BC Athletics announced the 2009 BC Athletics Award winners and nominees presented at the Annual Awards Banquet held Saturday, December 6\textsuperscript{th} at the Vancouver Airport Hilton – Richmond BC

### 2009 Track & Field Athletes of the Year

*Award Recipients and Nominees*

#### 2009 Midget 15 Female Track & Field Athlete of the Year

**Njideka Obioha**  
Golden Ears Athletics  
*Coach: Andrew Lenton*

<table>
<thead>
<tr>
<th>Event(s)</th>
<th>Distance</th>
<th>Location</th>
<th>Date</th>
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<tr>
<td>Long Jump</td>
<td>5.70m</td>
<td>Sherbrooke</td>
<td>Aug. 9, 2009</td>
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<tr>
<td></td>
<td>5.47m</td>
<td>Coquitlam</td>
<td>June 13, 2009</td>
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<td></td>
<td>5.44m</td>
<td>Abbotsford</td>
<td>July 12, 2009</td>
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<td>12.18m</td>
<td>Abbotsford</td>
<td>July 12, 2009</td>
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<td>Burnaby</td>
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<tr>
<td></td>
<td>12.29m</td>
<td>Burnaby</td>
<td>July 5, 2009</td>
</tr>
<tr>
<td>200m</td>
<td>25.22m</td>
<td>Sherbrooke</td>
<td>Aug 9, 2009</td>
</tr>
<tr>
<td></td>
<td>25.79m</td>
<td>Abbotsford</td>
<td>July 12, 2009</td>
</tr>
<tr>
<td></td>
<td>25.80m</td>
<td>Burnaby</td>
<td>July 5, 2009</td>
</tr>
</tbody>
</table>

**Teams:** BC Midget 15  
**Rank:** BC 100m 1st; 200m 1st; Long Jump 1\textsuperscript{st}

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*Also nominated in the Midget 15 Female category –*

**Cheyanne Tunti**  
Surrey Athletic Club  
*Coach: Bryan Onstad*

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<th>Event</th>
<th>Distance</th>
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<tr>
<td>400m</td>
<td>57.23m</td>
<td>Abbotsford</td>
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<td>57.41m</td>
<td>Burnaby</td>
<td>June 6, 2009</td>
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<td></td>
<td>57.44m</td>
<td>Victoria</td>
<td>June 10, 2009</td>
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</table>

**Rank:** BC 1st

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**Tess Virg**  
Vancouver Thunderbirds  
*Coach: Tom Nielsen*

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<th>Event</th>
<th>Distance</th>
<th>Location</th>
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<tr>
<td>Javelin</td>
<td>39.46m</td>
<td>Burnaby BC</td>
<td>June 6, 2009</td>
</tr>
<tr>
<td></td>
<td>38.92m</td>
<td>Surrey BC</td>
<td>April 25, 2009</td>
</tr>
<tr>
<td></td>
<td>37.67m</td>
<td>Abbotsford BC</td>
<td>July 12, 2009</td>
</tr>
</tbody>
</table>

**Teams:** BC Midget 15  
**Rank:** BC 1st
2009 Midget 15 Male Track & Field Athlete of the Year:
Nicholas Fyffe
Kajaks Track & Field Club
Coach: Byron Jack
Event: Triple Jump  13.73m Sherbrooke QC August 9, 2009
            13.15m Abbotsford BC July 12, 2009
Teams:        BC Youth
Rankings:     BC Midget Triple Jump 1st
              Canada Youth Triple Jump 2nd
Records:      BC Midget Triple Jump record of 13.73m
              Canadian Legion Meet Record of 13.73m

Also nominated in the Midget 15 Male category –

Brendon Restall
Pacific Athletics
Coach: Dacre Bowen
Event 400m  49.21 Burnaby BC June 6, 2009
            49.82 Burnaby BC June 6, 2009
            50.72 Victoria BC May 13, 2009
Teams:        BC Youth
Rankings:     BC 1st
              Canada Youth 5th

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Christian Gravel
Vancouver Thunderbirds
Coach: Graeme Fell
Event: 800m  2:00.90 Sherbrooke QC Aug 9, 2009
            2:00.95 Abbotsford July 12, 2009
            2:02.74 Kelowna June 28, 2009
Teams:        BC Youth
Rankings:     BC 1st

