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Erin Connel and others contest the 1500m at the 2002 Zone 8 Track and Field meet.

Track and Field Club

The Wapiti Striders Track and Field Club was formally established in 2001. The Club hosts the [Peace Country Track and Field Classic](#) in May. In addition, Club members compete in selected out-of-town meets including the Athletics Alberta Provincial Championships. The more talented Club members strive to compete in National Championships.

At present, the Club has a middle distance/distance group. It is hoped that as we attract more coaches, we will branch out into more event areas.

To join the Track Club, download a [membership form](#).

For information on middle distance/distance, contact [Bill](#) at 538-2369.

2010 Grande Prairie Meets

The Wapiti Striders Track Club will be organizing the following meets in Spring 2010:

- [Peace Country Track Classic/Peace Country Hershey Meet](#) on May 15.
- [Zone 8 Alberta Games Trials](#) on June 19.

2010 Track and Field Club Schedule

updated December 2009

Jan 15-17	Golden Bear Indoor (Edmonton)	
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Feb 13-14	Alberta Indoor Games (Edmonton)	
Mar 13-14	AA Indoor Provincials (Edmonton)	
Sunday, April 4	Spring Run Off 10 km (Ft. St. John)	10 a.m. - Northern Lights College
Saturday, May 15	Peace Country Classic / Peace Country Hershey Meet (Grande Prairie)	Hershey, High School and All Comers Meet to volunteer to help out
May 28 and 29	Zone 8 Champs - High School and Jr High (Location T.B.D.)	Qualify and enter through your school
Fri/Sat, June 4 and 5	High School Provincials (Medicine Hat)	Grade 10 to 12; qualify through Zone 8 meet
Sat, Jun 19	Zone 8 Alberta Summer Games Trials and All Comers (Grande Prairie)	Meet will select 40 Midget (1995,96,97) and Zone 8 team for the Summer Games in Peace River
TBA June	Provincial Hershey Championships (Location TBA)	For Grade 3 to Grade 8 students; qualify through May 15
TBA June or July	AA Outdoor Provincials - Midget, Juvenile, and Masters (Edmonton)	Must be a 2010 AA member to compete
TBA July	Provincial Legion Camp - Calgary	Grade 7 to Grade 11; register by early June
July 19-25 (TBA)	2010 AB Summer Games (Peace River)	Meet will run either Monday to Thursday or Friday to Sunday
Sept - October	Wolves X-C Series Races	All ages; various venues across the Peace River

2010 Highlights and Results

NW Zone Track Meet

Over 600 junior high and high school athletes from across the Peace converged on the Legion Track on Friday and Saturday for the 2010 NW Zone Track and Field Championships.

Hillside School from Valleyview topped the standings in the Junior High category edging out **Prairie River School** from High Prairie who finished second and **Hythe Jr High**, who was third.

Hillside School also won the Senior High category beating out second place finisher **EW Pratt** from High Prairie and third place finisher **Peace Wapiti Academy**, the host school.

A number of local individuals distinguished themselves including:

- **Jenny Klieninger** (St Joes) who established two Zone records in winning the Intermediate Womens 1500m and 3000m
- **Hayden Hollawell** (Beaverlodge) who won the Junior Mens 800, 1500, and 3000m
- **Troy Bogh** (St Joes) who placed first in the Intermediate Mens 400, 800, and 1500

- **Dallas Leferve** (Alexander Forbes) who won the Junior Boys 100, 200, and 400

- **Davis Lojczc** (Hythe) who won the Intermediate Girls 800, 1500, and 3000

- **Matthew Buker** (Rycroft) who won the Junior Boys High Jump, Discus, and Javelin

The top two finishers in each of the Senior High events advance to High School Provincials in Medicine Hat next weekend. In addition, many of the top finishers will contest the Zone 8 Alberta Summer Games Trials in Grande Prairie on June 19.

- Results - [Jr High](#)
- Results - [Jr High Team](#)
- Results - [Sr High](#)
- Results - [Sr High Team](#)

In addition to Jenny Kleininger's new Zone Records, three other standards were established:

- The **Hillside Senior Womens** 4 x 400m (featuring a pair of evil twins) sliced 1.4 seconds off the record set by the 2006 Hillside women.
- **William Twaddle** of Ridge Valley School added more than a metre to the Junior Boys Shot Put record with a mighty heave of 13.29m
- **Heidi Harder** of Ridgeview School beat a 25 year old record in the Junior Girls Long Jump, leaping 4.70m.

- Zone Records - [Jr High](#) (updated for 2010)
- Zone Records - [Sr High](#) (updated for 2010)

Peace Country Classic/Hershey Track Meet

- The **SSNH** once again proved its sprint relay prowess, by defeating all comers (including the evil PCT-SNFU's) in the featured 4 x 100m relay. Congrats **Roland** and the new pledges on yet another glorious victory for the ancient and honourable fraternity. Oh, and further congrats to **Holy Family School** from Grimshaw for winning the aggregate. And finally, thanks to all volunteers and our out of town clubs (NWT, FSJ, TR, Dawson Creek, Peace River, St Albert, Covenant-Edmonton) for a great day of Track and Field.
 - [2010 PCC and Hershey Meet Results](#)
 - [Team Scores](#)
- Hershey athletes who placed in the top 4 in any individual event of the 9/10, 11/12. or 13/14 categories have qualified for the **Provincial Hershey Final** in Edmonton on June 12. Full details about the meet and how to register is linked [here](#).
- A pair of prescription reading glasses were found. If they are yours, get a hold of [Bill](#).

- **Darin** and **Amber-Dawn Hunter** both smashed the 20 km course records in the [3rd Annual Unchaga Run in the Peace](#) on April 25 near Grimshaw. Darin stopped the clock in 1:18:15, beating the old record by 13+ minutes, while Amber-Dawn ran 1:34:57, knocking 10 minutes off the womens standard.

Thanks to Wapiti Striders' fossil **Cal White** for organizing. 118 people finished and raised over \$2000 for the Peace River Womens Shelter. Full results are linked above.

- A trio of Grande Prairie runners "podiumed" at the **2010 Spring Run Off** in Ft St John on April 11. **Kyle Ross** won the mens 10 km, while **Bill Corcoran** was second. Sixteen year old **Jenny Klieninger** was second among the women. [Race Results](#) (updated April 25 - Grant did his best, but there may still be a few errors.)
- A contingent of GPRC track and field athletes competed at the **2010 Athletics Alberta Indoor Championships** on March 6 and 7 in Edmonton. **Adrien Schadeck** won the Junior Mens 200m and anchored the **GPRC Men** to victory in the 4 x 400m relay. [Full results](#) are here.

2009 Track and Field Club Schedule

updated April 2009

Nov. 29, 2008	Last Chance Meet (Edmonton)	results
Jan 16-18	Golden Bear Indoor (Edmonton)	results
Feb 7-8	Provincial Combined Events (Edmonton)	results
Mar 7-8	AA Indoor Provincials (Edmonton)	
Sunday, April 5	Spring Run Off 10 km (Ft. St. John)	10 a.m. - Northern Lights College
Saturday, May 9	Peace Country Classic / Peace Country Hershey Meet (Grande Prairie)	Hershey, High School and All Comers Meet; will need club members parents to volunteer to help out
Saturday, May ??	Alaska Highway News Track Meet (Ft. St. John)	
May 29 and 30	Zone 8 Champs - High School and Jr High (Grande Prairie)	Qualify and enter through your school
Fri/Sat, June 5 and 6	High School Provincials (Calgary)	Grade 10 to 12; qualify through Zone 8 meet
June 12-14	CALTAF Meet - Alberta Junior and Senior Champs (Calgary)	
Sunday, June 20	Provincial Hershey Championships (Edmonton)	For Grade 3 to Grade 8 students; qualify through regional Hershey Meet on May 9 (top 4)
July 4, 5	AA Outdoor Provincials - Midget, Juvenile, and Masters (Edmonton)	Must be a 2008 AA member to compete

July 12-17	Provincial Legion Camp - Calgary	Grade 7 to Grade 11; register by early June
July 11,12	AB Canada Games Trials (Sherwood Park)	
July 17-19	Canadian Masters Champs (Kamloops)	30 + athletes
Aug. 22-29	Canada Summer Games (PEI)	Qualify through AB Trials
Sept - October	Wolves X-C Series Races	All ages; various venues across the Peace Country

2009 Highlights and Results

- The **GPRC Wolves Cross Country Running teams** both placed 11th at the [2009 CCAA Cross Country Running Championships](#) in Camrose on November 14. **Kyle Ross** was the top Wolves athlete placing 29th in the mens 8 km in 29:40. At the [2009 ACAC Cross Country Championships](#) in Red Deer on Halloween, the Wolves teams were both 5th. Again, **Kyle Ross** was the top GPRC runner, placing 10th. **Siobahn Gallivan** (19th) and **Nelda Plante** (21st) were the top women.
- The **2009 Wolves Cross Country Running Series** wrapped up in late October. Athletes from Bezanson School were very successful in the younger age categories. [Full Series results are linked here.](#)
- **Wynand Nel** and **Rigel Carias** both represented Team Alberta at [2009 Canada Games in PEI](#) at the end of August. Nel finished 4th in the 400m B final clocking a time of 50.04 (49.78 in the heats.) He also ran in the preliminary heats of the 4 x 400m helping Alberta qualify for the final. In the final, Nel and Team Alberta captured the silver medal. Carias placed 8th in the Shot Put (11.70m) and 11th in the Discus (30.54m) .
- **Wynand Nel** ran the race of his life, recording a massive 49.00 PR , and placed second in the [AB Canada Games Trials](#) in Sherwood Park on July 11 and 12. Nel also recorded a third place finish in the 400m hurdles (56.48 PR) **Rigel Carias** was a double winner capturing the Shot Put (11.85m) and Discus (30.96m). Both athletes qualified for Team Alberta which headed to the Canada Games in late August.
- Striders athletes captured three medals at the [Senior Provincials](#) in Calgary on June 13 and 14. **Rigel Carias** repeated as Senior Womens Provincial Shot Put Champion with a 11.49m heave, while **Wynand Nel** closed quickly in the 400m hurdles to grab the bronze (57.50 PR). Nel also recorded a 5th place finish in the 400m (50.34 PR). **Bill Corcoran** placed third in the Masters Mens 800m (2:17.97).
- **Wynand Nel** (400m, 4th, 50.80) and **Bill Corcoran** (800m, 13th, 2:19.83) contested the [New Balance #3 meet](#) in Calgary on June 7.

- Club members represented well at the [ASAA High School Provincials](#) meet in Calgary on June 5 and 6.
 - **Troy Bogh** - Junior Men - 3rd in the Open 4 x 400m (56 split), 11th in the 400 (57.84); 9th in the 800 (2:12.98 PR)
 - **Chris Ward** - Intermediate Men - 9th in the 800 (2:14.84 PR); 12th in the 1500m (4:49)
 - **Jenny Kleinenger** - Junior Women - 6th in the 3000m (11:35 PR).; 6th in the 1500 (5:16 PR)

- The **2009 Zone 8 Track and Field track meet** went down in Grande Prairie on May 29 and 30 - it was trippy, man. **Praire River School** from High Prairie rocked the Junior High Category, while **Hillside Valleyview** eked out a narrow 700ish point victory over **St Joes**.
 - [Senior High Individual](#)
 - [Senior High Team Score](#)
 - [Senior High Zone Records](#) (updated May 30, 2009)
 - [Junior High Individual Results](#)
 - [Junior High Team Scores](#)
 - [Junior High Zone Records](#) (updated May 30, 2009)

- The Dawson Creek Triathlon took place on May 24. [Here are the results.](#)

- Matt Bain the the [NW Alberta Sport Development Centre](#) resurrected the **GP Triathlon** on the May long weekend. We are pleased to post the results:
 - [Kids of Steel Results - May 16, 2009](#)
 - [GP Triathlon Results - May 17, 2009](#)

- **Wynand Nel** clocked 2 personal bests on the May long weekend at the [Provincial Combined Events Championship](#) in Calgary. V stopped the clock at 50.77 in the 400m (8th place) and recorded 58.85 in the 400m Hurdles (3rd place.) **Bill Corcoran** placed 15th in the 1500m in 4:51.85.

