian/BC Indoor (21.39m) and outdoor (21.58m) in 2010
Set new Commonwealth Games record in 2010 (21.02m)
2010 ROAD RUNNERS OF THE YEAR

Junior Female Road Runner of the Year

DOERKSEN, Kimberley
Club: Valley Royals TFC
19 & Under LMMRS winner
BC 18-19 F Half Marathon Champion
20:07 St. Pats 5K
5k 13-Mar 2nd
32:13 Icebreaker 8K 17-Jan 1st
45:12 Summerfast 10K 17-Jul 1st
1:36:21 Sechelt HALF 11-Apr

2010 Junior Male Road Runner of the Year

HAIGHT, Dylan
Club: Pacific Athletics
BC 18-19 M 8K Champion
25:12 Pioneer 8K 19-Jan

Senior Female Road Runner of the Year

RODY, Kristina
Club: Prairie Inn Harriers Racing Team
5th CDN HALF CHAMPIONS
16:46 St. Pat’s 5K 13-Mar
27:35 Harry’s 8K 7-Mar
33:06 Sun Run 10K 9-May
1:17:13 Montreal HALF 18-Apr

2010 Junior Male Road Runner of the Year

OSADUIK, Steve
Club: Prairie Inn Harriers Racing Team
2nd BC Timex Series
BC 8K OVERALL Champion 1st
CDN TIMEX SERIES CHAMPION
2nd CDN HALF CHAMPION
2nd CDN MARATHON CHAMPION
14:29 Longest Day 5K 18-Jun
23:55 Pioneer 8K 10-Jan
30:12 Sun Run 10K 9-May
30:12 TC 10K 10K 25-Apr
1:04:52 Surf City HALF 7-Feb
2:18:29 Japan Marathon 7-Mar

2011 Annual Awards Banquet

2010 Cross Country Runners of the Year

Midget 15 Female Cross Country Runner of the Year

HUMENIUK, Tanya
Hometown: Vancouver
Performances:
1st BC Midget 15 Cross Country Championships
1st BC High School Cross Country Championships

Midget 15 Male Cross Country Runner of the Year

KNETCHEL, Trevor
Club: Vancouver Thunderbirds
Performances:
2nd BC Midget 15 Cross Country Championships
1st Lower Mainland Cross Country Series (age 15)

Youth Female Cross Country Runner of the Year

ALLISON, Katrina
Club: Vancouver Thunderbirds
Performances:
1st BC Youth Cross Country Championships
5th BC High School Cross Country Championships
1st Lower Mainland Cross Country Series (under 19)

Junior Male Cross Country Runner of the Year

CLIFFORD, Deon
Club: Ocean Athletics
Performances:
6th BC Cross Country Championships
5th BC Team Scorer at National JR X-Country Champs
4th BC High School Cross Country Championships

Senior Female Cross Country Runner of the Year

WOODWARD, Maggie
Hometown: Victoria
Performances:
1st BC Cross Country Championships
3rd BC Team scorer at National Junior Cross Country Championships
9th NAIA Regional Cross Country Championships
5th Western Washington Preview

Senior Male Cross Country Runner of the Year

BRUCHET, Luc
Club: Ocean Athletics
Performances:
2nd BC Junior Cross Country Championships
2nd Canadian Junior Cross Country Championships
1st BC team scorer at National Junior Cross Country Championships
4th NAIA Regional Cross Country Championships

Youth Male Cross Country Runner of the Year

PIETERSON, Matt
Club: University of Victoria
Performances:
2nd BC Senior Cross Country Championships
11th Canadian Senior Cross Country Championships
1st BC Team scorer at National Senior Cross Country Championships
5th CIS Championships
1st Concordia Classic
**2010 MASTERS ATHLETES OF THE YEAR**

**Masters Female Track & Field Athlete of the Year**

**KOTELKO, Olga** - Age 91

Hometown: West Vancouver

At the World Indoor Championships in Kamloops, Olga set world indoor records in the 60m, 200m, L3, TJ, Hammer, SP and Weight. She also added three outdoor World Records to her collection. Another great year for Olga. Her best performance may be her 100% age graded high jump of .75m.