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2009 Youth Female Track & Field Athletes of the Year:
Shai Davis
Kajaks Track & Field Club
Coach: Mike Murray
Events:  100m  11.82 Richmond June 12, 2009
         11.82 Richmond May 9, 2009
         11.88 Toronto June 28, 2009
         200m  24.25 Richmond June 12, 2009
Teams: BC Youth
BC Junior
BC Senior
BC Canada Summer Games
Canadian World Youth
Canadian Pan Am Junior

Rankings: BC 100m 1st; 200m 1st
Canada 100m 1st; 200m 1st

and

Katie Reid
Ocean Athletics
Coach: Nick Stoffberg and Wes Moerman

Event: 400m
54.90 Sherbrooke QC Aug. 9, 2009
55.14 Charlottetown PEI Aug. 24, 2009
55.58 Burnaby BC June 6, 2009

Teams: BC Youth
BC Canada Summer Games
Canadian World Youth

Rankings: BC 1st
Canada 1st

Also nominated in the Youth Female category –

Selina Byer
Vancouver Thunderbirds
Coach: Tom Nielsen

Event: Javelin
40.84m Sherbrooke QC Aug. 9, 2009
39.50m Abbotsford July 12, 2009
38.79m Kelowna June 28, 2009

Teams: BC Youth
Rankings: BC 1st; Canada 2nd

2009 Youth Male Track & Field Athlete of the Year
Django Lovett
Valley Royals Track and Field Club
Coach: Ziggy Szelagowicz  
Event: High Jump  2.17m Sudtirol ITA July 8, 2009  
                  2.16m Kelowna BC June 28, 2009  
                  2.15m Burnaby BC June 14, 2009  
Teams:   BC Youth  
         BC Canada Summer Games  
         Canadian World Youth – Bronze Medallist 2.17m  
Rankings:   BC 1st  
           Canada 1st  
           World Youth 8th  
Records:   BC Youth Record in High Jump 2.17m  
         Canadian Youth Record in High Jump 2.17m  

Also nominated in the Youth Male category –  

Benjamin Ayesu-Attah  
Coquitlam Cheetahs  
Coach: Tara Self  
Event: 400m  48.55 Sudtirol ITA July 8, 2009  
                  48.72 Sudtirol ITA July 9, 2009  
                  48.89 Sherbrooke QC Aug 9, 2009  
Teams:   BC Youth  
         Canadian World Youth  
Rankings:   BC 1st  
           Canada 2nd  

David McKay  
Victoria Track and Field Club  
Coach: Gerard Dumas  
Event: Pole Vault  4.55m Charlottetown (Canada Summer Games) Aug 24, 2009  
                  4.50m Victoria June 10, 2009  
                  4.50m Abbotsford July 11, 2009  
Teams:   BC Youth  
         BC Junior  
         BC Canada Summer Games  
         Canadian Pan Am Junior  
Rankings:   BC 1st  
           Canada 1st  

2009 Junior Female Track & Field Athlete of the Year  
Helen Crofts  
West Vancouver, BC  
Coach: Brit Townsend  
Event: 800m  2:05.19 Trinidad Aug. 2, 2009
2:06.70 Edwardsville IL May 23, 2009
2:07.10 Victoria June 2, 2009

Teams: BC Junior
BC Canada Summer Games
Canadian Pan American Junior Bronze Medallist

Record: BC Junior Women’s 800m Record 2:05.19 in Port of Spain Trinidad

Rankings: BC 1st
Canada 1st
World 30th

Also nominated in this category –

Emmalynne MacCorquodale
Kajaks Track & Field Club
Coach: Garrett Collier/Richard Collier
Event: Hammer 53.18m Trinidad Aug. 2, 2009
52.79m Charlottetown Aug. 24, 2009
52.13m Logan Utah May 16, 2009

Teams: BC Junior
BC Canada Summer Games
Canadian Pan American Junior

Rankings: BC 1st
Canada 1st

Holly Parent
Victoria Track and Field Club
Coach: Greg Peters
Event: High Jump 1.76m Abbotsford July 12, 2009
1.75m Richmond June 12, 2009
1.75m Burnaby April 4, 2009

Teams: BC Junior
BC Canada Summer Games

Rankings: BC 1st
Canada 3rd

2009 Junior Male Track & Field Athlete of the Year
Rohan Stewart
Vancouver Thunderbirds

Coach: Laurier Primeau
Event: 200m 21.20 Charlottetown Aug. 24, 2009
21.24 Azusa CA April 17, 2009
21.24 Trinidad Aug. 2, 2009

