

2014 Alberta Indoor Championships - Calgary Warriors Shine in Edmonton

At the 2014 Alberta Indoor Championships the Warriors gathered 21 medals, many more spots in the finals and 50 personal bests.

Top medal winner was Kai Spierenburg with gold in the 60m hurdles and 300m and silver in the 60m and 200m. Great personal bests in the 60m (7.46), 200m (23.85) and 60m hurdles (8.73). The 200m and hurdle times are new club records. Way to go, Kai!

Katherine Smith was the strongest midget girl competitor in the 300m, winning the gold with a PB of 43.34. She added a silver in the 200m in a personal best time of 27.05 and another PB in the long jump with 4.71m, good for 5th place. Well done Katherine!

Rachel Mathieson had a great weekend too, winning gold in the long jump with a personal best of 5.19m and silver in the triple jump where she equaled her PB with a jump of 10.83m. Katie Yackel captured the gold in that event with a jump of 10.86m (PB and club record), while Morgan added the bronze medal with a big PB of 10.67m. Well done girls, another sweep in the triple jump (like last year, but better!).

Katelyn Slessor is back on track in the hurdles and ran a personal best of 8.95 twice, good for a silver medal, adding a personal best of 7.94 in the 60m for another silver and a strong PB of 26.91 in the 200m. Katelyn was leading the whole hurdle race, hit one hurdle in middle of the race, still keeping a slight lead, but was just out-leaned at the finish line by 3/100 of a second. The 7.94 for the 60m equals the 16 year old club record in the 60m. Well done!

The other medals went to: Lisa Cozma - silver in the bantam girls multi event after she had to withdraw from her third event (200m) with injury, winning the first two events: the 60m in 8.75 and long jump with 4.02m; James Albers – gold in the pole vault (2.80m); Morgan Kravtsov: bronze in the pole vault (2.50m, PB, club record); Madison Evans and Lyndon Fisher, both bronze in the pole vault; Catherine Carruthers, bronze in the 60m with a personal best of 8.18; Charlotte Terek, bronze in the 400m (59.84); our coach Mario picked up the gold medal in the masters 3000m and last but not least Jennifer Yackel got a bronze in the junior girls shot put (8.70m with 4kg). It was Jennifer's first return to the track after rupturing her Achilles tendon little over a year ago. Still a long way to go to full recovery, but a great step in the right direction. She completed a decent 200m run as well.

Some more good performances and personal bests:

- Zophie Kindrachuk in her first ever meet after a long time injury: a very promising 8.25 in the 60m;
- Jade Adams (30.36) and Ally Tomaz (29.97) in the 200m;
- Marissa Kerr in the 800m (2:47.14) and 1200m (4:27.99);

- Claire Fioretti had her first shot at the 2000m and ran 7:35.86;
- Daniel van der Merwe: 40.72 in 300m and 3:42.54 in 1200m;
- Quinn van Roessel: 26.66 in 200m;
- Tyler Kiyonaga 4:35.77 in 1500m and for the first time under 3000m in 9:55.49;
- Lyndon Fischer in the 200m (26.06) and 60m hurdles (9.49);
- Eric Evans in the 200m: 25.91;
- James Albers in the 60m (7.80), 200m (25.95) and 60m hurdles (9.12 – 4th place and club record);
- Colton Schroeder: 7.90, 25.84 and 58.91;
- Jake Holder: 2:06.81 and 4:28.26 (1500m);
- Katie Yackel 4 personal bests in 5 events: 27.22, 62.79, 9.15 in respectively 200m, 400m and 60m hurdles (4th), her PB in triple jump and another 4th place in the long jump with a close to PB 4.92m;
- Amanda Sparrow with 8.74 and 29.47 in her first competition;
- Liv Price with a seasonal best in the 400m (65.56);
- Chloe Nelson 30.69 for 200m;
- Briar Nelson 9.03 for 60m, but not in good health, had to withdraw from competition;
- Michaela Bianchini – just a few seconds under her personal bests;
- Rachel Mathieson: 8.31 and 27.59;
- Morgan Kravtsov 63.57 (400m), 4.89m (long);
- Charlotte Terek first time under 27 in 200m: 26.92;
- Madison Evans, making 200m finals in 26.51;
- Petra Richard: 28.48 and 64.44.

Congratulations to all, and even if you didn't get a personal best this time, you gave it your best effort.

Full results at: <http://www.ellistrack.ca/results/2014AITFCResults.pdf>

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