### 2007 BC Athletics Awards

# Midget – 15 yr old Track and Field Excellence

BARNES, Dyson

Club: Valley Royals

Events and Performances:

300mH, 40.92s 2007 Legion National Championships, 1st Pentathlon, 3949 points, Junior Development Pentathlon, 1st

BUTTERWORTH, Alycia

Club: OTFC

Event and Performance

1500m Steeplechase, 5:22.50 Garriock Memorial meet, 1st

CUNNINGHAM, Jenna M.

Club: CC

Event and Performance:

300mH, 47.39s Jesse Bent Memorial Track and Field Meet, 1st

DEACON, Chantelle S.

Club: KEL

**Event and Performance:** 

800m, 2:16.99 Jack Brow Memorial meet, 1st

DENLEY, Claire M.

Club: TBIR

Events and Performances:

300mH, 45.94 Jack Brow Memorial meet, 3<sup>rd</sup>

Pentathlon, 2784 points, Junior Development Pentathlon, 1<sup>st</sup>

DUMONT, Alexander J.

Club: KAJ

Event and Performance:

Discus (1kg) 50.06m, Midget Alternate Championships, 1st

EDEN, James

Club: PA

Event and Performance:

300mH, 42.02s 2007 Legion National Championships, 3<sup>rd</sup>

FRANKE, Joanna

Club: CVAC

Even and Performance:

Hammer Throw (3kg), 54.03m Garriock Memorial meet, 1st

HELDMAN, Jared Z.

Club: VR

**Events and Performances:** 

100m, 11.34s Midget Alternate Championships, 1st

200m, 23.01s 2007 Legion National Championships, 3rd

Long Jump, 6.82m 2007 Legion National Championships, 1<sup>st</sup>

INGVALDSON, Delling

Club: SFTC

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Events and Performances:
               100m, 11.52s 2007 Legion National Championships, 5<sup>th</sup>
               200m, 23.43s Midget Alternate Championships, 2<sup>nd</sup>
               Discus (1kg), 57.44m 2007 Legion National Championships, 1<sup>st</sup>
               Shot Put (4kg) 15.54m 2007 Legion National Championships, 2<sup>nd</sup>
KARIDIO, Ismael
       Club: PGTF
       Event and Performance:
               High Jump, 1.84m Midget Alternate Championships, 1st
LLOYD, Haleigh M.
       Club: CVAC
       Event and Performance:
               300mH, 45.02s Midget Alternate Championships, 1st
LONGMUIR, Caley J.
       Club: OTFC
       Event and Performance:
               1500m RW, 8:04.24 Midget Alternate Championships, 1st
MURRAY, Emerson J.
       Club: KAJ
       Events and Performances:
               100m, 11.58s Midget Alternate Championships, 2<sup>nd</sup>
               High Jump, 1.79m Midget Alternate Championships, 2<sup>nd</sup>
               Long Jump, 6.01m Midget Alternate Championships, 2<sup>nd</sup>
               Shot Put (4kg), 14.16m Jack Brow Memorial meet. 2<sup>nd</sup>
PARKER, Cody D.
       Club: UN-BC
       Event and Performance:
               Javelin (600g), 48.69m Garriock Memorial meet. 1st
POPE, Stuart
       Club: LM
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Event and Performance:

Javelin (600g), 47.03m Jack Brow Memorial meet, 1st

PRINCE, Spencer R.

Club: VR

Performances and Events:

Discus (1kg), 48.81m Midget Alternate Championships, 3<sup>rd</sup> Long Jump, 6.28m 2007 Legion National Championships, 4<sup>th</sup> Pentathlon, 3941 points Junior Development Pentathlon, 2<sup>nd</sup> Shot Put (4kg), 14.44m 2007 Legion National Championships, 3<sup>rd</sup>

RICHARDSON, Jade E.

Club: NTFC

Event and Performance:

Shot Put (3kg), 11.01m Garriock Memorial meet, 1<sup>st</sup>

SUTHERLAND, Christopher A.

Club: SAC

**Events and Performances:** 

100m, 11.34s Jack Brow Memorial meet, 1<sup>st</sup> 200m, 23.20s Midget Alternate Championships, 1<sup>st</sup> 400m, 51.17s Midget Alternate Championships, 1<sup>st</sup>

SYDNEYSMITH, Dylan

Club: TBIR

Event and Performance:

400m, 52.77s Jack Brow Memorial meet, 1st

TREASURE, Alyxandria

Club: PGTF

Events and Performances:

High Jump, 1.76m Jack Brow Memorial meet, 1st

Triple Jump, 11.73m 2007 Legion National Championships, 2<sup>nd</sup>

VICIC, Andrea D.