Teams: BC Junior
BC Canada Summer Games
Canadian Pan American Junior – 4 x 400m Relay Team Bronze Medallist
Canadian Francophone Games

Rankings: BC 1st
Canada 2nd

Also nominated in the Junior Male category –

Evan Dunfee
Kajaks Track & Field Club
Coach: Gerry Dragomir
Event: 10km Race Walk  43:27.04 Trinidad Aug 2, 2009
        44:16.00 El Salvador May 1, 2009
        44:24.00 Minneapolis Minn Aug 16, 2009

Teams:     BC Junior
           Canada / USA Dual Meet
           Canadian Americas Race Walk Championships
           Canadian Pan American Junior

Rankings: BC 1st
         Canada 1st
         World Jnr 26th

Angus Taylor
Kajaks Track & Field Club
Coach: Richard Collier
Event: Hammer  65.33m Abbotsford BC July 12, 2009
        64.32m Charlottetown PEI July 19, 2009
        62.50m Burnaby BC July 5, 2009

Teams:     BC Junior
           BC Senior
           BC Canada Summer Games
           Canadian Pan American Junior

Ranking:    BC 1st
            Canada 1st

2009 Senior Female Track & Field Athlete of the Year
Ruky Abdulai
Valley Royals Track and Field Club
Coach: Jerrold Jones
       6.64m Toronto ON June 27, 2009
       6.60m Philadelphia April 25, 2009

Teams:      BC Senior
Canadian World Championships

Rankings:  
BC 1st  
Canada 1st  
World 23rd  

Record: BC Senior Women’s Long Jump 6.74m

Also nominated in this category –

Elizabeth Gleadle  
Vancouver Thunderbirds  
Coach: Tom Nielsen

Event: Javelin 58.21m Belgrade Serbia July 9, 2009  
56.16m Charlottetown PEI Aug. 24, 2009  
55.85m Burnaby March 28, 2009

Teams: BC Senior  
BC Team at Canada Summer Games  
Canadian World Student Games

Rankings: BC 1st  
Canada 1st  
World 46th  

Record: BC Senior Women’s Javelin Throw 58.21m  
Canadian Senior Women’s Javelin Throw 58.21m

Jennifer Joyce  
Kajaks Track & Field Club  
Coach: Dr. Anatoly Bondarchuk

Event: Hammer 70.35m Madrid Spain July 4, 2009  
69.05m Toronto June 27, 2009  
68.37m Philadelphia April 25, 2009

Teams: Canadian World Championships

Rankings: BC 1st  
Canada 2nd  
World 30th  

Record: Senior Women’s Hammer Throw 70.35m Madrid Spain

2009 Senior Male Track & Field Athlete of the Year  
&  
2009 Male Athlete of the Year

Gary Reed  
Pacific Athletics  
Coach: Wynn Gmitroski

Event: 800m 1:43.95 Athens GRE July 13, 2009  
1:44.26 Zurich SUI Aug. 28, 2009
1:45.23 Thessalonika GRE Sept. 12, 2009

Teams: BC Senior
Canadian World Championships

Rankings: BC 1st
Canada 1st
World 11th

Also nominated in this category –

Dylan Armstrong
Kamloops Track and Field Club
Coach: Dr. Anatoliy Bondarchuk
Event: Shot Put
20.92m Victoria June 10, 2009
20.68m Halle GER May 23, 2009
20.63m Eugene OR June 7, 2009

Teams: BC Senior Team
Canadian World Championships

Rankings: BC 1st
Canada 1st
World 12th

Curtis Moss
Vancouver Thunderbirds
Coach: Tom Nielsen
Event: Javelin
78.32m Copenhagen DK Aug. 6, 2009
75.26m Burnaby June 14, 2009
74.40m Abbotsford July 12, 2009

Teams: BC Senior
BC Canada Summer Games
Canadian Francophone Games Silver Medallist

Rankings: BC 1st
Canada 1st
World 1st

2009 Road Runners of the Year

2009 Junior Female Road Runner of the Year
Kyla Coates
University of Victoria

0:40:12 TC 10K 4/26/09 10K 2nd BCA JR
0:38:06 Cobble Hill 10K 11/25/09 10K 1st BCA JR
0:18:16 Bazan Bay 5K 3/9/09 5K 1st BCA JR
2009 Senior Female Road Runner of the Year
Cheryl Murphy
Prairie Inn Harriers Racing Team

