

On behalf of Athletics Alberta's Board of Directors and staff, we are delighted to congratulate all the nominees and winners of our 2018 annual awards. The dedication our athletes demonstrate time and again is impressive and inspiring. We are so proud of you all!

## ROAD RUNNING

### *Female Road Running Athlete of the Year* **Maria Zambrano**

Maria had a strong showing at the Scotiabank Calgary Marathon-Half Marathon, finishing 16th overall, 3rd among women, and 1st in the F40-45 age category. Her time was 1:19:04.

### *Male Road Running Athlete of the Year* **Trevor Hoffbauer**

Trevor was victorious in the Scotiabank Calgary Marathon-Half Marathon, crowning him the national champion at that distance. His best time of 2018 came in another winning performance in the GoodLife Fitness Victoria Marathon-Half Marathon, crossing the line in 1:05:18.

## ALBERTA'S ROAD RACE OF THE YEAR 2018

### **Scotiabank Calgary Marathon**

This yearly award is tabulated from a Provincial-wide survey conducted by Athletics Alberta beginning in March and finishing in mid-November 2018. This award is based on direct participant feedback from the road running community at-large in which each participant was allowed to evaluate each race they competed in and provide critical feedback on their experience.

## PARA ATHLETES OF THE YEAR

<b>Amanda Rummery</b> Green & Gold TF, 100m, 200m Coach: Maegan Ciesielski • Set a new national T46 100m record	<b>Alister McQueen</b> Caltaf, Javelin Coach: Kim Cousins • National champion in the F64 Javelin • Won the World Para Athletics Grand Prix in F64 Javelin • Set a new national F64 Javelin record
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## PARA COACH OF THE YEAR

### **Kim Cousins**

Kim has been acknowledged for her coaching contributions to Para athletics many times over the years, notably being awarded the 2016 & 2017 Petro Canada Outstanding Coach award. Her athletes have gone on to win medals at national, international and Paralympic events. In 2018 she coached twelve national medalists, to go along with twelve national records.

## MASTERS ATHLETES OF THE YEAR

*Track & Field Yuko Nakano & Newton Grey*

*Cross Country and Road Running Allison Blackmore & Morris Roberts*

### 2018 CROSS COUNTRY

Category	Winner – Female	Winner - Male
U10	Abiola Omoyayi	Daniel Gregory
U12	Kyra Sheppard	Mack Weber
U14	Libby Dunn	Tyson Versteeg
U16	Sadie Sigfstead	Nebil Mohammedbrhan
U18	Olivia Cooper	Jared Howse
U20	Rosie Bouchard	Maximus Thiessen
Open	Maria Bernard-Galea	Angus Rawling

### 2018 TOP 10

Category	Winner – Girls	Coach	Winner - Boys	Coach
<b>U10</b>	Abiola Omoyayi	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Weston Serl	Jasmyn McCulloch / Nikhil Shah
	Aryonah Knee	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Rhett Dahl	Katie Elder/ Darren Dellezay/ Jennifer Zawaski
	Addison Shaw	Daniels/McCorquindale/ Shaw	Alexander Odenyo	Jasmyn McCulloch / Nikhil Shah
	Kaitlin Wiles	Emma Curle	Adam Sexton	Jasmyn McCulloch / Nikhil Shah
	Sydney Shaver	Daniel Timmer	Rafael Szanto	Daniel Timmer
	Grace Wright	Daniels/McCorquindale/ Shaw	Kydon Hemsing	Jasmyn McCulloch / Nikhil Shah
	Sidney Eshpeter	Jasmyn McCulloch / Nikhil Shah	Jaskaran Sangha	
	Nylah Huq	Jasmyn McCulloch / Nikhil Shah	Carter Hearn	Katie Elder/ Darren Dellezay/ Jennifer Zawaski
	Peyton Shorter	Jasmyn McCulloch / Nikhil Shah	Max Vargas-Lennard	Jasmyn McCulloch / Nikhil Shah
	Ella Peebles	Braun / Bailey	Balkaran Singh Dhillon	
<b>U12</b>	Anaka Weber	Rachel Yee	Mack Weber	
	Ella Steele-Douglas	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Asher Dechaplain-Pipella	Stromner/Cooper/Millar/Curle
	Jayme Bialik	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Tayemak Kelsick	Jasmyn McCulloch / Nikhil Shah