Club: OA

**Events and Performances:** 

Pentathlon, 2717 points Junior Development Pentathlon, 2<sup>nd</sup> Triple Jump, 10.30m Midget Alternate Championships, 2<sup>nd</sup>

VOGT, Abbey M.

Club: BBY

**Events and Performances:** 

400m, 58.77s Midget Alternate Championships, 1<sup>st</sup> 800m, 2:17.03 Jack Brow Memorial meet, 2<sup>nd</sup>

# Track and Field Athlete of the Year

# **Juvenile Female- Nominees**

Laura Macauley

Club: Alberni Valley TC Coach: Graham Morfitt

Event: Javelin – 47.08m, Discus – 40.84m, and Shot Put – 12.49m

Rank:

Javelin

BC Juv –1<sup>st</sup>, BC Junior – 3<sup>rd</sup> Canadian Juv – 1<sup>st</sup>, Canadian Junior – 3<sup>rd</sup>

Discus

BC Juv – 1<sup>st</sup>, BC Junior – 2<sup>nd</sup>

Canadian Juv – 1<sup>st</sup>, Canadian Junior – 3<sup>rd</sup>

Shot Put

BC Juv – 1<sup>st</sup>, BC Junior – 1<sup>st</sup>

Canadian Juv – 1<sup>st</sup>, Canadian Junior – 9<sup>th</sup>

Teams made in 2007:

BC Team – Canadian Legion Championships

BC Team – Canadian Junior Championships

Canadian Team - World Youth

Accomplishments:

Canadian Junior Championships Javelin Champion Canadian Legion Championships Discus Champion BC Junior Championships Shot Put Champion\

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Kaitlin Nelson
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Club: Victoria Track and Field Club

Coach: Phil Nelson

Event: 400m - 56.14s, 200m - 25.53s

Rank:

200m

$$BC\ Juv-4^{th}$$

400m

$$BC Juv - 1st$$

 $Canadian \ Juv-4^{th}$ 

Teams made in 2007:

BC Team – Canadian Legion Championships

Accomplishments:

BC High School Championships 400m Champion

Victoria International Track Classic 400m – Bronze medalist

# Sabrina Nettey

Club: Kajaks

Coach: Mike Murray

Event: 100m – 11.84s, 200m – 24.13s and Long Jump – 6.07m

Rank:

Long Jump

 $\overrightarrow{BC}$  Juv –  $2^{nd}$ 

Canadian  $Juv - 2^{nd}$ 

200m

BC Juv - 1<sup>st</sup>

Canadian  $Juv - 1^{st}$ 

100m

 $BC Juv - 1^{st}$ 

Canadian Juv – 1<sup>st</sup>

Teams made in 2007:

BC Team – Canadian Legion Championships

Canadian Team - World Youth

Accomplishments:

# Juvenile Female Athlete of the Year

Christabel Nettey

Club: Kajaks

Coach: Mike Murray

Event: 100m Hurdles – 13.49s and Long Jump – 6.14m

Rank:

100mH

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BC \ Juv-1^{st} Canadian \ Juv-1^{st} World \ Juv-4^{th} Long \ Jump BC \ Juv-1^{st}
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Canadian Juv – 1<sup>st</sup>

World Juv  $-6^{th}$ 

Teams made in 2007:

BC Team - Canadian Legion Championships

Canadian Team - World Youth

Accomplishments:

World Youth Medley Relay Bronze medalist

# **Juvenile Male- Nominees**

Evan Dunfee

Club: Kajaks

Coach: Gerry Dragomir

Events: 1500mRW, 3KmRW, 5Km RW, 10KmRW, 20KmRW

Rank:

BC Juvenile – 1<sup>st</sup>

Canada Youth  $-1^{st}$ 

North America Youth – 1<sup>st</sup>

Teams in 2007:

Canadian Team - World Youth Championships

BC Team - Western Canada Games

Canadian Team - US/Canada Junior Dual

Accomplishments (major wins/awards):

US/Canada Junior Dual - 2nd

Western Canada Games - 1st

Canadian Records:

Youth 10KmRW 45:26 Vancouver International Racewalk

Youth 20KmRW 1:38:44 Edmonton International Racewalk

Angus Taylor

Club: Kajaks

Coach: Richard Collier

Event: Discus – 56.41m and Hammer – 64.51m

Rank:

Hammer

Canadian Juv – 1<sup>st</sup>

Discus

BC Juv – 1<sup>st</sup>, BC Junior – 2<sup>nd</sup>

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Canadian Juv - 1st
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Teams made in 2007:

BC Team – Canadian Legion Championships BC Team – Canadian Junior Championships

Canadian Team - World Youth

# Accomplishments:

Canadian Junior Championships Hammer Throw Champion

Canadian Junior Championships Discus Silver Medalist

Canadian Legion Championships Discus Champion

Canadian Legion Championships Hammer Throw Champion

BC High School Championships Discus Champion

# Juvenile Male Athlete of the Year

Keynan Parker

Club: Burnaby Striders Coach: Winston Reckord

Event: 100m - 10.61s, and 200m - 21.44s

Rank:

200m

BC Juv – 1<sup>st</sup>, BC Junior – 1<sup>st</sup> Canadian Juv – 1<sup>st</sup>, Canadian Junior – 3<sup>rd</sup>

100m

BC Juv – 1<sup>st</sup>, Bc Junior – 1<sup>st</sup>

Canadian Juv – 1<sup>st</sup>

World Juv – 5<sup>th</sup>

Teams made in 2007:

BC Team - Canadian Legion Championships

BC Team – Canadian Junior Championships

Canadian Team - World Youth

Accomplishments:

Canadian Youth Record for 200m

World Youth Championships  $100m - 5^{th}$ 

BC High School Championships 100m Champion

BC High School Championships 200m Champion

#### **Junior Female- Nominees**

Anastasia Pearse

Club: Pacific Athletics

Coach: Ron Parker

Event: 400m - 55.80s and 400mH - 60.92s

Rank:

400m

BC Junior – 1st

Canadian Junior – 4<sup>th</sup> 400mH

BC Junior – 1<sup>st</sup> Canadian Junior – 2<sup>nd</sup>

Teams made in 2007:

BC Team – Western Canada Summer Games BC Team – Canadian Junior Championships

Accomplishments:

Western Canada Summer Games 400mH Champion Western Canada Summer Games 400m Silver Medalist Canadian Junior Championships 400mH Silver Medalist

Tiffany Sprenkels

Club: NorWesters Coach: Elena Voloshin

Event: Triple Jump – 12.01m and Long Jump – 5.09m

Rank:

Triple Jump

BC Junior – 2<sup>nd</sup>, Canadian Junior – 3<sup>rd</sup>

Long Jump

BC Junior – 1st

Teams made in 2007:

BC Team – Western Canada Summer Games BC Team – Canadian Junior Championships

Accomplishments:

Western Canada Summer Games Triple Jump Silver Medalist Canadian Junior Championships Triple Jump Champion BC High School Championships Triple Jump Champion

#### Junior Female Athlete of the Year

Jessica Smith

Club: NorWesters

Coach: Frank Reynolds/Ashley Weber Event: 800m – 2:07.27 and 1500m 4:35.41

Rank:

800m

BC Junior – 1<sup>st</sup>, Canadian Junior – 2<sup>nd</sup>

1500m

BC Junior – 2<sup>nd</sup>

Teams made in 2007:

BC Team – Canadian Junior Championships

Canadian Team – Pan Am Juniors

Accomplishments:

BC High School Championships 1500m - 1<sup>st</sup> Pan Am Junior Championships 800m – 2<sup>nd</sup>

# **Junior Male - Nominees**

Inaki Gomez

Club: Racewalk West Coach: Gerry Dragomir

Events: 5Km RW, 10KmRW

Rank:

BC Junior – 1<sup>st</sup>

Canada Junior  $-1^{st}$ 

North America Junior – 1<sup>st</sup>

Teams in 2007:

BC Team – Canadian Junior Championships

Canadian Team - Pan Am Juniors

Canadian Team - US/Canada Junior Dual

Accomplishments (major wins/awards):

US/Canada Dual - 1st

Pan Am Juniors - 7th

NAIA Championships - 2nd

BC records:

Junior 5Km 21:42.8

Junior & Senior 10Km 43:46

# Geoffrey Law

Club: Vancouver Thunderbirds

Coach: Laurier Primeau Event: Pole Vault – 4.70m

Rank:

BC Junior - #2

Canada Junior - #2

BC Senior - #3

Canada Senior - #10

Teams made in 2007:

Canadian Team – Pan Am Junior

Accomplishments:

BC High School Pole Vault Champion

# Junior Male Athletes of the Year

Mark Chenery

Club: Pacific Athletics Coach: Ron Parker

Event: Decathlon – 6850pts and 110mH – 14.87s

Rank:

Decathlon

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BC Junior – 1<sup>st</sup>
                        Canadian Junior – 1<sup>st</sup>
                110mH
                       BC Junior – 1<sup>st</sup>, BC Senior – 1<sup>st</sup>
                        Canadian Junior – 4<sup>th</sup>
        Teams made in 2007:
                BC Team – Western Canada Summer Games
                BC Team – Canadian Junior Championships
                Canadian Team – Pan Am Junior
        Accomplishments:
                Pan Am Junior Championships – 4<sup>th</sup>
Kyle Nielsen
        Club: Coquitlam Cheetas
        Coach: Tom Nielsen
        Event: Javelin - 66.81m
        Rank:
                Javelin
                       BC Junior -1^{st}, BC Senior -2^{nd}
                       Canadian Junior – 1<sup>st</sup>, Canadian Senior – 5<sup>th</sup>
        Teams made in 2007:
                BC Team – Western Canada Summer Games
                BC Team – Canadian Junior Championships
                Canadian Team - Pan Am Junior
        Accomplishments:
                Pan Am Junior Championships – 5<sup>th</sup>
                BC High School Record - Javelin
                Canadian Junior Championships Javelin Champion
                Harry Jerome Scholarship Recipient
Senior Female - Nominees
Ruky Abdulai
        Club: Valley Royals
        Coach: Tom Dickson, Jerrold Jones
        Events: 400m – 52.40s, Long Jump – 6.70m, High Jump – 1.85m
        Rank:
                400m
                        BC Senior – 1st
                       Canadian Senior -5^{th}
                Long Jump
                       BC Senior – 1<sup>st</sup>
                       Canadian Senior – 1<sup>st</sup>
                High Jump
                       BC Senior – 1<sup>st</sup>
                       Canadian Senior – 5<sup>th</sup>
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Krista Woodward
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Club: Unattached

Coach: Don Babbitt/Don Steen

Event: Javelin – 56.06m

Rank:

Javelin

BC Senior – 1<sup>st</sup>

Canadian Senior – 1<sup>st</sup>

Teams made in 2007:

BC Team - Canadian Senior Championships

Canadian Team - Universiade FISU

### Accomplishments:

NCAA Div 1 Track and Field Championships Javelin Bronze Medalist

Named to NCAA Div 1 All American Team

Canadian Senior Track and Field Championships Javelin Champion

# Accomplishments:

NAIA Indoor Championships – High Jump and Long Jump Champion NAIA Outdoor Championships – Long Jump, High Jump and 400m Champion

# Senior Female Athlete of the Year

Diane Cummins

Club: Pacific Athletics/Pacific Sport Coach: Brent Fougner/Mark Timmons

Event: 800m - 1:59.75

Rank:

BC Senior – 1<sup>st</sup>

Canadian Senior – 1st

 $International-29^{th}$ 

Teams made in 2007:

Team Canada - Pan American Games

Team Canada – World Track and Field Championships

Accomplishments:

Pan Am Games – 1st

World Championships - Semi-finalist

# **Senior Male - Nominees**

# Dylan Armstrong

Club: Kamloops Track and Field Club

Coach: Anatoliy Bodnarchuk Event: Shot Put – 20.72m

Rank:

BC Senior – 1<sup>st</sup>

Canadian Senior – 1st

 $International-13^{th}\\$ 

Teams made in 2007:

Team Canada - Pan American Games

Team Canada – World Track and Field Championships

Accomplishments:

BC Provincial Shot Put Record – 20.72m

Mt SAC Relays – 1st

Pan-Am Games – 1<sup>st</sup>

World Championships – 9<sup>th</sup>

### Mike Mason

Club: Vancouver Thunderbirds

Coach: Laurier Primeau

Event: High Jump – 2.27m

Rank:

BC Senior – 1<sup>st</sup>

Canadian Senior – 1<sup>st</sup>

Teams made in 2007:

Canadian Team - Universiade FISU

Accomplishments:

Canadian Championships – 1<sup>st</sup>

Pending BC Record – 2.27m

# Senior Male Athlete of the Year

Gary Reed

Club: Pacific Athletics/Pacific Sport

Coach: Wynn Gmitroski

Event: 800m - 1:44.03

Rank:

BC Senior – 1<sup>st</sup>

Canadian Senior – 1st

International – 7<sup>th</sup>

Teams made in 2007:

Team Canada – World Track and Field Championships

Accomplishments:

Silver Medalist at 2007 World Track and Field Championships

# **Masters Female - Recipient**

Olga Kotelko - Unattached

Age grading 97% of 5 best events

Event Bests in 2007:

- High Jump 0.85m
- Weight Throw 7.18m

#### Shot Put – 4.99m

# **Masters Male - Recipient**

Tom Dickson - Valley Royals

Age-grading of 94% of 5 best events

Event Bests in 2007:

- 100m 11.85s
- 200m 24.69s

### Road Runners of the Year

# **Senior Female**

Kristina Rody - Unattached

- Overall female winner of the BC Timex Series
- 36:16 Squamish 10K 1st female
- 36:23 TC 10K
- 36:50 Summerfast 10K
- 17:30 Longest Day 5K
- 36:50 HBC Run for Canada 10K -Vancouver 1st

#### **Senior Male**

Ryan Hayden – Kajaks

- 1:04:44 -First Half Marathon 1st overall
- 29:24 Sun Run 10K- 3rd overall/ 1st BC male
- 30:24 -TC 10K 1st overall
- 30:41 MDS Nordien 10K Ottawa

# **Masters Female**

Lucy Smith – PIHRT

- Freihofer's 5K Run for Women, Albany, NY 16:32
- Sun Run 10K 1<sup>st</sup> BC Female, 33:49
- Times Colonist 10K 1<sup>st</sup> Female overall, 34:24
- MDS Nordien 10K 34:44
- Royal Victoria Half Marathon 1<sup>st</sup> Female overall, 1:16:11

#### **Masters Male**

Bruce Deacon - PIHRT

- Grandma's Marathon 2:23:06
- Sun Run 10K 30:57
- Royal Victoria Half Marathon 1<sup>st</sup> Male overall, 1:08:02
- ING New York City Marathon 1<sup>st</sup> Masters 40+, 2:24:19

#### MDS Nordien 10K – 31:16

# **Cross Country Runners of the Year**

# **Juvenile Female**

**Justine Johnson** - Pacific Athletics

Talented Grade 11 student from Victoria who won the B.C. High School Cross Country Championships. Also placed 16th Dec. 1st in the blowing snow at the Canadian Junior X-C Championships in Guelph. A member of Pacific Athletics. Coached by Brent Fougner.

# Juvenile Male

James Clark - Golden Ears Athletic Club

This outstanding runner was 2nd in both the BC Athletics and the High School Champs and 30th place out of 200 in the Canadian X-C Champs. Coached by Andrew Lenton & Cindy Foley.

#### Junior Female

**Jessica Smith** – NorWesters

Won the BC Athletics Cross Country Championships at Lambrick Park in Victoria. 2nd in the NAIA Regionals in Tacoma and 4th in the NAIA Nationals outside of Chicago. SFU student, coached by Brit Townsend.

#### Junior Male

**Mitch Culley** – Valley Royals

5th in the BC Athletics Champs. 15th in the NAIA regionals and the first BC Junior finisher at the Canadian Championships. A member of the Valley Royals. SFU student coached by Brit Townsend.

#### **Senior Female**

Kristen Kolstad – Valley Royals

The 2007 BC Athletics Senior women's champion. Competing against 16 university teams at the NAIA Regional championships, Kristen placed first. She was 7th at the NAIA Championships. Member of the BC Team to the Canadian Champs and also a member of the Canadian team that defeated the US team at the NACAC X-C event in Florida. Coached by Brit Townsend at Simon Fraser U.

#### **Senior Males**

Eric Kiauka (PIHRT) and Kris Swanson (Pacific Athletics)

Kris Swanson. Eric was 4th in the BC Champs and 28th at the Canadians. Kris was 10th at the BC's and 18th at the Can champs. Two talented runners who will always be mixing it up with others at the front of the pack.

#### **Masters Female**

Maureen de St Croix

• Pinetree Classic 5K - 2<sup>nd</sup> Female 50-54

- South Fraser 5K 1<sup>st</sup> Female 50-54
- Crescent Park 8K 1<sup>st</sup> Female 50-54
- BC Championship 5.8K 4<sup>th</sup> in BC Masters Championships

#### **Masters Male**

Paul Reimer

- BC Championships 7.8K 5<sup>th</sup> overall in BCA Masters Championship, 2<sup>nd</sup> 50-54
- Canadian Championships 8K 2<sup>nd</sup> Male 50-54