Timex Series Winner
0:16:54 St Patricks Day 5K 3/14/09 5K 1st BCA SR
0:17:22 Chemainus 5K 6/16/09 5K 1st BCA SR
0:17:07 Dave Reed 5K 3/28/09 5K 1st BCA SR
0:28:05 Pioneer 8K 1/11/09 8K 1st BCA SR
0:28:05 Harry's 8K 3/8/09 8K 1st BCA SR
0:34:29 Sun Run 4/19/09 10K 2nd BCA SR
0:34:36 TC 10K 4/26/09 10K 1st BCA SR
1:16:06 First Half 2/15/09 Half M 1st BCASR
1:19:30 BMO VIM Half Marathon 5/3/09 Half M 2nd BCA SR
2:44:01 Royal Victoria Marathon 10/11/09 Marathon 1st BCA SR

2009 Senior Male Road Runners of the Year
Jon Brown
Prairie Inn Harriers Racing Team

0:14:42 UK 9/13/09 5K
0:23:38 Pioneer 8K 1/11/09 8K 2nd BCA SR
0:23:59 Harry's 8K Vancouver 3/8/09 8K 1st BCA SR
0:24:12 Harry's 8K Toronto 3/8/09 8K 1st BCA SR
0:29:38 Manchester 5/17/09 10K
0:29:56 Edinburgh 5/3/09 10K
1:04:57 Royal Victoria Half Marathon 10/11/09 Half M 1st BCA SR
1:05:48 UK South Shields 9/11/09 Half M 1st BCA SR

and

Scott Simpson
Prairie Inn Harriers Racing Team

Timex Series Winner
0:14:42 ST Patrick’s Day 5K 3/14/09 5K 1st BCA SR
0:14:28 Longest Day 5K 6/12/09 5K 2nd BCA SR
0:14:37 Bazan Bay 5k 3/8/09 5K 1st BCA SR
0:30:08 Sun Run 4/19/09 10K 2nd BCA SR
0:28:56 Cunningham Seawall Race 10/25/09 9.5k 1st BCA SR
0:30:38 TC 10K 4/26/09 10K 2nd BCA SR
2009 Cross Country Runners of the Year

2009 Midget 15 Female Cross Country Runner of the Year
Kansas MacKenzie
Vancouver Thunderbirds
1st BC Midget 15 Cross Country Championships
1st Pinetree Classic
1st Whistler Spirit Run

2009 Midget 15 Male Cross Country Runner of the Year
Christian Gravel
Vancouver Thunderbirds
1st BC Midget 15 Cross Country Championships
7th BC High School Cross Country Championships
1st Festival of Cross Country

2009 Youth Female Cross Country Runner of the Year
Alycia Butterworth
Oceanside Track & Field Club
1st BC Youth Cross Country Championships
1st BC Team scorer at National Junior Cross Country Championship
2nd Festival of Cross Country

2009 Youth Male Cross Country Runner of the Year
Justin Kent
South Fraser Track & Field Club
1st BC Youth Cross Country Championships
2nd BC High School Cross Country Championships
5th BC Team scorer at National Junior Cross Country Championship

Junior Female Cross Country Runner of the Year
Maggie Woodward
Pacific Athletics/UBC
1st BC Junior Cross Country Championships
2nd BC Team scorer at National Junior Cross Country Championships
6th NAIA Regional Cross Country Championships

Junior Male Cross Country Runner of the Year
Dylan Haight
Pacific Athletics
1st BC Junior Cross Country Championships
2nd Canadian Junior Cross Country Championships
1st BC team scorer at National Junior Cross Country Championships

2009 Senior Female Cross Country Runner of the Year
Natasha Wodak
Port Moody, B.C.

2nd BC Senior Cross Country Championships
7th Canadian Senior Cross Country Championships
1st Sundodger

2009 Senior Male Cross Country Runner of the Year
Richard Mosley
Prairie Inn Harriers Racing Team

4th BC Senior Cross Country Championships
9th Canadian Senior Cross Country Championships
1st BC Team scorer at National Senior Cross Country Championships

2009 Masters Athletes of the Year

2009 Master Female Track & Field Athlete of the Year
Olga Kotelko
West Vancouver, BC
Age 90

During 2009, Olga set 10 World records and 12 Canadian/BC records. She won eleven gold medals in the World Masters Athletics (WMA) Track and Field Championships in Lahti, Finland and nine gold medals in the World Masters Games in Sydney, Australia.