**Masters Male Track & Field Athlete of the Year**

**HAWKINS, John** - Age 61

Club: West Vancouver TFC

John scored 94.34% for his best 5 age graded performances. Set a new M60 Canadian High Jump record 1.70m & a BC record in the Long Jump (5.13m).

John won 5 gold and 3 silver medals in the Canadian Masters T&F Championships and also finished first in the M60 USA Combined events championship decathlon with 6678 points.

**Masters Female Road Runner of the Year**

**McFARLAN, Gwen** - Age 76

Club: Kajaks TFC

In 2010, Gwen set Single Age World Records (as kept by the Association of Road Racing Statisticians) in the Half Marathon (1:52:23 in the BMO Half Marathon in Vancouver) and the Marathon (4:02:27 in the Goodlife Fitness Victoria Marathon). Her marathon was age rated at 100% on the then new age grading tables. Gwen also finished first in her age category in the Vancouver Sun Run, ahead of many younger athletes.

**Masters Male Road Runner of the Year**

**PHILLIPS, Herb** - Age 70

Club: Prairie Inn Harriers Racing Team

**TARRANT, Maurice** - Age 80

Club: Prairie Inn Harriers Racing Team

Herb and Maurice tied for the best average age graded results for 8 races (about 90.4%) this year. Herb set new BC records in the 10K (41:00), the Half Marathon (1:30:33) and the Marathon (3:06:08).

Maurice set BC and Canadian records in the 5K (23:37), 8k (38:15), 10k (47:51) and Half Marathon (1:51:30). He also set a World Record in the 15K (1:13:28).

**Masters Female Cross Country Runner of the Year**

**De ST. CROIX, Maureen** - Age 57

Club: Ocean Athletics

Maureen was the best age graded female athlete at the BC Championships. She also won two other cross country races in the F55 age category in the Lower Mainland Cross Country Series this year. Maureen was the Canadian champion in the F55 age group with a fine age graded performance of 85.60%.

**Masters Male Cross Country Runner of the Year**

**DIGNUM, Colin** - Age 44

Hometown: West Vancouver, BC

Colin was the best age graded BC Team member at the Canadian Cross Country Championships, leading BC to a second place finish in the Provincial competition. In the M40 category, Colin was 3rd in the Canadian Cross Country, 4th in the BC Championships, 2nd in the Masters Remembrance Day race and 1st in the Gunner Shaw.

**ATHLETE WITH A DISABILITY – 2010 ATHLETES OF THE YEAR**

**Female Athlete with a Disability Athlete of the Year**

**STILWELL, Michelle**

Hometown: NanOOSE Bay, BC

Club: Wheelchair Racing Series Club

Coach: Peter Lawless

**DOLFO, Braedon**

Club: Langley Mustangs

Coach: Kim Chapdelaine/Dwayne Lotnick

**Male Athlete with a Disability Athlete of the Year**

Rankings:
- #1 in Canada T13: 100m, 200m
- #1 in IPC World T13: 200m
- #1 in Canada F13: Long Jump, Long Jump
- #1 in IPC World F13: Long Jump
- #1 in IPC World F13: Long Jump

Performances:
- Bahnmeeting Arbon, Arbon, SUI
- Performances:
  - # in IPC World F1: Long Jump
  - #1 in IPC World F1: High Jump
  - #1 in Canada T1: 100m, 200m
  - #1 in Canada T1: 200m, 400m, 800m, 1500m

**Performances:***

- Boiling Point Elite, Windsor, ON, CAN
- 100m 1st WR 11.54
- 200m 1st 23.59

**Teams:** Penn Relays

**2010 EXCELLENCE IN OFFICIATING AWARDS**

**Ian McNeil Award – 2010 Official of the Year**

Is awarded to a registered Official who made an outstanding contribution to track and field and exemplified excellence in officiating. The recipient is automatically nominated for the “NOC Official of the Year”