# Athletes with a Disability Athlete of the Year Recipients

#### **Female**

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Michelle Stilwell
       Club: WC Race Series
       Coach: Peter Lawless
       Event: WC 100m - 20.89s, 200m - 37.06s, 400m - 1:16.24
       Rank:
               100m
                       BC Senior – 1<sup>st</sup>
                       Canadian Senior – 1<sup>st</sup>
                       World Senior – 1<sup>st</sup>
               200m
                       BC Senior – 1<sup>st</sup>
                       Canadian Senior – 1<sup>st</sup>
                       World Senior – 1st
               400m
                       BC Senior – 1<sup>st</sup>
                       Canadian Senior – 1<sup>st</sup>
                       World Senior – 1<sup>st</sup>
       Teams made in 2007:
               BC Team – Canadian Senior Championships
               Canadian Team - 2007 IWAS World Championships
       Accomplishments:
               IWAS World Championships 100m Champion
               IWAS World Championships 200m Champion
               IWAS World Championships 400m Champion
Male
Nathan DeWitt
       Club: WC Race Series
       Coach: James Husvedt
       Event: WC 100m - 19.39s, 200m - 34.57s, 400m - 1:08.25
       Rank:
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100m

BC Senior – 1st 200m BC Senior – 1st 400m

BC Senior – 1<sup>st</sup>

Teams made in 2007:

BC Team – Canadian Senior Championships

BC Team – Western Canada Summer Games

Accomplishments:

Western Canada Summer Games 200m Bronze Medalist Western Canada Summer Games 800m Silver Medalist Western Canada Summer Games 1500m Silver Medalist

#### Officials' Awards

#### Ian McNeil Award – 2007 Official of the Year

#### **Diana Hollefreund**

Past secretary of the Junior Development Committee, long-serving member of the BCA Board of Directors, Meet Director, and active member of the BC Disability Sports Organization, Sport Advisor for the BC Cummer Games, author of the JD Manual. Most recently, Diana has assumed the task of recruiting and developing Officials in the Vancouver Island Athletics Association. Diana has certainly made and outstanding contribution over many years.

# Ralph Coats Award – 2007 Long Standing Service **Hugh Morrison**

Over the many years, since moving from Port Alberni to the lower mainland, Hugh has established many friendships. His expertise at athletics events, with the Throw's being his favored, has earned him the respect of athletes, fellow officials, and other volunteers

Hugh is one of the officials who manages all throws events well, and puts other officials, athletes and volunteers at ease.

Hugh has participated in numerous events: local meets, BC Summer Games, Canadian Championships (both Junior and Senior). Pan-Am Games, Canada Games, BC Championships, and World Championships.

# Mary Temple Award – Novice Official of the Year **Dave Short**

Dave has been a fixture at the BC High School Championships long jump pits for many years, officiating both the long jump and triple jump events. Dave never needs a microphone or loud hailer. His booming voice can be heard from one end of the track to the other! Dave's good nature, work ethic and belief in fair play make him a valued member of any officiating team.

# **Daryl Palmer**

Daryl Palmer is a knowledgeable, always energetic official who has attended countless competitions over the past two years. He brings with him a commitment to the sport an eagerness to assist and sometimes a 'slushie machine'.

# **Dave Coupland Award - Inspirational Award**

#### **Winston Reckord**

Winston has been an active coach and mentor for over 20 years. He is an inspiration to his athletes and everyone around him. Always willing to help in a calm, unassuming manner. Has been the coach for the BC Summer games for many years

#### **Gerard Dumas**

Active as a coach, competitor, and sometimes official for countless years, Gerard's presence at a pole vault competition always means that everyone is going to have fun. His dedication to the sport over many, many years is an inspiration to all

#### Wall of Honour

#### **Keith Newell**

Keith Newel has been an official for many years, reaching the level five status as a Starter's Assistant, as a Starter, and as a Track Referee. His is also a National Technical Official. He has been the Meet Director for several of the Canadian Championships, the 1994 Commonwealth Games, and 17 of the Victoria International Track meets, among others. He is a past Chair for the BCA Officials' Committee, is the present Chair of Athletics Canada's National Officials' Committee, and is a member of the Board of Directors for the Sports Officials of Canada. He is also a mainstay of the Victoria track community.

### **Excellence in Coaching Awards**

# **Junior Development Coach**

#### Pam Medland

During her youth Pam was an outstanding middle distance runner who represented our province at a number of national championships. As an adult, Pam began coaching in Alberni and then moved to Kelowna to assume the position of Public Services Manager for the Okanogan Regional Library. She resumed her coaching with the Kelowna Track and Field Club and has held a number of positions and at present serves as Head Coach and meet director of the Jack Brow meet.