Olga set World records in the 200 metres, 400 metres, Long jump, Triple jump, High jump, Discus, Javelin, Hammer, Weight, Weight Pentathlon

She set Canadian records in the above events and in the 100 metres, Shot put

2009 Master Male Track & Field Athlete of the Year
Tom Dickson
Valley Royals Track & Field Club
Age 56
Tom broke the Canadian record in the 100 metres twice during the 2009 season. He won the bronze medal in the 200 metres at the World Masters Athletics Track and Field Championships in Lahti, Finland and finished fourth in the 100 metres. He also won the gold medal in the 100 metres in the Canadian Championships, the Azusa Pacific meet in California and the Langley Pacific meet.

His age-graded average for his top 5 performances for the year was (94.1%). His best performances for the year were:

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<th>Location</th>
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<td>60m</td>
<td>7.72</td>
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<td></td>
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<tr>
<td>100m</td>
<td>12.02 (-0.1)</td>
<td>Langley</td>
<td>Canadian Record</td>
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<td></td>
<td>12.04 (+2.9)</td>
<td>Lahti</td>
<td>4th World Championships</td>
</tr>
<tr>
<td>200m</td>
<td>25.15 (-0.1)</td>
<td>Lahti</td>
<td>Bronze medal World Championships</td>
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Masters Female Road Runner of the Year
Lucy Smith
Prairie Inn Harriers Racing Team
Age 42
Lucy averaged 90.5% age graded over her best 5 road races. She was the first woman finisher in the BC 5k and 8k Road Running Championships, she was 6th overall women in the Sun Run (1st 40+) and the 3rd overall women (1st 40+) in the Times Colonist 10k.

Masters Male Road Runner of the Year
Herb Phillips
Prairie Inn Harriers Racing Team
Age 69
Herb had the highest age graded average for his best five races of all male masters this year. Herb won the M6569 5k and 8k and Marathon BC Road Running Championships among many other races. His best performance was possibly his 18:37 5k win in Carlsbad California early in the year (92.6% on the age graded tables).

2009 Masters Female Cross Country Runner of the Year
Maureen de St. Croix
Ocean Athletics
Age 56
Maureen was the best age graded female athlete at the BC Championships. She also won five other cross country races in the F5059 age category in the Lower Mainland Cross Country Series this year.

2009 Masters Male Cross Country Runner of the Year
Rob Lonergan  
North Vancouver  
Age 50  
Rob was the best age graded master in the 2009 BC Cross Country Championship. He was second overall in the race to a younger Norm Tinkham. Rob was third overall in the Canadian Championships, won the M5054 division and improved on his fine BC performance with an excellent 26:41 for the 8k.

2009 Athletes with a Disability Athlete of the Year

2009 Female Athlete with a Disability Athlete of the Year &  
2009 Female Athlete of the Year  
Michelle Stilwell  
Wheelchair Race Series  
Ranked #1 in the World T52: 10km Road, 100m, 400m, 200m, Marathon  
Oita Marathon – Oita, Japan – 2:21.17 – 1st T52  
Vancouver Sun Run – 10km – 35:43 – 1st  
Times Colonist 10K – 34:31 – 1st

2009 Male Athlete with a Disability Athlete of the Year  
Dustin Walsh, Coquitlam BC  
Steve Walters – Guide Runner, Surrey, BC  
B1 400m Gold 2009 IBSA Pan Am Games  
B1 4 x 400m Gold 2009 IBSA Pan Am Games (Exhibition Event)  
T11 200M Ranked 5th in the World 25.84 – Toronto  
T11 400m Ranked 2nd in the World 55.50 – Toronto

2009 Excellence in Officiating Awards

Ian McNeil Award – 2009 Official of the Year  
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”

John Cull  
Surrey, BC  
During this past year, John has been the chair of the Officials’ Committee and has officiated at every Track and Field meet in the lower mainland except one. He has been the Officials’ liaison with the PacifiCanada series, the Police and
Fire Games which was held in August, and the upcoming World Masters Indoor Championships to be held in March, 2010 in Kamloops, B. C. He has spent many hours working with the organizing committees of these meets. He has conducted level I and II clinics throughout the province to help increase the number of officials needed for the many events held throughout the province. He attended the National Officials' Committee Spring Meeting. He has worked on updating clinics, kept the Officials' information up to date on the B. C. Athletics’ web page and has worked hard to encourage the recruitment of officials. He has done an outstanding job during this past year.

