



ATHLETICS CLUB

AUGUST 8, 2017

*"personal
excellence through
athletics"*

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VOLUME 2, NUMBER 5

July/August News.....

Our athletes have had an outstanding year again in 2017.....

Congratulations to James Turner on his bronze medal in the Decathlon at the Canadian National Championships in Ottawa at the beginning of July. Well done James!

Congratulations to Taryn O'Neill who won silver in the 3000m and set a personal best of 9.22.05 at the Pan American U20 Championships in Peru last month. She also broke the B.C. youth record which had stood for 20 years. Excellent performance Taryn – Congratulations!
<http://www.bclocalnews.com/sports/437015193.html>

Congratulations also to Rostam Turner who finished 3rd in the Francophone Games in the Ivory Coast. Well Done Rostam!
<http://www.varsityblues.ca/news/2017/7/26/track-and-field-turner-earns-decathlon-bronze-at-francophone-games.aspx>

Some more notable performances by our athletes at the BC Athletics Championships Jamboree in July.....

Bryn Walsh: 100m (1st), 200m (2nd), Pole Vault (1st)

Keely Watts-Watling: 200m (3rd), LJ (2nd), Javelin (3rd)

Lindsay Maier: 200m (3rd), 300mH (2nd)

Taryn O'Neill: 1500m (1st), 3000m (1st)

Jerome Blake: 100m (1st)

Jason Scherban: 800m (3rd)

Davis Hughes-Geekie: 800m (3rd)

Keagan Ingram: 2000m (3rd)

Noah Russell: 110mH (2nd), 400mH (2nd)

Isaiah Collins: Shot Put (3rd), Discus (1st)

James Turner: Shot Put (1st)

Congratulations to all our senior athletes.

Full results can be found here:

<https://drive.google.com/file/d/0B338BHhSuiLpcUxuOEI5cUhiaHBHYTFVMmwybG1PVnBGU2Mw/view>

Junior Development Championships.

Due to the smoky conditions in Kelowna, the JD Championships were relocated to South Surrey.

We had 12 athletes attend. Medalists include:

Elise Drake: Discus (2nd), Javelin (3rd), Shot Put (3rd)

Tyson Carr: 300m (2nd), 800m (1st), 200m (2nd), LJ (3rd), Discus (3rd)

Lynden Hanvold: 200mH (2ND), Javelin (3rd)

Pishon Haughton: 60mH (1st), 100m (1st)

Ethan Muriithi: Discus (2nd)

Congratulations J.D.s

Full results can be found here: http://www.trackie.com/track-and-field/results_docs/bc-junior-development-track-field-championships2017-07-28-05-02-56.pdf

GOOD LUCK TO OUR SENIOR ATHLETES, BRYN WALSH, TARYN O'NEILL, LINDSAY MAIER, EMMA CANNAN AND NOAH RUSSELL WHO WILL BE COMPETING AT THE LEGION YOUTH NATIONAL TRACK AND FIELD CHAMPIONSHIPS IN BRANDON, MANITOBA – AUGUST 11-13.

GOOD LUCK TO JAMES TURNER WHO WILL BE COMPETING AT FISU IN TAIPEI – AUGUST 19-30.

Wine Country Half Marathon – VOLUNTEERS NEEDED

For the 3rd year we will be the main volunteers for the wine country half marathon. This is a huge source of revenue for the club. We hope that all families can be represented here – we need 150+ volunteers. Details will be sent out shortly.

Dates: September 3rd & 4th 2017

PETER MARYSCHUK and MURRAY HAINER – HIGH JUMP COACHES

After many years of coaching with our club, Murray and Peter have decided to retire.

Peter has served the club as coach, JD co-ordinator, official, and equipment co-ordinator since his daughters joined the club as JD athletes. They are both at University now! He has also been a huge part of our annual Jack Brow meet, organizing, maintaining and purchasing equipment.



Peter(left) with Murray (right)

Murray has coached high jump for both the Kelowna track and field club and OAC, travelling every week from Vernon to coach our athletes. He is also a level 5 BC Athletics official and has spent countless hours volunteering for our club.

The executive would like to thank Murray and Peter for their hours of dedication. You will both be missed.

Fall/Winter registration.....

We are currently finalizing the details of the Fall/Winter programs. Information and registration will be available at the end of August.

We begin outdoors at the Apple Bowl mid September before moving indoors to the C.N.C. at the beginning of November. The fall/winter season runs until the start of Spring Break.

Please check your emails and our website and facebook pages.

A final word from our President:

Wow, what a great season!

I would like to express my appreciations:

First off, congratulations to all of our athletes who dedicated long hours of training for those short moments of success. You all worked extremely hard and I am proud of your accomplishments.

To the parents who drove their athletes to and from practices, spent their weekends and holidays at track meets and supported your children's athletic ambitions- I appreciated your devotion.

To our coaches who spent their free time mentoring our athletes, designing workouts and attending clinics- you are the foundation of our organisation.

To the volunteers who made this year's Jack Brow and huge success- all of us at the OAC owe you a huge appreciation.

Finally, to Karen and Pat who have spent more hours than one can count making this club who we are today- my biggest thank you of all. I would not be writing this today if it were not for you both.

I must say I am happy to be part of this amazing track and field community. I look forward to seeing you all around the track in 2018.

Hats off everyone,
Paul Selzer