- **Chris Ward** won the U19 category in the [Red Deer Half Marathon](#) on May 17. Wardo clocked an 8 minute PB (Personal Best, NOT Potential Boyfriend) of 1:32:34 for 28th place overall. Other top GP finishers included the **Sietz boys** (1:29:24 and 25) and **Bill Corcoran** (1:33:12)

- Over 200 competitors of all ages took part in the **2009 Peace Country Classic and Hershey Meet** on May 9. Triple winners included:
 - **Daniel Helm**, Tumbler Ridge, Boys 17/18 - 400m, 800m. and Javelin
 - **Dakota Young**, Dawson Creek, Boys 13/14 - 100m, 200m., Long Jump
 - **Danielle Harder**, Ft St John, Girls 11/12 - 400m. 800m, Long Jump
 - Shaelyn LaValley, Bezanson, Girls 9/10 - 50m, 100m, Ball Throw
 - Derrick Zenner, Ridgevalley, Boys 9/10, - 50m, 100m, Ball Throw

[Full Meet Results](#)

- A sprint finish was required to separate **Gord Harris** and **Don Jennings** for the win in the **Unchaga - Run in the Peace 20 km** on April 26 near Grimshaw.. (Gord triumphed.) **Micheal Amirault** won the 10 km event while James Bazan-Lindsay was tops in the 5 km. Many thanks to race director for organizing a fine event. [Full results.](#)
- Local women ripped it up at the **Sub Zero 10 km** in Ft St John on April 5. **Lori Leduc** won the womens race in 41:33 (she was 3rd overall) and 15 year old **Jenny Kleininger** was second in 44:42 in her debut at 10 km. Dawson Creek's **Trevor Kolkea** scorched a 34:40 to win the mens race by nearly seven minutes. Grande Prairie's **Chris Ward** won the 19 and under category with a time of 41:47. [Full results](#)
- A trio of local athletes won provincial titles at the **Athletics Alberta Provincial Indoor Championships** on March 7 and 8, 2009. **Rigel Carias** repeated as provincial indoor champion in the Womens Shot Put with a huge indoor PR of 11.93m. St Joe's athletes **Ryan Tasker** (Junior Boys High Jump) and **Warren Esmilie** (Junior Boys Long Jump) also won provincial titles. **Bill Corcoran** (Masters Men 1500m), **Wynand Nel** (Senior Mens 400m), and **Guy Spencer** (Masters Mens Shot Put - 50-64) snagged silver medals. [Full results](#) are here.
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2008 Track and Field Club Schedule

updated Feb. 2008

Dec. 1, 2007	Last Chance Meet (Edmonton)	
Jan 18-20	Golden Bear Indoor (Edmonton)	
Feb TBA	TBA Indoor Meet	
Mar 1-2	AA Indoor Provincials (Edmonton)	Must be a 2008 AA member to compete
Sunday, April 6 TBA	Spring Run Off 10 km (Ft. St. John)	10 a.m. - Northern Lights College

Saturday, May 10	Peace Country Classic / Peace Country Hershey Meet (Grande Prairie)	Hershey, High School and All Comers Meet; will need club members parents to volunteer to help out
Sunday, May 11.	Brian Harms Road Race (Grande Prairie)	
Saturday, May ??	Alaska Highway News Track Meet (Ft. St. John)	
Friday, May 23 and 24	Zone 8 Champs - High School and Jr High (Location probably Grande Prairie)	Qualify and enter through your school
Fri/Sat, May 30.31	High School Provincials (Edmonton)	Grade 10 to 12; qualify through Zone 8 meet
Saturday, May 31	Press Run 3 km, 10 km and 1/2 Marathon (Grande Prairie)	
June 7	Zone 8 Alberta Summer Games Trials and All Comers	Qualifier for Alberta Summer Games
Saturday, June 21	Provincial Hershey Championships (Edmonton)	For Grade 3 to Grade 8 students; qualify through regional Hershey Meet on May 12 (top 4)
Late June or early July	AA Outdoor Provincials	Must be a 2008 AA member to compete
July 6-11	Provincial Legion Camp - Calgary	Grade 7 to Grade 11; register by early June
July 26	Zone 8 ASG Training Day and All Comers Meet	
Aug. 7-10	AB Summer Games (Medicine Hat)	
Sept - October	Wolves X-C Series Races	All ages; various venues across the Peace Country

2008 Highlights and Results

- The [2008 Wolves Cross Country Running Series](#) is now in the books and many of the usual suspects came out on top again this year. Category winners included:

Charles Helm	Tumbler Ridge	50+ Men
Ruth Walkley	Fairview	50+ Women
Trevor Kolkea	Toms Lake	35-49 Men
Laverna Hards	Grande Prairie	35-49 Women
Roland Esposito	Sexsmith	Open Men
Jenny Keith	Dawson Creek	Open Women
Daniel Helm	Tumbler Ridge	High School Boys
Nat Sharman	Tumbler Ridge	High School Girls
Brock Penson	Grande Prairie	Junior High Boys
Laura Sharman	Tumbler Ridge	Junior High Girls

Elias Thompson	Ft St John	Senior Elementary Boys
Gabrielle Dagasso	Dawson Creek	Senior Elementary Girls
Dexter Keith	Dawson Creek	Junior Elementary Boys
Emily Dagasso	Dawson Creek	Junior Elementary Girls

Click on the above link for all race and series results.

- The **GPRC Wolves womens Cross Country Running Team** had a solid 2008 season, improving to 4th place at the [ACAC Championships](#) in late October and 6th place at the [CCAA Nationals](#) in Kingston, Ontario on the November long weekend. Individually, **Lori Leduc** led the way for the GPRC women in every race. Leduc placed 4th at the ACAC Championships and 11th in the CCAA meet.

The **GPRC men** had a bit of an off year, placing 5th at the [ACAC meet](#). **Wynand Nel** was the top male runner, placing 18th at the provincial finals.

- Kudos to the **Tumbler Ridge Senior Secondary girls cross country team** who won the **2008 North Eastern BC Zone Meet** ([Girls Results](#) and [Boys Results](#)) and placed seventh in the BC High School Championships ([Girls Results](#) and [Boys Results](#).) Dawson Creek's **Fiona Benson** placed a very good 11th in the BC High School provincial meet.
- The top local runner at the [2008 ASAA Cross Country Championships](#) on October 18 was Valleyview's **Siobhan GALLIVAN** who placed 13th in the Intermediate Girls 4 km race. Other notable performances included
 - **Kyle Ross** GP Comp 26th in Senior Boys
 - **Troy Bogh** St Joes 39th in Junior Boys
 - **Chris Ward** St Joes 55th in Intermediate Boys
 - **Jenny KLEININGER** St Joes 35th in Junior Girls
 - **Alesha Miller** Valleyview 29th in Intermediate Girls
 - **Kathryn Williamson** St Joes 40th in Intermediate Girls

In the team competition, **GP Comp** was 27th among the 4A schools (234.81), **St Joes** was 6th among the 3A schools (425.05), and **Hillside Valleyview** was 3rd (398.27) among the 2A schools.

- Here are the results for **2008 NW Alberta Schools Zone 8 Cross Country Championships**:
 - [Team Results](#)
 - [Senior High Results](#)
 - [Junior High Results](#)
- The first race in the 2008 Wolves Series, the **DGLW Trail Runs**, went Aug 31. **Trevor Kolkea** dominated the 21 km finishing ahead of **Kyle Ross**. **Jenny Keith** was the top women in the longer event. And in the battle of the dinosaurs, **Bill Corcoran** and **Drake**

Houssain had a sawoff for the 10 km crown while **Mel Matheson** clearly won the womens 10 km.

- [DGLW 10 km Results](#)
- [DGLW 21 km Results](#)

Zone 8 Alberta Summer Games Information

- 24 medals for Zone 8 this time. Simply AWESOME!! Note this is up from 4 medals in 2004 in High River and 11 in 2006 in Red Deer.
 - [Full results](#) are posted here
 - A list of [Zone 8 Medalists](#) can be found here
- Thanks to everyone involved. Here's an e-mail I sent to the list:

Hi all:

I trust you made it back home safe and sound. Our ride back on #804 was a lot better than I thought it would be. Three Will Ferrel movies in a row certainly didn't hurt.

Anyhow, I thought I take the opportunity to thank all you for the best ASG track and field experience we've ever had. Those five days were simply awesome. Specifically,

1. You were a very well behaved group that represented the Peace Country well. Moreover, you got along very well and had FUN. I'm sure that some of you have made some life long friends. Years from now you'll remember the people you met, the bus trip, staying in the schools, eating in the food centre, and maybe, just maybe, the fact that you went to a track meet.

2. We had many personal best performances - almost everyone on the team recorded at least one life time best performance. I know a number of you finished dead last in your events, but that's ok - most of you will have another shot at the next Games (and a few of you will have two more shots.) The experience you gained at these Games will help you in your further track and field endeavors.

3. In terms of points and medals, we blew away past Zone 8 teams. When I coached the team in 2002, 2004, and 2006 - we placed a well beaten 8th of 8 teams. This time we were 5th - by far the most improved Zone - and we weren't very far off 3rd place!! Considering the both the Calgary and Edmonton Zones have roughly 10 times the population of the Peace, that's a very, very good result. In terms of medals, the final count was 24 (7 gold, 9 silver, and 8 bronze). By comparison, we earned 11 medals in 2006 and only 4 in 2004. Wow!!

I'd like to give a big shout out to our assistant coaches: Roland, Rigel, Erin, and Megan. Each of them gave up at least two days of work last week to help out. And that was in addition, to the many hours they contributed helping out with practice and the track meets we ran this year. You all went above and beyond helping the team to be very successful.

And a further thanks to all your parents who supported you in this venture.

If you have any comments or suggestions about how we might do things better for 2010 Zone 8 team, please pass them along to me.

Thanks again for a great week, and I hope to see most of you competing in cross country running this fall or track next spring.

Bill Corcoran
Zone 8 Coach

P.S. Information about x-country running and track in the Peace is always available at www.wapitistriders.com

P.P.S. If you have any photos of the Games, please post them on the team Facebook site <http://www.facebook.com/group.php?gid=19271491639>

- If you have any questions, contact [Bill Corcoran](#), Zone 8 coach or [Roland Esposito](#) 568-2049
- The Bus Information is out. **Bus 803** leaves Grande Prairie from the Leisure Centre at 10:30 p.m. (yes, that's in the evening) on Wednesday, August 6. Bus 803 stops at the Valleyview UFA at midnight.

Bus 801 (for those north of Peace River and in Donnelly) starts in Fairview at 7:30 p.m., hits at 8:30 p.m. Peace River, and then proceeds to Medicine Hat.

So if you haven't figured it out already, you'll be on the bus overnight Wednesday and arrive in Medicine Hat about mid morning on Thursday.

- The 2008 ASG Track Meet Schedule is now available:
 - [Meet Schedule August 8 and 9](#)
- If you haven't picked up your ASG t-shirt and package yet, you need to get a hold of [Roland](#) - he has the remaining packages..
- **Practices.** We're still meeting Tuesday and Thursdays at 4 p.m. at the Legion Track in Grande Prairie. If you can make practices in GP, get out and train!! Alternatively, make sure you are preparing on your own.
- **Training Advice** - Posted below are some basic training plans for team members to follow;
 - [Multi-Events \(Pentathlon, Heptathlon, Octathlon\)](#)
 - [Throws \(Shot Put, Discus, Javelin\)](#)

- [Distance \(400,800,1500, 3000m\) - younger runners](#)
- [Distance \(800, 1500, 3000\) - older runners](#)

Also, for those of you doing technical events, do a You Tube search for your event. There are a number of very good short demonstration videos which can show you proper technique.

