

## Alberta Indoor Championships 2015

The Indoor Championships was by far the best meet of the season for the Calgary Warriors. We had 29 athletes competing who were eligible for a championships medal (midget through junior). We were able to capture six gold, five silver and eleven bronze medals, for a total of twenty-two medals.

But not only medals make up for a good meet, we added a total of around fifty personal bests! Way to go, Warriors.

Our gold medal winners:

**Katelyn Slessor:** 60m in 7.91, a new personal best and Club Record, and 60m hurdles in 8.77, another personal best (on this hurdle height of 76cm) and Club Record.

**Rachel Mathieson:** 5.40m in the long jump.

**Charlotte Terek:** 57.90 over 400m. Club Record, great indoor PB by a little over one second.

**Alexandra Carruthers:** 60m hurdles in a personal best time of 9.16.

**Cari Lougheed:** 3000m junior. Cari wasn't that happy with her time, but at least she showed up for the competition while others didn't.

Silver medals went to:

**James Albers,** pole vault, 3.50m for a new personal best and Club Record.

**Catherine Carruthers and Alexandra Carruthers** tied for second in the 60m with a time of 8.04, which ties Catherine's personal best.

**Katelyn Slessor** added another medal in the 200m, finishing in 26.27 for a personal best and new Club Record.

**Morgan Kravtsov** medalled in the 60m hurdles with a great personal best time of 8.99.

Bronze medal winners:

**Kristian Belliveau:** 60m in 7.24 (PB).

**Lyndon Fisher:** 3.35m in pole vault (PB).

**Morgan Kravtsov:** 2.50m in pole vault.

**Amanda Sparrow:** 8.13 over 60m with a PB of 8.11 in the heats.

**Kai Spierenburg:** 400m in 52.35 (PB).

**James Albers:** 60m hurdles in 6.68 (PB).

**Catherine Carruthers:** 60m hurdles in 9.73 after hitting the second hurdle hard.

Cath posted the fastest time in the heats in 9.22 (PB).

**Ella Dickie:** 2000m in 7:29.44 (PB and Club Record).

**Tyler Kiyonaga:** 9:32.30 over 3000m (PB).

**Rachel Mathieson:** 10.80m in the triple jump.

**Charlotte Terek:** 200m in 26.73, after running 26.45 for a PB in the heats.

Other results:

60m: Sawyer Sprague 8.31(5<sup>th</sup>), Zophie Kindrachuk 8.05, Fernanda Pacheco 8.24, Rachel 8.28, Chloe Nelson 8.98, Eric Evans 7.57, Lyndon 7.62, James 7.67, Quinn Van Roessel 7.80, all personal bests except for Rachel who was 1/100 off her PB.

Seyi Smith and Michael LeBlanc, who are helping out coaching the sprints group under the mentorship program, have become members of the Calgary Warriors and they finished first and second in the Open Men 60m in respectively 6.78 and 6.81. Great job, welcome to our club!

200m: Sawyer 28.63 (PB), Amanda 26.93, Kai 23.75 (PB), Isaac Wilde 23.89 (PB), Kristian 24.49, Lyndon 24.54 (PB), Daniel Van der Merwe 24.77 (PB), Jordan Samson 25.04 (PB), Max Rand 16.09 (PB).

400m: Morgan 62.64, Chloe 72.29, Daniel 55.61, Jordan 57.16, all personal bets. Petra 62.60, one tenth shy of a PB.

800m: All personal bests: Molly Dullaghan 2:34.59, Michaela Bianchini 2:29.33, Robert Gernsheid 2:04.21.

1200m: Molly 4:16.67 (PB), Ella Dickie 4:16.97 (PB).

1500m: Michaela 5:21.44 (PB), Tyler Kiyonaga 4:19.83 (PB).

Long jump: Sawyer 4.57m – 4<sup>th</sup> with a PB, Quinn 6.00m, PB and Club Record, 5<sup>th</sup> place.

So many great performances by everyone, we cannot wait to see what is going to happen in the outdoor season. Congratulations to all, you can be proud of yourselves.

Jan Lips  
Head Coach