



2024
AWARDS
CELEBRATION

FEBRUARY 3, 2024
EXECUTIVE AIRPORT PLAZA HOTEL
RICHMOND, BC

The page features a festive background with gold confetti scattered throughout. On the left side, two gold stars are suspended by thin lines. The main title is centered and rendered in a large, bold, gold, 3D-style font.

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WELCOME

Welcome from the BC Athletics Board of Directors

On behalf of the Board of Directors, welcome to the 2024 BC Athletics Awards Celebration Night celebrating the 2023 season.

This is a wonderful opportunity to recognize the achievements of our athletes, coaches, officials, club executives and volunteers during the past year. They all contribute to the success of Athletics in British Columbia.

I would like to thank the Province of British Columbia, viaSport, our business partners, and the Royal Canadian Legion for their on-going support. Their involvement and participation in our sport enables us to provide a high level of programs and services to our members. BC Athletics endeavors to provide value to all BC Athletics members, and our work is only possible through partnerships and the commitment of volunteers to bring our sport to life.

Congratulations to all. Enjoy your evening.



Darren Willis
Chair of the BC Athletics Board of Directors

TRACK & FIELD PERFORMANCE AWARDS

U16 FEMALE AWARD RECIPIENTS [14 YEARS OLD]

Tanaz Aulakh-Kahlon

Club: Ocean Athletics
Coach: Sharon Hann

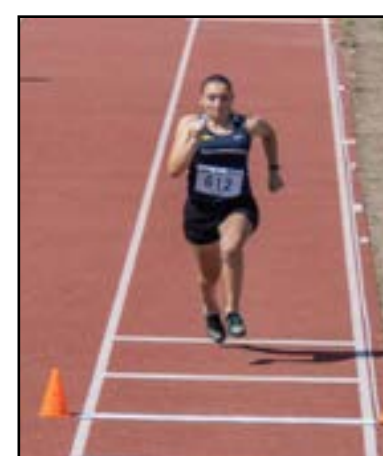
Event & Performance:
300m Hurdles - 47.30



Paige Bailey

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:
Triple Jump - 10.31m



Tessa Bell

Club: Nanaimo & District Track & Field Club
Coach: Mike Viers

Event & Performance:
Triple Jump - 10.72m



Dhea Kondolay

Club: Valley Royals Track & Field Club
Coach: Sean Laforest

Event & Performance:
Javelin - 32.62m



Vanessa Pang

Club: Vancouver Olympic Club
Coach: Tatjana Mece

Event & Performance:
Long Jump - 4.98m
Triple Jump - 10.55m



Tatyanna Stevens

Club: Ultra Throw Club
Coach: Shawn Stevens

Event & Performance:
Discus - 31.01m



U16 MALE AWARD RECIPIENTS [14 YEARS OLD]

Gursher Gabri

Club: Unattached BC
Coach: Gurpreet Singh

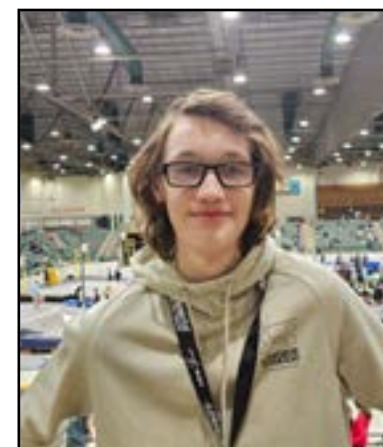
Event & Performance:
Discus - 54.77m
Hammer - 56.97m
Shot Put - 15.70m



Hayden Hurtubise

Club: Langley Mustangs
Coach: Kevin Harrison

Event & Performance:
Pole Vault - 3.20m



Tyler Hvidston

Club: Penticton Track & Field Club
Coach: Ryan Hvidston

Event & Performance:
Pole Vault - 3.01m



David Ude

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:
Triple Jump - 12.18m



TRACK & FIELD PERFORMANCE AWARDS

U16 FEMALE AWARD RECIPIENTS [15 YEARS OLD]

Gabrielle Armstrong

Club: Kamloops Track & Field Club
Coach: Mike Kern

Event & Performance:

Pole Vault - 3.55m / BC U16 Provincial Record



Adrianna Buitelaar

Club: Valley Royals Track & Field Club
Coach: Scott Svelander

Event & Performance:

1200m - 3:33.94
2000m - 6:24.00



Maggie Epp

Club: Valley Royals Track & Field Club
Coach: Scott Svelander

Event & Performance:

1200m - 3:39.07



Gillian Galik

Club: Comox Valley Cougars
Coach: Graham Morfitt/John May

Event & Performance:

Javelin - 55.59m



Payton Heer

Club: Kamloops Track & Field Club
Coach: Mike Kern

Event & Performance:

High Jump - 1.70m



Alexia Latore

Club: Universal Athletics
Coach: Jessie Dosanjh

Event & Performance:

200m - 25.32



Nelle Liefsoens

Club: Powell River Track & Field Club
Coach: Inge Tholen

Event & Performance:

1500mSC - 5:03.60



Kiara Malcolm

Club: Royal City Track & Field Club
Coach: Yolande Gaymes

Event & Performance:

100m - 12.35

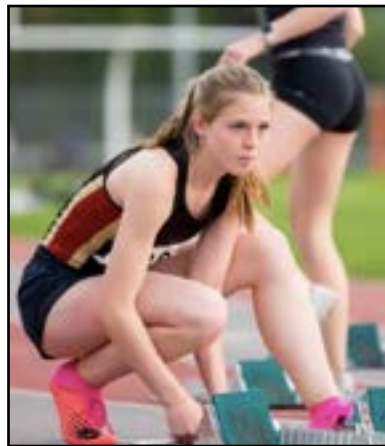


Sienna Mostowy

Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding

Event & Performance:

200m - 25.74



Talia Phangura

Club: Unattached BC
Coach: Bradley Graham

Event & Performance:

Shot Put - 14.84m
Discus - 36.27m
Hammer - 48.02m



Lily Stewart

Club: Vancouver Thunderbirds
Coach: Graeme Fell

Event & Performance:

High Jump - 1.65m

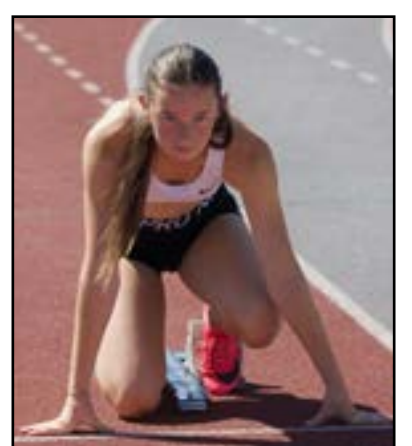


Lily Stroda

Club: Unattached BC
Coach: Verena Stroda

Event & Performance:

High Jump - 1.65m
Pentathlon - 3262



TRACK & FIELD PERFORMANCE AWARDS

U16 MALE AWARD RECIPIENTS [15 YEARS OLD]

Christian Aghedo

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:
100m - 11.37



Rhys Beaudoin

Club: Nanaimo & District Track & Field Club

Coach: Win Myint & Tyler Heisterman

Event & Performance:
1500mSC - 4:29.94



Jackson Brhelle

Club: Vancouver Thunderbirds
Coach: Sam Prevost

Event & Performance:
100m - 11.30
200m - 23.36



Walker Brown

Club: Okanagan Athletics Club
Coach: Pat Sima-Ledding

Event & Performance:
High Jump - 1.85m



Derek Frimpong

Club: Golden Ears Athletics
Coach: Rick Lloyd

Event & Performance:
300m - 36.36



Logan Hall

Club: Langley Mustangs
Coach: Andrew Lenton

Event & Performance:
Pentathlon - 2866



Miles Hayden

Club: Penticton Track & Field Club
Coach: Ryan Hayden

Event & Performance:
2000m - 5:50.74



Nickolas Jang

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:
200m - 23.17



Zimo Liu

Club: Langley Mustangs
Coach: Andrew Lenton

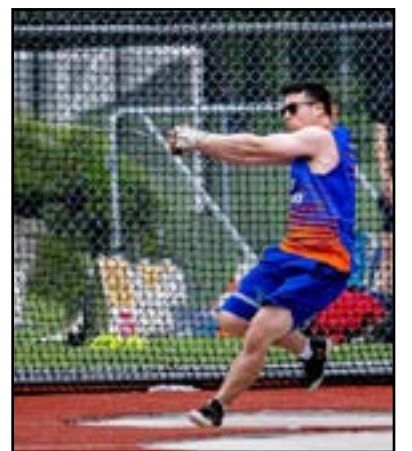
Event & Performance:
100mH - 13.94
300mH - 40.78



Chase Longley

Club: Kajaks Track & Field Club
Coach: Garrett Collier

Event & Performance:
Hammer - 56.80m



Makaio Maver

Club: Royal City Track & Field
Coach: Cristina Weir

Event & Performance:
Pole Vault - 3.22m



Ethan Moran

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:
Triple Jump - 12.28m
100mH - 14.14
300m - 41.14



Arjun Sandhu

Club: Vancouver Thunderbirds
Coach: Ron Loewen

Event & Performance:
800m - 2:00.17
1200m - 3:11.86
2000m - 5:38.54



Tyson Servos

Club: Comox Valley Cougars
Coach: Graham Morfitt/John May

Event & Performance:
Javelin - 52.42m



TRACK & FIELD PERFORMANCE AWARDS

U16 MALE AWARD RECIPIENTS [15 YEARS OLD] (CONT'D)

Riley Simmonds

Club: Valley Royals Track & Field Club

Coach: Scott Svelander

Event & Performance:

1500m SC - 4:26.63

2000m - 5:50.66



Benjamin Smith

Club: Vancouver Thunderbirds

Coach: Graeme Fell

Event & Performance:

300m - 36.10 (Indoor)



Luke Theunissen

Club: Langley Mustangs

Coach: Chris Weiss

Event & Performance:

