

## Sherwood Park Track Classic – 2013 Alberta Outdoor Championships

This was one of the most successful Provincial Championships in the history of the Calgary Warriors. The Team of 19 athletes brought home 22 medals, four being gold, ten silver and eight bronze.

Best Warriors performance of the meet came from Katelyn Slessor in the 80m hurdles. Her progression has been remarkable, and the end is not in sight yet! Her time of 11.85 was well under the 16 year old provincial record of 11.92 (but since she finished second, the record goes to Mia Hull of CALTAF in 11.78). Katelyn bettered the club record of Shaunie Morrison (12.01) and her time ranks her 4<sup>th</sup> in Canada at the moment. In just five hurdle meets Katelyn's time has progressed from 13.42 via 12.89, 12.12, 12.05 to 11.85. Way to go, Katelyn.

Gold medals went to Sydney Banister in the 800m junior after a strong race (second best time of the season, 2:16.54), Madison Evans in the 300m youth hurdles and to our midget girls relay teams who destroyed the field in the 4x100m and 4x400m relays, both in meet record times. 4x100m: Rachel Mathieson, Katie Yackel, Kalena MacKinnon and Katelyn Slessor. 4x400m: Kalena MacKinnon, Morgan Kravtsov, Liv Price and Katie Yackel. Congratulations to all!

Our other top hurdler in the midget category, Katie Yackel, is battling injuries and had to be satisfied with a second and third place in the hurdle events, adding a bronze in the javelin throw after she hurt herself in the warm-up. With a total of five medals, she is our top medal winner.

Staying with the hurdles, Kai Spierenburg won silver in both the 100m and 200m hurdles, bettering his own club record in the 200mH in 27.36. Madison Evans silver in the 100m hurdles, Liv Price bronze in the 200mH and a 4<sup>th</sup> and personal best of 12.50 (12.40 +2.1 in the heats) in the 80mH.

What else? Katelyn second in the 100m in a PB of 12.61, Rachel Mathieson second in both long and triple jump and a PB of 13.03 in the 100m. Kalena 3<sup>rd</sup> in the triple jump (PB of 10.32m). Tyler Kiyonaga silver in the 2000m (PB), Sinclaire Fisher bronze in the 3000m, and our master Erwann Lemenager third in the open 5000m. Madison Evans added another silver medal in the pole vault, improving her PB to 2.65m (CR).

Our midget boys 4x100m team (Eric Evans, Jordan Samson, Lyndon Fisher and Kai Spierenburg) won a bronze medal.

Some other remarkables: Kai first time under 12 sec in the 100m (11.96), new club record, 38.13 in the 300m, improving his previous PB by over a second, and good for another club record.

A whole score of other PBs: Lyndon Fisher in the 100m (12.91) and 100m hurdles (16.51), Jake holder in the 800m (2:06.87) and 1500m (4:43.64), Brant Lauweryssen in the 400m (55.59), 800m 2:03.73) and 1500m (4:24.12), ending an excellent season on a strong note. Tyler Kionaga in the 1200m (3:35.43) and 2000m (6:24.61), Kalena in the 300m (44.12), Jordan in the 200m (27.21), Alana in the 100m (13.88); seasonal bests for Sinclair in the 1500m (5:15.03), Liv in the 200m (28.36) and 300m (45.14).

Sam Kerr did well in his first meet by finishing 5<sup>th</sup> and 4<sup>th</sup> in the 80m and 150m for bantam boys.

Very well done, everyone!

Results: <http://www.sherwoodparktrackclassic.ca/images/Results/2013sptcfullresults.pdf>



Triple Jump



4x400m