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BACK

SEND TO A FRIEND FEEDBACK

Trenholm reaches 800m final at Western Canada Games

By Terry Farrell
Sports Editor

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Stephanie Trenholm had a week to remember in Sherwood Park, Alberta last week.

Trenholm represented Campbell River and British Columbia on the track, running the 800m at the 2007 Western Canada Summer Games, hosted by the city on the outskirts of Edmonton.

"I was actually pretty nervous going in, considering I was running against girls up to four years older than me," said the 17-year-old, who will be going into her senior year at Timberline next month. "So there was an intimidation factor there."

Considering the a rash of injuries that have plagued Trenholm all year, just making it to the Western Canada Summer Games was an impressive achievement.

"Oh, it's been such a bad year for me – it's just been one thing after another," she said. "It all started last year with a few bad ankle sprains, which basically kept me out of competition all last season. This year there were a whole bunch of other injuries, just because I wasn't ready for the season. My ankles got better, but I ended up with a hamstring injury, then a hip injury, then my quad - and then the last one I got was another ankle injury. But that one only kept me off for a few days. "

Trenholm battled through her injuries to place third at provincials, held last month in Nanaimo, narrowly missing a nationals berth (top two finishers at provincials advance).

"I didn't run the trial runs for the Canada Western Games, but based on my third-place finish at provincials, I was asked to go," she said. "I was disappointed that I didn't make nationals and when they asked me to go to the Westerns, I said yes right away."



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With her training season cut short, Trenholm's confidence was wavering when she arrived in Sherwood Park. She ran in the first of two preliminary heats (Wednesday), knowing that the top three finishers of each heat qualified for the finals. The next two fastest times earned the last two berths in the finals.

"I really didn't expect to get to the finals," she said. "Just because of the year I've had, I wasn't really confident in myself. But after a lap and a half, I felt really good so I figured I could go for it."

She legged it out and earned an automatic berth in the finals with a third-place finish in her heat, in a time of 2:19.31.

Trenholm did even better in the finals, crossing in 2:17.34 for a fifth-place finish, earning valuable points for Team BC.

"It was the best time of the season for me, but still a ways back from my personal best (2:15.41 in 2005)."

With her ever-competitive attitude, Trenholm feels she could have done better.

"I know I could have finished higher," she said. "Because of a lack of confidence in myself, I didn't stay with the (lead) group off the start. I used my teammate as a pacer and by the time I kicked up I couldn't make up the distance."

Trenholm trailed the field with about 200 metres to go and made a late charge, passing three girls to finish fifth.

"I went in with the wrong mindset," she said. "My teammate (Erica Digby) has been beating me all year so I thought if I could just stay with her I'd be OK. But she didn't stay with the group either and I couldn't pass her right away because we were rounding a corner.

"When I kicked it up I made up a lot of space, but I just started that (kick) too late. Looking back, I know I could have had a shot at third for sure."

Trenholm finished :03.01 behind the gold medalist, Stephanie Romanson of Winnipeg, and :01.70 out of a podium placement.

Her coach and father, Dale Trenholm, concurred with Stephanie's assessment of the race.

"The only thing she did wrong was not trust her instincts as when to start her kick," he said. "She was ready, but didn't believe in herself enough. She was thinking too much. If she would have kicked sooner, I am sure she would have medaled. With the time she had, she was hardly tired."

"I am just happy she did what she did in so little training time. We have something to build on for next year."

And although Stephanie missed a medal last week, she did gain a valuable lesson in the psychology of sport.

"I learned a lot last week, mostly just to be confident in myself," she said. "I know I'm good. I just need to believe in myself and my abilities more."

n Back in training: Trenholm has little time to dwell on what could have been. In just two weeks, she and Comets Track & Field Club teammate Oren Hanscomb will begin training for the 2008 World Junior Championships.

"(They'll be aiming) not just to make it, but give the best in the world a run for their money," said Dale. "To tell the truth, I will be training them to win it. As far as I am concerned, when you are at that level, you have to have a winning mindset, or why go, for that matter spend all that time training. Oren will most likely run the 800 and Steph the 800 or 1500.

"Oren would have went to the nationals – and won – this year if he didn't get the chicken pox a month before the provincials."