



2011

BC Athletics Annual Awards Banquet

*An Evening to Honour Athletes,
Coaches, Officials & Volunteers*

January 29, 2011 • Richmond, BC

BC Athletics Special Recognition



GARY REED – 800 Meter Star

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 Evelyn. 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
- 6 time Canadian Champion (2009, 2008, 2007, 2005, 2004, 2003)
- 2 time Olympian (2004, 2008)
- 5 time World Championships teams member (2001, 2003, 2005, 2007, 2009).
- Silver medallist - 2007 World Championships
- 4th place finish at the 2008 Olympic Games in Beijing, China.



The Program

Opening Remarks

Dinner

Awards Presentations

Track & Field

Road Running

Cross Country

Masters

Athletes with a Disability

Officials

Excellence in Coaching

Executive of the Year

Jane Swan Memorial Award

BC Athletics Hall of Fame

Gary Reed

Outstanding Athletes of the Year

Closing Remarks

Photo credits – Tony Austin for Cross Country and Road photos and Teresa Nightingale.

Cover photo: Lindsay Palesch

Also a special Thanks to all coaches, parents and club member who generously provided photos of award nominees and winners



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 on-going 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 TRACK & FIELD ATHLETES OF THE YEAR

2010 Midget 15 Award Recipients

ADUGALSKI, Sebastian

Club: New West Spartans TFC
Coach: Tatjana & Besnik Mece
Events and Performances:

100mH, 13.79, Legion National Championships, 3rd
200mH, 25.43, Legion National Championships, 3rd
Long Jump, 6.43m, Legion National Championships, 1st



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), 38.11m, Jesse Bent Memorial Meet, 1st
Hammer (3kg), 55.69m, BC Summer Games, 1st
Shot Put (3kg), 12.49m, BC Summer Games, 1st



DAVIEL, Petranella

Club: Kajaks TFC
Coach: Richard Collier
Events and Performances:

Hammer (3kg), 43.08m, BC Summer Games, 2nd



ELLENWOOD, Georgia

Club: Langley Mustangs
Coach: Kim Chapdelaine
Events and Performances:

200mH, 27.96, BC Summer Games, 1st
High Jump, 1.75m, BC Championship Jamboree, 1st
Long Jump, 5.66m, BC Championship Jamboree, 1st



FEDOR, Kye

Club: NorWesters TFC
Coach: Elena Voloshin
Events and Performances:

Pole Vault, 2.60m, Langley Pacific Meet, 1st
Triple Jump, 11.41m, Legion National Champs, 2nd

HANNA, Maxwell

Club: Ocean Athletics
Coach: Jim Clifford
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
Javelin (600g), 48.32m, BC Champs Jamboree, 2nd



HUMENIUK, Tanya

Hometown: Vancouver
Coach: Robert Solmes
Events and Performances:

1200m, 3:37.40, BC Summer Games, 1st
2000m, 6:19.07, Legion National Championships, 2nd
1500m SC, 4:51.41, BC Summer Games, 1st



JOYCE, Elisa

Hometown: Kelowna
Coach: Brandt Fralick
Events and Performances:

100m, 12.61, BC High School Championships, 1st
200m, 25.39, Legion National Championships, 1st



KENLER, 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, 12.34m, BC Summer Games, 1st

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2010 TRACK & FIELD ATHLETES OF THE YEAR

PALESCH, Meghan

Club: Ocean Athletics
Coach: Jim Clifford
Events and Performances:

200mH, 27.88, Legion National Championships, 1st
80mH, 11.89, Legion National Championships, 1st
Pentathlon, 3246points, BC Summer Games, 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



TURNER, Rostam

Club: Kelowna TFC
Coach: Dr. Bondarchuk/Verena Strode
Events and Performances:

Javelin (600g), 48.65m, BC Summer Games, 1st



VAN RYSWYK, Kathryn

Club: South Fraser TFC
Coach: Peter Raddatz
Events and Performances:

80mH, 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

WORTHY, Kate

Club: Pacific Athletics
Coach: Ron Parker
Events and Performances:

80mH, 11.90, BC Summer Games, 1st
Pentathlon, 3209points, BC Summer Games, 2nd

2010 Youth Female Nominees

DAVIS, Shai-Anne

Club: Kajaks TFC
Coach: Mike Murray

Events: 100m – 11.71, 200m – 24.01
World JR Trials 100m – 1st & 200m – 3rd, BC High School Champs 1st in 100m & 200m
Rankings: BC Yth – 1 (100m, 200m)
National Yth – 1 (100m) & 3 (200m)



GRAF, Serena

Club: Kajaks TFC
Coach: Richard Collier

Event: Javelin – 44.85m
Teams: BC Yth Team / Gold medalist BC High School Champs / BCA Yth Champs & Silver medalist Canadian Yth Champs

Rankings: BC Yth – 1 / National Yth – 1



HAYWARD, Katelyn

Club: Pacific Athletics
Coach: Keith Butler

Event: 2000m SC – 6:59.50, 3000m – 9:55.40

Teams: Youth Olympics

Rankings: BC Yth – 1 (2000m SC, 3000m)
National Yth – 1 (3000m) & 2 (2000m SC)



KENNEDY, Samantha

Club: Kajaks TFC
Coach: Richard Collier
Event: Hammer – 48.79m

Teams: BC JR & Yth Team

Gold medalist BC High School Champs / BCA Yth Champs / Canadian Yth Champs the past 2 years & 4th at Canadian Yth Champs

Rankings: BC Yth – 2 / National Yth – 3



REID, Katie

Club: Kajaks TFC
Coach: Mike Murray

Event: 400m – 53.47 sec (Canadian YTH Record)
Teams: BC JR Team, World JR Champs Team, Youth Olympics
Gold Medalist Canadian JR Champs, 5th at World Youth Olympics

Rankings: BC – 1 / National – 1 / World – 10
Records: Cdn JR Champs meet record & Cdn Yth Record in 400m (53.47)
Member of the Cdn. 4x400 team at World JR 3:34.50, a new Canadian Junior record.



2010 TRACK & FIELD ATHLETES OF THE YEAR

STORM, Zarrja

Club: Pacific Athletics
Coach: Greg Peters/Sheldon Gmitroski
Event: Heptathlon – 5006 pts, High Jump – 1.77m
Teams: BC Yth Team, BC JR Team
Rankings: BC Yth – 1 (Hep, HJ)
 National Yth – 1 (Hep, HJ)



2010 Youth Male Nominees

BLACKBURN, Nick

Club: Comox Valley Cougars
Coach: John May
Event: 110mH – 14.69, 300mH – 38.55
Teams: BC Yth Team
Rankings: BC Yth – 1 (110mH, 300mH)
 National Yth – 5 (110mH) & 3 (300mH)



KEANE, Sean

Hometown: Surrey
Coach: Liam Keane
Event: 800m – 1:52.62, 1500m – 3:54.22
Teams: BC Yth Team, World JR Trials
Rankings: BC Yth – 1 (1500m) & 2 (800m)
 Cdn Yth – 2 (800m) & 5 (1500m)



NEAL, Keffri

Club: Surrey Athletics
Coach: Bryan Onstad
Event: 800m – 1:52.52
Teams: BC Yth Team, BC JR Team
Rankings: BC Yth – 1
 Cdn Yth – 1



TUNER, James

Club: Kelowna TFC
Coach: Pat Ledding/ Amber Gilbert
Event: Octathlon – 6006 pts (Cdn Yth Record)
Teams: BC Yth Team
Rankings: BC Yth – 1
 National Yth – 1
Records: Set new Canadian Youth Record – Octathlon 6006 pts at Canadian Youth Championships



2010 Junior Female Nominees

COBB, Aleisha

Club: Pacific Athletics
Coach: Ron Parker
Event: Long Jump – 5.89m
Teams: BC JR Team
 2nd at World JR Trials in Moncton
Rankings: BC JR – 2
 National JR – 2



FRANKE-KUHN, Joanna

Club: Kajaks TFC
Coach: Richard Collier
Event: Hammer – 52.34m
Teams: BC JR Team, World JR Champs Team
 Gold Medalists at Canadian JR Champs
Rankings: BC JR – 2
 National JR – 2