- Here are the [results from the Zone 8 ASG Trials](#) on Saturday, June 7.
- Thanks to all who tried out. Posted below is a first draft of the **2008 ASG Track and Field Zone 8 Team** with events. Please note, this is a draft - there will likely be some changes before the Games, particularly for the girls events. We'll be trying to recruit a few extra girls to fill out some of the vacant events.
 - [Midget and Juvenile Girls Team](#) (updated July 22)
 - [Midget and Juvenile Boys Team](#) (updated June 23)

- [INFORMATION FOR PARENTS AND ATHLETES](#)
- For those of you on Facebook, we now have a [ZONE 8 ASG Track Team Facebook Group](#).
- More information is at the [2008 Alberta Summer Games website](#).
- For years we've been all about the distance running. Why else would **Kathryn Stone** and **Deneb Carias** be the perennial poster children. Well times have changed, babe. Look at the poster children, now. That's right - we're all about the shot put!!

So here's a big shout out to **Rigel Carias** the 2008 Provincial Womens Shot Put champion. She achieve that feat in Calgary on June 14 with a mighty personal best heave of 12.07m. She also added a silver in the discus. And **Brandon Adam** placed 6th in the Senior Mens discus for good measure. [Full Results of the 2008 Alberta Senior Provincials](#).

- There were a number of epic performances at the [2008 Zone 8 Alberta Summer Games Trials](#) in Grande Prairie on Saturday, June 7. **Ferris Sandboe** and **Lauren Connellan** were the female performers of the meet, each capturing 5 events. **Kyle Ross** and **Adrian Schadeck** were triple winners, while **Wynand Nel** added a pair of victories including a smoking 51.9 in the 400m..
- A number of local athletes hit the podium at the **ASAA High School Provincials** in Calgary on May 30 and 31. **Adrian Schadeck** captured silver in the Intermediate Mens 400m and bronze in the 200m. **Kyle Ross** (Intermediate Boys 3000m) and the world's favourite 4 x 100m relay team, the **St. Joe's Intermediate Men**, also ran to silver medals. Bronze medals were notched by **Ferris Sandboe** (Junior Womens Long Jump) and **Garrett Brown** (Intermediate Mens 100m Hurdles.) [Click here](#) for full results.

- The **ASAA NW Zone Track Meet** took place under rainy conditions on May 23 and 24 in Grande Prairie. **Harry Baulfour School** edged out perennial champion Hillside Valleyview by a score of 634 to 624 to take the Junior High crown. The Senior High division was same old, same old as **Hillside** prevailed 862.5 to 500.5 over the **Peace Wapiti Academy**.

The lovely **Ferris Sandboe** from Sexsmith Secondary won 4 events (100, 200, Hurdles, Long Jump) in the Junior Womens category. Triple winners included the not-so-lovely **Adrian Schadeck** (Peace Wapiti Academy, Intermediate Mens 100, 200, 400), **Alison Pinsch** (Bezanson, Junior Girls 100, 400, High Jump) and **Lauren Connellan** (High Level, Intermediate Girls 400, 800, Long Jump)

And not to be forgotten, the **St Joes Intermediate Boy 4 x 100m relay team** clocked an impressive 46 and change and avoided being DQed.. Well done boys!!

Here's a big shout out to all the volunteers who helped. Key playas including **Rollie "GET OFF THE TRACK!!!" Esposito, Megan Crawly, Carias Ry-gel, Carrina Ness, Erin Connell, and Louis "I'm organzied, really, I am" Chabot.**

Results

- [Junior High Results](#)
- [Junior High Team Scores](#)
- [Senior High Results](#)
- [Senior High Team Scorex](#)
- The [2008 Peace Country Classic and Grande Prairie Hershey Meet](#) on Saturday, May 10 was a whole pile of fun. Triple winner included **Adrian Schadeck** - PWA (Boys 17/18 100m, 200m, 400m.), **Kyle Ross** - GP Comp (Boys 17/18 800, 1500, 3000), **Rollie Esposito** - Wapiti Striders (Open Men 200, 1500, Shot Put), **Dana Cranston** - North Peace Secondary (Girls 17/18 200m, 400m, Long Jump) , **Cori-lyn Henderson** - Bezanson School (Girls 11/12 400m, 800m, Ball Throw), **Madison Leriger** - Sub Zero (Girls U10 50m, 100m, Ball Throw), and **Laura Sharman** - Tumbler Ridge (Girls 13/14 100m, 200m, Long Jump). For results, click on the link above.
- **Leonard Scharbach** held off a fast closing **Bill Corcoran** and recorded the victory in the first [Unchaga - Run in the Peace](#) near Grimshaw on Sunday, April 27. Scharbach posted a time of 42:40 for the hilly 10 km route, eight seconds better than Corcoran. **Kevin Brelar** from Peace River won the 5 km event. For results, click on the link above.
- **Team Costco** (aka we're going to open an Industrial Size Can of Whoop Ass on the rest of you) dominated the first [GPRC Wolves Relay Meet](#) on Saturday, April 26 at the Legion Field. Led by some strong throwing and jumping by **Brandon Adam** and **Rigel Carias**, and some "thanks-for-coming-out" by **Kyle Small** and **Erin Connell**, the



quartet amassed a total of 30 points, 7 more than runner up **Composite High School**. For full results, click the link above.

- The local road race season kicked off on April 6 with the Spring Run Off 10 km in Fort St John. **Lori Leduc** topped the womens field with a 41:54 clocking, while Dawson Creek's **Trevor Kolkea** smoked the mens field with a 35:19. **Deneb Carias** was a distant second. [RESULTS](#)
- A handful of GPRC Wolves and Striders contested the [2008 Athletics Alberta Indoor Championships](#) in Edmonton on the first weekend of March. **Rigel Carias** captured the lone gold in the Senior Womens Shot Put (11.26m), but **Wynand Nel** (Mens 400m - 53.16), the lovely **Sara Scott** (Womens 800m 2:35.71) and **Bill Corcoran** (Masters Men 1500m - 4:53) managed silver medals. Click the link for full results.
- A small, but well small, group of GPRC Wolves and Wapiti Striders contested the **Golden Bear Open Track and Field Meet** on Jan. 18 and 19 in Edmonton. I'm not going to lie - it was a darn competitive meet, so we didn't exactly bring home a boatload of medals ... ok, truth be known - none. Anyhow, notable performances were notched by **Carias Ry-gel**, who heaved the shot a mighty 11.13m for 6th place and **Roland Esposito**, who clocked 39.78 in 300m, winning his heat.

[2008 Golden Bear Open Results](#)

- The GPRC Wolves Track and Field club debuted on Saturday, December 1 at the Last Chance Indoor Track and Field Meet at the University of Alberta. The nine member Wolves team combined for a total of 6 medals in the College's first ever indoor track and field competition. (Note: GPRC Wolves T and F Club are also Wapiti Striders members for indoor 2008.)

The lovely **Sara Scott** led the way with a double silver medal performance in the Open Womens 800m and 1500m. **Peter Watson** struck gold in the Open Mens 1500m, while **Kyle Small** took second in the Open Mens 400m. **Rigel Carias** (Open Womens Shot Put) and **Erin Connell** (Open Womens 800m) both managed bronze medal performances. **Bill Corcoran** placed second in the Masters Mens 800m and third in the Open Mens 1500m.

And even though they didn't hit the podium, we still have to give a big shout out to **Deneb Carias** who had an indoor PR in the 1500m (4:21ish) and **Carrina Ness** who PRed in the triple jump with a 10.14m

Full results at

<http://www.athleticsalberta.com/UserFiles/File/2007%20Results/LastChance07Results.htm>

2007 Track and Field Club Schedule

updated March 2007

Jan 19-21	Golden Bear Indoor (Edmonton)	
Mar 3-4	AA Indoor Provincials (Edmonton)	Must be a 2007 AA member to compete
Sunday, April 1	Spring Run Off 10 km (Ft. St. John)	10 a.m. - Northern Lights College
Saturday, May 12	Peace Country Classic / Peace Country Hershey Meet (Grande Prairie)	Hershey, High School and All Comers Meet; will need club members parents to volunteer to help out
Sunday, May 13	Brian Harms 5 km Road Race (Grande Prairie)	
Saturday, May ??	Alaska Highway News Track Meet (Ft. St. John)	
Friday, May 25 and 26	Zone 8 Champs - High School and Jr High (Location - ??)	Qualify and enter through your school
Fri/Sat, June 1/2	High School Provincials (Medicine Hat)	Grade 10 to 12; qualify through Zone 8 meet
Sunday, June 10	Press Run 3 km, 10 km and 1/2 Marathon (Grande Prairie)	
Saturday, June 9	Provincial Hershey Championships (Edmonton)	For Grade 3 to Grade 8 students; qualify through regional Hershey Meet on May 12 (top 4)
June 16,17	CALTAF Classic/Western Canada Games Trials (Calgary)	Must be a 2007 AA member to compete
June 23,24	AA Outdoor Provincials - (Edmonton)	Must be a 2007 AA member to compete
June 29,30 and July 1	Jack Brow Meet (Kelowna) ???	
July 8-13	Provincial Legion Camp	Grade 7 to Grade 11; register by early June
Sept - October	Wolves X-C Series Races	All ages; various venues across the Peace Country

2007 Highlights and Results

- The GPRC Wolves x-country running team battled both the elements and the best college runners in Canada on Saturday at the Wapiti Nordic Ski Trails when they hosted the 2007 CCAA X-Country Running Championships.

The men legged their way to a 7th place finish led by ***Deneb Carias*** and ***Peter Watson*** who placed 21st and 24th respectively. ***Kyle Small*** (48th), ***Mike Apps*** (50th), ***Andrew Seidl*** (82nd) and ***Jason Simigan*** (90th) were the other Wolves finishers.

Ed Kangogo from ***Lethbridge College*** improved upon his bronze medal from the 2006 CCAA by winning the mens individual race. The ***Augustana Faculty*** took the mens team title.

The Wolves women also finished 7th in the team standings. ***Justine Lalonde*** was the top GPRC athlete, placing 32nd. She was followed by ***Brittany Blackall*** (34th), ***Sara Scott*** (37th), ***Megan Crawley*** (39th), ***Kyla MacKay*** (42nd), ***Erin Connell*** (48th), ***Carrina Ness*** (56th), ***Monica Benson*** (63rd), ***Chriss Watson*** (64th), ***Laurie Lyle*** (65th) and ***Rigel Carias*** (68th).

For the second year in a row, ***Valerie Belanger*** from ***CEGEP de Chicoutimi*** topped the womens field. ***Red Deer College*** won its first national womens team title.

In the Coaches and Community race, ***Kyle Ross*** from the GP Comp was the top local, recording a 4th place finish. Former Wolves standout ***J-Rome Stojan*** was 5th. The race was won by ***Robert Renman***, a coach with the Augustana Faculty.

A total 190 runners from 5 provinces took part in the event.

Full results at http://www.gprc.ab.ca/community/ccaa_nationals/en/results.html

- The GPRC Wolves mens x-country team kept a seven year streak intact on Saturday, October 20 with a bronze medal performance at the ACAC Cross Country Running Championships in Edmonton. The last time a Wolves team failed to make the podium was in the fall of 2000.

With five runners in the top 12, the Augustana Faculty easily won the mens team event. The defending national champions Lethbridge College was second, a mere 5 points in front of the Wolves.

