

## Golden Bear Open Meet Report

The Golden Bear Open was held on January 22 at the Butterdome in Edmonton on a reduced schedule. It is normally a three-day meet.

### 60m U16

Rachael Cody-Carter set a personal best with a time of 8.36 and placed third. Amelia Mayr also set a personal best with a time of 9.30. Her sister Naomi narrowly missed setting a personal best with a time of 9.66. The Penner sisters, Lexi and Maxine ran in their first track meet as Warriors with times of 9.46 and 11.05 respectively. Addison Berry set a personal best in the heats and again in the finals with a time of 8.30 and placed 4th.

### 60m U18

Tise Okuboyejo set a big personal best in the heats and again in the finals with a time of 8.24 and placed 3rd. Ziyad Zamzuri set a personal best with a time of 7.68 in the heats and placed 3rd in the finals.

### 60m Open

Ryan Wright placed 8th in a very competitive field with a time of 7.17.

### 300m U16

Rachael Cody-Carter set a personal best with a time of 46.09 and achieved her second third place finish. Amelia Mayr also set a personal best with a time of 48.36. Her sister Naomi ran 54.59 in her first attempt at this distance. Lexi Penner, also running this distance for the first time, ran 52.66.

Link to race video: <https://vimeo.com/669847818/7aa0a43cb1>

### 300m U18

Tise Okuboyejo, running this distance for the first time, placed second with a fast time of 43.06, followed closely in third place by Sorcha Shiu in a personal best of 43.29.

Link to race video: <https://vimeo.com/669852562/57991d6277>

### 300m Open

Maha Hamoodi unfortunately experienced an injury during her run and finished with a 50.09. Link to race video: <https://vimeo.com/669855468/46f2654fdb>

Ryan Wright placed 4th in a time of 36.44 just shy of his personal best and club record of 36.37. Link to race video: <https://vimeo.com/669857527/185ef68706>

### 600m U16

Lillianna Browne and Giselle Larson, both running the 600m for the first time, finished in 1:54.75 (3rd place) and 1:58.25 (4th place), respectively. They both ran superbly well-paced races with lap times of 37.7, 37.7 and 38.8 for Lillianna and 38.8, 38.5 and 40.3 for Giselle. Link to race video: <https://vimeo.com/669630002/077d0af92c>

### **600m U18**

Evan Bellehumeur set a big personal best of 1:33.85 and placed 3rd in a well-paced race with lap times of 30.9, 29.9 and 32.7.

Link to race video: <https://vimeo.com/669632640/d953764ea7>

Sorcha Shiu placed first with a personal best of 1:36.51 and lap times of 29.5, 31.7 and 35.1. Link to race video: <https://vimeo.com/669634012/e7b9b4a9fd>

### **1500m Open**

Russell Pearson and Zachary Visser, both running their first indoor 1500m, finished in 4:28.98 (4th) and 4:45.31 (9th), respectively. Lap times for Russell were 34.3, 35, 35, 36.3, 37.9, 37.3, 35.3, 17.4, and for Zachary 34.3, 35.5, 35.9, 38.1, 39.1, 40, 42, 19.

Link to race video: <https://vimeo.com/669859529/2abdfa581b>

### **Long Jump U16**

Addison Berry jumped 4.12m on his final of 4 jumps and placed 2nd.