NETTEY, Christabel

Hometown: Surrey
Coach: Mike Murray
Event: Long Jump – 6.28m
Teams: N/A
Rankings: BC JR – 1
 Cdn 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
 National 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



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2010 TRACK & FIELD ATHLETES OF THE YEAR

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
 (Decathlon, 100m, LJ) & Silver Medalist at
 Canadian JR Decathlon Champs
Rankings: BC JR – 1 / National JR – tied for 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
 Ranking: BC JR – 1 / National JR – 2



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



VUGTEVEEN, 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
 National JR – 3



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)



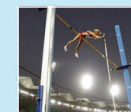
CUMMINS, Diane

Hometown: Vancouver
Coach: Anne Timmons
Event: 800m – 2:00.08
Teams: Commonwealth, BC SR Team
 Gold Medalist Canadian Champs, Bronze
 Medalist Commonwealth Games
Rankings: BC SR – 1 (800m)
 National SR – 1 (800m)



DOCKENDORF, Carly

Hometown: Port Moody
Coach: Les Gramantik / Pat Licari
Event: Pole Vault – 4.45m PB
Teams: BC SR Team, Commonwealth Games Team
 Bronze Medalist at Commonwealth Games
 – 4.25m
Rankings: BC SR – 1 / National SR – 1



GLEADLE, Elizabeth

Hometown: Vancouver
Coach: Tom Nielsen
Event: Javelin – 57.10m
Teams: BC SR Team, Cdn NACAC Team
 Gold Medalist at NACAC Champs
Rankings: BC SR – 1 / National SR – 1



MENSAH, Yvonne

Club: Kajaks TFC
Coach: Mike Murray
Event: 400 mH – 57.07
Teams: BC SR Team
 Silver Medalist at Canadian SR Champs
Rankings: BC SR – 1 / Cdn SR – 2

2010 Senior Male Nominee

ARMSTRONG, Dylan

Club: Kamloops TFC
Coach: Dr. Anatoliy 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

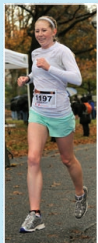
Junior Female Road Runner of the Year

DOERKSEN, Kimberley

Club: Valley Royals TFC
19 & Under LMRRS winner

BC 18-19 F Half Marathon Champion

20:07	St. Pats 5K	13-Mar	2nd
32:13	Icebreaker 8K	17-Jan	1st
45:12	Summerfast 10K	17-Jul	
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	
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Senior Female Road Runner of the Year

RODY, Kristina

Club: Prairie Inn Harriers Racing Team
5th CDN HALF CHAMPS

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	



Senior 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	



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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)

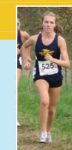


Youth Female Cross Country Runner of the Year

ALLISON, Katrina

Club: Vancouver Thunderbirds

- 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



Junior 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



Junior 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



Senior Female Cross Country Runner of the Year

WODAK, Natasha

Club: Prairie Inn Harriers Racing Team

Performances:

- 2nd BC Senior Cross Country Championships
- 5th Canadian Senior Cross Country Championships
- 1st BC Team Scorer at Canadian Senior Cross Country Championships
- 2nd Sundodger Invitational



Senior 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, LJ, 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).

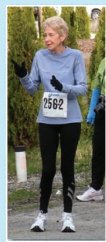
John won 5 gold and 3 silver medals in the Canadian Masters T&F Championships and also finished first in the M60 USA Combined events championship decathlon with 6678 points.

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

— AND —

TARRANT, Maurice - Age 80

Club: Prairie Inn Harriers Racing Team

Herb and Maurice tied for the best average age graded results for 5 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).

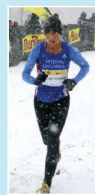


Masters Female Cross Country Runner of the Year

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 Championships, 4th in the BC Championships, 2nd in the Masters Remembrance Day race and 1st in the Gunner Shaw.



