

The National Throws Centre in Kamloops is now in its third year under lead coach Dr Anatoliy Bondarchuk. Part of Athletics Canada's strategic plan to 2012 was to produce podium and top 8 results in London this past summer. Justin Rodhe, (Shot Put) Dylan Armstrong (Shot Put) and Sultana Frizell (hammer) all qualified to make the team and Dylan Armstrong made the final with a toss of 20.93 placing fifth.

Other notable highlights from our centre athletes include:

- Dylan Armstrong- 3rd overall in Diamond League PB 21.50-
- Justin Rodhe- 3rd at Kansas Relays with a Personal Best 21.11 : (Justin became a new Canadian in Nov 2011)
- Sultana Frizell-new Canadian Record 74.04 in hammer
- Taryn Suttie- NACAC U23 Bronze medalist- shot put/ silver medalist at Canadian Nationals
- Adam Keenan- World Junior Team Member – silver medal at Canadian National Senior and Gold Medalist at Junior Nationals, also broke Canadian Record in September in Hammer with a toss of 74.11.

With the mandate for High performance training in the next quadrennial we will look forward to World Championships in Moscow in 2013, Commonwealth Games in 2014, Pan American Games in Toronto in 2015 and Olympic Games in RIO 2016 to name a few of the high level competitions. With the implementation of Athletics Canada's related strategies regarding the development of athletes for 2016 and looking to 2020 with lead centre coach Dr. Bondarchuk and the limited focus with selected athletes, we will again look forward to more success. We have added three athletes this year to our program Mason Kereszti, (Javelin) Nolan Henderson (Hammer) and Tim Nedow (Shot Put). We welcome these young athletes into the program and look forward to the performances they will have in the future as they develop and grow in line with Athletics Canada's strategic plan and under the training program of Dr. Bondarchuk.

In September we hosted the second annual Throws Fest in which Dr Bondarchuk and his athletes provided a clinic and a competition giving mostly younger athletes the chance to be better at their performance through one on one advice and pointers regarding their throwing events. This was successfully attended. Clubs and coaches are more than welcome to attend (with advance notice) our centre and participate in the training sessions time permitting. We would like to thank Athletics Canada, BC Athletics, Sport Canada, City of Kamloops -Parks and Rec. Director Byron McCorkell and staff inside Tournament Capital Centre and outside of our venue at Hillside Stadium for all the support and facility ready commitment they are at all times. Also thanks toCarolynn Boomer, Manager Pacific Sport Interior and staff, Kamloops Blazer Foundation, Kamloops Track and Field Club membership and board of directors, officials, the community of Kamloops for the support and dedication committed to this centre and the athletes in it. That support is demonstrated all year round in the community however before and during the Olympic Games it was phenomenal. In turn, these athletes have given back to the community in various ways but mainly though getting into the elementary schools helping with the track and field clinics and taking time with young school children to help encourage the sport.

Respectfully submitted
Judy Armstrong
Manager- National Throws Centre- Kamloops