

## Dino Opener

A great start of the 2014-15 indoor season: some provincial records, club records and many personal bests.

Kai Spierenburg set a new provincial record in the midget boys (15 & under) 60m hurdles with a time of 8.55, bettering the old record by .09.

A unique occurrence happened in the 60m hurdles for midget girls. Both Catherine and Alexandra Carruthers ran 9.30, both setting a new provincial record in the event for 14 year olds and under. The old record of 9.33 was twenty years old.

Katelyn Slessor came close, her 8.88 in the youth 60m hurdles was just 0.02 sec off the provincial record, but good enough for a new club record. Morgan Kravtsov ran 9.40 and finished second, James Albers finished first in the youth men hurdle race.

Rachel Mathieson showed in the field meet on Sunday that we can expect a lot of her in the upcoming season. Her 5.52m in the long jump was a big Personal Best and good for the win in the open women long jump. After that she added a personal best of 11.10m in the triple jump, finishing second. This would have been new club records if the pit in the Olympic Oval would have been legal, unfortunately, it is not.

Another very big performance was Alexandra Carruthers' 60m sprint without the barriers. Her time of 7.93 was the fastest time ever recorded by a Warrior, so a new club record in all age groups from midget to senior! Furthermore, it was the second fastest time in the meet by any female athlete, and of course a win in the 14 year olds age group.

The other women's 60m results: Katelyn 7.97 (3<sup>rd</sup> in open women), Catherine 8.04 (PB, 3<sup>rd</sup>), Amanda Sparrow 8.16 (big PB, finishing second in the youth women), Zophie Kindrachuk 8.26 (5<sup>th</sup>) and Rachel 8.30 (6<sup>th</sup>, PB). Fernanda Pacheco also performed very well, running a personal best of 8.41 in the 15 year olds age group, placing third.

In the boys 60m, Kai set a PB in 7.41, good for 2nd place, PBs as well for Isaac Wilde in 7.54, and Eric Evans in 7.58. James put 7.89 on the clock, Anthony Thai 8.27.

Our younger athletes put some very good performances on the track as well. Sawyer Sprague finished third in the 150m for 13 year olds (21.45). Allison Remington placed second in the 60m, and first in both the 150m and 800m in the 12 year olds. Her time of 2:46.46 is a new club record. Ella Dickie finished third in the 800m (age 13 group). Molly Dullaghan (14) placed fifth in the 800m in 2:41.44.

In the long sprint (200m), Amanda was our best female performer in 26.81, noting that some of our top sprinters didn't run this event because of their hurdle race later in the

day. Charlotte Terek (coming back from illness) 27.51 (indoor PB), Morgan 28.21, Petra Richard 28.24 (indoor PB), Zophie 28.44 (indoor PB), Chloe Nelson (indoor PB).  
At the men's side: Isaac 24.27, Eric 25.08, Max Rand 26.40, Joel Poirier (14) 26.60, all personal bests.

In the 800m (16 and over), Michaela Bianchini ran 2:33.46 (indoor PB), Jake Holder was the fastest in his heat in 2:07.87. Robert Germsheid ran 2:09.95 and Blaise Kemna finished his first race in 2:26.61. In the younger age groups, Jacob Cook (12) ran 2:53.06 and Daniel van der Merwe (15) finished in 2:15.83.

Carilea Lougheed ran the 3000m and she did that in 12:10.50.

Very well done everyone, congratulations on all records and personal bests.  
Of course, it is still very early in the season, this is only the beginning of a great 2015 season.

Results: [http://www.uofcathletics.ca/leagues/16372/documents/results\\_opener\\_15.pdf](http://www.uofcathletics.ca/leagues/16372/documents/results_opener_15.pdf)  
I will post some pictures later on.

Jan