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**2009 Ralph Coates Award – Long Standing Service**

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

**Howard Brandt**

**Chilliwack Track & Field Club**

Howard is an outstanding B. C. official who has been officiating as an official most of his life. He has been a starter since the 1980’s and while he left Canada for a few years he returned to pick up where he left off. Howard commits a great deal of his time doing a considerable number of meets every year and needs to be recognized for this. He is a role model to many of the young people with whom he spends so much time and is extremely supportive of the B. C. officials’ committee.

Ralph was a starter for many years and was always there helping out and he would have been proud to have known Howard was following in his footsteps.

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**2009 Mary Temple Award – Novice Official of the Year**

*An 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.*

**Randy Stuart**

**Kajaks Track & Field Club**

Always a cheerful, hardworking individual, Randy brings equipment to many of the venues throughout the province to weigh and measure throwing implements. He helps where ever there is a shortage especially in all Field Events. He keeps himself very well informed on the Rules and how to apply them. He has shown initiative and willingness to do as much as he can do for the sake of the sport, a great attribute to bring to officiating.

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**2009 Dave Coupland Award – Inspirational Award**

*The Dave Coupland Award is presented to a BC Athletics member who has been an inspiration for Officials; someone who has made it fun.*
Tom Masich
Prince George Track & Field Club
Dave Coupland always brought laughter with him when he attended a meet and throughout the years. Tom has always done the same thing. His encouragement of officials, his friendliness, and his thoughtfulness has always been there with a smile and a hug for the ladies and a handshake or a slap on the back for the men who spend hours officiating at track meets. No one has been more supportive than Tom Masich of officials and he has encouraged his club members to be active in this way. He has always treated officials who have made the trek to Prince George with the best he can offer and sent many of us off with laughter in our hearts. He has helped to make officiating fun.

2009 Excellence in Coaching Awards

2009 Coaching Excellence - Junior Development Coach
Winston Reckord
Burnaby Striders
For over 25 years, Winston Record has been coaching track and field for the Burnaby Striders. To the benefit of both the BC Summer Games and all the Zone 4 athletes who have competed at them for the last 15 years, Winston has volunteered as an Assistant Rep and Coach. During that time he has been an inspiration and motivation to many athletes, and at Burnaby Striders that takes in quite a range of ages. His successful protégés have included both National and International Team Members.

On any given weeknight, rain or shine, if you are driving past Burnaby Central High School at 6 o’clock; you will see Winston on the track and hear his whistle as he critiques his athletes’ technique and performance. His passion for his chosen sport combined with his caring and understanding make him a favorite with everyone in the Track Community.

2009 Coaching Excellence Award - Senior Coach
Tom Nielsen
Vancouver Thunderbirds
Athletes who are coached by Tom Nielsen:
Elizabeth Gleadle Senior Javelin Thrower pb this year sets a new Canadian Record - 58.21m
Senior Canadian Champion
Canada Summer Games Champion
6th at FISU Games
NAIA Champion

Brooke Pighin Senior Javelin Thrower
Second at National Seniors
Second at Canada Games
Canadian team member – Francophone Games - Beirut

Curtis Moss – Senior Javelin Thrower; Set a pb – 78.32m
Ranked first in Canada
Placed second at National Seniors
Placed Second at Canada Summer Games
Second at Francophone Games
4th on All-time Canadian list

Kyle Nielsen – Senior Javelin Thrower
First at National Seniors
Placed first at Canada Summer Games pb 72.98m
Attended Francophone Games

Selina Byer – Youth Javelin Thrower pb 40.84m
2nd at Canadian Legion Youth Championships

Tess Virgil – 15 Year Old Javelin Thrower – pb 39.54m
Ranks first in BC
2nd at Legion Championships

Tom attended the World Javelin Conference in Finland this past October

2009 Excellence in Coaching - High Performance Coach

Dr. Anatoliy Bondarchuk
Kamloops Track & Field Club
National Throws Centre Coach

Dylan Armstrong – Shot Put; pb 21.04m
Senior National Champion
Canadian Team member - World Championships in Athletics - Berlin

Sultana Frizzell – Hammer Thrower – pb 72.07m
Canadian Record Holder
10th at the World Championships in Athletics - Berlin

Jennifer Joyce – Hammer Thrower – pb is 70.35m a new BC Record
National Senior Champion
11th at the world Championships in Athletics - Berlin

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.
2009 Executive of the Year Award

Diana Hollefreund  
Victoria Track & Field Club

Diana Hollefreund has been active in various executive positions in Athletics for decades. Joining the BC Athletics Board of Directors and filling the roles of Zone Director, Vice Chair and now as Director of Administration and Planning Diana brought an enhanced focus to and development of Association policies and program guidelines too help in the management and delivery of programs and services to the membership. Her work within her club and as a key member of the VIAA (Vancouver Island Athletics Association) has provided leadership to enhance competitions for athletes.