**ARMSTRONG, Judy**

Club: Kamloops TFC

- Began Officiating in 1993 Canada Summer Games-Kamloops
- Member of Kamloops Sports Council 2006-2010
- LOC rep for Pacific Sport Interior since 1994
- Board Member of the Kamloops Track and Field Club since 1991
- Initiated and organizes Annual Spaghetti Dinner for Officials since 2002
- Organizes KTFC Manure Sale Fundraiser since 1997
- Volunteers/Leads the Administrative Role for Kamloops Track and Field Club since 1991
- Meet Director and or /Meet Director for Kamloops Track and Field Club meets since 1994 which include WAVA .North, Central and Caribbean World Masters Athletics (NCCWMA) Champions in 2000, Canadian Championships Outdoor Masters 2009, Canadian Indoor Championships 2010 and all club meets since 1991
- Instrumental in achieving National Throws Centre in Kamloops 2010
- Applied for and received the single largest amount of funding ever granted to a local sport from the Kamloops Blazers Foundation to build a new throws building, hammer centre, pole-vault and high jump mat covers totalling 47,000.00 completed in November 2010.
- Co-Chair of World Masters in Kamloops 2010
- Current President of Kamloops Track and Field Club
2010 EXCELLENCE IN OFFICIATING AWARDS

Ralph Coates Award – Long Standing Service

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

TERLICHER, Kathy

Club: Burnaby Striders

Kathy Terlicher began as an official in 1989, and has given hundreds of hours each year to the sport of Athletics. An individual who constantly upgrades her skills, Kathy is a Level 5 Umpire, a Level 4 Track Referee, a Level 3 Race Walk Judge, and a Level 3 Finish Line Judge. Kathy is supportive of all levels of Athletic competition, and regularly attends events with a focus from Junior Development to international level athletes. She treats everyone with fairness, and applies the rules with good judgment. Kathy is extremely well liked by both athletes and other officials within the British Columbia Athletics community. Our sport is the better for her expertise, common sense, and commitment.

Mary Temple Award – Novice Official of the Year

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 unfailingly as a beginner Official.

GAIESKY, Kevin

Club: Prince George TFC

As an athlete, Kevin specializes in race walking and attended the Canada US Dual meet as a member of the junior Canadian race-walk team. Kevin started officiating 3 years ago. Being in the North, PGTF didn’t have an abundance of officials. He was interested in starting and Bill Masich taught him. Kevin and his older brother Kristopher have done all the starting for all the Prince George track meets. They have dedicated many volunteer hours to help run the meets. Kevin has also been a starter at the Jack Brow and Kamloops Centennial meet. He has been very fortunate to work and learn from some very experienced starters such as Dale and Ken.

Dave Coupland Award – Inspirational Award

Dave Coupland Award is presented to a BC Athletics member who has been an inspiration for Officials; someone who has made it fun.

COWDEN, Bob

Club: Kamloops TFC

Bob began officiating in 1993 when Kamloops hosted the Canada Games. He is currently a Level 5 in Horizontal Jumps and a Level 3 in Vertical Jumps. Field Referee, Bob has a history of volunteering at community events; he is also the Technical Delegate for Alpine Canada. He worked the Olympic Games this past February. He has chaired 2 World Cups in Snowboard Racing held at Sun Peaks and is an official with the Kamloops Classic Swim Club.

Junior Development Coaches

MECE, Besnik

Club: Vancouver Olympic Club

New West Spartans TFC

• Besnik is a certified Level 2 Sprint/Hurdles and Level 3 Technical in Distance Coach.
• As JD Coordinator, he helped to rebuild the VOC JD program from 0 to 80+ JD athletes.
• Established and built the JD program in New Westminster including the New West Spartans.
• Reorganized and rebuilt the annual VOC elementary schools track meet.
• Each for more than 30 years, most recently with the Vancouver Olympic Club & New West Spartans TFC.
• Athlete achievements: 26 BC JD Champions in 2010
• Trains the VOC Kids Program for the Vancouver schools for track and field and cross country.
• He makes the training enjoyable, applying new exercises and keeping the kids keen.
• Head coach of Guardian Athletics Society, which is VOC’s & Achilles Track Society’s Outreach program providing track and field coaching to 800+ inner city disadvantaged elementary school children at no cost to the schools.
• Co-organizes the Harry Jerome Elementary Schools Relays