As they'd done all season, the duo of ***Deneb Carias*** and ***Peter Watson*** led the way for the Wolves with 9th and 10th place finishes respectively. They were followed by ***Mike Apps*** (16th), ***Kyle Small*** (21st), ***Andrew Seidel*** (32nd) and ***Jason Simigan*** (34th). The Wolves women employed a pack running strategy and managed a 5th place finish. The first seven GPRC women ended up with finishing times within a minute of each other. ***Megan Crawley*** was the first GPRC runner in 17th place and she was closely followed by ***Brittany Blackall*** (19th), ***Sara Scott*** (21st), ***Carina Ness*** (22nd), ***Erin Connell*** (24th), ***Justine Lalonde*** (25th), and ***Kyla MacKay*** (27th). ***Monica Benson*** (39th) and ***Rigel Carias*** (47th) were the other two Wolves finishers.

Red Deer College edged the Augustana Faculty for the womens team title, and MacEwan College was third. Grande Prairie's ***Kathryn Stone***, running for Augustana, placed 5th in the womens race.

Also on Saturday, the ACAC Grand Prix Awards, which recognize cumulative performance over the

ACAC season, were handed out. Two Wolves runners, Deneb Carias and Peter Watson, received Grand Prix Medals for their 6th and 7th place standings respectively.

Results at the [ACAC X-C site](#)

- Here are the [Zone 8 Cross Country Running Champs Results](#) from October 10, 2007.
- The GPRC Wolves mens cross country team tuned up for next week's ACAC Championships by turning in a second place performance at the Wolves Classic race at the Wapiti Nordic Trails on Saturday, October 13.

The duo of ***Deneb Carias*** and ***Peter Watson*** led the way with 4th and 5th place finishes, respectively. ***Kyle Small*** (10th), ***Mike Apps*** (15th), ***Andrew Seidel*** (22nd) and ***Jason Simigan*** (23rd) were the other Wolves finishers.

Augustana Faculty won the mens team race, while MacEwan College was third.

In the womens 5 km event, St Joes alum ***Kathryn Stone***, running for the Augustana Faculty, was out sprinted for the win by ***Jodi Seguin*** of Red Deer College. ***Justine Lalonde*** was the top Wolves finisher in the race with a 9th place finish. ***Brittany Blacknall*** (10th), ***Megan Crawley*** (12th), ***Carina Ness*** (14th), ***Sara Scott*** (17th), ***Kyla MacKay*** (18th), ***Erin Connell*** (19th), ***Monica Benson*** (20th), ***Laurie Lyle*** (21st), and ***Rigel Carias*** (22nd) were the other Wolves finishers.

MacEwan College narrowly edged out Augustana Faculty for the womens team title. The Wolves placed third.

The Wolves Classic also served as the final scoring race of this year's Wolves Cross Country Running Series. Local winners in the non ACAC classes included:

High School Boys 5 km	Kyle Ross	GP Comp
High School Girls 5 km	Robyn Bonnnar	GP Comp
Junior High Boys 3 km	Joren Manz	St Gerard
Senior Elementary Girls 2 km	Mirelle Martens	St Gerard

5 and 8 km results at <http://www.runquick.com/corcorn/07WolvesClassicResultsOutput.pdf>

2 and 3 km results at <http://www.runquick.com/corcorn/07ELMJHWolvesClassic.pdf>

- You could have forgiven Dawson Creek's **Trevor Kolkea** for letting the young guys seize the day at the Steve Burgess Memorial Cross Country Race at the Wapiti Nordic Trails on Saturday. After all, the 34 year old teacher from Dawson Creek was only three weeks removed from completing the gruelling Canadian IronMan Triathlon in Penticton in late August. But instead of throwing in the towel, Kolkea rallied over the final few kilometres to record a narrow win in the featured 7.5 km distance.

Kolkea clocked a time of 27:16, 16 seconds better than 17 year old **Deneb Carias** of the GPRC Wolves. 16 year old **Kyle Ross** from the GP Comp placed third.

In the women's 7.5 km event, Wapiti Strider's **Marlene Corcoran** won her first ever Burgess title with a time of 36:03. Grande Prairie's **Jessica Elliot** placed second, while Grimshaw's **Stacey Schmidt** was third.

Other local category winners included:

Lawrence Shirley	St Joes	Junior High Boys	4 km
Ashley Jones	GP COMP	Senior High Girls	3 km
Robyn Bonnar	GP COMP	Senior High Girls	4 km
Jeremy Patfield	St Joes	Senior High Boys	4 km
Jason Simigan	GPRC Wolves	Open Men	4 km
Justine Lalonde	GPRC Wolves	Open Women	4 km
Duncan Banks	GPRW Club	Masters II Men	7.5 km
Pam Chislett	Wapiti Nordic	Masters II Women	7.5 km

The next stop on the Wolves Cross Country Series is the Grailquest in Ft St John next Saturday. Also next weekend, The Wolves cross country running team opens its ACAC season with the Augustana Faculty X-C Race in Camrose.

[Full results of the 2007 Steve Burgess Memorial Cross Country Run](#)

- 58 runners and walkers contested the [Don't Get Lost in the Woods 1/2 marathon and 10 km](#) on Sunday, September 1. **Kyle Ross** and **Sherry Wendland** were the top male and female in the 1/2 marathon, and, yet again, **Pe-ne-lope** chicked the entire field in the 10 km. Click on the above link for full results.
- Club members rocked at the [2007 Emperor's Challenge](#) in Tumbler Ridge on August 10. **Pe-ne-lope Thompson** won the womens race in 1:59 and change. **Marlene Corcoran** placed 3rd in 2:06 and **Ya-ba-da-ba-do Hempler** was 4th in 2:12 (not bad for someone who hadn't run further than 12 km before.) In the mens race, **Peter Watson** was 3rd (1:54). **Kyle Ross** placed 7th (2:00), **Bill Corcoran** finished (8th), and Roland Esposito knocked off 14 minutes from his 2006 time to finish 12th (2:10). And let's not forget the Grimshaw branch - **Stacy Schmidt** was 14th in 2:23 while the ageless **Cal White** placed 25th in 2:21. In the team competition, the Wapiti Striders Guys + Sonya won, while the Wapiti Striders Women (Penny, Marlene, Yana and Brittaney Blacknall) was second.
- The Striders [Western Canada Games](#) podium string continues. **Rigel Carias** heaved the shot put 11.81m to claim the bronze on Friday, August 10 in Sherwood Park. She also had an 11th place finish (26.94m) in the discus earlier in the week. Fans of this site will recall that club member **Fred Setterington** went gold (10,000m) and bronze (5000m) in the 1999 Games and **Jessica Schmidt** struck bronze (5000m) in the 2003 Games.
- **Kathryn Stone's** [Canadian Death Race](#) team placed 22nd in 15:10:59 on the August long

weekend. I'd like to provide more details about splits, category placing, leg placing, etc. but the web results are quite basic ... and it took them a week plus to post anything at all. But hey, they only charge \$250 or more per runner, so I guess you can't expect much in terms of services for that kind of coin. (**Public Service Message:** Next year, run the [Emperor's Challenge in Tumbler Ridge](#) instead - same type of mountain running experience for a \$23 - not \$250 - entry fee.)

And at the risk of piling on about the Death Race, here's a few comments from the Ageless Cal White:

I have attached a picture of the forgotten team. Three of us paid \$250/ea to run the Death Race individually, and for various reasons ended up forming a team. Our anchor runner from Calgary was awesome, completing legs 4,5 in less than 8 hrs. The section 1,3 runner was equally credible while I was adequate on 2. However, who knows? We are not in the results. I guess it was just a figment of our imagination that we were there; although Lorri clearly remembers the Corb Lund concert and the white water rafting. We also seem to have pictures that the weekend did happen, but they might be in the realm of UFO and Sasquatch pictures. But it seems all so real...

Thank the running god for the Emperor's where results really were tangible for a tenth of the cost. Otherwise I would believe that I was running with Sasquatches guided by UFO's.'

Follow up comment:

Only took 3 weeks but the Death Race Results are finally done. Our team was Two Studs and a Cougar Finishing 75th overall. My section two time was an unimpressive 4:47:35.

- Here's a July **Carias kids** update for all you faithful fans of this site. **Deneb** ended his track season with 3 races at the [Provincial Legion Camp in Calgary, July12-13](#). Our poster boy clocked 4:24.24 for 9th in the 1500m, 9:32.65 for 3rd in the 3000m, and 6:45.37 for 4th in the 2000m Steeplechase. (Ok, he also won the 1500m racewalk hmmmmm, the race walk - what's that all about???)

Rigel registered 2nd (Shot Put - 10.98m) and 4th place (Discus - 27.92m) at the [BC-Alberta WCG Dual Meet](#) in Sherwood Park on July 21-22. A week later, she was in Abotsford for the [Canadian Junior Track and Field Championships](#). Our favourite thrower heaved the shot put 10.05m, which was good for 17th place.

- A duo of local athletes were in action at the end of June. **Adrian Schadeck** managed a pair of silver medals in the Juvenile Boys category at the [Provincial Outdoor Track and Field Championships](#) on June 23 and 24. Schadeck scorched the 200m in 23.47 and the 400m in 51.71. **Bill Corcoran** also competed at Provincials winning two golds in the Masters 35-50 category, recording times of 4:50.68 in the 1500m and 10:29.24 in the 3000m. On the following Tuesday, Corcoran contested the 1000m in the [New Balance Meet #2](#) in Calgary registering a time of 2:59.62.
- **Carias Ry-gel** came up with a huge 6th round heave (11.32m) to win the Womens Shot Put at [Alberta Western Canada Games trials](#) in Calgary on June 16. She also managed a 4th place in the discus. Those two performances were good enough to land her a spot on Team Alberta for the Western Canada Games in Sherwood Park in July.

Brother **Deneb** also competed in the trials clocking a 4:27.32 for 18th spot in the 1500m and a 9:58.12 for 7th place in the 3000m. For full results, click on the link above

- After a close call last year, **Pene-lope** finally did the deed - "girling" the entire field at the 2007 DHT Press Run 10 km. She crossed the line in 42:47, almost five minutes ahead of **Drake Houssian**. **Kyle Ross** (1:28:45) and **Candice Keddie** (1:36:13) won the mens/womens 1/2 marathon. [Full results](#) from the 2007 DHT Press Run.

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Normally, a Carias child is the only Grimshawian whose image is worthy enough to grace this website. However, since Cal White actually sent me a story and a pic, we'll deviate from our usual protocol. Consider yourself lucky, Cal.

High Level Half Marathon Saturday, June 16, 2007

This was the 2nd annual running of the event, the first being a group of High Level runners informally getting together for a semi-organized run and then deciding to open it up to an event for all interested runners. There were 65 competitors mainly from High Level and surrounding communities which included 35 half marathoners of which all finished. The other events were the 5K and 10K. This indicates that, next to G.P., H.L. has the strongest running community in the North Peace and, by per capita, perhaps the strongest in all the Peace. Amazing community support for a new event.

Prizes for the second running included pizzas from the local Pizza joint and lattes from the local specialty coffee house. All prizes went to the volunteers of which there were 25-30. The lunch consisted of homemade chicken soup including homemade noodles and homemade bunwiches. The course is probably the Peace's most **ergonomic** course as it was set by High Level's three Physiotherapists. This flat course consists of a 5 K loop around the town which allows for a cacophony of vocal support from the local canines. This is followed by an 8K North out and back course following the Mckenzie Highway by a trail.

The **Wapiti Strider** interest factor: Former Strider and former Wolves Series Jr High Girl Champ, **Kati White**, and the beautiful **Lorri White** were volunteers as Race Marshall and Race Nurse respectively. Current Strider, **Cal White**, buried the other current Strider present, **Stacy Schmidt**, 1:47:40 to 1:47:49. Cal was 7th overall and 5th male. Stacy was 8th overall and 3rd female and also posted a P.R. by 12 minutes. Official results are not yet available.

Next year is the third annual running and the High Level Running club figures it will be even more organized and have awards for the runners!! Think about adding it to your 2008 race calendar

- Our favourite Grimshownian (well ... next to his sister **Ry-gel**) was in tough at the 2007 Alberta High School Track and Field Championships on June 1 and 2 in Medicine Hat. Our perenial poster boy (see pic at top of the page) posted 6th place finishes in the Senior Boys 3000m and 4 x 400m, and 8th in the 1500m.