#### Athletes:

- Daniel Medland-Marchen 800m 2<sup>nd</sup> at 2007 Canadian Legion Championships
- Connor Clarke, MID 1500m. Ranked 1<sup>st</sup> in BC
- Chantelle Deacon, MID 800m. 1<sup>st</sup> Jack Brow Memorial Meet, ranked 1<sup>st</sup> in BC

# **Tatjana Mece**

Tatjana has over thirty years of experience as an athlete, a teacher working with children from grade three to university level, and as a Track and Field coach. She was an accomplished athlete in her native country, Albania. In addition to extensive coaching and teaching experience, Tatjana also has a university degree in Human Kinetics from University of Tirana. Tatjana is currently coaching over 30 athletes in New West Spartans T&F Club (eight of them BCJD top ten all time) and over 80 athletes in Vancouver Olympic Club (four top ten BCJD all time).

#### Athletes:

- Mihailo Stefanovic, 11 yrs 60mH, HJ, TJ, LG, 60m, Pentathlon. 1<sup>st</sup> at the BC JD Championships (BC Record).
- Ahmed Nizamani, 11yrs 60mH, HJ. 2<sup>nd</sup> at the BC JD Championships
- Sebastien Adugalski, 12 yrs TJ, LJ, 80mH, Pentathlon. 1<sup>st</sup> at BC JD Championships.

#### **Senior Coach**

# Mike Murray

Mike was the Sprints/Hurdles/Relay coach for the 2007 World Youth Team. The Canadian women's relay team brought home the bronze medal, the only Canadian medal of the Championships.

#### Athletes:

- Christabel Nettey, JUV 100mH Finalist at the 2007 World Youth Championships, set new BC and Canadian Youth Records in 100mH, Ranked 1<sup>st</sup> in BC and Canada in 100mH and Long Jump, member of the 2007 World Youth Canadian Team.
- Sabrina Nettey, JUV 1<sup>st</sup> in 100m at the Legion National Championships, 2<sup>nd</sup> in the 200m at the BC Junior Championships, Ranked 1<sup>st</sup> in BC and Canada for the 100m, member of the 2007 World Youth Canadian Team
- Kevin Lim, JR 400m Finalist at the Canadian Junior Championships, Ranked 2<sup>nd</sup> in BC, member of the 2007 BC Junior Team

#### **Gerry Dragomir**

Gerry serves as head coach and registrar of Racewalk West, and has been a part of Special Olympics Track and Field for 6 years. He has also organized Special Olympics Regional Track and Field Championships, as well has the Vancouver International Racewalk event. Also, he has been named Meet Organizer for the 2008 Can-AM Junior Racewalk Meet to be held in Victoria.

# Athletes:

- Evan Dunfee, JUV 1<sup>st</sup> BC High school Championships 1500m RW, 1<sup>st</sup> Western Canada Summer Games 5K RW, Ranked 1<sup>st</sup> in BC and Canada, member of the World Youth Canadian Team, BC Western Canada Summer Games team, and Can/US Dual Canadian Team
- Inaki Gomez, JR 1<sup>st</sup> US/Canada Dual, 7<sup>th</sup> Pan Am Juniors, 2<sup>nd</sup>
  NAIA Championships, Ranked 1<sup>st</sup> in BC and Canada, member of Pan Am Junior
  Canadian Team, BC Western Canada Summer Games team, and Can/US Dual
  Canadian Team
- Heather Warwick, JUV 1<sup>st</sup> BC High School Championships 1500m RW, 1<sup>st</sup>
  Canadian Junior Championships 5K RW, Ranked 1<sup>st</sup> in BC and Canada, member
  of the BC Western Canada Summer Games team, and Can/US Dual Canadian
  Team

#### **Richard Collier**

In 2007 Richard had the honour of being named Head Coach and Throws Coach for the BC Senior Team, as well as Throws Coach for the BC Legion team.

#### Athletes:

- Dariusz Slowik, SR 2<sup>nd</sup> in Discus at Canadian Championships, Ranked 1<sup>st</sup> in BC and Canada, member of the 2007 Pan American Games Canadian Team
- Trey Henderson, JR − 1<sup>st</sup> in Hammer Throw at the BC Junior Championships, Ranked 1<sup>st</sup> in BC and Canada
- Angus Taylor, JUV 1<sup>st</sup> in Discus and Hammer Throw at the Legion National Championships, Ranked 1<sup>st</sup> in BC and Canada for Discus and 2<sup>nd</sup> in BC and Canada for Hammer Throw, member of the 2007 World Youth Canadian Team

#### **James Hustvedt**

James is the 2007 Western Canada Summer Games and the 2009 Canada Summer Games Coach for Wheelchair Athletics. He was also the provincial team coach at the 2007 Canadian Track and Field Championships. James works tirelessly to develop wheelchair athletes around the province, as a coach, and presenter in the Bridging the Gap Recruitment and Development program.