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2010 EXCELLENCE IN COACHING AWARDS

KEATLEY-CAMPBELL, Linda

Club: Nanaimo TFC

• Linda has coached as a JD coach for 12 years and has attained Level 3 Certification in distance & middle distance coach.
• Head Coach to the year round event (throws and race walk)
• Linda maintains an atmosphere of fun at all practices while ensuring each athlete participates at an appropriate level.
• She is interested in them as individuals, encourages them in their efforts
• Linda continues to compete as a Masters Athlete & her enthusiasm for the sport passes on to the young athletes.
• Sets out each practice coaching plans for the session and upcoming competitive options. She is always very accessible as a coach and leader.
• Linda has shown quiet, gentle leadership and has had a profound effect on the club.

COLLIER, Richard

Club: Kajaks TFC

Throws Coach: Head Coach – Throws; 2010 BC Senior Team

Athletes who are coached by Richard Collier:

Chantel Spies – Discus; 49.99m
Gold Medalist Canadian Champs
Ranked #4 in Canada (SR)

Asianna Covington – Discus (1kg); 38.11m, Hammer (3kg); 55.69m, Shot Put (3kg); 12.49m
BC Athletics Midget 15 T&F Athlete of the Year Award Recipient

Petranella Daviel – Hammer (3kg); 43.08m
BC Athletics Midget 15 T&F Athlete of the Year Award Recipient

Serena Graf – Javelin
Ranked #1 in BC and Canada - Youth Javelin
Gold medalist women’s javelin throw BC High School Championships / BCA youth championships

Samantha Kennedy – Hammer
BCA Youth Championships / Canadian Youth Championships the past 2 years

Joanna Franke-Kuhm – Hammer
Ranked #1 in BC & Canada
Canadian World Juniors Team member 
& Canadian Junior Championships

LONGMUIR, Kim & LONGMUIR, Randy

Club: Oceanside TFC

Middle Distance Coaches

Athletes who are coached by Kim and Randy Longmuir:

Alycia Butterworth – Steeplechase; 2000m – 7:21.00
Ranked #1 in BC (JR)

Thomas Riva – 800m; 1:53.31
Ranked #3 in BC (JR)

Caley Longmuir – Racewalk 5000; 32:36.24
Ranked #1 in BC / Canada (JR)

Randy and Kim have been instrumental in growing Oceanside TFC from 30 athletes to over 100 over the last 5 years. They have been actively involved in the improvement of the training facility and have worked with the schools, sports associations and running clubs in the area to both attract athletes and coaches. They have both taken coaching programs to level 3, and have also helped junior coaches increase their abilities. Kim & Randy have also worked closely with Balenas and Kwalikum High Schools and are the designated coaches for Balenas. They are also the club and school cross country coaches, ensuring all athletes have a place to compete.

MURRAY, Mike

Club: Kajaks TFC

Sprints & Hurdles Coach

2010 Youth Olympic Games – Coach: Team Canada

Athletes who are coached by Mike Murray:

Shai Davis – 100m – 11.71 & 200m – 24.01
Ranked #1 in BC and Canada – 100m and #1 in BC – 200m, #3 in Canada – 200m

Katie Reid – 400m; 53.47
Canadian Youth Record Holder in 400m; 53.47
Ranked #1 in BC and Canada, #10 in the World (Youth) – 400m
2010 EXCELLENCE AWARDS

High Performance Coach

BONDARCHUK, Dr. Anatoliy

Club: Kamloops TFC
National Throws Centre Coach

Athletes who are coached by Dr. Anatoliy Bondarchuk:

Dylan Armstrong – Shot Put:
- New Canadian Record – 21.58m
- Senior National Champion
- Canadian Record Holder (Indoor and Outdoor)
- Commonwealth Games Record Holder
- Canadian Team Member
- Commonwealth Games, IAAF Continental Cup

Sultana Frizzell – Hammer Thrower – pb 72.24m
- Canadian Record Holder
- Gold Medalist at Commonwealth Games, Canadian Champs

Crystal Smith – Hammer Thrower
- Canadian Team Member
- Commonwealth Games
- Ranked #1 in BC & #2 in Canada

Megann Rodhe – Hammer Thrower
- Canadian Team Member
- Commonwealth Games
- Ranked #2 in BC & #4 in Canada

Dr. Bondarchuk continues to be one of the best throws coaches in the world producing world class throwers at the National Throws Centre in Kamloops.

2010 Executive of the Year Award

Tom Dingle
Club: Peninsula TFC

In British Columbia’s “Year of Science” it is appropriate that the recipient of the BC Athletics Executive of the Year Award goes to a scientist. For many years Tom Dingle the Professor could be found in the Chemistry Department at the University of Victoria. When not immersed in the theory of Chemistry and working with students and faculty, he was in training for his future roles as Tom Dingle Peninsula Track & Field Club Leader, Provincial Junior Development and Track & Field Program Liaison, Zone 6 Competition Leader and BC Athletics Board of Director – to highlight only a few.

Tom’s work in Athletics has been diverse and his contributions numerous. From club development, coaching, officiating, event directors, club website contributor to BC Athletics, Director and committee liaison – Tom is always willing to provide his expertise, knowledge and his time to so that the athletes have the opportunities to compete and be recognized. His work to promote and develop Athletics has been and continues to be unending.

Tom’s contributions include:
- BC Athletics Board of Director and Liaison to the BC Athletics Junior Development and Track & Field Committees
- Developed an integrated procedure to consider Junior Development results for:
  o Junior Development Annual Awards, Jnr Dev Top 10 Lists and Junior Development Crest Tables; and
  o BC Athletics Annual Awards, Midget 14 & 15 yr olds.
- Meet Director Peninsula TFC Meet
- Coordinator of Peninsula TFC Track Rascals Program
- Event Coordinator for Peninsula TFC
- Statistician for Peninsula TFC
- Officials Development Liaison for Peninsula TFC
- Vancouver Island Athletic Association – Co-coordinator of Officials Training program for parents and athletes
- Officiating VIAA Club Track & Field Meets
- Chair, Vancouver Island Athletic Association – assisting in organizing competitions, officials training as part of meets and joint equipment use in Zone 6
- Director Events and Technical Development, BC Athletics Brd of Directors and Executive Committee
- Zone 6 BC Summer Games Representative

BC Athletics is very pleased to recognize Tom Dingle with the 2010 BC Athletics Executive of the Year Award.

2010 Jane Swan Award

The Jane Swan Award is to be given to a volunteer who has provided long term service to the JD Community of Track and Field as exemplified by the service given by Jane Swan as a volunteer.

Diana Hollefrownd
Club: Victoria TFC

Diana has been supporting children and youth in athletics for two and a half decades now. Her passion to help others in Athletics began as a way to support her own children’s interest in track and field but her love of and continuing work to support the sport, blossomed into a lifelong, unpaid career of exceptional service to the community of BC Athletics.

Diana’s high work ethic and quest to perfect and streamline any process, procedure or event plan has been a boon to many athletics clubs, as well as BC Athletics, especially in the Junior Development area of youth 9 to 14 years of age. It is daunting to realize how much effect one steadfast, diligent and extremely focused volunteer can have on building the efficacy of a sport’s project management in many different areas.