Pole Vault - 3.35m



Tason Tran

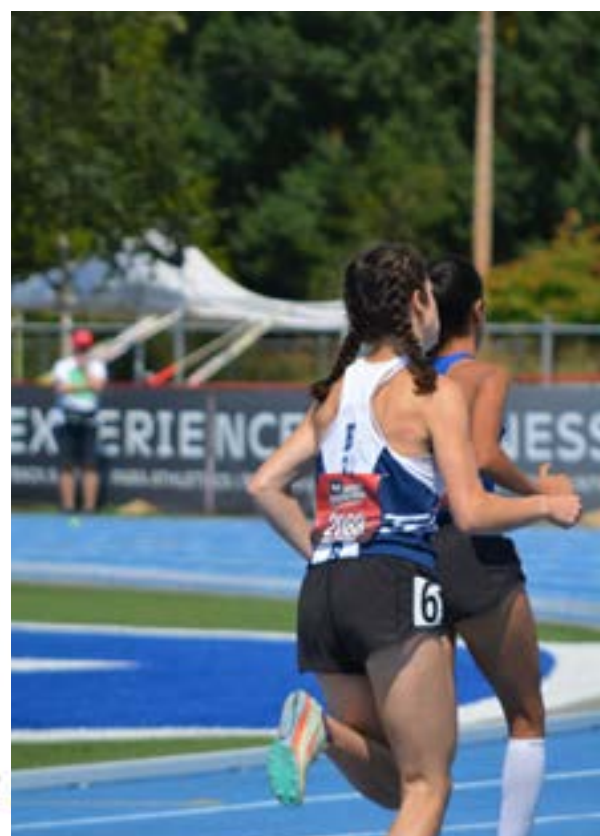
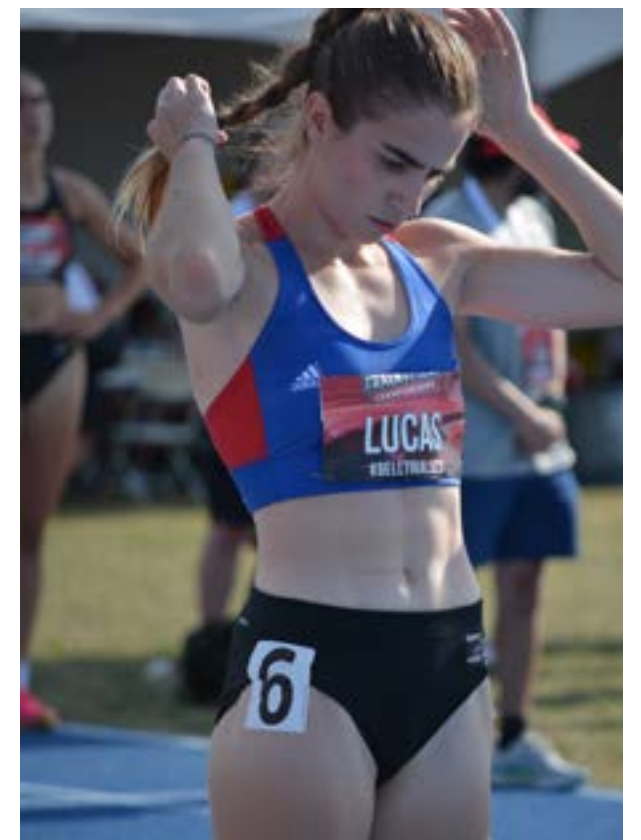
Club: Unattached BC

Coach: Karen Lopez

Event & Performance:

100m - 11.36

200m - 23.35



TRACK & FIELD

ATHLETE OF THE YEAR FINALISTS

U18 FEMALE ATHLETE OF THE YEAR FINALISTS

Alexa Dow

Club: Prairie Inn Harriers
 Coach: Bruce Deacon
Event & Performance:
 800m - 2:06.98
 2023 Commonwealth Youth Games Finalist (7th)
 BC Rank - 1 Canada Rank - 1



Jaina Kang

Club: Langley Mustangs
 Coach: Harpreet Sandhu

Event & Performance:
 2000mSC - 7:00.27
 2023 Canadian U18 Champion
 BC Rank - 1 CAN Rank - 1



Chloe Symon

Club: Vancouver Thunderbirds
 Coach: Cindy Crowther

Event & Performance:
 400m - 55.37
 2023 Canadian U18 Champion
 2023 U18 NACAC Champion
 BC Rank - 1 CAN Rank - 3



U18 MALE ATHLETE OF THE YEAR FINALISTS

Iyimi Fagbamiye

Club: Vancouver Thunderbirds
 Coach: Iuliana Kroeger

Event & Performance:
 110mH - 14.22
 2023 Canadian U18 Champion
 2023 U18 NACAC Finalist
 BC Rank - 1 CAN Rank - 2



James Hodgson

Club: Ocean Athletics
 Coach: Ted De St Croix

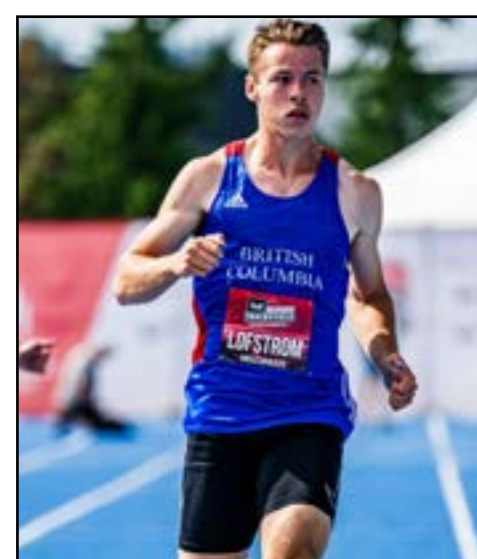
Event & Performance:
 2000mSC - 6:07.74
 2023 Canadian U18 Champion
 BC Rank - 1 CAN Rank - 2



Ryan Lofstrom

Club: Comox Valley Cougars
 Coach: John May

Event & Performance:
 100m - 10.63
 200m - 21.56
 2023 Commonwealth Youth Games Finalist (100m/200m)
 BC Rank - 1 CAN Rank - 2



TRACK & FIELD

ATHLETE OF THE YEAR FINALISTS

U20 FEMALE ATHLETE OF THE YEAR FINALISTS

Lauren Friesen

Club: Kajaks Track & Field Club
Coach: Garrett Collier

Event & Performance:

Hammer - 52.31m
2023 Canadian U20 Champion
BC Rank - 1 CAN Rank - 2



Amelia Kristen

Club: Vancouver Thunderbirds
Coach: Yves McDavid

Event & Performance:

400mH - 1:00.55
100mH - 14.47
2023 U20 Pan Am Finalist
BC Rank - 1 / 2 CAN Rank - 2 / 8



Krysthina Vlahovic

Club: Universal Athletics Club
Coach: Jessie Dosanjh

Event & Performance:

100mH - 14.07
2023 U20 Pan Am Team Finalist
BC Rank - 1 CAN Rank - 2



U20 MALE ATHLETE OF THE YEAR FINALISTS

Divine Aniamaka

Club: Vancouver Thunderbirds
Coach: Iuliana Kroeger

Event & Performance:

Triple Jump - 15.42m
2023 Canadian U20 Runner Up
2023 U20 Pan Am Team Bronze Medalist
BC Rank - 1 CAN Rank - 1

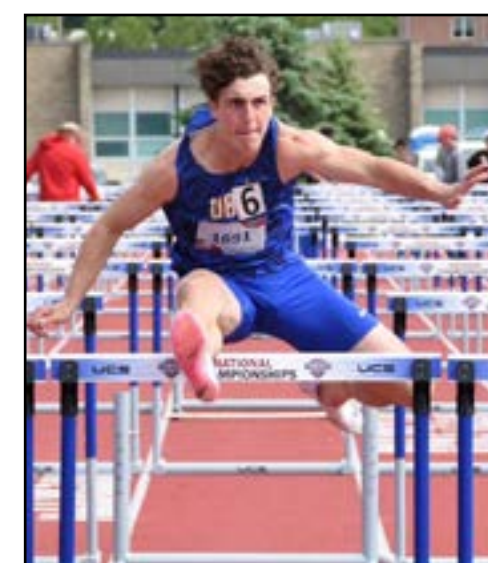


Nate Paris

Club: Nanaimo & District Track & Field Club
Coach: Mike Viers / Laurier Primeau

Event & Performance:

Decathlon - 7232
2023 U20 Pan Am Team Bronze Medalist
BC Rank - 1 CAN Rank - 3



Matthew Uliana

Club: Kajaks Track & Field
Coach: Garrett Collier

Event & Performance:

Hammer - 70.81m
Discus - 52.30m
Shot Put - 16.39m
2023 Canadian U20 Champion
(Hammer Throw / Discus Throw) BC Rank - 1 CAN Rank - 1



TRACK & FIELD

ATHLETE OF THE YEAR FINALISTS

SENIOR FEMALE ATHLETE OF THE YEAR FINALISTS

Kaila Butler

Club: Kamloops Track & Field Club

Coach: Dylan Armstrong

Event & Performance:

Hammer - 68.83m

2023 Canadian Senior Silver Medalist

2023 Pan Am Games

Bronze Medalist

BC Rank - 2 CAN Rank - 3



Alycia Butterworth

Club: Unattached BC

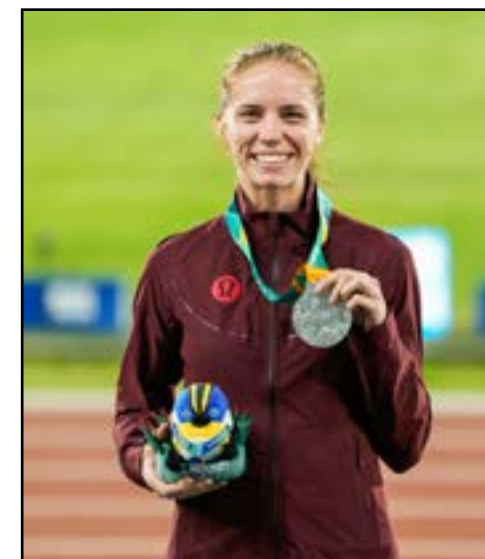
Coach: Mark Bomba

Event & Performance:

3000mSC Steeplechase - 9:39.98

2023 Pan Am Games Silver Medalist

BC Rank - 4 CAN Rank - 4



Camryn Rogers

Club: Kajaks Track & Field Club

Coach: Mohammed Saatara

Event & Performance:

Hammer - 78.62m

CAN Open Record

2023 Canadian Senior Champion

2023 World Athletics Champion

BC Rank - 1 CAN Rank - 1 WORLD

RANK - 2



SENIOR MALE ATHLETE OF THE YEAR FINALISTS

Evan Dunfee

Club: Kajaks Track & Field Club

Coach: Gerry Dragomir

Event & Performance:

35KM RW - 2:25:25

20KM RW - 1:18:03

CAN Open Record 20KM RW

2023 World Athletics

Championships 35KM - 4th / 20KM - 4th

2023 Pan Am Games Team

BC Rank - 1 CAN Rank - 1 WORLD RANK - 7 (35KM) / 5 (20KM)



Ethan Katzberg

Club: Kamloops Track & Field Club

Coach: Dylan Armstrong

Event & Performance:

Hammer - 81.25m

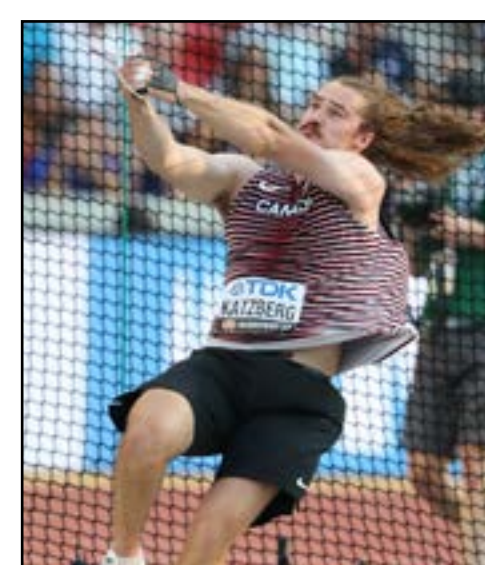
CAN Open Record

2023 Canadian Senior Champion

2023 World Athletics Champion

2023 Pan Am Games Champion

BC Rank - 1 CAN Rank - 1 WORLD RANK - 2



Adam Keenan

Club: Athletics Victoria

Coach: Sheldon Gmitroski

Event & Performance:

Hammer - 76.77m

2023 Canadian Senior Bronze Medalist

2023 World Athletics

Championship-13th

BC Rank- 3 CAN Rank- 3 WORLD Rank - 21



TRACK & FIELD

ATHLETE OF THE YEAR FINALISTS

PARA ATHLETICS FEMALE ATHLETE OF THE YEAR FINALIST

Tiana Hesmert

Club: WC Race Series Society

Coach: James Hustvedt / Ross McCallum

Event & Performance:

T52 200m - 55.58

T52 400m - 1:50.40

T52 Discus - 6.61m

2023 Canadian Senior Para Champion

- 200mWC / 400m WC

2023 Canadian Senior Para Silver Medalist - Seated Discus / Seated Shot Put



PARA ATHLETICS MALE ATHLETE OF THE YEAR FINALISTS

Michael Barber

Club: Prairie Inn Harriers

Coach: Bruce Deacon

Event & Performance:

2023 Season Best: 1:53.90 (T20

800m) / 3:54.00 (T20 1500m)

CAN Record - T20 800m / 1500m

2023 Canadian Senior Para Champion

T20 1500m

2023 IPC World Championship Team

2023 Para Pan Am Games Silver Medalist (1500m)



Nate Riech

Club: Unattached BC

Coach: Geoff Harris

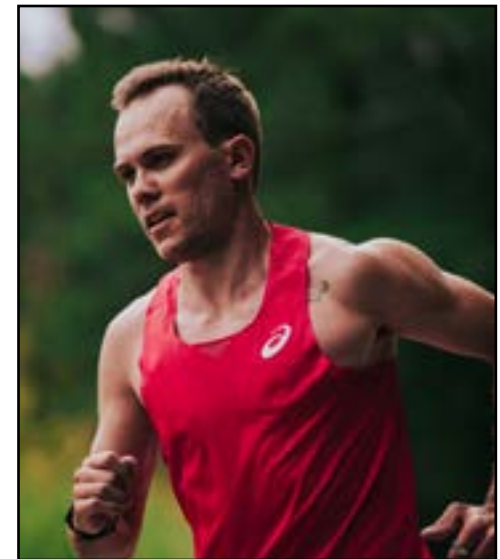
Event & Performance:

T38 1500m - 3:51.42

2023 IPC World Champion T38

1500m

2023 Para Pan Am Games Team



Liam Stanley

Club: Prairie Inn Harriers

Coach: Bruce Deacon

Event & Performance:

T37 1500m - 4:04.80

2023 Canadian Para Champion (T37 1500m)

2023 IPC World Championships Finalist

2023 Para Pan Am Games Silver Medalist



MASTERS TRACK ATHLETE OF THE YEAR WINNERS

Mark Pinckard

Club: Oceans Athletics

Coach: Ted De St Croix

Event & Performance:

Indoor 1500m - 4:38.94

M60 Canadian Indoor Record

M60 World Record 4 X 800m Relay



Leslie Sexton

Club: Vancouver Thunderbirds

Coach: Steve Weiler

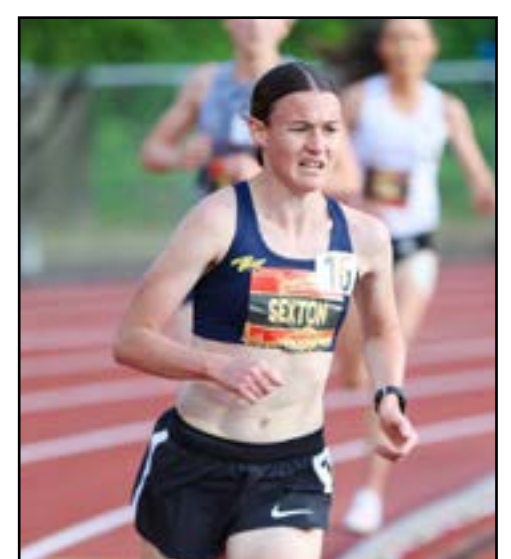
Event & Performance:

5000m - 15:27.70

BC W35 Provincial Record

BC Rank - 1 CAN Rank - 1 WORLD

Rank - 1



TRACK & FIELD

ATHLETE OF THE YEAR FINALISTS

MASTERS FIELD ATHLETE OF THE YEAR WINNERS

Myrtle Acton

Club: Unattached BC

Event & Performance:

World Record W90 Shot Put - 6.58m
 WR W90 Hammer - 20.47m
 W90 Throws Pentathlon - 3975 points
 W90 Discus - 15.83m



Christa Bortignon

Club: Greyhounds Track & Field

Event & Performance:

World Record W85 Long Jump - 3.11m
 WR W85 Triple Jump 6.62m



Graham Morfitt

Club: Comox Valley Cougars
 Coach: Graham Morfitt

Event & Performance:

CAN Record M55 Javelin - 57.93m
 BC Record M55 Throws Pentathlon - 3566
 World Ranking #2 Javelin



CROSS-COUNTRY

ATHLETE OF THE YEAR FINALISTS

U16 FEMALE AWARD RECIPIENTS [14 YEARS OLD]

Eula Palmer Brid

Club: Unattached BC
Coach: Aaron Heidt

Highlights:

BC XC Championships - 9th
BC School Sports XC Championships
Junior Girls - 14th



Sasha Dehal

Club: Ocean Athletics
Coach: Ted De St Croix

Highlights:

BC XC Championships - 4th
BC School Sports XC Championships
Junior Girls - 2nd



Katherine Kennedy

Club: Kajaks Track & Field Club
Coach: Nurten Tasdemir

Highlights:

BC XC Championships - 10th
BC School Sports XC Championships -
12th

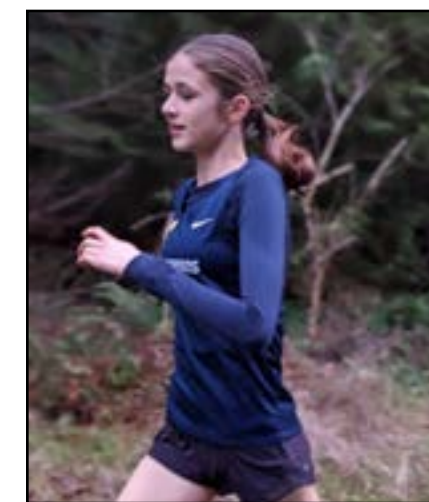


Kate Rourke

Club: Vancouver Thunderbirds
Coach: Cindy Crowther

Highlights:

BC School Sports XC
Championships Junior Girls - 6th



U16 MALE AWARD RECIPIENTS [14 YEARS OLD]

Dawson Abraham

Club: Kootenay Chaos Track Club
Coach: Alex Ulaszonek

Highlights:

BC School Sports XC Championships
Junior Girls - 6th



Isaiah Johnston

Club: Vancouver Thunderbirds
Coach: Ron Loewen

Highlights:

BC XC Championships - 8th
BC School Sports XC Championships
Junior Boys - 9th



Coen Kissmann

Club: UBC Okanagan
Coach: Malindi Elmore

Highlights:

BC XC Championships - 10th
BC School Sports XC Championships
Junior Boys - 8th



U16 FEMALE AWARD RECIPIENTS [15 YEARS OLD]

Adrianna Buitelaar

Club: Valley Royals Track & Field
Club

Coach: Scott Svelander

Highlights:

BC XC Championships - 1st
BC School Sports XC Championships
Junior Girls - 1st



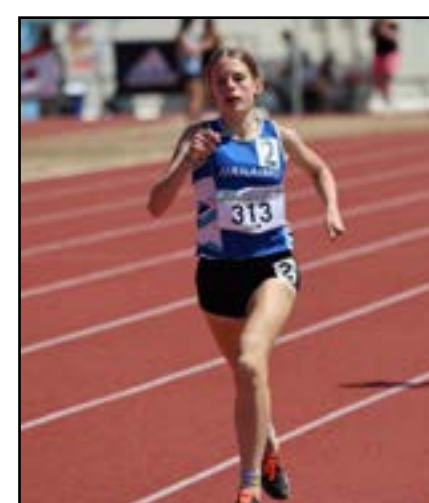
Ava Gauthier

Club: Nanaimo and District Track
& Field Club

Coach: Tyler Heisterman

Highlights:

BC XC Championships - 3rd
BC School Sports XC Championships
Junior Girls - 3rd



CROSS-COUNTRY ATHLETE OF THE YEAR FINALISTS

U16 FEMALE AWARD RECIPIENTS [15 YEARS OLD] (CONT'D)

Maya Royle

Club: Unattached BC

Coach: Rob Millar

Highlights:

BC XC Championships - 2nd
BC School Sports XC Championships
Junior Girls - 15th



U16 MALE AWARD RECIPIENTS [15 YEARS OLD]

Jericho Geddes

Club: Ocean Athletics

Coach: Ted De St Croix

Highlights:

BC XC Championships - 1st
BC School Sports XC Championships
Junior Boys - 3rd



Arjun Sandhu

Club: Vancouver Thunderbirds

Coach: Ron Loewen

Highlights:

BC School Sports XC Championships
Junior Boys - 1st



Riley Simmonds

Club: Valley Royals Track & Field Club

Coach: Scott Svelander

Highlights:

BC XC Championships - 2nd
BC School Sports XC Championships
Junior Boys - 2nd



U18 FEMALE ATHLETE OF THE YEAR FINALISTS

Alexa Dow

Club: Prairie Inn Harriers

Coach: Bruce Deacon

Highlights:

BC XC Championships - 2nd
Canadian XC Championship - 2nd
BC School Sports XC Championships
- 1st



Delphine Gosselin

Club: Vancouver Thunderbirds

Coach: Cindy Crowther

Highlights:

BC XC Championships - 3rd
Canadian XC Championships - 15th
BC School Sports XC Championships
- 2nd



Maella Hodgson

Club: Ocean Athletics

Coach: Ted De St Croix

Highlights:

BC XC Championships - Provincial
Champion
Canadian XC Championship - 4th
BC School Sports XC Championship
- 3rd



CROSS-COUNTRY ATHLETE OF THE YEAR FINALISTS

U18 MALE ATHLETE OF THE YEAR FINALISTS

James Hodgson

Club: Ocean Athletics
Coach: Ted De St Croix

Highlights:

BC XC Championship - 2nd
Canadian XC Championships - 15th
BC School Sports XC Championships - 5th



Kai Martland

Club: Vancouver Thunderbirds
Coach: Cindy Crowther

Highlights:

BC XC Championships - 3rd
Canadian XC Championships 37th
BC School Sports XC Championship - 13th



Charli Mlotshwa

Club: Prairie Inn Harriers
Coach: Bruce Deacon

Highlights:

BC XC Championships Provincial
Champion
Canadian XC Championships - 2nd
BC School Sports XC Championship - 2nd



U20 FEMALE ATHLETE OF THE YEAR FINALISTS

Ruby Broadbent

Club: Victoria Speed Project
Coach: Louie Quintana

Highlights:

NCAA Pac 12 Championships - 30th



Rachael Watkins

Club: West Vancouver Track & Field Club
Coach: Brit Townsend

Highlights:

Canadian XC Championships - 14th
GNAC - 17th NCAA Division 2 - West 41st



Abigail Yakemchuk

Club: Ocean Athletics
Coach: Ted De St Croix / Malindi Elmore

Highlights:

BC XC Championists - 1st
Canadian XC Championships - 28th



U20 MALE ATHLETE OF THE YEAR FINALISTS

Aven Kifle

Club: Vancouver Thunderbirds
Coach: Ron Loewen

Highlights:

BC XC Championship - 3rd
Canadian XC Championship - 31st



Tion McLeish

Club: Victoria Endurance Track Club
Coach: Hilary Stellingwerff

Highlights:

BC XC Championships - 4th
Canadian XC Championship - 5th



CROSS-COUNTRY ATHLETE OF THE YEAR FINALISTS

U20 MALE ATHLETE OF THE YEAR FINALISTS (CONT'D)

Yemane Mulugeta

Club: Ocean Athletics
Coach: Ted De St. Croix

Highlights:

BC XC Championship Provincial
Champion Canadian XC
Championships - 3rd
BC School Sports Championships -
Provincial Champion



SENIOR FEMALE ATHLETE OF THE YEAR FINALISTS

Ceili McCabe

Club: Unattached BC
Coach: Sean Cleary

Highlights:

Canadian XC Championship -
National Champion



Katie Newlove

Club: Vancouver Thunderbirds
Coach: Steve Weiler

Highlights:

BC XC Championship - 4th
Canadian XC Championship - 7th
USport Championship 1st
CanWest Championship - 1st



Glynis Sim

Club: Vancouver Thunderbirds
Coach: Steve Weiler

Highlights:

BC XC Championship Provincial
Champion - 1st
Canadian XC Championship - 2nd



SENIOR MALE ATHLETE OF THE YEAR FINALISTS

Cole Dinsdale

Club: Unattached BC
Coach: Norman Tinkham

Highlights:

BC XC Championship - 2nd
Canadian XC Championship - 21st



Keiran Lumb

Club: Vancouver Thunderbirds
Coach: Andy Powell

Highlights:

Canadian XC Championship -
National Champion

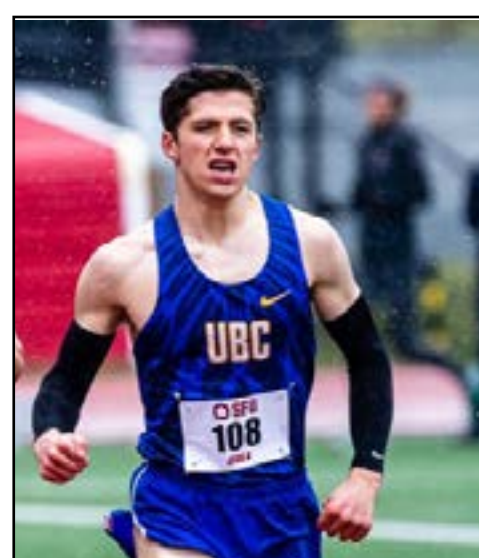


John Perrier

Club: Vancouver Thunderbirds
Coach: Steve Weiler

Highlights:

BC XC Championship Provincial
Champion
Canadian XC Championship - 34th
USport Championship - 5th
CanWest Championships - 2nd



CROSS-COUNTRY ATHLETE OF THE YEAR FINALISTS

MASTERS CROSS COUNTRY ATHLETE OF THE YEAR WINNERS

Alita Dommann

Club: Vancouver Falcons
Athletic Club

Coach: Kevin O'Connor

Highlights:

BC XC Masters Championships -
2nd (age graded)
Canadian XC Masters
Championships - 2nd (age graded)

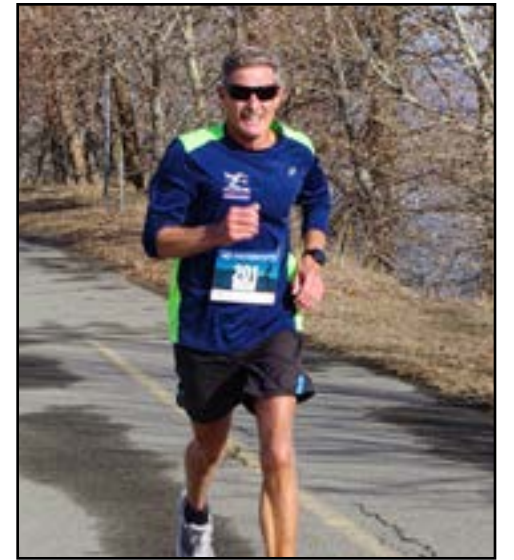


David Guss

Club: Kelowna Running Club

Highlights:

BC XC Masters Championships - 1st
(age graded)
Canadian XC Masters
Championships - 1st (age graded)



ROAD RUNNING

ATHLETE OF THE YEAR FINALISTS

U20 FEMALE ATHLETE OF THE YEAR WINNER

Robyn Astridge

Club: Vancouver Thunderbirds

Coach: Leslie Sexton

2023 Season Bests:

5km - 19:23

10km - 41:00



U20 MALE ATHLETE OF THE YEAR WINNER

Yemane Mulugeta

Club: Ocean Athletics

Coach: Ted De St Croix

2023 Season Bests:

5km - 14:36

10km - 30:42

Half Marathon - 1:08:38



SENIOR FEMALE ATHLETE OF THE YEAR FINALISTS

Julia Hawkins

Club: Mile 2 Marathon

Coach: Justin Kent

2023 Season Bests:

5km - 17:31

10km - 36:45

Half Marathon - 1:19:19

Marathon - 2:34.27



Samantha Jory

Club: Unattached BC

Coach: Natasha Wodak

2023 Season Bests:

10km - 34:42

Half Marathon - 1:14:27

Marathon - 2:26.10



Natasha Wodak

Club: Prairie Inn Harriers

Coach: Trent Stellingwerff

2023 Season Bests:

8km - 26:20

10km - 32:52

Half Marathon - 1:10:17

Marathon - 2:29:09

2023 Canadian 10km Champion



ROAD RUNNING

ATHLETE OF THE YEAR FINALISTS

SENIOR MALE ATHLETE OF THE YEAR FINALISTS

Trevor Hofbauer

Club: Mile 2 Marathon
Coach: Richard Lee

2023 Season Bests:

10km - 29:47
Half Marathon - 1:04:07

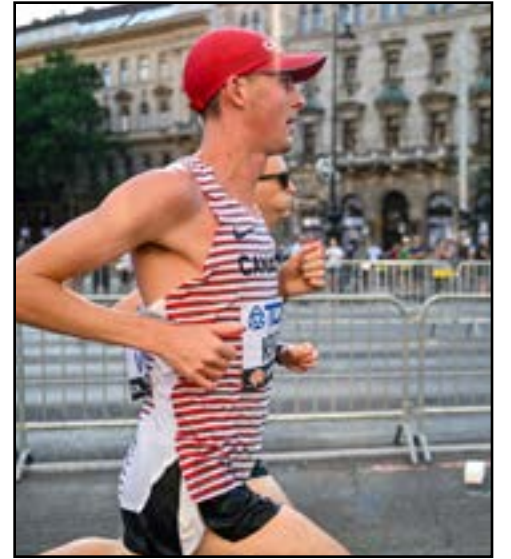


Justin Kent

Club: Mile 2 Marathon
Coach: Richard Lee

2023 Season Bests:

10km - 29:43
Half Marathon - 1:06:57
Marathon - 2:13:07



Cameron Levins

Club: Unattached BC
Coach: Jim Finlayson

2023 Season Bests:

10km - 28:40
Half Marathon - 1:00:18
Marathon - 2:05:36
2023 Canadian /North American
Marathon Record