So while **Deneb** struggled, a few other local athletes had notable performances:

- **Carina Ness** - 4th in the Senior Girls Triple Jump
- **Adrian Schadeck** - Gold in the 200, 400; 4th in the 100m for Junior Boys
- **Jason Bain** shattered the 5 minute barrier in the 1500m for the first time with a 4:52 clocking in the Intermediate Boys 1500m.
- **Kyle Ross** had three personal bests, recording a pair of 5th place finishes (1500m, 3000m) and a 9th (800m) in the Junior Boys category
- **Hayley Sandboe** - 7th in the Intermediate Girls 400m
- **Garrett Brown** - Silver in the Junior Boys 100m Hurdles
- **Shawn Forgie** - 9th in Senior Boys 100m ... in a Speedo ... that wasn't a pretty sight, believe me.

[Results - 2007 ASAA Track and Field Championships](#)

- The WS finished a respectable 17th in a field of 34 at the [2007 Banff-Jasper Relay](#) on Saturday, June 2. Click on the link to find the full results and details.
- It took until the end of May, but **Deneb Carias** finally did something noteworthy - he set yet another Zone 8 record, this time in the Senior Boys 3000m, at the Zone 8 Meet in Valleyview on May 25 and 26. I know I promised to change the picture at the top of the page when Deneb did something noteworthy, but I'm too lazy right now - I'll get to it eventually. In any event, here are the results:
 - [Senior High Individual Results](#)
 - [Junior High Individual Results](#)
 - [Team Scores - Junior and Senior High](#)
- **Bill Corcoran** contested the 1500m (4:45.17) and 800m (2:19.31) at the Provincial Combined Events Championships and Team Challenge in Calgary on the May long weekend.
- The Grande Prairie Off Road Duathlon went on the May long weekend - the usual suspects triumphed ... ok, most of the usual suspects. **Peter Watson** won the mens long course and **Penelope** won the womens. [Full results](#) are listed here.
- **Trevor Kolkea** and our own **Pen-e-lope Thompson** scorched the field at the 2007 Brian Harms 5 mile and 5 km on Mothers Day. Here are the results.
 - [8 km race results](#)
 - [5 km race results](#)

- The 5th Annual Peace Country Classic and Hershey Meet on Saturday, May 12 was an outstanding success. 205 athletes from all over the Peace Country (and Eastglen High School in Edmonton) took part under sunny, but very windy conditions.

Avondale School was a runaway winner in the team category placing first with 1005.50 points. **Peace Wapiti Academy** (750) and **Tumbler Ridge** (632) finished second and third respectively.

Ferris Sandboe from LaGlace was the big individual winner placing first in four events (100m, Hurdles, Long Jump, and Javelin) in the Womens 15-16 category. Triple winners included:

Kyle Ross, GP Comp, 15-16 - 800, 1500, 3000

Josh Badry, Eastglen High, 17-18, 800, 1500, 3000

Kyle Rombs, St. Joes, 17-18, 200, 400, 800

Adrian Schadeck, PWA, 15-16, 100, 200, 400

[2007 PCC and Hershey Individual Results \(REVISED May 14\)](#)

[2007 PCC and Hershey Team Scores](#)

- Here are the [results for the Catholic Junior High \(+ the PWA Grade 9s\) Track meet](#) held on May 10, 2007.
- **Kathryn Stone** posted a 45+ minute personal best in the [Vancouver Marathon](#) on May 5, clocking in at 3 hours, 39 minutes and change. Moreover, she won her age category (20 and under) and collected a cool \$100 for her efforts. We congratulate Kathryn on her newly found professional status.
- **Bill Corcoran** posted a time of 38:31 in the [Vancouver Sun Run](#) on April 15.
- Five local runners contested a very windy and wet [Boston Marathon](#) on April 16. **Paul Oostra** had the best time (3:20). Other local finishers were **Aaron Ruptash** (3:26), **Lori Leduc** (3:36), **Sonya Bodner** (3:47), and **Bart Ruptash** (3:48).
- The Spring Run Off 10 km (and 5 km prediction run) went Sunday, April 1 in Fort St John. GP runners dominated going 1-2-3 in both the mens and womens 10km. **Sean Hawryluk** captured the mens race in 37 low and won a huge clock - which promptly broke on the ride back. **Pene-lope Thompson** (39:15) was the top women and equal second overall. [RESULTS.](#)
- A small, but very talented (just ask them) contingent of Striders competed in the [Provincial Indoors](#) in Edmonton on March 3 and 4. **Carias Ry-gel** captured the Junior Womens Shot Put with a mighty heave of 10.90m. She also finished 20th (ok, I'm not going to lie - it was last) in the 200m with a big PR of 32.93. Brothers **Deneb** (Juvenile Boys 3000m - 9:40.08 3rd place and 1500m- 4:28.86 8th place) and **Wezen** (Bantam Boys Speed Tetrathlon - 521 10th place) were also there representin'. Even **old man Carias** got in on the act placing third in the M35-49 1500 in 5:04.44. And in non-Carias news, **Bill Corcoran** placed 2nd in the M35-49 1500 (4:47.96) and first in the M35-49 400m (62.83) ... although I'm not going to lie about that last one, either- he was the

only competitor in the category.

- **Bill Corcoran** contested the M35+ 1500m on Jan. 20 at the Golden Bear Open in Edmonton and managed a 2nd place finish in a time of 4:49.18

2006 Highlights and Results

- **Penny Thompson** wasted no time making her mark on the national Masters (35 and over) cross country running scene. Just days after becoming old enough to compete, she raced to a second place finish in the Masters Womens event at the Athletics Canada National Cross Country Running Championships in Vancouver on Saturday, December 2.

Thompson ran the snow-covered 8 km course in 33:37, a minute and 46 seconds behind the winner, Victoria's Joan McGrath. Jennifer Ditchfield from London, Ontario placed third.

Half a dozen other Club members also took part in the meet. **Jen Cochran** and **Marlene Corcoran** placed 15th and 19th respectively in the Masters Womens race, while **Bill Corcoran*** finished 45th in the Masters Mens race.

In the Junior Mens race, GPRC Wolves runner **Sean Hawryluk** placed 52nd, a 20 place improvement over his 2005 Junior Nationals result. Grimshaw's **Deneb Carias** also had a strong showing, finishing 65th in his first Junior Nationals.

In the non-championship 5 km Open/Community Race, **Roland Esposito** clocked a 5 km time of 20:59 which was good for 3rd place.

Full results are at <http://www.bcathletics.org/main/xcnationals06.htm>

- At [CCAA X-Country Nationals](#) in Quebec on November 11, both GPRC Wolves placed 5th. The women were led by club member **Cathryn Stone** who had a stellar 14th place finish. Another Strider, **Sean Hawryluk**, was the top GPRC man, placing 21st.
- The GPRC Wolves Mens X-Country Running team ran to a silver medal at the ACAC Championships on October 28 in Lethbridge. Club member **Sean Hawryluk** earned All Conference honours with a 4th place finish. In the womens race, **Kathryn Stone** (note correct spelling of her first name for a change - this will be the last time) was the first amongst the Lady Wolves with a 12th place finish. The GPRC women placed 5th in the team competition. Full results are here. [Mens](#) [Womens](#)
- Two club members had impressive finishes at the ASAA High School Provincial X-Country Running

Championships in Calgary on October 21. **Rygel Carias' Brother** was 9th in the Senior Boys race, while **Robyn Bonnar** placed 27th in the Intermediate Girls event. Full results are here. [men](#) [women](#)

- The Wolves X-Country Series wrapped up on October 21 with the Wolves Series Final at the Wapiti Nordic Trails. **Kathryn Stone** won the womens 5 km event, while Dawson Creek's **Trevor Kolkea** was triumphant in the mens 8 km event.

At the conclusion of the race, the 2006 Series winners were announced. Club members **Bill Corcoran** (Masters Men), **Kathryn Stone** (Open Women), and **Deneb Carias** (High School Boys) captured their respective categories. It should also be noted that the **Ageless Cal White** posted an impressive 5th place showing in the Masters Mens standings.

[Full Wolves Series results are posted here.](#)

- **Penny Thompson** successfully defended her womens title in impressive style on Saturday, Sept. 12 at the 2006 Steve Burgess Memorial Cross Country Running race at the Wapiti Nordic Trails.

The Grovedale athlete recorded a blistering time of 29:33 for the hilly 7.5 km course. Thompson's time equalled **Jenna Huber's** 2001 course record. GPRC Wolves alumnus **Janelle Morrison** from Ft St John placed second, clocking a time of 31:47.

The mens race was a much closer affair that also featured a course record. Grimshaw's **Deneb Carias** established a huge early lead, and held off GPRC Wolves runner **Sean Hawryluk** by a scant 15 seconds at the finish. Carias's time of 26:44 was over two minutes better than the previous High School Boys course record. Local triathlete **Joe Radench** placed third.

Other local category winners included:

Troy Bough Kateri Mission School Junior High Boys 4 km
Robyn Bonnar GP Composite High School Girls 4 km
Kathryn Stone GPRC Wolves Open Womens 4 km
Marlene Corcoran Wapiti Striders Master Womens 7.5 km
Derek Hall Open Mens 4 km

Full results at <http://www.runquick.com/corcorn/06BurgessResults.html>

- **Rigel Carias' brother** wrapped up the 2006 track season with a couple of strong runs at the [2006 Legion Track and Field Championship](#) in Burnaby on August 12 and 13. Our favourite little Grimshawian finished 6th in the Juvenile Boys 2000m Steeplechase (6:37) and 11th in the 3000m (9:25). For full results, click on the above link.
- A number of Club members took the Emperor's Challenge in Tumbler Ridge on Saturday, August 12. **Katherine Stone** and **Sonya Bodnar** went 2-3 in the women's race clocking excellent times of 2:12 and 2:13 respectively for the extremely challenging course. **Bill Corcoran** was 6th among the men in 2:01 while **Roland Esposito** clocked a 2:24, good enough for 22nd place. Full results are

available at the [Emperor's Challenge](#) website.

- **Ethan Backer** recorded a personal best time of 63.10 seconds on the way to a third place finish in the Boys 11-12 400m at the North American Hershey Track and Field Finals on Saturday, August 5 in Hershey PA.

The 12 year old athlete was the first-ever Peace Country athlete to qualify for the North American Hershey Finals. The meet brings together the top 9-14 year old athletes from across North America.

For full results see <http://www.hersheys.com/trackandfield/meet/results.asp>

- **Deneb Carias** qualified for the National Legion meet based on his second place finish in the 2000m Steeplechase at the Provincial Trials on July 20. The best looking guy in Grimshaw (just ask him) and brother of FORMER ASG Record holder **Carias Rye-gel** also had a 6th place finish in the 1500m, a 3rd in the 3000m, and a 3rd in the racewalk (hopefully, none of his friends saw that last one.) For full results of the [2006 Provincial Legion Trials](#), click the link.
- **Megan Crawley** competed in the Provincial Junior Champs in Calgary on July 8 and 9. Megan managed a 6th place finish in the 400m (60.5?) and a 6th place finish in the 200m. (Actually, I'm guessing at the places - the link to the results at AA is down right now. I guess if you really want to know, you can go to the [Athletics Alberta](#) site and check for yourself tomorrow, but I digress)
- A small contingent of Striders competed in the 2006 Jack Brow Memorial track meet in Kelowna on the Canada Day long weekend. **Ferris Sandboe** was the most successful local placing first in the Girls 14 80m hurdles, second in the long jump, and 4th in the 100m. Full results are at the [Kelowna Track and Field Club](#) website.

