

Alberta Provincial Indoor Championships, March 2-3, Edmonton, AB

Great results again for our Warriors Team with four gold, three silver and five bronze medals. Besides that sixty-five personal bests which shows the overall progress of our athletes.

Best performer of the meet was Katie Yackel who brought home two gold and one silver medal. Gold in the 300m in 43.47 sec in a strong race from start to finish. Gold in the triple jump (10.28m) and silver in the 60m hurdles in a big personal best time of 9.43 (down from 9.75) and just 6/1000 shy from the win. Add the 27.82 in the 200m (5th overall) to top off great championships.

The other gold medals went to Rachel Mathieson in the long jump and Madison Evans in the 60m hurdles (youth). Rachel's jump of 4.89m is a new club record and a personal best by 24cm. Masdison ran a very strong hurdle race, bringing her personal best down to 9.17. She added another PB in the 200m: 26.63, good for 5th place, and she finished 5th in the 400m as well (61.38).

Rachel added another medal in the triple jump (bronze), a strong 4th place in the 60m (8.35, PB) and 6th in the 60m hurdles in another PB of 10.00.

Two medals as well for Morgan Kravtsov, silver in the triple jump with an excellent personal best of 10.17m, and bronze in the 60m hurdles in a very good personal best of 9.73.

Katelyn Slessor is ending her indoor season on a very high note. After having been injured most of the preparation months, she has been getting faster and faster after she started racing mid-January. Katelyn finished second in the 60m in a great personal best of 8.18. Her 28.33 in the 200m was a big improvement as well.

James Albers claimed a bronze medal in the 60m hurdles, finishing in a personal best time of 9.49 sec.

Sydney Banister showed her good form by setting another personal best in the 800m, winning bronze in 2:20.17.

Last but not least, Kalena MacKinnon captured the bronze medal in the 200m in a personal best time of 27.49. She added a 5th place in the 300m.

Our Master athlete Erwann Lemenager placed first in the 3000m in the 35 – 49 age category (a non-championships event).

Many other very good performances, to name a few: Liv Price 9.77 in the 60m hurdles and 45.89 in the 300m, Kai Spierenburg and James Albers under 8 sec (7.89 and 7.97 respectively) in the 60m, Quinn van Roessel 4.85m in long jump, Alana Sorge 4.37m LJ.

The 60m hurdles have traditionally been a great event for the Warriors, and no exception this year, with four midget girls in the Alberta top-5 (Katie, Morgan, Liv and Rachel), four midget boys in the top-8: James, Quinn, Lyndon Fischer and Kai. Unfortunately Kai hit a hurdle and fell in the final, he ran a big PB of 9.92 in the heats (5th time overall). All boys improved their previous best times dramatically. And of course the strong win for Madison in the youth women's hurdles. Tami Schiefelbein placed 6th in the junior hurdles.

The triple jump midget girls was dominated by Katie, Morgan and Rachel, claiming the top-three spots.

Our middle distance runners (Sydney Banister, Sinclair Fischer, Samantha Larke, Brant Lauweryssen, Lauren Smith and Tyler Kiyonaga) all posted personal indoor bests in the 800 and/or 1200/1500m. Sydney Banister dipped under 5:00 in the 1500, Lauren Smith a PB in the 800m, Sam improving in every race now.

Not everyone can win a medal. But everyone can improve, and almost everybody did! Congratulations to all on a job well done!

Full results: <http://www.ellistrack.ca/Results/2013AITFC.pdf>

Some pictures by Kevin Evans:

<https://picasaweb.google.com/kevanswildwood/AltaChampionship?authkey=GvIsRgCOHCo8mr-PqziwE>

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