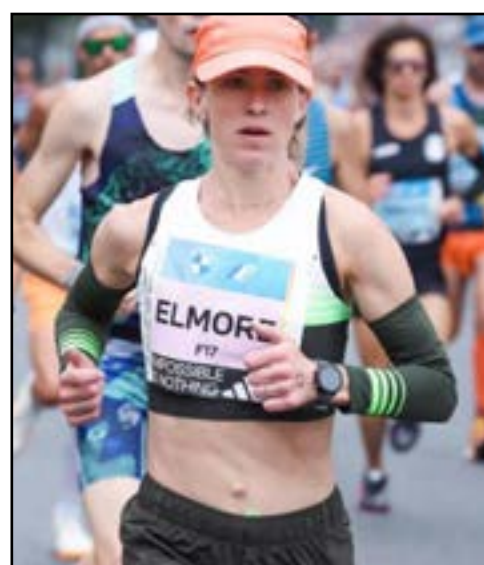
MASTERS ATHLETE OF THE YEAR WINNERS

Malindi Elmore

Club: UBC Okanagan
Coach: Graeme Hood

Highlights:

2023 Season Best: 2:23.30
Marathon Paris CAN Rank #1
WORLD Rank W40 #1

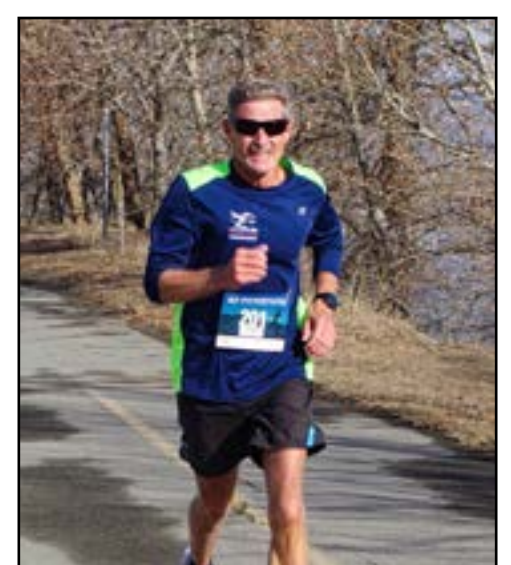


David Guss

Club: Kelowna Running Club

Highlights:

5km - 17:40
8km - 29:20
10km - 37:42
20km - 1:15:11
Half Marathon - 1:19:15
M60 Canadian Record 20km



MOUNTAIN & TRAIL

ATHLETE OF THE YEAR FINALISTS

FEMALE ATHLETE OF THE YEAR WINNERS

Care Nelson

Club: Prairie Inn Harriers
Coach: Jim Finlayson

Highlights:

2023 NACAC Mountain & Trail Championships 10km - 3rd place
2023 World Mountain and Trail Championships Classic Up & Down Race - 43rd



Kalie McCrystal

Club: Unattached BC

Highlights:

2023 World Mountain and Trail Championships Short Trail - 26th place



MALE ATHLETE OF THE YEAR WINNER

Alexandre Ricard

Club: Unattached BC

Highlights:

2023 World Mountain and Trail Championships Vertical Race - 17th place
Mountain Classic - 16th



EXCELLENCE IN COACHING AWARDS

JUNIOR DEVELOPMENT COACH OF THE YEAR

Jasmine Gill

Club: Universal Athletics Club

Jasmine has been a member of Universal Athletics Club since the age of 14, and progressed through the club high school program, followed by her years on the SFU team. However, at an exceptionally early age Jasmine was also accepting responsibility for meet registration and club organisation. This developed into coaching where Jasmine has undertaken a leading role as Universal's Junior Development Head Coach and organiser. She leads by example and is an excellent role model for young athletes, and her positive demeanor and coaching expertise makes her respected by youth and their parents. As a powerful testimony, Jasmine's former Junior Development athletes nominated her for this well-deserved award. Jasmine is an advocate of Long-Term Athlete Development, and gives novice youngsters the same care and direction as she would a more experienced athlete. She is a credit to our sport, her club and personal growth. BC Athletics is thrilled to acknowledge Jasmine's contribution and commitment to Long Term Athlete Development as the 2024 Junior Development Coach of the Year.



Michael Kern

Club: Kamloops Track & Field Club

Mike has been a long-time member and coach with the Kamloops Track & Field Club and spent 35 years as a school teacher in Kamloops. Mike has refined his craft in coaching across all disciplines and age groups and remains a student of the sport through continuous coach education opportunities. Mike has played an integral role in developing the Junior Development Program and teaching kids how to Run, Jump, Throw & Wheel, building fundamental movement skills that encourage these athletes to develop in the sport. BC Athletics is inspired by Mike's commitment to the sport through coaching and thrilled to recognize Mike's contribution as the 2024 Junior Development Coach of the Year.



U16/U18 COACHES OF THE YEAR

Cindy Crowther

Club: Vancouver Thunderbirds Track & Field Club

Cindy Crowther is the U16/U18 endurance coach with the Vancouver Thunderbirds Track & Field Club. Under her supportive leadership, she has developed several high school athletes to provincial, national and international success, including U18 Chloe Symon, winning gold at the U18 NACAC Track & Field Championships in the 400m. Cindy's leads by example and creates a positive and motivating training environment for all athletes across all levels. Cindy's commitment to high school athlete development is inspiring, and BC Athletics is thrilled to recognize Cindy as the U16/U18 Coach of the Year Award.



EXCELLENCE IN COACHING AWARDS

U16/U18 COACHES OF THE YEAR (CONT'D)

Ted De St Croix

Club: Ocean Athletics Track & Field Club

Ted de St. Croix is the High School Endurance Coach at Ocean Athletics Track & Field Club, where his leadership and commitment to coaching has supported numerous high school athletes to top results at both the provincial and national level. Ted's athletes shared that they appreciate his consistent positivity and support of their individual goals and celebration when they achieve that goal. Ted values all his athletes equally regardless of ability and puts considerable effort into making workouts that fits each athlete. He always encourages fun and comradery. "Coach Ted teaches us to trust in ourselves, and he trusts in us too. I couldn't ask for a better coach."



U20/U23 COACHES OF THE YEAR

Iuliana Kroeger

Club: Vancouver Thunderbirds Track & Field Club

Iuliana Kroeger is a Speed/Power Coach with the Vancouver Thunderbirds Track & Field Club, where she leads a strong high school development group in sprints and jumps. In 2023, Iuliana had several athletes named to both provincial and national teams, including U20 Triple Jumper, Divine Aniamaka who won the Bronze Medal at the U20 Pan American Games in the Triple Jump. Iuliana's training philosophy and leadership is well respected by the athletes in her training group as she inspires them to train hard and experience their highest potential. Congratulations Iuliana!



Bruce Deacon

Club: Prairie Inn Harriers Racing Team

Bruce Deacon coaches' the youth, para and high-performance athletes with the Prairie Inn Harriers Racing Team. In 2023, Bruce led his athletes to personal best performances at the provincial, national, and international level. His athletes qualified for 7 national teams, broke 10 national records, and won 6 National Championship medals. In addition to supporting his club athletes, Bruce served as the Head Coach for the U20/SR BC Track & Field Team and the Head Coach for the BC Cross Country Team.

From his athletes: Bruce is an enthusiastic coach who has created a training group where everyone believes their running dreams can become a reality. His vast knowledge of the sport means we can trust in his guidance to have us fit and ready to reach our racing goals. He believes in our potential and gives us the tools we need to succeed. Bruce never just "watches" us race, but instead is always decked out in his own gear to race around the course providing encouragement and support at just the right time. In fact, Bruce rarely just watches us train either - he can keep up easily and works out right alongside us allowing him to be really keyed into each runner. Bruce sacrifices so much of his own time to travel to races, train, network, organize, check in and help us with the transition to college running. Coaching is his life, and it really shows in the success of his athletes.