Zone 8 Alberta Summer Games

Thank all team members for an excellent ASG. The team improved a ton from last time - we ended up with 11 medals - seven more than in 2004. For the record, it was

Rebecca Hammon - Gold shot, Silver Discus

Gale Meyer - Silver javelin

Nathan Cloutier - Bronze shot put

Ferris Sandboe - Silver Long Jump

Deneb Carias - Bronze 3000m

Kyle Ross - Bronze 3000m and 1500m

Adrien Shadeck - Bronze 200m

Midget Boys 4 x 100 - Bronze (E. Backer, Shadeck, J. Hausler, Esmlie)

Juvenile Boys 4 x 100 - Silver (J. Backer, T. Hausler, Forgie, B. Lahoda)

Lets give a extra special shout out to the Juvenile Boys relay team - where that one came from I'll never know. Get the stick around cleanly and good things will happen.

Apart from the medals, there were a lot of personal bests. In particular, the 1500m runners were awesome -

all 8 had personal bests!!

Zac Sauve - 4:44 PR first time under 5 minutes

Kyle Ross - 4:30 PR, first time under 4:40

Deneb Carias - 4:17 - PR

Dexter MacCalder - 4:34 PR - 16 second PR

Brooke Gerherman - 5:51 PR - old PR was over 7 minutes

Mackie Scholtes - 5:40 PR- first attempt at the distance

Yana Hempler - 5:43 - PR

Robyn Bonnar - 5:34 PR- Robyn started the year at 6:14 (she also had a 45 second PR in her 3000m - 12:13)

These folks were pretty representative of the whole team. I know there were other events where our athletes demonstrated similar personal excellence.

Off the track, you were a great bunch. Your behaviour was excellent and you got along well as a team. That was a great volleyball game we had waiting for the closing ceremony.

When you get a chance, thank the assistant coaches Esmie, Roland, Rigel, and Erin. (Who knew that Erin and Rigel could be responsible adults ;-). Also, Doug Harper and David May really helped out at the clinic on July 15.

Bill Corcoran
Zone 8 Head Coach

- [Full results from the ASG](#) are posted here.
- [2006 Zone 8 ASG Trials Results](#) are posted here.

[Results of the July 15 All Comers](#) are posted here. A big thanks to Esmie for arranging the visit from National Team Coach Molly Killingback for the Clinic. Molly's presentation and coaching tips were awesome!

- A trio of Peace Country athletes posted a total of six top 2 finishes at the Provincial Hershey Track Meet in Edmonton on the weekend. Grande Prairie's **Ethan Backer** placed first in the Boys 11-12 200m and 400m and also recorded a second place finish in the ball throw.

Peace River's **Paul Lovsin** also notched two wins, taking the Boys 9-10 50m and 100m.

Lovsin and Backer's wins were the first ever for Peace Country athletes at a Provincial Hershey Meet.

Another area athlete, Tumbler Ridge's **Tyler Schlieff**, sped to a second place finish in the Boys 9-10 400m.

All winners in the Provincial Hershey Meet are eligible for selection to the Region 3 (Alberta, BC, Washington, Alaska, Idaho, Oregon) team for the North American Hershey Finals on August 3-6 in Hershey,

PA. The team will be named some time before July 10.

Full results [click here](#).

- Seventy athletes took to the track on Saturday, June 17 for the 2006 Zone 8 Alberta Summer Games Trials and All Comers. Triple event winners included **Adrien Shadeck** (Juv Boys 100, 200, 400), **Deneb Carias** (Juv Boys 800, 1500, 3000m), **Tosin Ajobo** (Open Men 100, 200, LJ), **Cynthia Walsh** (Juv Girls SP, DT, JT), **Kirby Fletcher** (Midget Boys SP, DT, JT), and **Shawn Forgie** (Juv Boys HJ, DT, and 100m). Also, Rollie and Kyle continued their winning ways against high school girls by going 1-2 in the third heat of the 400m - you guys are an inspiration to us all. [Full Results](#)
- It looked bad for the male gender for about 9 km of the 2006 Press Run. Then, **Stephen Stone** dug deep, kicked silly and prevented **Penny Thompson** from winning outright and "chicking" the entire field. Stone stopped the clock at 39:11 while Thompson knocked a minute off of her 2006 time with a speedy 39:35. **Kyle Ross** won the 3 km. [2006 DHT Press Run Results](#).
- The 2nd edition of the second coming of the Jasper-Banff Relay took place on June 3 and the Striders were back. The team notched an 11th place finish in a field of 24. Full results are at the [Banff Jasper Relay website](#).
- Five club members competed in the ASAA High School Track and Field Champs in Edmonton on June 2 and 3. The **Carias kids** didn't disappoint; **Rigel** brought home the gold in Senior Girls Shot Put and her extremely good looking (just ask him) bro **Deneb** scooped the minor medal in the Intermediate Boys 3000m. **Megan Crawley** just missed the podium by finishing fourth (400m) and fifth (200m) in the Senior Girls Category. Katherine Stone placed a credible 6th in the Intermediate Girls 3000m, while Bobby Lahoda narrowly missed the finals in the Intermediate Boys 200m and 400m. [Full results](#).
- Here are the results of the Dawson Creek Triathlon on Sunday, May 28:
 - [Kids Event](#)
 - [Adults Race](#)
- A number of club members had some pretty stellar results at the Zone 8 Track and Field Champs on May 26 and 27. Double winners included the **Carias kids** (**Rigel** and the very hawt **Deneb** - just ask him), **Megan Crawley**, **Bobby Lahoda**, and **Jori Anderson**. The Palm Tree Head (aka **Kat Stone**) pulled off an amazing triple as did **Adrian Schadeck**.
 - [High School Results](#)
 - [High School Team Scores](#)
 - [Jr High Results](#)
 - [Jr High Team Scores](#)
- Sure **Trevor Kolkea** and **Pe-ne-lope Thompson** may have triumphed overall in the 2006 GP Triathlon, but the battle for 6th place was a true barnbarner. **Trevor "Swimming Drills are my Friend" Clifford** prevailed over the legendary **Fred "I'm a runner, not a swimmer"** by a scant 25 seconds. Freddy learned a valuable lesson: You can't spot TC almost 3 minutes and expect to run him

down. In any event, for full results, click on the links:

- [2006 GP Triathlon](#)
- [2006 GP Kids of Steel Triathlon](#)

- Congrats to **Janelle Williamson** who posted a 4th place finish among the women in the 2006 Red Deer Half Marathon on the May long weekend. Janelle posted a time of 1:31 in her first ever half marathon.

- The evil forces from St Joes prevailed over the home team by a score of 868 to 841 at the 2006 Peace Country Classic and Hershey Meet on Saturday, May 13. **Megan Crawley** won three events (HS Girls 100, 200, and 400), but her 4 x 100 relay team was soundly thumped by four GPRC Wolves X-C runners pretending to be sprinters. (Way to hammer on those little girls, guys!!) Full results are [posted here](#). Team scores are [posted here](#).

- **Lori Leduc** won her second consecutive Brian Harms Road Race 10 mile title on Sunday, May 7. **Bill Corcoran** also defended the mens 3 mile title. Dawson Creek's **Trevor Kolkea** was the overall 10 mile winner, covering the distance in 61:01. **Kathryn Stone** (Palm Tree Hair Girl) outdueled the legendary **Marlene Corcoran** in the womens 3 mile. [Full results](#) are posted here.

- All Comers Meet #1 was a smashing success. Over 120 athletes of all ages and abilities took part. [Full results are posted here](#).

- A good contingent of GP runners were among the 50,000+ who took part in Canada's largest road race, the Vancouver Sun Run on Sunday, April 23. Here are the times and places for the rolling 10 km event:

187	Jeremy Stojan	M1924	38:16
319	Bill Corcoran	M4044	39:38
401	Trevor Clifford	M1924	40:20
899	Roland Esposito	M1924	43:28
906	Dharminder Rupana	M1618	43:30
942	Chris Parssons	M1618	43:40
1154	Brad Marcoux	M1618	44:30
4651	Robyn Bonnar	F--16	51:48
5761	Sara Scott	F1618	53:20
11018	Magdalena Rivera		59:28
11427	Tessa MacIntyre	F--16	59:53
12837	Kendel Tang	M6569	1:01:32
16102	Rick Scott	M4549	1:05:29
18916	Blythe Mahaney	F2529	1:09:04
24890	Harry Gaines	M6064	1:19:22
33738	Diane Davis	F4549	1:46:17
38055	Jason Toews	M1618	2:05:21

- It was a good start to the road race season for a couple of Club members. **Fred Settingington** (35:10) and **Janelle Williamson** (41:35) captured the mens and womens races respectively at the Spring Run

Off in Fort St John on Sunday, April 2. Click the link for [Full Results](#).

- Eight track club members were competed in the Provincial Indoor Track and Field Championships on March 4 and 5 in Edmonton. **Rigel Carias** placed second in the Junior Girls shot put while **Janelle Williamson** notched a second in the Senior Womens 3000m and a third in the 1500m. Full results are posted at [here](#).

2005 Highlights and Results

- Four club runners were in Vancouver on Saturday, December 3 to contest the [2005 Canadian X-Country Championships](#) in Jericho Beach Park. **Roland Esposito's shoes** (they were attached to Calgary's Matt S the performance of the day, placing 17th in the Junior Mens race. Apart from the shoes :
 - In the Junior Mens 8 km, **Sean Hawryluk** closed strongly in the final kilometer to notch a 72nd place finish recorded a time of 27:51 over the flat, soggy course.
 - **Janelle Williamson** managed an 88th place finish in the Junior Women's 5 km race. She stopped the clock at 19:54.
 - **Bill Corcoran** placed 42nd (32:48) in the Masters 8 km race, while **Roland Esposito** (the man himself in his shoes) placed 7th (20:07) in the Community/Open 5 km race.

- Nine members of the Wapiti Striders were in Edmonton on November 26 to take in the final indoor track meet of the calendar year. The Last Chance Meet held at the University of Alberta Pavillion attracted athletes from across the province.

Four locals won their respective events:

Deneb Carias	Midget Boys 1500m	4:32.46
Rigel Carias	Juvenile Girls Shot Put	12.67m
Adrian Schadeck	Midget Boys 400m	57.96
Megan Crawley	Juvenile Girls 400m	63.41

[Full results of Last Chance Meet](#)

- The GPRC Wolves had a great x-country season. Both the mens and womens team were silver medalists

ACAC Championships in Ft McMurray on October 28. At the CCAA Nationals in Peterborough, ON on October 12, the women's team placed third, while the men were seventh. Three Wolves achieved All Canadian status: Sean Thompson (5th), Janelle Williamson (6th), and Sean Hawryluk (6th).

- Grande Prairie hosted the 2005 ASAA High School X-Country Championships on October 22. The event was a smashing success. Club members Deneb Carias (3rd in Intermediate Mens) and Kathryn Stone (25th in Senior Womens) were among the top Zone 8 athletes. Click here for [results](#).

- Results from the [Zone 8 X-Country Running Championships](#) are now posted.
- The [2005 Wolves X-Country Running Series](#) wrapped up in early October. Click on the link for results.

- A course record and a few close misses were among the highlights of the 2005 Steve Burgess Memorial Cross Country Running Race at the Wapiti Nordic Centre on Saturday, September 17. Sixteen year old ***Deneb Carias*** from Grimshaw destroyed the field in the High School Boys 4 km race, clocking a course record time of 14:25. Carias finished 85 seconds ahead of runner-up ***Justin Black*** from Dawson Creek. Grovedale's ***Sean Thompson*** was equally dominant in the womens 7.5 km, stopping the clock at 30:36. Thompson finished 12 minutes ahead of Grande Prairie's ***Lee Ann Nessman***. ***Only *Jenna Huber***, who clocked 29:33 in 2004, has ever run the women's 7.5 km course more quickly.

Two other GPRC rookie runners also posted performances of note. ***Sean Hawryluk*** won the open men's 4 km in 26:34 and ***Janelle Williamson*** finished first in the open womens 4 km in 17:00. Those performances moved both Hawryluk and Williamson to #4 on the all time Wapiti Nordic Cross Country course list.