#### Athletes:

- Brad Skeats, SR 10K, 1<sup>st</sup> Vancouver Sun Run, Ranked 1<sup>st</sup> in BC and 3<sup>rd</sup> in Canada, member of the BC Provincial Team and National Development Team
- Jessica Des Mazes, SR 10K, 1<sup>st</sup> Victoria Times Colonist, Ranked 1<sup>st</sup> in BC, member of the BC Provincial Team, and Western Canada Summer Games Team
- Nathan DeWitt, JR 400m, 1<sup>st</sup> Dogwood Classic, 2<sup>nd</sup> Western Canada Summer Games 800m and 1500m, Ranked 1<sup>st</sup> in BC, member of the BC Provincial Team, and Western Canada Summer Games Team

# **High Performance**

#### **Peter Lawless**

Peter provides leadership and mentorship to coaches in wheelchair athletics and contributes to workshops and clinics wherever possible. He has been involved in wheelchair athletics for more than 10years and is the National Coach for the Integrated Performance System Wheelchair Athletics Training Center in BC.

#### Athlete:

Michelle Stillwell, SR - IWAS World Championships 100m, 200m. 400m
 Champion, Ranked first in BC, Canada, and the World in 100m, 200m, 400m,
 member of the BC Canadian Championships team, and the IWAS World
 Championships Canadian Team

#### **Anatoliy Bondarchuk**

Dr. Anatoliy Bondarchuk has been coaching and researching training methods for over 40 years. Many of the methods he developed form the basis of today's training programs. He developed the USSR National Team throws program from 1976 to 1992 from which he produced numerous World and Olympic Champions in the Hammer, Discus and Shot Put. He coached in Portugal and Kuwait from 1992 to 2004 before moving to Kamloops in 2005. Over

the past few years athletes and coaches from around North America regularly make their way to Kamloops to seek out his expertise.

#### Athletes:

- Dylan Armstrong (CAN): 2007 Pan Am Champion Shot Put
- Jennifer Joyce (CAN): 2006 Commonwealth Games Silver Medalist Hammer
- Sultana Frizell (CAN): 2007 Canadian Champion Hammer
- Martin Bingisser (USA/Switzerland): #1 ranked thrower in Switzerland -Hammer
- Michael Letterlough (Cayman Islands): Cayman Islands Record Holder Hammer, Discus, Weight Throw, 2006 Commonwealth Games Team Member, 2007 Pan-Am Games Team Member

# Wynn Gmitroski

Wynn Gmitroski's 28 years of coaching in athletics has taken him to four Olympic Games, twelve World Championships, and five Commonwealth Games. Returning each season from his coaching duties in Europe and Championship locations, he resumes his coaching and sport / fitness consulting in Victoria as a physiotherapist. Currently Wynn is the head coach at the Pacific Sport Center in British Columbia. He's also a master course conductor at the National Coaching Institute.

#### Athlete:

Gary Reed – 800m. Silver Medalist at the 2007 World Championships, 1<sup>st</sup> Canadian Championships, Ranked 1<sup>st</sup> in BC and Canada, 7<sup>th</sup> Internationally, member of the 2007 World Championships Canadian team.

#### **Executive of the Year Award**

Diana Hollefreund -

- Vice Chair, BC Athletics Brd of Directors
- Provincial Sport Advisor, BC Summer Games Athletics
- Athletics Canada Appeals Committee
- AGM Silent Auction Coordinator
- Past Board Liaison to the BCA Officials Committee
- Entries Chair 2007 BC Youth 15, Juvenile Championship and Western Canada Games Trials
- Officials Development Zone 6 Vancouver Island
- 2007 Club Registrar Victoria Track & Field Club

#### **BC** Athletics Hall of Fame

#### Valerie Jerome

Valerie has made outstanding contributions over many years to the sport of Athletics. She has been highly competitive athlete, a coach for clubs she helped develop, as well as for numerous Vancouver Elementary and Secondary schools. She has also been a knowledgeable and active BC Official and an energetic member of the Achilles Society and Board. Valerie has been and continues to be a gifted and inspiring spokesperson for the sport of Athletics.

# BC Members of the 11<sup>th</sup> IAAF World Championships in Athletics in Osaka, Japan

Diane Cummins 800m Pacific Athletics Garry Reed 800m Pacific Athletics

Dylan Armstrong Achraf Tadili Shot Put

Kamloops Track and Field Quebec Federation/National Training Centre, Victoria 800m

Brent Fougner Event Coach Pacific Athletics