EXCELLENCE IN COACHING AWARDS

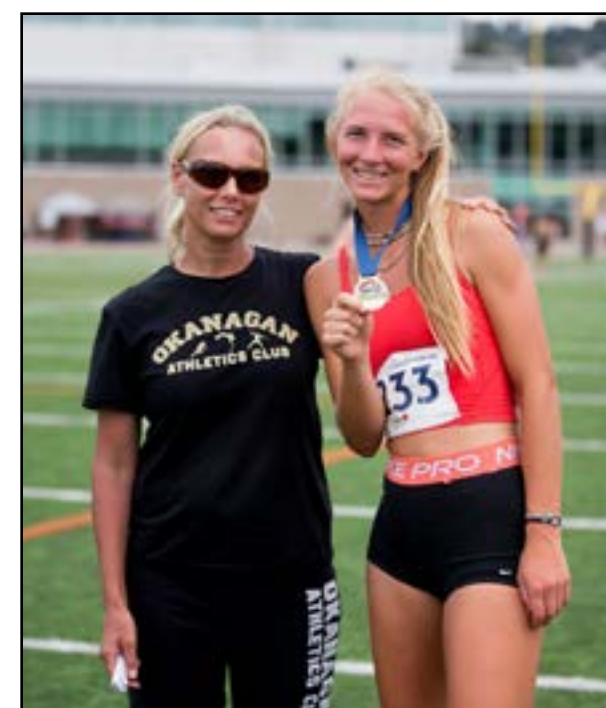
SENIOR/HIGH PERFORMANCE COACHES OF THE YEAR

Pat Sima-Ledding

Club: Okanagan Athletics Club

Pat Sima-Ledding is the Head Coach at Okanagan Athletics Club, where she focuses on coaching Sprints/Hurdles and other Speed/Power events. In 2023, Pat has been integral to a developing partnership between OAC and Canim Lake Indian Band, where they have been able to provide training opportunities for athletes in the Canim Lake community who were selected to attend the 2023 North American Indigenous Games, and provide ongoing training and competitive opportunities for these athletes.

Pat also serves as an advisor and mentor to 2020 Olympic Silver Medalist & 2022 World Champion, Jerome Blake, where she has played an integral role in the development of his career. Congratulations, Pat!



Dylan Armstrong

Club: Kamloops Track & Field Club

Dylan Armstrong is the Head Coach of the Kamloops Track & Field Club, where he leads the High Performance Throws program. Since 2005, Dr. Anatoliy Bondarchuk has been Dylan's mentor and teacher.

2023 was an exceptional year for Dylan and athletes Ethan Katzberg and Kaila Butler. Under Dylan's guidance, Ethan Katzberg became the 2023 World Athletics Champion at just 21 years old with a new Canadian Record throw of 81.25m. Ethan went on to win the Gold Medal at the 2023 Pan American Games with a throw of 80.96m. Kaila Butler took home a Bronze Medal at the 2023 Pan American Games with a throw of 65.10m. Dylan's commitment to high performance is unparalleled. BC Athletics is thrilled to recognize Dylan for his commitment to performance and leading his athletes to their highest potential as the Senior/High Performance Coach of the Year.



EXCELLENCE IN OFFICIATING AWARDS

NEW OFFICIAL OF THE YEAR

Alex Armstrong

Club: Kamloops Track & Field Club

Alex has had a great start to her officiating career. After just 2 years of officiating, Alex achieved her level 3 vertical jumps in 2023 and has taken the training component (clinic) on the pathway to level 4. Alex volunteered as an official at the National Youth Legion Track & Field Championships in Sherbrooke, Quebec to gain valuable experience. Her french background was a huge help!



Lia Schoenroth

Club: Langley Mustangs Track & Field Club

Lia is a highly motivated and capable official. She has devoted many hours to volunteering in several event areas. She has spent many hours learning the role of a Starter but has also acted as Chief in the Call Room for the Canadian Masters Track & Field Championships. Additionally, Lia was a valued member of the Start Information System team for the 2022 Bell Canadian National Track & Field Championships.



Paul Trustham

Club: Valley Royals Track & Field Club

Paul is a team player and his exceptional leadership as an official is well respected among his peers. In 2023, Paul did a great job officiating in the Call Room at the Jamboree, where he prioritized the athlete experience, ensuring the call room experience was efficient and organized. Outside the call room, you can find Paul on the track as both a starter's assistance and starter.



OUTSTANDING OFFICIAL OF THE YEAR

Kathleen Henderson

Club: Greyhounds Masters Track & Field Club

Kathleen Henderson is based in North Vancouver and began officiating with BC Athletics in 2017. She is actively working towards her level 4 evaluation and works as both an Umpire, Chief Umpire and Track Referee. Kathleen is committed to continuous improvement as an official and is quick to offer support to those around her. Kathleen prioritizes the athlete experience in leading fair and respectful events on the track.



EXCELLENCE IN OFFICIATING AWARDS

OUTSTANDING OFFICIAL OF THE YEAR (CONT'D)

Todd Blumel

Club: Cowichan Valley Athletic Club

Todd Blumel is a Duncan based official who led the pilot implementation of the Officials Management System. Todd exhibited tremendous leadership and put in countless hours of effort as he set up the system, trained users and supported officials and meet directors in identifying officials for meets. Based on the highly successful pilot, BC Athletics is implementing the system province wide in 2024.

Todd was instrumental in moving a record number of island officials through to their level 2 certification in 2024. His friendly support and sense of humour created a welcoming environment for new officials and they kept coming back! His attention to detail ensured they met the necessary criteria to progress.

Todd has been officiating for over six years and received his level 3 certification as a starter (2023). His advice to new starters? It's all about the socks! Todd's hobbies include mountain unicycling and officiating volleyball when not starting track races.



LONGSTANDING SERVICE AWARD

Sue & Kevin Kydd

Club: Universal Athletics Club

Sue and Kevin came to officiating in the early 90's when Jane Swan, then President of BC Athletics, told them to become officials. They attended Peter Feifar's 5 HOUR(!) Level 1 Clinic, which initiated a journey of officiating and decades long friendships within the sport.



Before their kids joined athletics, Sue and Kevin had no prior experience with track and field. Sue was a blank slate as she had zero sports involvement, earning her university PE credits by taking social dancing. Kevin on the other had played, coached and officiated other sports.

Already an announcer, and on the advice of Carol Cull, Sue also become a Starter's Assistant. This was a fit because she has a loud voice and obviously it's impossible to say no to Carol. A generation of BC athletes have been put on the start line by Sue or have listened to her drone on at multiple venues. Sue also spent many years on the BC Athletics Officials Committee.

Kevin's first assignment was the Long Jump. John Cull handed him a clip board, gave him a few handy tips, watched him for one round and then wandered off to do other important things. A couple of years later Kevin put his foot in his mouth telling John that there must be a better way than having everything drag 3 hours behind because of slow results. John said, "Well, go figure it out." This started Kevin's 12-year stint teamed with Shirley Young, doing most of the timing and results at meets in the Lower Mainland.

So, in a blink of an eye, those rookie officials are now old timers and receiving a long-service award.

50 YEARS OF SERVICE OFFICIALS RECOGNITION



LARRY BLASHUK

Club: Vancouver Thunderbirds



LOUISE MEVILLE

Club: Unattached BC

INSPIRATIONAL AWARDS

EXECUTIVE OF THE YEAR

Langley Mustangs Track & Field Club



BC Athletics would like to recognize the Langley Mustangs Track & Field Club as Executive of the Year in 2023. The Langley Mustangs went above and beyond in supporting Track & Field events at McLeod Athletic Park in the Township of Langley, where they worked many long days and nights to provide the best competitive experience for athletes. The Club supported the following events in 2023 through their leadership and provision of equipment.

- *BC School Sports High School Provincial Championships (June 8-10, 2023)*
- *Pacific Distance Carnival and Canadian 10,000m Championships (June 23, 2023)*
- *Langley Pacific Invitational (June 23-24, 2023)*
- *Harry Jerome Track Classic (July 14, 2023)*
- *Victoria Track Classic – Hammer Throw (July 16, 2023)*
- *Bell Canadian National Track & Field Championships (July 27-30, 2023)*
- *Canadian Masters Outdoor Track & Field Championships (August 11-13, 2023)*

Thank you, Langley Mustangs Track & Field Club!



INSPIRATIONAL AWARDS

COMMUNITY SERVICE AWARD

2022-2023 Bell Canadian Track & Field Championships Local Organizing Team

BC Athletics is pleased to acknowledge the exemplary community service of the Local Organizing Committee for the 2022 and 2023 Bell Canadian Track & Field Championships, hosted at McLeod Athletic Park in the Township of Langley. This group of volunteers worked as a team to bring their vision to life, resulting in a memorable and highly competitive National Championship event. Hosting an event of this caliber and size requires a team with diversity in skills and resilience when challenges arise. This team embodies the strength of our Athletics community and demonstrates what a group of committed individuals can achieve with a shared vision. Thank you for your service to our sport and making magic happen in the Township of Langley over the past two years.



- Andrew Lenton
- Brent Dolfo
- Carol Cull
- Chris Winter
- Dave Ellenwood
- Fannie Smith
- Graham Flack
- Jessica Ferguson
- Joanne Bertolini
- John Cull
- Julie Sillars
- Kevin Harrison
- Leslie Scholtens
- Louise Buskas
- Max Chiasson
- Megann VanderVliet
- Steve Scheepmaker
- Tab Buckner



HALL OF FAME AWARDS

CLASS OF 2023

HALL OF FAME AWARD - BUILDER

Judy Armstrong (Builder, Official)

Kamloops Track & Field Club

Judy's contribution to athletics has been remarkable over the past 32 years as a club executive and official. Judy's dedication has been integral to the growth and development of the Kamloops Track & Field Club, including establishing Kamloops as a national throwing hub. Judy's efforts led to the hiring of legendary throws coach Dr. Anatoliy Bondarchuk in 2005. Almost 20 years later, Kamloops Track & Field Club is home to 2023 Hammer Throw World Champion Ethan Katzberg and 2023 Pan American Games Bronze Medalist, Kaila Butler.

Judy's priority is always to ensure that Kamloops Track & Field Club can offer high quality programming and experiences from the youngest athletes to masters. In 2010, Judy led a successful bid in Kamloops hosting the 2010 World Masters Championships, 2014 U23 NACAC Championships, and numerous BC Athletics Provincial Championship Jamboree.

In addition to her club leadership, Judy has been a BC Athletics official for more than 32 years, volunteering her time and expertise at events all over the world, including provincial events, national events and World Masters events.

