

At the Track

Kajaks International Track Classic June 15th

Another great success at the International Track Classic in Richmond on *Sunday, June 15th*. This meet are advanced runners where you are accepted to race if your times are fast enough.

All three athletes, Stephanie, Oren and Maureen ran the 800 race in the Open event. Stephanie Trenholm came across the finish line 2 seconds (2:13.69) ahead of the second place runner, capturing first against a big field of runners. Maureen McCulligh ran a good race and was very pleased she didn't repeat the Duncan meet like the week before. She came across with a personal best time of 2:20.08. Oren Hanscomb did really well, and is coming back to form after missing 3 weeks with a strained calf. He got a personal best time of 1:56.20, being nudged out of first by a fraction of a second, however, beat some older and more experienced runners. I was very pleased with the effort and results.

Stephanie and Oren are off again to [Victoria International Track Classic](#) Thursday, June 19, 2008. They will be tested with some stiff competition there. I look forward to watching some elite level of running. Just to note: There are 32 racers slated for the 800 mens event. This will be split up into 4 seperate categories. Invitational, national, open A and open B.

Stephanie will be heading off two days later to the [Vancouver Sun Harry Jerome International](#) Saturday, June 21, (my birthday) in Burnaby at the Swanguard Stadium. She will be running the 1500. She is shooting for a personal best time there.

Duncan Meet (GARRIOCK) June 7 -9th

3 Athletes Qualify for Summer Games Team



[Summer Games Schedule](#)

Just a congratulation to Ayla Akehurst (80hurdles, TJ, HJ), Chyanne Trenholm (300 hurdles, 400), and Jenny Arnold (Shot put and maybe Jav), have made the Summer Games Team, which will be held in Kelowna July 24th – 27th .

Just to show how close it is to make the team sometimes, Chyanne Trenholm made the team by .28 one hundredth of a second in the 400m run. Oren Hanscomb made Team BC by the same time back in 2005. This sport is a matter of inches sometimes.

Ayla, Chy and Jen had a PB in each event to make the team. The hard work they put in has helped them reach their goal. They will have a great time, and life long memory of the games. Good work!

We had another excellent turn out with Kyle, Chyanne, Ayla, Jenny, Stephanie, Sabrina, Ryan, Josephine, Jason, Gregory, Kimberly, Emily, Ali, Megan, Jennifer, Maureen, Brendan, Hanna, Oren, and Carrigan all attended the meet. ***Mark and Lynn were there as was Vince, volunteering their time at the track. Thank you!***

BC High School Championships May 30-31



BC High School Championships were a great success . With such a small club we have done very well. There were four heats in the men's and woman's 800 heat preliminaries, where all 3 athletes, who ran for Timberline, placed to make it through to the finals.

In the finals Stephanie Trenholm came home with a silver medal with a 3 second personal best, and time of 2:12.49. She was very happy with the time. Maureen did well coming 7th in the finals out of 26 athletes. Oren did very well considering not be able to train due to a strained calf he has been nursing the last 3 weeks. He got a personal best though (1:56.84) and a 5th place finish. I am sure he would of challenged for first if not injured.

Vancouver Island High School Championships May 15th



Final lap of the 800

Two athletes come home with medals at the High School Island Championships in Victoria this Thursday, May 15 after running the finals in the 800 metre race. Stephanie Trenholm brings home Gold with a time of 2:17.32, and Maureen brings home Bronze with a time of 2:23.34. They qualified for the High School Provincials Championships in Burnaby on May 30th and 31st.

Dogwood Meet in Victoria May 10 -11th



What an excellent meet to go too. The weather was a little on the cool side, but it didn't rain. I was really impressed with everyone's effort. We had a good turn out at this meet. In total there were 15 athletes. Some were there for the first time some where well seasoned athletes.

I really enjoy seeing the kids having a good time even though they work their tails off doing the best they can do. The best part is seeing them walk around with medals around their necks or carrying their ribbons. Some came home with 5 medals. TO get a medal you have to place in the top 3. It was great to see athletes that haven't had success in the past years come home with medals. They have earned it because they stepped up the effort in training.

The next meet is in Duncan in June. I will send out the info soon. This is also the Summer Game Trials.

Bob Daily Track Meet Photo Album May 3 - 4th



Perfect heel lift under the hips!

RESULTS

[Duncan \(Garriock\) & Zone 6 Results](#)

[George Dean Meet, Sidney Results April 19-20, 2008](#)

[Bob Dailey & North Island High School Championships, Results May 3-4](#)

[Dogwood results from Victoria, May 10-11/08](#)