2011 Annual Awards Banquet

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

Rankings:

#1 in the World T52: 100m, 200m

#1 in Canada T52: 100m, 200m, 400m, 800m, 1500m

Performances:

Bahnmeeting Arbon, Arbon, SUI

100m	1st	WR	19.52
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200m	1st	WR	35.82
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400m	1st	PCR	1:08.81
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Oz Day 10km, Sydney, AUS -10km 1st 30:12.00

2010 Dogwood Track & Field Meet, Victoria, BC

1500m	1st	4:42.11
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Male Athlete with a Disability Athlete of the Year

DOLFO, Braedon

Club: Langley Mustangs

Coach: Kim Chapdelaine/Dwayne Lotnick

Rankings:

#1 in Canada T13: 100m, 200m

#9 in IPC World T13: 200m

#1 in Canada F13: High Jump, Long Jump

#1 in IPC World F13: High Jump

#3 in IPC World F13: Long Jump

Performances:

Boiling Point Elite, Windsor, ON, CAN

100m	1st	11.54
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200m	1st	23.59
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Jesse Bent Memorial, Coquitlam, BC, CAN

High Jump	2nd	PCR	1.80m
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US Paralympic Championship, Miramar, FL, USA

Long Jump	1st	PCR	6.32m
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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 2004-2010
- 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) Championships 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 BC with Lead Coach Dr Bondarchuk
- 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 unselfishly 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, PGTCF 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.



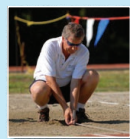
Dave Coupland Award – Inspirational Award

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.
- Cach 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



2011 Annual Awards Banquet

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.

Senior Coaches

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

Petrinella 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 / Silver medalist Canadian youth Championships

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

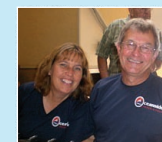
Joanna Franke-Kuhn – Hammer

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 Kwalicum 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 director, 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 Meets
- 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 Hollefreund



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

2010 BC Athletics Hall of Fame

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 of use 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.

2011 Annual Awards Banquet



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
FRIZELL, 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 World Juniors
KELSICK, Wilbour Dr. (Staff) - World Indoor, Penn Relay
KUBEK, Alice (Official) - UN-BC

IAAF WORLD CROSS COUNTRY - Bydgoszcz, Poland (March 28, 2010)

BRUCHET, Luc (Junior) - Ocean Athletics NACAC XC
HAIGHT, Dylan (Junior) - Pacific Athletics NACAC XC
WALKOW, Samantha (Junior) - Ocean Athletics NACAC XC
JEDRZEJEK, Marek (Staff) - UBC NACAC XC
WRIGHT, Thelma (Staff) - UN-BC NACAC XC, Youth Olympics, World ½ Marathon

IAAF WORLD RACE WALK CUP - Chihuahua, Mexico (May 15-16, 2010)

CONNOLLY, Creighton - Racewalk West
DRAGOMIR, Gerry (Staff) - Racewalk West

YOUTH OLYMPIC GAMES Singapore (August 14-26, 2010)

DAVIS, Shai - Kajaks TFC IAAF World Juniors
HAYWARD, Katelyn - Pacific Athletics
REID, Katie - Kajaks TFC IAAF World Juniors
MURRAY, Mike (Staff) - Kajaks

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, Alyxandria - Prince George Track Club
FOUGNER, Brent (Staff) - University of Victoria
NIELSEN, Tom (Staff) - UN-BC
PETERS, Greg (Staff) - Pacific Athletics

NACAC U-23 CHAMPIONSHIPS - Miramar, Florida (July 9-11, 2010)

GLEADLE, Elizabeth - UN-BC
GUSTAVSON, Reid - Vancouver Thunderbirds
HENDERSON, Trey - 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

EKIDEN 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

2011 B.C. Athletics Annual Awards Banquet



Thank You

**... To Our Partners, Sponsors, Friends and Members
who helped to make the 2010 Year in Athletics SPECTACULAR!**

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- BC Ferries Corporation
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- Canadian Sport Centre Pacific
- Coaches Association of British Columbia
- Dominion Command – Royal Canadian Legion
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- U. Vic Vikes



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