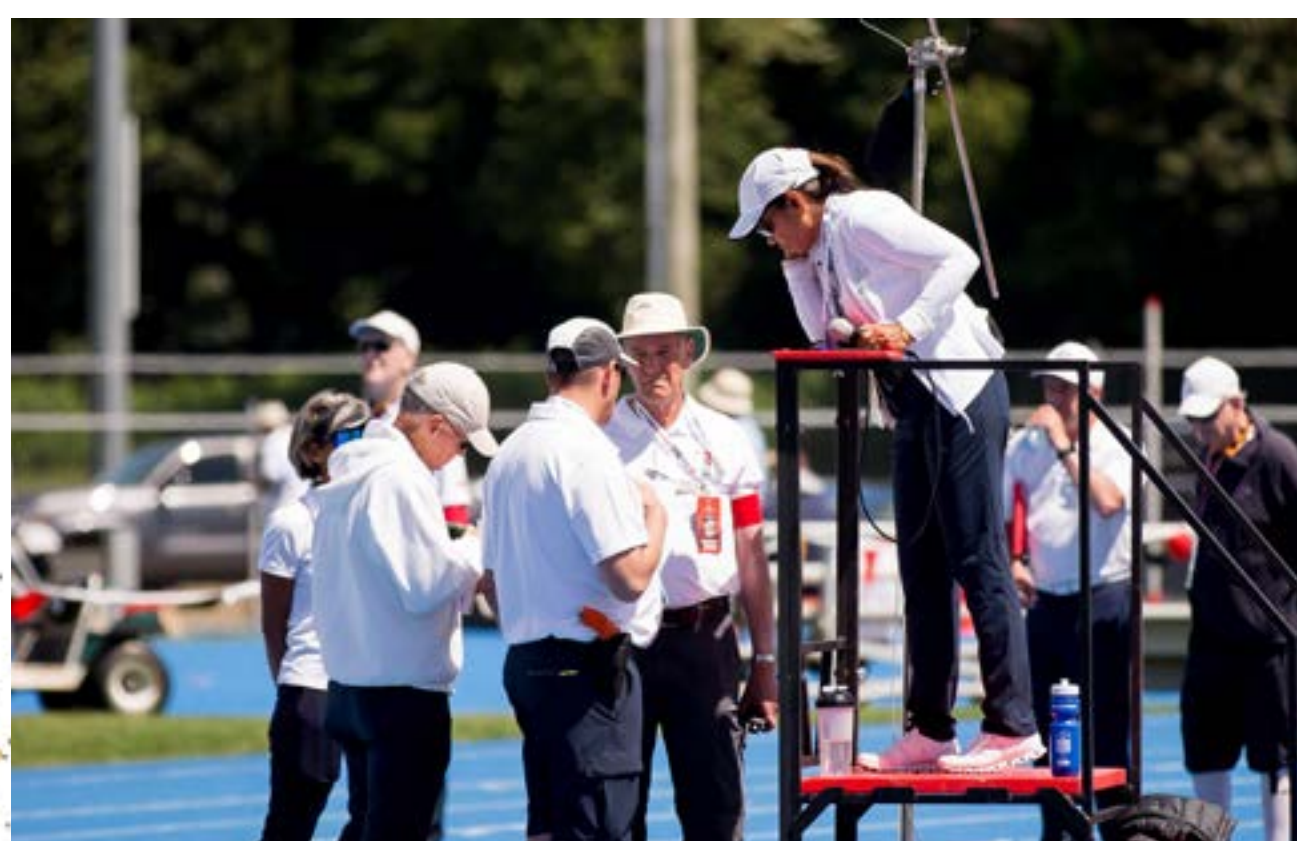


HALL OF FAME AWARD - OFFICIAL

Brian Beck (Official)

Kamloops Track & Field Club

Brian is a member of Kamloops Track & Field Club and has been an exceptional BC Athletics member as an official for 26 years. Brian is being inducted into the BC Athletics Hall of Fame to acknowledge his extraordinary dedication to the athlete experience at events where he consistently goes above and beyond as both an official and/or competition secretary. Brian is committed to training and mentoring other officials around the province to ensure events are organized to the highest technical specifications.



HALL OF FAME AWARDS

CLASS OF 2023

HALL OF FAME AWARD - ATHLETE & COACH

Tara Self

Coquitlam Cheetahs Track & Field Club

Tara is being inducted into the BC Athletics Hall of Fame as both an athlete and coach. Tara was a member of the 1996 & 2000 Canadian Olympic Team, where she competed in the 200m and the 4 X 100m Relay. Tara is a two-time National Champion in the 100m and 200m. Tara competed for Canada at every major championship over a span of more than 10 years. Highlights included a 6th place at the 1999 World Championships (4x100 relay), 4th place at the World University Games (100m), Canada Games Champion, Canadian Junior (U20) Champion, Olympic Trials Winner (1996) and two-time National Champion and ten-time National Senior Medalist. Tara was named to the Coquitlam Sport Hall of Fame in 2016.



Since retiring as an athlete, Tara has been dedicated to continuing the legacy of the Coquitlam Cheetahs Track & Field Club since 2005 as the Head Coach where she encourages a long term holistic approach to athlete development. Tara is a certified as a National Coaching Certification Program (NCCP) Performance Coach and has led dozens of athletes to Provincial, National and International success, including supporting 2020 Olympic Silver Medalist, and 2022 World Champion, Jerome Blake.

Tara's coaching accolades include:

- 2022 BC U20/Senior Coach of the Year
- 2017 Sport BC Female Coach of the Year
- 2017 BC High Performance Coach of the Year
- 2014 BC Senior Coach of the Year

Michelle Stilwell

Unattached BC

Michelle is a Paralympian and represented Canada at four Paralympic Games (2000, 2008, 2012 and 2016), and she is a nine-time World Champion. Michelle's career is unparalleled amongst Canada athletes, with success both as a Wheelchair Basketball athlete and then T52 wheelchair racing athlete. Michelle's Athletics National Team debut was in 2006 at the IPC Athletics World Championships where she won gold in the women's T52 200m event and silver in the T52 100m event.



At the 2008 Paralympics, Michelle won two gold medals in the T52 200m and 100m and went on to defend her gold medals at the 2012 Paralympic Games and setting a new Paralympic Games record. In 2013, Michelle broke the world record in the T52 800m.

Michelle's final Paralympic Games were in 2016, earning two gold medals and setting a new Paralympic Games record in the 400m. Michelle retired from competitive racing in 2017.

Following her athletic career, Michelle was elected as the MLA for Parksville-Qualicum in 2013.

Michelle was elected to the Canadian Paralympic Committee Board of Directors in 2022.



BEST OF BC AWARD

Hammer Throw Gold Medal Sweep at 2023 World Championships

2023 will be remembered as the year that Canada and British Columbia made their mark on the world as a hammer throwing nation. The dynamic duo of Camryn Rogers and Ethan Katzberg arrived in Budapest ready to show the world their hammer throwing prowess. They swept gold in both the women's and men's hammer throw. To quote Perdita Felicien, "Goodbye Hockey, Hello Hammer Throw."



August 20, 2023 - The men's hammer throw final had a world class line up of men ready to battle for the podium. After a strong qualifying performance, Ethan Katzberg (Kamloops Track & Field Club) was ready to throw far, but he shocked the world with his fifth-round gold medal throw of 81.25m, which would make him the youngest ever men's hammer throw medalist and World Champion! His throw of 81.25m established a new Canadian Record and the next day, stood atop the podium singing the National Anthem.



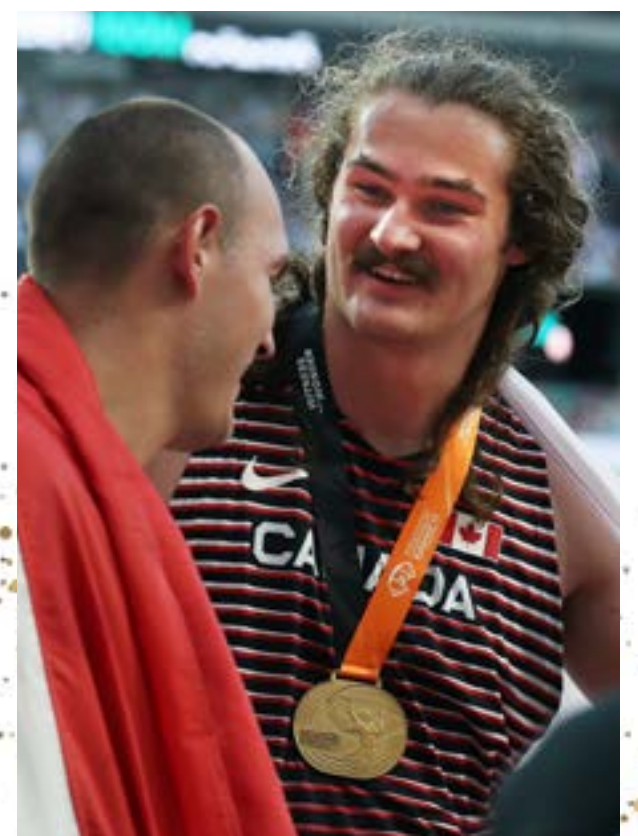
Fast forward a four days later....

August 24, 2023 - Camryn Rogers (Kajaks Track & Field Club) was ready for the final. The women's hammer throw final also had a world class line up and veteran throwers who had the potential to land on the podium. Camryn dominated the competition early with her first-round throw of 77.22m and having 4 throws that would have secured the gold medal. Camryn's consistency and focus throughout the competition never faltered and she became only the second Canadian woman to be crowned World Champion and first Canadian woman to win a medal in the hammer throw event. She celebrated victory with her teammate, competitors, Coach Mo, and her Mom who was in the stadium cheering loud.

Not only do Camryn and Ethan demonstrate incredible athleticism and determination, but they also continue to inspire those around them, always making time for a chat, or a photo with fans or the younger athletes who revere them. They both carve out time to return "home" and share their experiences with humility and authenticity. Camryn and Ethan are extraordinary athletes and even better human beings.