Some of Diana’s many accomplishments in the Junior Development over the years include:
- Following a vision where Track and Field Clubs on Vancouver Island provide affordable fees and supports for children in all age groups, through volunteerism.
- Acting as a liaison between clubs, coaches and officials with BC Athletics through her several terms as a Director on the BC Athletics Board and as a committee member on several BC Athletics Committees over the years.
- Served as Vice President of BC Athletics.
- BC Athletics Provincial Sport Advisor for the BC Summer Games & Zone 6 Representative
- Various executive positions at the Victoria Track and Field Club for the past 25 years. Presently the Vice President and Web Manager of the Club.
- Helped to develop the VIAA officiating program for level 1 and 2.
- Served as Meet Director for School and Club meets on the Island.
- Developed the VIAA Website and the Victoria Track and Field Club’s Websites.
- Helps to develop many of the resources used by VIAA clubs for meet organization and the officiating duties for the different events and positions.
- Trains officials in the area of results and use of the HyTek Meet Manager system at all of the VIAA Meets.
- Served several terms on the JD Committee where she was elected Secretary and wrote the JD Manual.
Danny Daniels
Club: Peninsula TFC

Sport 4 Life, a term coined in recent years as part of the Canadian sport system could well be the moniker to append to the name of Danny Daniels 2010 Inductee to the BC Athletics Hall of Fame.

It is written that Danny’s life in sport began in Yarmouth or Great Yarmouth in England 82 years ago - January 11, 1929 to be exact. It is here he took to Middle Distance running not knowing that it would eventually lead him to be a Marathoner, Ultra Marathoner, Sprinter, Jumper, Thrower, Combined Events Athlete and Winter Triathlete. For many being an athlete in sport over a lifetime is uncommon but then Danny is not your common man!

1957 saw Danny and wife Marjorie immigrating to Canada bringing with him his love for the sport and the passion and enjoyment of competition. Danny worked as a teacher, school superintendent and eventually with the Federal Government taking the family to Nigeria for 2 years with the Canadian International Development Agency. Upon their return to Canada Danny continued his work with the Government and soon realized that his training, knowledge, skills and experience may be useful in Leadership, Coaching and Officiating roles in Athletics. So the next multi-dimensional layers of Danny’s “Athletics for Life” story began to evolve. They include:

- 1979-96 Member of the Run Canada Committee
- 1979-83 1st Vice President, Cdn Masters Athletics Association (CMAA)
- 1983-85 President, CMAA
- 1986-90 President, Athletics/Run Yukon
- 1993-97 1st Vice President, BC Athletics
- 1997-99 President, BC Athletics
- 1998-2002 President, BC Seniors Games Society
- 1999-2011 IAAF Masters Committee Member
- 2000 to date Board of Director, Athletics Canada
- 2000 to 2009 Chair, Athletics Canada Rules Committee
- 2001 to date Vice Chair, Athletics Canada
- 2002 to date Chair, Athletics Canada Strategic Planning Committees

Athletics Canada Head of Delegation to:
- 2001 IAAF World Championships
- 2002 Commonwealth Games
- 2005 Paralympic Team World Championships Finland
- 2006 IPC Athletics World Championships NED
- 2007 Pan American Games Rio De Janerio
- 2008 Paralympic Games, Beijing

Other notable achievements & leadership in Athletics include:
- Peninsula Track & Field Club Executive Member
- Peninsula TFC Coach - Increasing Membership and Performance of the Athletes
- Peninsula TFC initiation of the Track Rascals program utilizing the activities that came to be the core of the Run Jump Throw Program
- Parkland Track & Field Facility Replacement Track 21 Steering Committee Chair
- ’97 Induction into the CDN Road Running Hall of Fame
- 2010 World Masters Indoor Championships Pentathlon Gold Medallist – M80
- 2009 World Masters Championships Decathlon Bronze Medallist – M80
- 2004 World Masters Indoor Championships Pentathlon Bronze Medallist – M75
- 1986 World Arctic Games, Alaska – Bronze Ulu (shaped like an Inuit cutting knife) - Winter Triathlon (10km Speed Skate, 10km Cross Country Ski, 10km Road Run)
- Numerous Canadian Masters Age Group Records

In addition to Athletics, Danny’s talents extend to the Arts where he and Marjorie have been involved in Theatre, Music, Dance and Modelling – using those basic Track & Field physical literacy skills to excel in all walks of life.