Her work includes but is not limited to:

- Leadership in VIAA in the recruitment, training and development of 30 to 40 new Officials
- Executive member and Treasurer of the VIAA
- Vice Chair of the Victoria Track & Field Club
- BC Athletics Provincial Sport Advisor for the BC Summer Games
- Risk Management:
  - 2009 BC Athletics Criminal Records Review Policy - Chair
  - BC Athletics Risk Management Policy (currently underway) - Chair
- 2009 BC Athletics Human Resources Committee – Chair
- 2009 BC Athletics Membership Review Committee – Chair
- 2009 BC Athletics Director Liaison to the BC Athletics Officials Committee
- An active BC Athletics Official

BC Athletics is very pleased to recognize Diana Hollefreund as the 2009 BC Athletics Executive of the Year Award.

2009 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.

Alwilda van Ryswyk  
Kamloops Track & Field Club

- Member of the BC Junior Development Committee since 1972
- Chairperson of the Junior Development Committee from 1980-2002
- Long time coach at Westsyde Elementary School beginning in 1969
• Headed the Officials Committee for the 1993 Kamloops Canada Summer Games.
• Has officiated in Track & Field since 1948.
• Head Coach - Kamloops Track & Field Club 1972-1995.
• Member of the Kamloops Track and Field Club executive since 1972.
• 1992 - B.C. Athletic Official of the year
• 1992 - B.C. Track & Field Hall of Fame
• 1999 - Ralph Coates (Long Standing Service for Track & Field
• 2004 - Sports B.C. Presidents’ Award.
• 2005 - National Officials Committee Wall of Honour in Ottawa celebrating 50 years officiating in track & field

Alwilda has kept the interests of Junior Development athletes foremost in her mind. She has spent countless hours on selection committees and supervising of the JD All Time Top Ten and the Junior Development annual awards banquet and award presentations. Alwilda is truly a person who cares about young athletes, encourages their progress and celebrates their success.

2009 BC Athletics Hall of Fame

Don Steen

The Steen name is synonymous with Sport in British Columbia and Canada and it is our honour to recognize Don Steen with induction into the BC Athletics Hall of Fame.

Don Steen’s achievements in sport span five decades as an athlete, coach and administrator. He was one of BC’s outstanding high school basketball players, an elite level rugby star and a Canadian record holder in both the pentathlon and decathlon. Coaching track and field became Don’s passion, first at Burnaby South high school where he established a prep dynasty, and as the founder and head coach of the Burnaby Striders Track and Field Club. During Don’s 20-year tenure, the Striders became Canada’s strongest juvenile club, producing numerous Olympic competitors. In 1967, Don became Simon Fraser University’s first head athletics coach. To demonstrate SFU’s province-wide interest in athletics, he developed and conducted the first two BC High School Track and Field Championships. In 1972, Don was a coach for Canada’s track and field team at the Munich Olympics. Don’s Legacy as an administrator began in 1969 when he became the first executive director of BC School Sports. Among his achievements over the next 17 years was coordinating 26 provincial
championships, significantly increasing the number of regional associations and Sport commissions, and starting fundraising events such as the ‘Milk Run’. In 1992, Don began an association with Blind Sports that has included serving as president and athletics commissioner to the provincial body as national athletics commissioner. He was the head coach of the West Coast Pacers Track & Field Club, a national and provincial athletics coach for Blind Sports, a member of the coaching staff for the Canadian Paralympic teams of ’92, ’96 and 2000. Don continues as an active coach and adviser and is the coach of record for: Courtney Knight – Gold Medallist 2009 IBSA Pan Am Games – Shot Put and Discus; and Dustin Walsh/Steve Walters (guide runner) – Gold Medallist IBSA Pan Am Games – 400m and 4 x 400m Relay Exhibition.

Don is truly a multiple contributor to Athletics and very worthy of induction to the BC Athletics Hall of Fame.