

## Golden Bear Open, Edmonton January 17-19, 2014

A number of tremendous performances during the Golden Bear Open by our Warriors. This was the first 'Big Meet' for most of our new athletes.

It started off on Friday with the pentathlon where Katie Yackel competed against mainly university students in this 5-event competition. Although she didn't have her best performances in all events, it was a good experience to gaze where we are at. Katie finished in tenth place with 4.90m in long jump as her best performance and her hurdle time of 9.80 as her highest scoring performance. We will be preparing to get a better result at the provincial Combined Event Championships in February. Katie's score of 2883 points is a personal best.

On Saturday it started with the 60m races. 44 entries in the midget girls, 24 advancing to 3 semi-finals, top-eight making it to the finals. Ali Carruthers finished on top of the whole field in an excellent time of 8.11, bettering her Personal Best by .33! Cath Carruthers didn't stay far behind finishing third in 8.23 (PB). Ally Tomaz ran a PB in 8.94, Jade came close in 9.08 and Ioana Marcu finished in 9.42 (PB).

In the midget boys Kai Spierenburg finished second in the 60m, equaling his PB in 7.50. Quinn van Roessel made it to the final too and came close to his PB in the prelims, running 8.08. Payton Price returned to the track after more than a year away and ran 8.71.

Youth Girls: Katelyn Slessor keeps improving big, now with 7.98 and first time under 8 seconds (twice) and a third place. Rachel Mathieson 8.38 (8<sup>th</sup>), Liv Price 8.70, Briar Nelson 8.92, and Chloe Nelson 9.06 (PB).

Youth Boys: James Albers and Eric Evans were the fastest (both 7.96 and PB), Lyndon Fischer 8.15.

Junior Madison Evans placed 2<sup>nd</sup> in the 60, running a PB of 8.15.

OK, I am going to change my strategy, going through all events and all athletes will take me forever, and I don't have the time... So check out the full results for that.

Our Top-Finishers in this meet were:

Ali Carruthers: first in 60m, first in 200m (27.50), third in long jump (4.64m).

Cath Carruthers: third in 60m, second in 200m (27.72), second in 300m (44.36).

Katelyn Slessor: third in 60m, second in 60m hurdles (9.10).

Katie Yackel: fourth in 60mH, third in triple jump (10.67m, PB).

Rachel Mathieson: third in long jump (5.14m, PB) and second in open triple jump (10.83m, \*B\*1\*G\* PB!).

Madison Evans: first in pole vault (2.90m, PB), second in 60m (8.15, PB), third in open 400m (62.62).

Charlotte Terek: first in the open 400m in the awesome time of 1:00.58.

Kai Spierenburg: second in the 60m, first in the 300m (38.42, PB), first in 60m hurdles (8.97, PB).

Daniel van der Merwe: third in 300m (40.83), fifth in 800m, fourth in 1200m.

Quinn Van Roessel: first in long jump (5.37m, PB), claiming the win with his last jump, fourth in 60mH (9.55, PB).

James Albers: fourth in 60m hurdles (9.30, PB).

Tyler Kiyonaga: third in the 3000m (10.20.71).

There were many more good Personal Bests, a total of sixty-seven indoor personal bests, taking in account that when you compete in an event for the first time, you'll have a personal best too.

On the distance front, Robert Germsheid had a great weekend, bettering his 800m time by 8 seconds (2.11.38) and running a good 400m in 56.82.

Coach Mario ran the 3000m and bettered the Provincial Masters Record M55, but he surely wants to improve on his time.

Lauren Smith tried the 400m and was happy to run a low 69 sec.

Michaela Bianchini finished in the middle of the pack in the 800m (2.33.59).

Marisa Kerr ran Personal Bests in both the 800m and 1200m.

Morgan Kravtsov improved her 200m time to 27.77, her 400m to 1:04.06, her 60m hurdles to 9.46 and her triple jump to 10.33m.

Petra Richard had to fight off the flu and only competed on Sunday, she came close to her 200m PB. Colton Schroeder PBed in the 200m (25.85), and so did Eric Evans (27.23), Lyndon Fisher (26.61), James Albers (26.24), Katelyn Slessor (27.51), Briar Nelson and Chloe Neslon. Liv Price ran her first 60mH with youth spacing and stayed close to her PB in 9.83. Rochelle Jorgensen was only 0.01 away from her 200m PB.

Very well done, everybody. Great effort, great performances!

Results: <http://www.ellistrack.ca/Results/2014GBO.pdf>

Pictures will follow, unfortunately I didn't get too many quality shots.

Jan Lips

Head Coach