

## RESULTS

### Internationally

#### **NACAC U23 Champs :**

1 – Christine Lowe, 400mH

#### **IAAF World Junior Champs :**

3 – Ben Ayesu-Attah, 400m, Alexandra Courtnall, 400m, Shai Anne Davis, 200m

### Nationally

#### **Canadian T&F Champs / Olympic Trials :**

High School Invitational – Georgia Ellenwood, 100m – 1<sup>st</sup> place

100m W – Maggie Hanlon, 9<sup>th</sup>, Sabrina Nettey, 11<sup>th</sup>, Liza Whitehead, 15<sup>th</sup>

100m M – Jared Vaughn, 16<sup>th</sup>, Rohan Stewart, 19<sup>th</sup>

200m W – Shai Anne Davis, 9<sup>th</sup>, Maggie Hanlon, 11<sup>th</sup>

200m M – Jared Vaughn, 11<sup>th</sup>, Nathan George, 16<sup>th</sup>

400m W – Katie Reid, 10<sup>th</sup>, Christine Lowe, 11<sup>th</sup>

400m M – Ben Ayesu-Attah, 9<sup>th</sup>

400mH W – Christine Lowe, 4<sup>th</sup>, Traci Boss, 12<sup>th</sup>

0 – medals, 2 – top 8 finish, 10 – top 12 finishes

#### **Canadian Junior T&F Champs :**

100m M – Keefer Joyce (qualified 5<sup>th</sup> – did not run finals)

200m M – Nathan George, 4<sup>th</sup>, Nicholas Ayin, 8<sup>th</sup>

400m M – Ben Ayesu-Attah, 2<sup>nd</sup>, Nathan George, 4<sup>th</sup>

100mH W – Katherine Tourigny, 5<sup>th</sup>

400mH W – Katherine Tourigny, 3<sup>rd</sup>

400mH M – Nick Blackburn, 2<sup>nd</sup>

4x400m M – Team BC, 1<sup>st</sup>

4 – medals, 8 – top 8 finishes

## The Legion Youth T&F Champs :

U16 girls –

200m – Raquel Tjernagel, 2<sup>nd</sup> – Team BC

300m – Raquel Tjernagel, 2<sup>nd</sup> – Team BC

80mH – Chicago Bains, 2<sup>nd</sup> – Cowichan Valley

300mH – Stephanie Cho, 2<sup>nd</sup> (record) – Team BC, Chicago Bains, 4<sup>th</sup> – Cowichan Valley

4x100m – Team BC, 2<sup>nd</sup>

1600m sprint medley – Team BC, 2<sup>nd</sup>

U16 boys –

200m – Jake Hanna, 3<sup>rd</sup> – Team BC, Matthew Chan, 5<sup>th</sup> – Vancouver Thunderbirds

300m – Jake Hanna, 1<sup>st</sup> – Team BC (record)

100mH – Kenneth Schultze, 2<sup>nd</sup> – Team BC, Jasper Schiedel, 3<sup>rd</sup> – Vancouver Olympic

200mH – Jake Hanna, 2<sup>nd</sup> (record) – Team BC, Jasper Schiedel, 4<sup>th</sup> – Vancouver Olympic

11 medals, 14 top 5 finishes

U18 women –

100m – Shania Payne, 1<sup>st</sup> in Sec 1 final (5<sup>th</sup> fastest overall) – Team BC

200m – Georgia Ellenwood, 2<sup>nd</sup> in Sec 2 final – Team BC, Shania Payne, 1<sup>st</sup> in Sec 1 final (7<sup>th</sup> fastest overall) – Team BC

100mH – KathrynVan Ryswyk, 3<sup>rd</sup> in Sec 2 final – Team BC, Meghan Palesch, 1<sup>st</sup> in Sec 1 final

300mH – Meghan Palesch, 5<sup>th</sup> (?) – Team BC

4x100m – Team BC, 3<sup>rd</sup> CLUB – Cowichan Valley 3<sup>rd</sup>, Comox Valley, 7<sup>th</sup>

4x400m – Team BC 3<sup>rd</sup> CLUB – Comox Valley 7<sup>th</sup>

U18 men –

110mH – Andrew DeVisser, 7<sup>th</sup> – Team BC, Sebastian Adugalski, 8<sup>th</sup> – Team BC

300mH – Sebastian Adugalski, 2<sup>nd</sup> (record) – Team BC

4x400m – Team BC, 1<sup>st</sup>

6 medals

2012 proved to be a great year for BC sprinters and hurdlers. In the Youth age category BC has 11 top eight rankings nationally:

Shania Payne 6<sup>th</sup>, 100m

Meghan Palesch 2<sup>nd</sup>, in both the 100mH and the 300mH

Kathryn Van Ryswyk 4<sup>th</sup>, 100mH

Lexi Scott 7<sup>th</sup>, in both the 100mH and the 300mH

Adam Commandeur 3<sup>rd</sup>, 400m

Andrew DeVisser 2<sup>nd</sup>, 110mH and 8<sup>th</sup>, 300mH

Sebastian Adugalski 3<sup>rd</sup>, 300mH and 8<sup>th</sup>, 100mH

In the Junior age category BC has 13 top eight rankings nationally:

Alexandra Courtnall 2<sup>nd</sup>, 400m and 8<sup>th</sup>, 200m

Katie Reid 3<sup>rd</sup>, 400m

Danielle Delage 5<sup>th</sup>, 400m

Katherine Tourigny 6<sup>th</sup>, 400mH and 8<sup>th</sup>, 100mH

Ashley Windsor 8<sup>th</sup>, 400m

Benjamin Ayesu-Attah 2<sup>nd</sup>, 400m

Nathan George 3<sup>rd</sup>, 400m and 4<sup>th</sup>, 200m

Nick Blackburn 3<sup>rd</sup>, 400mH

Keefer Joyce 6<sup>th</sup>, 100m

Matthew Swanson 8<sup>th</sup>, 400m

In the Senior age category BC has 2 top eight rankings nationally:

Christine Lowe 4<sup>th</sup>, 400mH

Haleigh Lloyd 5<sup>th</sup>, 400mH

BC is fortunate to have a great group of upcoming sprinters and hurdlers. Efforts have to be made to retain these athletes.

I'd like to congratulate all of these athletes and their coaches on a great season.

Submitted by Pat Sima-Ledding and Tara Self