Other local winners included:

Marlene Corcoran Masters Womens 7.5 km

Bittu Rupana High School Boys 7.5 km

Victor Boisvert Masters Mens 4 km

[Steve Burgess Memorial Results](#)

Beaverlodge runners posted some good results in the Edmonton Marathon in late August. **John O'Donovan** won his age group and placed 13th overall in 3:07. **Audrey Jewitt** also won her age group (60-69) with a 4:20, while da

dipped under 4 hours with a 3:59 clocking. Early in the month, Audrey finished second in the W60 half marathon World Masters Games.

Here are some local track and field and road race results from World Masters Games in Edmonton:

- **Marlene Corcoran W40** – 8km Cross Country, 5th, 1500m, 5th, Half Marathon, 11th
- **Bill Corcoran M40** - 400m, 13th; 800m, 7th; 1500m, 8th
- **Laurie Remple W45** - 8km Cross Country, 16th, Half Marathon, 65th
- **Drake Houssain M40** – 8km Cross Country, 10th
- **Duncan Banks M45**- Half Marathon, 20th
- **Ken Wazny M55** – Pentathlon, 5th
- **Marty Fullerton M45** – Half Marathon, 87th.

Drake was a real Master's warrior – he also competed in the triathlon and played rugby at the Games.

A number of local runners took part in the Emperor's Challenge Mountain Half Marathon in Tumbler Ridge on August 4. **Stephen Stone** placed fifth in 2:01, **Bittu Rupana** was 13th in 2:16, and Roland Esposito finished in 25th spot at 2:28. Among the women **Candis Whittall** was 15th in 2:35 and **Shauna Telford** clocked 2:46 for 22nd place.

And a huge, belated shout-out to a couple of our homies from Grimshaw who did battle in TR. The ageless **Cal**, senior patriarch of all running in Grimshaw, finished a credible 15th in 2:26:14 while **Stacey Schmidt** placed 6th in the fairer sex - 2:26:10.

- Congrats to the Wapiti Striders brother and sister duo of **Deneb** and **Rigel Carias** who competed in the Midget/Juvenile Nationals in Edmonton on August 5 and 6. Rigel won the silver medal in the Shot Put and the Discus in the Juvenile Girls category. Deneb was 5^h in the 3000m and 7th in the 1500m amongst the Boys.
- Four members of the Wapiti Striders made the podium at the Jack Brow Memorial Meet on the July long weekend. **Marlene Corcoran** had a pair of second place finishes in the Open Women 1500 and 3000, while **Reynolds** (Junior Men) and **Brady Turner** (Open Men) both had a pair of bronze medals in the 800 and 1500. **Eric Corcoran** also had a bronze in the High Jump. Results are at the [Kelowna Track and Field Website](#).

Congrats to the Grimshaw brother and sister duo of **Deneb** and **Rigel Carias** who have been named to the Team Canada for the National Legion Track and Field Championships in Edmonton in early August. Deneb will contest the Midget 1500 and 3000, while Rigel will throw the shot put and discus in the Juvenile Girls category.

Congrats to **Rigel Carias** who won the shot put and discus at the recent Provincial Juvenile Championships in Calgary on June 18 and 19. Brother **Deneb** had a pair of 4th place finishes in the same meet. Meanwhile, **Fred Settington** had a 4th place finish in the 1500 and 5th in the 800m at Provincial Senior Championships in Calgary on June 25 and 26.

Paul Oostra won his first **Daily Herald Tribune Press Run** in a convincing fashion. The 41 year old Grande Prairie resident ran away from 2004 DHT Press Run champion **Brady Turner** at the 6 km mark and cruised to victory in 37:31. Turner held on for second place, stopping the clock at 38:25, 8 seconds up on third place finisher **Blaine**

The womens race also had a first time champion. However, **Penny Thompson**, winner of last month's Grande Prairie Triathlon and GPRC's female athlete of the year, is hardly a stranger to the top step of the podium. Thompson went to the front of the women's field and never looked back recording a time of 40:32, over 2 1/2 minutes better than runner up **Megan Bernes**, who runs for Augustana University College in Camrose. Marlene Corcoran placed third.

The 3 km races were won by the brother/sister duo of **Jeremy and Sarah Popovitch**. Jeremy clocked 12:46 while Sarah's time was 13:27.

A total of 62 athletes from Grande Prairie and area took part.

Full results are at www.wapitistriders.com/05PressRunResults.pdf

Club Members **Deneb Carias, Rigel Carias, Risa Iwasiuk, and Kathryn Stone** all distinguished themselves at the 2005 ASAA Track and Field Championships on June 3 and 4 in Edmonton.

Deneb won the Junior Boys 3000m and placed second in the 1500m. Sister Rigel was the Intermediate C Put champion and added a bronze in the discus for good measure.

Risa recorded a pair of personal bests in the Junior Girls 1500 and 3000m on the way to 5th and 6th places respectively. Risa also added a 7th place finish in the 800m.

Kathryn chased Risa in the 1500m and 3000m races, finishing right behind her in 6th and 7th places respectively.

Joe Radench won his third Ernie Sports Experts Brian Harms Memorial 10 mile road race on Sunday. On bright sunny skies, Radench, one of Alberta's top triathletes, stopped the clock at 58:48, over 4.5 minutes better than the second place finisher Grande Prairie's **Paul Oostra**. **Kyle Reynolds**, running his first ever road race, finished third.

Grande Prairie newcomer **Lisa Leduc** was almost equally as dominant in the womens race. Leduc clocked 1:15:50 almost 3 minutes better than **Alison Tucker** of Taylor BC, who placed second. **Jeanette Brooks** of Valleyview was third.

Other winners included:

Bill Corcoran Men's 3 mile
Sara Scott Womens 3 mile
Sarah Popovitch Girls 1 km
Jeremy Popovitch Boys 1 km

St. Gerards School took the school participation award.

A total of 69 athletes from across the Peace and Edmonton took part.

[2005 Brian Harms Results](#)

Hillside High School from Valleyview dominated the team competition at the Zone 8 track and field meet and Saturday at the Legion Field.

The Valleyview school compiled 979 in the Junior High competition; over 300 more than second place P school from High Prairie. IV Macklin was the top Grande Prairie school, finishing 6th overall.

In the Senior High competition, Hillside nearly doubled second place EW Pratt School from High Prairie 1239.50 to 635 score. Peace Wapiti Academy placed third.

Individually, there were a number of stellar performances, particularly in the middle distance events. Wa Strider's runner **Deneb Carias** set two zone records in the Junior Boys 1500 and 3000. Carias' 3000m time knocked 35 seconds existing record.

Kathryn Stone also reduced the Junior Women's 3000m zone record by 35 seconds, recording a time of **Iwasiuk** finished second in the race in 12:04, also breaking the existing record.

Over 700 athletes from across the Peace took part. The top 2 in each Senior High category qualified for the High School Provincials Track Meet in Edmonton.

[2005 Zone 8 Track Meet Results - Senior High](#)

[2005 Zone 8 Track Meet Results - Senior High Teams](#)

[2005 Zone 8 Track Meet Results - Junior High](#)

[2005 Zone 8 Track Meet Results - Junior High Teams](#)

Results for the KOS and GP Triathlons on the May long weekend are listed below:

[KOS Triathlon Results](#)

[GP Triathlon Results](#)

Over 250 competitors from the Peace Country and beyond took part in the 3rd Annual Peace Country Classic Hershey Track Meet on Saturday at the Legion Field.

Mike Apps from Dawson Creek was the Outstanding Performer of the meet. Apps won 3 events in the Boys 17/18 category, clocking personal best times of 2:03 in the 800m and 4:20 in the 1500m, and jumping 1.68m in the Long Jump.

Other triple winners included Ft St John's **Bethany Roy** (Girls 11/12 100m, 200m, and Long Jump) and Crows Prairie's **Joren Manz** (Boys 11/12 400m, 800m, Long Jump)

Local competitors winning two events included:

Brandon Adam - Boys 17/18 Shot Put and Discus

Eric Corcoran - Boy 10 and under 50m and 100m

Bill Corcoran - Mens 400m and 800m

Barb Edey - Girls 17/18 200m and 400m

Kyle Ross - Boys 13/14 200m and 1600m

[2005 PCC/Hershey RESULTS \(revised\)](#)

A pair of top Peace Country athletes put in some stellar performances at the All Comers Track Meet at the Legion Field on Saturday, April 30.

In the featured mens one mile race, two time provincial 1500m champion Fred Settingington, set a strong pace and held on to register a convincing 15 second victory. Settingington stopped the clock at 4:34.7.

Fort St John's Quinton Gamble, a member of Canada's 2003 World Youth Championships Team, clocked 22.5 to win the 200m. Gamble also won the long jump with a mark of 6.80m.

Other multiple winners included Dawson Creek's Mike Apps (HS boys mile and 200m), Fort St John's Elyse Farwell (Elm girls discus and high jump), Peace Wapiti Academy's Brandon Adam (HS boys shot put and discus), Max Allen (Open Shot Put and Discus) and Sarah Popovitch (elm girls long jump and shot put.)

A total of 150+ athletes, triple the number of last year's meet, competed.

Next up on the local track and field scene is the Hershey Meet / Peace Country Classic on May 14.

[Results from the All Comers Track Meet on April 30](#)

Twenty two local runners took part in the **Sun Run 10 km** in Vancouver on April 17. The Sun Run is the road race in Canada attracting 48,000+ entrants.

The top local men were **Bittu Rupana** - 37:35, **Bill Corcoran** - 37:60, and **J-Romeo "I started waaay back" Stojan** - 38:43. **Kathryn Stone** - 48:25 was the top local women

[Full results of the 2005 Sun Run](#)

Fred Setterington established an early lead and never looked back on his way to a convincing victory at the Run Off 10 km in Fort St. John on Sunday, April 3.

Setterington clocked a time of 35:19, 2 and a half minutes better than runner-up **Trevor Kolkea** of Dawson Creek. GPRC Wolves runner **Trevor Clifford** outdueled GPRC coach **Bill Corcoran** 38:49 to 38:52 to take 3rd place.

Other local results included:

- o **Duncan Banks** 5th place 41:52
- o **Laurie Leduc** 2nd place womens 44:58
- o **Drake Houssain** 44:59
- o **Patrick Coppens** 49:01
- o **Shauna Telford** 4th place womens 51:02
- o **Rick Scott** 58:50

[Full Results of 2005 FSJ Spring Runoff 10 km](#)

- Local athletes combined for 2 golds and one bronze medal at the Athletics Alberta Provincial Indoor Track and Field Championships in Edmonton on the first weekend in March,

Holden Lorentz and Marlene Corcoran both won their respective events. Lorentz captured the Junior Men's Vault with a mark of 3.00m, while Corcoran triumphed in the Master Womens 1500m, recording a time of 4:39.09.

Nine year old Eric Corcoran placed third in the Pee Wee Boys Speed Triathlon.

Two other locals just missed the podium. Bill Corcoran placed 4th in the Master Mens 800 (2:14.41) and 1500m (4:39.09), while Beaverlodge's Tori Dixson was 4th in the Senior Womens 60m Hurdles (9.70) and 60m (8.43).

Other local results included:

Haeder Azzoz - 11th Junior Mens 400m (55.98)

Haeder Azooz - 16th Junior Mens 200m (24.92)

Haeder Azooz - 18th Junior Mens 60m (7.64)

Erin Corcoran - 20th Bantam Girls Speed Tetrathlon (792)

Ian Alexander - 6th Junior Mens Shot Put (10.72m)

Ian Alexander - 21st Junior Mens 60m (7.95)

Justin McGhee - 22nd Junior Mens 60m (8.01)

- About 25 intrepid souls braved the bone chilling -31C cold on New Year's Day in the Resolution 5 km fun run. [Click here](#) for some pics.