BC Athletics is thrilled to recognize Camryn Rogers and Ethan Katzberg with this inspirational award, the BEST OF BC. Congratulations Camryn and Ethan and thank you for inspiring us with your determination, focus and humility.

You were the Best of BC (and the world) in 2023!





2023 NATIONAL TEAM RECOGNITION

2023 WORLD CROSS COUNTRY CHAMPIONSHIPS - *BATHURST, AUSTRALIA* *FEBRUARY 18TH 2023*

NAME	HOMETOWN	CLUB
Jaxon Kuchar	Trail	Victoria Endurance Track Club
Ella Ballard	Victoria	Prairie Inn Harriers
John Gay	Kelowna	Vancouver Thunderbirds
Natalia Allen	North Vancouver	Vancouver Thunderbirds
Katelyn Ayers	Victoria	Victoria Endurance Track Club
Regan Yee	Hazelton	Unattached BC
Thelma Wright	Vancouver	Unattached BC
Hilary Stellingwerff	Victoria	Victoria Endurance Track Club
Bruce Deacon	Victoria	Prairie Inn Harriers
Stephanie McCann	Coquitlam	Unattached BC
Carolyn Daubeny	Vancouver	Unattached BC

PAN AMERICAN RACE WALK CHAMPIONSHIPS - *MANAGUA, NICARAGUA* *APRIL 15-16, 2023*

NAME	EVENT	HOMETOWN	CLUB
Evan Dunfee	20km RW	Richmond	Kajaks Track and Field Club
Olivia Lundman	20km RW	Nanaimo	Nanaimo Track and Field Club
Gerry Dragomir	Coach	Vancouver	Unattached BC
Marilou Lamy	IST	North Vancouver	Unattached BC

WORLD MOUNTAIN RUNNING CHAMPIONSHIPS - *INNSBRUCK-STUBAI, AUSTRIA* *JUNE 6-10, 2023*

NAME	EVENT	HOMETOWN	CLUB
Alexandre Ricard	Classic Uphill and Classic Up & Down	Squamish	Unattached BC
Cameron McNamara	Classic Uphill	Prince George	Unattached BC
Marcus Ribí	Short trail	Vancouver	Unattached BC
Nick Elson	Short trail	Squamish	Unattached BC
Jessie McAluey	Short Trail	Squamish	Unattached BC
Carolyn Nelson	Classic Up & Down	Victoria	Unattached BC
Emilie Mann	Short trail	Kelowna	Unattached BC
Kalie McCrystal	Short trail	Squamish	Unattached BC
Joshua Potvin	Short Trail	North Vancouver	Mile2Marathon
Neasa Coll	Short trail	Vancouver	Vancouver Falcons Athletics Club
Shannon Penway	Short trail	North Vancouver	Unattached BC
Anne-Marie Madden	Long trail	Pemberton	Vancouver Falcons Athletics Club

2023 NATIONAL TEAM RECOGNITION

2023 WORLD PARA ATHLETICS CHAMPIONSHIPS - *PARIS, FRANCE* *JULY 8-17, 2023*

NAME	EVENT	HOMETOWN	CLUB
Michael Barber	T20 800m and 1500m	Victoria	Prairie Inn Harriers Racing Team
Cody Fournie	T51 100m and 200m	Victoria	Unattached BC
David Johnson	T12 400m	Victoria	Unattached BC
Nate Reich	T38 1500m	Victoria	Unattached BC
Liam Stanley	T37 1500m	Victoria	Prairie Inn Harriers Racing Team
Sarah Black	Team Manager	Victoria	Unattached BC
Geoff Harris	Coach	Victoria	Unattached BC
Heather Hennigar	Coach	Victoria	Unattached BC
Jessalyn O'Donnell	IST	Victoria	Unattached BC
Patricia Roney	IST	Victoria	Unattached BC
Sue Lott	IST	Victoria	Unattached BC

NACAC U18/U23 CHAMPIONSHIP - *SAN JOSE, COSTA RICA* *JULY 21-23, 2023*

NAME	EVENT	HOMETOWN	CLUB
Adam Sieben	100m/200m	Prince George	Prince George Track & Field Club
Chloe Symon	400m	Vancouver	Vancouver Thunderbirds
Iyimi Fagbamiye	110mH	Surrey	Vancouver Thunderbirds
Makenna Self	100m	Coquitlam	Coquitlam Cheetahs
Callum Robinson	200m	Victoria	Unattached BC
Aiden Grout	High Jump	Pitt Meadows	Langley Mustangs
Sabrina Nettey	Coach	Surrey	Universal Athletics Club

U20 PAN AMERICAN CHAMPIONSHIP - *MAYAGUEZ, PUERTO RICO* *AUGUST 4-6, 2023*

NAME	EVENT	HOMETOWN	CLUB
Amelia Kristen	400mH	Vancouver	Vancouver Thunderbirds
Divine Aniamaka	Triple Jump	Surrey	Vancouver Thunderbirds
Kaiya Robertson	1500m and 3000m	Vancouver	Unattached BC
Krysthina Vlahovic	100mH	Surrey	Universal Athletics Club
Levi Tura	High Jump	New Westminister	Kajaks Track and Field Club
Nate Paris	Decathlon	Nanaimo	Nanaimo Track and Field Club
Elna Johnson	IST	Burnaby	
Carolyn Daubeny	IST	Vancouver	
Gerogette Reed	Coach	North Vancouver	

2023 NATIONAL TEAM RECOGNITION

COMMONWEALTH YOUTH GAMES - *TRINIDAD AND TOBAGO* *AUGUST 4-11, 2023*

NAME	EVENT	HOMETOWN	CLUB
Alexa Dow	800m and 1500m	Cowichan Bay	Prairie Inn Harriers Racing Team
Pishon Haughton	400m	Kelowna	Okanagan Athletics Club
Tyler Browne	3000m	Victoria	Prairie Inn Harriers Racing Team
Ryan Lofstrom	200m	Campbell River	Comox Valley Cougars
Tyler Dumont	IST	Surrey	Ocean Athletics Track & Field Club

2023 WORLD CHAMPIONSHIPS TEAM - *BUDAPEST, HUNGARY* *AUGUST 19-27, 2023*

NAME	EVENT	HOMETOWN	CLUB
Camryn Rogers	Hammer Throw	Richmond	Kajaks Track and Field Club
Adam Keenan	Hammer Throw	Victoria	Athletics Victoria
Briana Scott	5000m	Vancouver	Mile2 Marathon
Evan Dunfee	Race Walk	Richmond	Kajaks Track and Field Club
Rowan Hamilton	Hammer Throw	Chilliwack	Kajaks Track and Field Club
Ceili McCabe	3000m Steeplechase	Vancouver	Unattached BC
Justin Kent	Marathon	Burnaby	Coastal Track Club
Ethan Katzberg	Hammer Throw	Nanaimo	Kamloops Track and Field Club
Natasha Wodak	Marathon	Vancouver	Prairie Inn Harriers Racing Team
Jerome Blake	100m and 4 X100m	Kelowna	Okanagan Athletic Club
Regan Yee	3000m Steeplechase	Hazelton	Unattached BC
Mark Rowland	Coach	Victoria	Unattached BC
Heather Hennigar	Coach	Victoria	Unattached BC
Dr. Paddy McCluskey	IST	Victoria	Unattached BC
Simon Pearson	IST	Victoria	Unattached BC

NACAC MOUNTAIN RUNNING CHAMPIONSHIPS - *STEWART VALLEY, SK* *SEPTEMBER 16, 2023*

NAME	EVENT	HOMETOWN	CLUB
Catrin Jones	50k trail	Victoria	Unattached BC
Carolyn Nelson	Classic Up and Down	Victoria	Unattached BC
Simon Wildmann	50k trail	Surrey	Vancouver Falcons Athletic Club
Shannon Penway	50k Trail	North Vancouver	Unattached BC

2023 NATIONAL TEAM RECOGNITION

WORLD ROAD RUNNING CHAMPIONSHIPS - RIGA, LATVIA SEPTMEBER 30, 2023

NAME	EVENT	HOMETOWN	CLUB
Glynis Sim	Road Mile	Vancouver	Vancouver Thunderbirds
Regan Yee	Road Mile	South Hazelton	Unattached BC
Kieran Lumb	Road Mile	Vancouver	Vancouver Thunderbirds
Justin Kent	Half Marathon	Burnaby	Coastal Track Club
Heather Hennigar	Coach	Victoria	Unattached BC
Chris Napier	IST	Vancouver	Unattached BC

2023 PAN AMERICAN TEAM - SANTIAGO, CHILE OCTOBER 29-NOVEMBER 4, 2023

NAME	EVENT	HOMETOWN	CLUB
Kaila Butler	Hammer Throw	Coquitlam	Kamloops Track & Field Club
Alycia Butterworth	3000m SC	Parksville	Unattached BC
Addy Townsend	800m	Coquitlam	Unattached BC
Georgia Ellenwood	Heptathlon	Langley	Unattached BC
Callum Robinson	200m	Victoria	Unattached BC
Kiana Gibson	3000m SC	Vancouver	Vancouver Thunderbirds
Briana Scott	5000m	Vancouver	Mile 2 Marathon
Evan Dunfee	20,000m Race Walk	Richmond	Kajaks Track and Field Club

2023 PARA PAN AM TEAM - SANTIAGO, CHILE NOVEMBER 17-26, 2023

NAME	EVENT	HOMETOWN	CLUB
Michael Barber	T20 800m & 1500m	Victoria	Prairie Inn Harriers Racing Team
Liam Stanley	T37 1500m	Victoria	Prairie Inn Harriers Racing Team
Sarah Black	Team Manager	Victoria	Unattached BC
Geoff Harris	Coach	Victoria	Unattached BC
Patricia Roney	IST	Victoria	Unattached BC





THANK YOU

TO OUR PARTNERS, SPONSORS, FRIENDS,
AND MEMBERS WHO TOGETHER MADE
2023 A SPECULATOR YEAR IN ATHLETICS!



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