

Warriors successful at the Jack Brow Memorial, Kelowna, June 28-June 30, 2013

Seven gold, six silver and eight bronze medals. Thirty-seven personal or seasonal bests. A great weekend in Kelowna, competing against some new and old faces from Alberta, British Columbia and even Australia.

Katelyn Slessor kept her winning streak alive in the 100m, winning her sixth meet in a row, this time in 12.71 sec. Katelyn used her great speed as well in the 80m hurdles, posting a personal best of 12.05 and beating Katie Yackel's 'eternal rival' Mia Hull by 1/100 to finish third.

Rachel Mathieson keeps performing well, winning the long jump with a personal best of 4.99m, placing second in the triple jump (10.30m) and third in the 100m (13.08).

Most medals this weekend went to Kai Spierenburg. In Kelowna, the 15 years olds and younger competed in one year age categories. Kai was the strongest 14 years old in both of the hurdle races, second in the 100m and third in the 200m and 300m. His 12.08 in the 100m and 39.38 in the 300m are new club records.

Other club records went to Daniel van der Merwe in the 14 year olds triple jump (2nd, 10.88m), James Albers in the pole vault (2.40m and first place) and Madison Evans, also in the pole vault (2.50m, 3rd). James added two silver medals in the hurdle events. Madison had a good weekend with silver in the 300m hurdles and bronze in the 100m hurdles. Daniel added a bronze in the 2000m (6:46.61, PB) and a PB in the 1200m (3:41.29).

Sydney Banister won both her middle distance runs (800m and 1500m). Jordan Samson got his first hardware by finishing third in the 200m hurdles in a new PB of 29.26.

Other personal bests were set by Liv Price in the 80m hurdles (12.68), James in the 100m (12.31) and 200m (25.25), Brinley Dale in the 100m (13.99 – the results on the score board are deceiving, they can be off by a few 1/100s, so yes, under 14.00!), Eric Evans in the 100m (13.00), Lyndon Fischer in the 100m (13.42) and 100m hurdles (16.54, an improvement by .92), Sinclaire Fischer in 3000m (11:22.35), Tyler Kiyonaga in the 800m (2:18.91, 1200m (3:37.64) and 2000m (6:24.75). Brant Lauweryssen ran a personal best in the 1500m (4:25.03) and 3000m (10:08.02), Briar Nelson in the 80m hurdles (14.71), 200m hurdles (33.77) and the 200m (29.72), Chloe Nelson in the sprint hurdles (14.23) and 200m (30.60). Natasha Rawji had a PB in the long jump (4.08m), Jordan added another PB in the 300m in 41.93. Alana Sorge improved her 200m time by 1.38 sec for a personal best of 28.73. Besides that a PB in long jump (4.32m) and a legal wind PB in the triple jump (9.22m). Cole Tweed PBed in the 800m (2:32.36).

Congratulations to all for a great meet.

As it stands now, we will have six Warrior hurdlers compete at the Canadian Midget/Youth Championships in Langley in August! Katie Yackel, Katelyn Slessor, Morgan Kravtsov, Liv Price, Madison Evans and James Albers. That's a first for the Warriors! Besides that Katelyn will compete in the 100m and we will have Rachel Mathieson in the long, triple and 100m. WAY TO GO!

Next up for everyone the Alberta Provincial Championships in Sherwood Park, July 20-21. We have high expectations for that meet, and we will have some midget relays (4x100, 4x400) in that meet too. This will be exciting!

Some pictures: <https://picasaweb.google.com/calgarywarriors/JackBrow2013>

Results: <http://www.okac.ca/files/jack%20brow%202013%20-%20meet%20%20results.pdf>

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