BC Athletics is very honoured to induct into the BC Athletics Hall of Fame a true practitioner and champion of “Sport for Life” – Danny Daniels.

2010 CANADIAN TEAMS – RECOGNITION

The following BC members of Canadian Teams which completed in 2010 will be recognized at the BC Athletics Awards Banquet on January 29th, 2011.

COMMONWEALTH GAMES
Delhi (Oct 3-14, 2010)
ABDULAI, Ruky - Valley Royals
ARMSTRONG, Dylan - Kamloops IAAF Continental Cup
CUMMINS, Diane - UN-BC
DOCKENDORF, Carly - UN-BC
DUNFEE, Evan - UN-BC
FRIZZELL, Sultana - Quebec Fed (Trains & Lives in BC)
GOMEZ, Inaki - Racewalk West
MASON, Michael - Valley Royals
RODHE, Megann - Kamloops
SMITH, Crystal - Kamloops TFC
TOLTON, Vicki - UN-BC
DAUBENY, Carolyn (Staff) - Vancouver Thunderbirds
KELSTICK, Wilbour Dr. (Staff) - World Junior Indoor, Penn Relay
KUBEK, Alice (Official) - UN-BC

IAAF WORLD CROSS COUNTRY
– Bydgoszcz, Poland (March 28, 2010)
BRUCHET, Luc (Junior) - Ocean Athletics
HAIGHT, Dylan (Junior) - Pacific Athletics
WALKOW, Samantha (Junior) - Ocean Athletics
JEDRZEJEK, Marek (Staff) - UBC
WRIGHT, Thelma (Staff) - UN-BC

IAAF WORLD JUNIOR CHAMPIONSHIP – Moncton (July 19-24, 2010)
FRANKE-KUHN, Joanna - Kajaks
HELDMAN, Jared - Valley Royals
LOVETT, Django - Valley Royals
PARENT, Holly - Victoria Track & Field Club
PERKINS, Tiffany - UN-BC
TREASURE, Alxandria - Prince George Track Club
FOUGNER, Brent (Staff) - University of Victoria
NIELSEN, Tom (Staff) - UN-BC
PETERS, Greg (Staff) - Pacific Athletics

IAAF WORLD JUNIOR CHAMPIONSHIP – Moncton (July 19-24, 2010)

IAAF WORLD RACE WALK CUP
– Chihuahua, Mexico (May 15-16, 2010)
CONNOLLY, Creighton - Racewalk West
DRAMOMIR, Gerry (Staff) - Racewalk West

YOUTH OLYMPIC GAMES
Singapore (August 14-26, 2010)
DAVIS, Shai - Kajaks TFC
HAYWARD, Katelyn - Pacific Athletics
REID, Katie - Kajaks TFC
MURRAY, Mike (Staff) - Kajaks

NACAC U-23 CHAMPIONSHIPS – Miramar, Florida (July 9-11, 2010)
GLEADLE, Elizabeth - UN-BC
GUSTAVSON, Reid - Vancouver Thunderbirds
HENDERSON, Troy - Kajaks TFC
NIELSEN, Kyle - UN-BC
SMITH, Jessica - UN-BC
NORTHEY, Susan (Staff) - Valley Royals TFC

PENN RELAYS - University of Pennsylvania (April 22-24, 2010)
DOLFO, Braedon - Langley Mustangs

EIKIDEN RELAY – Chiba, Japan (November 23, 2010)
ELMORE, Malindi - Trains & Lives in BC
SIMPSON, Scott – Prairie Inn Harriers Racing Team
WODAK, Natasha – Prairie Inn Harriers Racing Team

WORLD MOUNTAIN RUNNING
Obudu Mountain (November 27, 2010)
RICHARDSON, James - UN-BC
SOLSBERG, Emily - Vancouver Falcons Athletic Club
SWANSON, Kris – Prairie Inn Harriers Racing Team
Thank You

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