2004 Highlights and Results

A number of club members ran in the Last Chance Indoor Track Meet on November 27. **Deneb Carias** (1500m - 4:31 and 800m - 2:14) and **Bittu Rupana** (1500m - 4:51 and 800m - 2:19) both recorded a pair of PRs. **Rafael Carias** put down a 4:40 1500m - pretty decent for an old fart. **Rigel Carias** won the shot with a 11.95m. **Sara Scott** also took part.

Jenna Huber wrapped up her 2004 X-Country season at the University of Nevada with a 42nd place finish at the NCAA Mountain Regionals in Colorado on November 13. Two weeks previous, she was 14th in the WAC Championships in Louisiana. **Jessica Schmidt** sat out the x-country season at the University of North Texas while recovering from an injury.

Who da thunk it? **Kyle "The Mams" Reynolds** pulled a huge upset on Saturday, November 13 when he captured the mens title at the CCAA X-Country Running Championships in Edmonton. Kyle was one of three GPRC runners to achieve all-Canadian status; the others were **Penny Thompson** (4th in the womens race) and **Jamey Olson** (7th). **THE Brady Turner** also had a strong run placing 14th. In the team competition, the GPRC women were a close second to Lethbridge Community College. [Click here](#) to view a PowerPoint Presentation of the event including Kyle's awesome sprint finish.

Bill Corcoran and **Rick Scott** were named [2004 ACAC X-Country Coaches](#) of the Year on November 9.

The South Peace Secondary School won the BC High School Boys X-Country Championships on

November 6 in Vancouver. Kudos to **Gord Zubyk** and his crew from Dawson Creek.

The GPRC Wolves X-Country team took Gold in the womens team competition and Bronze in the mens team competition at the ACAC Championships in Edmonton on October 30. Club members **Jamey Olson** (6th in womens race) and **THE Brady Turner** (9th in mens race) both recorded top 10 finishes. [Click here](#) for a Powerpoint Presentation of the race.

The **Steve Burgess Memorial X-C Run** attracted 60 die hard runners on a very snowy October 23. Dawson Creek's **Trevor Kolkea** and Club member **Jamey Olson** won the featured 8 km races. Results for this race and the 2004 Wolves Series are at the [Wolves X-C site](#). [Click here for a few pictures](#) from the local x-country season

At the 2004 ASAA High School Provincial X-C Championships in Wetaskiwin on October 16, five Club members recorded top 20 finishes: **Deneb Carias** (3rd Junior Boys), **Kathryn Stone** (10th Junior Girls), **Risa Iwasiuk** (11th Junior Girls), **Bittu Rupana** (14th Junior Boys), and **Erin Connell** (19th Senior Girls).

Despite rainy and snowy weather, the Wolves X-C Classic on September 18 was indeed a classic. [Click here for results](#) and [click here for pictures](#).

The [OBW Trail Run](#) on the Labour Day weekend attracted a record number of entries. Click the link for results.

A number of GP runners took part in the [Emperor's Challenge Mountain Half Marathon](#) in Tumbler Ridge on August 14.

Rigel Carias finished 4th (11.27m) in the Juvenile Women's Shot Put at Legion Nationals in Sudbury on August 5. She also had a 9th place in the Javelin.

Tori Dixon was the 16th place finisher (16.44) in the 100m hurdles in the National Junior Track and Field Championships in Saskatoon on July 24.

Marlene Corcoran placed second in the F40-44 category in the 1500m (5:44.16) at the National Masters Track and Field Champs in Calgary on July 16 and 17. She was also the third place women in the 5 km road race.

Fred Settington won the 800m in 1:57 at the Hershey Harriers all comers in Vancouver on July 6. Later that week, he placed 10th in 3:59 in his qualifying heat in the 1500m at the Athletics Canada Olympic Trials in Victoria.

Results from the [July 10 all comers meet](#) are now posted.

At the 2004 Alberta Summer Games in High River, Zone 8 placed 7th in the Track and Field competition with a total of 5 medals - 1 Gold (**Rigel Carias** - Shot Put), 2 Silver (**Juvenile Girls 4 x 100 team** and **Alex Klassen** - High Jump) and 2 Bronze (**Deneb Carias** - 3000m and **Haeder**

Azooz - 200m)

Tori Dixon qualified for the Junior Nationals in Saskatoon with her 3rd place finish at the Alberta Junior Championships in Calgary on June 27. Tori will compete in the 100m hurdles.

Fred Settingington is off to the Olympic Trials in Victoria in mid-July after winning the Alberta Senior 1500m title in Calgary on June 19. Freddy also added a 3rd place in the 800m for good measure. At the same meet, **Rigel Carias** won the Juvenile Girls Discus and placed second in the Shot Put, while brother **Deneb** placed second in the Midget Boys 3000m and third in the 1500m.

Congrats to the following Club Members who were selected to the Zone 8 ASG team: **Erin Corcoran, Caroline Crowe, Erin Connell, Deneb Carias, Rigel Carias, Bitu Rupana, and Sara Scott.**

Rigel Carias, proud member of the Grimshaw branch of the Striders, won both the Junior Girls Shot Put and Discus at the Alberta High School Champs in Calgary on June 5 and 6. Rigel's shot put mark was the best of the day amongst all female athletes and was less than 50 cm from the Junior Girls record.

Fred Settingington won the 1500m in 4 minutes flat at the New Balance Series Meet #2 in Calgary on May 30. Freddy established a new meet record with his run.

Jenna Huber completed a tough double at the WAC Championships in Houston on May 14 and 15. On Friday night she placed 3rd in the 10,000m (36:12) and then came back on Saturday finishing 4th in the 5000m (17:26). Her University of Nevada team placed 3rd overall in the mee

Almost 200 competitors of all ages took part in the 2nd annual Peace Country Classic and Hershey Meet on May 15. The **Dawson Creek Track Club** won the Grand Aggregate just ahead of the **Grande Prairie Comp.** The feature race of the day was the Men's 400m. Ft St John's **Quinton Gamble**, a member of the 2003 Canadian Youth Track and Field Team, held off a hard charging **Fred Settingington** and a fading **Haeder Azooz** for the win, recording a time of 52.3 seconds.

Fred Settingington opened his outdoor track season as a member of Team Alberta at the WSU Cougar Classic in Pullman, Washington on April 24. Fred placed 8th in the 800m, posting a time of 1:57:84.

Bill and Marlene Corcoran both ran the St Albert 10 miler on April 25. Bill recorded a time of 63:05 (30th place) while Marlene stopped the clock at 70:12 (10th place women.)

Jenna Huber recorded another huge personal bests and set a new school record in the 10000m on Friday, April 23 at the Mt. SAC Relays. Jenna clocked 35:23.77 on her way to a 19th place finish in a field of 37. The Mt SAC race was world class; the winner clocked an Olympic A standard time.

The triathlon twins, **Robert and Dennis Seitz**, led a 1-2-3-4 GP runner sweep at the Spring Runoff 10 km in Ft St John on Sunday, April 4. The twins tied for the win in 38:36, 13 seconds

better than **Bill Corcoran**. **Paul Oostra** placed 4th in 39:22.

- **Jenna Huber** and **Jessica Schmidt** both recorded huge personal bests and set new school records in the 5000m on Friday, March 26 at the Stanford Invitational. Jenna clocked 16:41 on her way to a 13th place finish in a field of 95. Jessica recorded a time of 16:57, for 25th place. The Stanford Invitational is one of the top early season college meets in the US
- A number of Track Club members took part in races during the past indoor season. **Fred Settington** recorded a pair of bronze medal performances (1500m and 800m) in the Indoor Provincials. **Rigel Carias** placed 2nd in the Juvenile Girls Shot Put while brother **Wezen, Deneb** (3rd Midget Boys 3000m), and father **Rafael** (3rd Master's Mens 3000m) also made their debuts in Club colors.
- **Jamey Olson** made her indoor track debut in the High Performance Meet contesting the 600m and 300m. **Fred Settington** placed 2nd in the 1000m and 3000m at this meet.
- **Bill Corcoran** (1000m) and **Marlene Corcoran** (3000m) both recorded the top Masters (40 and over) Alberta indoor times for 2004 based on their performances at the Golden Bear Meet in January. Also at the Golden Bear Meet, **Eric Corcoran** established a Provincial Best Score (10 and under) in the Pee Wee Strength Triathlon.
- **Jessica Schmidt**, running for the University of North Texas, won the 3000m (9:58) and 5000m (17:25) at the SunBelt Conference Indoor Track Championships in February. Schmidt also placed third in the mile. She was named the Female Athlete of the Meet for her efforts.
- **Jenna Huber** also had a very successful indoor season. She set two school indoor records at the University of Nevada (Reno) in the 3000m (9:39) and 5000m (17:08). At the Western Athletic Conference Championships, she placed 2nd in the 3000m and 3rd in the 5000m

2003 Highlights and Results

Club members have posted impressive results in a number of local, regional, and national meets. Some of this season's highlights included:

- **Jenna Huber's** stellar year at the University of Nevada in Reno. She recorded times of 4:45.49

(1500m), 9:56.66 (3000m), 17:14.75 (5000m), and 36:17.18 (10,000m). Her results ranked her #1 in Alberta for Junior Women for all 4 distances for 2003. Nationally, Huber ranked #1 for Junior Women in the 10,000 and #2 for the 5000m. .

- **Fred Settington** and **Jessica Schmidt** qualifying for the Alberta Western Canada Games Team. At the Games, Jessica won the bronze medal in the 5000m (18:12) and placed 6th in the 1500m (4:46); Fred placed 7th in the 1500m and 9th in the 800m.
- **Fred Settington's** win in the 1500m at Alberta Provincials. This qualified him for National Seniors where he placed 13th, recording a personal best time of 3:56.
- **Tori Dixson's** win at Alberta High School Provincials in the Senior Girls 100m Hurdles which qualified her for National Juniors. **Kyle Reynolds** also hit the podium at the High School Provincials with a second place finish in the 1500m and a third place finish in the 3000m in the Intermediate Boys category.
- In 13 races at the Jack Brow Meet, the quartet of **Kyle Reynolds, Ryan Hicks, Jessica Schmidt,** and **J-Rome Stojan** recorded 11 personal best times.
- **Bill Corcoran's** victory in the 40-44 category 800m (2:09) at the Canadian National Masters Championships in Richmond, BC. Bill also had 2nd place finishes in the 1500m and 400m at the Richmond meet.

Marlene Corcoran's win in the 8km road race at the USATF Masters Championships in Eugene, Oregon. Marlene also recorded a 5th place finish in the 40-44 category 5000m (19:32).

January 17-19, Edmonton
[Golden Bear Open Indoor Meet](#)

March 8 and 9, Edmonton
[Alberta Indoor Provincials](#)

April 25, Pullman, Washington
[Cougar Classic](#)

May 10, Grande Prairie
[Peace Country Classic/Hershey Meet](#)

May 23 and 24, St Albert
[St Albert Challenge](#)

June 4, Richmond, B.C.
[Kajaks International Track Classic](#)

June 5, New Westminister, B.C
[City Track International Track Meet](#)

June 6 and 7, Camrose

[Provincial High School Champs](#)

June 14 and 15, Calgary

[CALTAF Classic and Western Canada Games Trials](#)

June 20-22, Edmonton

[Provincial Championships/ Provincial Hershey Meet](#)

June 27-29, Kelowna

[Jack Brow Memorial](#)

July 2, Edmonton

[Foote Field All Comers #2](#)

July 4-6, Saskatoon

[Athletics Canada National Juniors](#)

July 9, Calgary

[New Balance #3 Meet](#)

July 12, Saskatoon

[Tri Province Meet](#)

July 18-20, Victoria, B.C.

[Athletics Canada National Seniors](#)

July 16 and 17, Calgary

[Provincial Legion Trials - Midget and Juvenile](#)

August 7 to 10, Selkirk, Manitoba

[Western Canada Summer Games](#)

August 7 to 10, Eugene

[USTAF Masters Champs](#)

August 16, 17, Richmond, B.C.

[CMAA Champs](#)

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