	Mary Maclean	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Ephrem Fischer	Jasmyn McCulloch / Nikhil Shah
	Karissa De Sousa	Stromner/Cooper/Millar/ Curle	Pierson Shaver	Daniel Timmer
	Jillian Bombay	Stromner Cooper/Millar/Curle	Jonathan Urquhart	Jasmyn McCulloch / Nikhil Shah
	Sadie Snyder	Jasmyn McCulloch / Nikhil Shah	Cohen Musschoot	Ritch Braun / Andrew Bailey
	Bromley Causton	Jasmyn McCulloch / Nikhil Shah	Jacob Reves	Katie Elder/ Darren Dellezay/ Jennifer Zawaski
	Asha Miller		Silas Kerbes	Stromner/Cooper/Millar/Curle
	Alexandra Watson	Stromner/Cooper/Millar/ Curle	Karsen Ostapowich	Arlo Ostapowich
<b>U14</b>	Efia Wiredu	Daniel Timmer	Eric Hurtubise	Robert Hurtubise / Jeff Aarts
	Whitney LaFayette	Daniel Timmer	Carl Chu	Kevin Blimkey
	Libby Dunn	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Connor Bath	Rachel Yee
	Christina Hollingworth	Chris Hollingworth	Roenen Chase	Samantha Read/Joel Senick
	Charlize Ostapovich	Arlo Ostapowich	Acxiel Yss Villegas	Rachel Yee
	Cheyenne Duncan	Rob Fisher	Joshua Read	Samantha Read/Joel Senick
	Kiersten Epp	Rachel Yee	Carter Pottruff	Samantha Read/Joel Senick
	Patricia Draghici	Rachel Yee	William Fode	Daniel Timmer
	Meadow Drebert	Katie Elder/ Darren Dellezay/ Jennifer Zawaski	Rylan Cayanga	Stromner/Cooper/Millar/Curle
	Kamryn Hanley	Karl Meissner/JaimeeSpringer	Ridley Verbeek	Rachel Yee
	Lauren Dellezay	Katie Elder/ Darren Dellezay/ Jennifer Zawaski		
	Izabella Seiler	Katie Elder/ Darren Dellezay/ Jennifer Zawaski		

## U16

GIRLS	BOYS
<b>Sadie Sigfstead</b>	<b>Mats Swanson</b>

Edmonton Harriers 2000m, 1200m, 1500mSC Coach: Phil Booth <ul style="list-style-type: none"> <li>• Legion Nationals 2000m Champion, medalist in 1200m, 1500mSC</li> </ul>	Leduc T&F 800m, 1200m Coach: John Bole <ul style="list-style-type: none"> <li>• Set provincial records in 800m, 1200m</li> </ul>
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## U18

GIRLS	BOYS
<b>Julia Lovsin</b> Edmonton Harriers 400mH Coaches: Allen, Dong, Stoffberg <ul style="list-style-type: none"> <li>• 4th at the Youth Olympic Games in the 400mH</li> </ul>	<b>Justin Rose</b> Voleo Athletics 400m, 200m Coach: Dwight Francis <ul style="list-style-type: none"> <li>• Broke the provincial 400m record</li> </ul>

## U20

WOMEN	MEN
<b>Savanna Jordan</b> Caltaf 1500m, 3000m, 5000m Coach: Christine Laverty <ul style="list-style-type: none"> <li>• U20 National champion in the 5000m, 2nd in the 3000m, 5th in the 1500m</li> </ul>	<b>Malachi Murray</b> Voleo Athletics 100m, 200m Coach: Dwight Francis <ul style="list-style-type: none"> <li>• National champion in 100m, 2nd in the 200m</li> </ul>

## OPEN

WOMEN	MEN
<b>Sage Watson</b> UNAB 400mH, 400m, 4x400 Coach: Fred Harvey <ul style="list-style-type: none"> <li>• 4th in the Diamond League 400m Hurdles standings in 2018</li> </ul>	<b>Marco Arop</b> Voleo Athletics 800m Coach: Ron Thompson <ul style="list-style-type: none"> <li>• 2nd place in the NCAA Division 1 800m final</li> </ul>

## 2018 OFFICIAL OF THE YEAR

### Michael Samson

Michael Samson began his officiating career in the winter of 2002. An avid fan of many sports, he found he had more time to spare after the completion of his university degree and this led him to pursue what has developed into a life-long interest in the organization and officiating of athletics. After achieving provincial qualifications as a photofinish

judge Michael moved over to throws, which is where his expertise and experience now lie-he is a level 5 throws official and a level 3 throws referee. Asked about his most memorable officiating moment, he says that being the chief official when a new world record was set during the Women's Javelin final at the 2015 Pan Am Junior Track and Field Championships was an amazing experience.

## **2018 NOVICE OFFICIAL OF THE YEAR**

### **Ian Wilson**

Ian Wilson attended an introductory officiating clinic in May 2017 and since then has worked most of the meets in the Edmonton area. "I've always enjoyed athletics and one of my daughters ran track in high school and into university. When my work-life changed to give me more free time I thought officiating would be a great way to give back to the community while doing something that was interesting and challenging. It's definitely not the type of volunteering where you just show up, you need to be engaged and on your game." A newly minted level 3 throws official, Ian praises the support and friendship that he has felt from his fellow officials from the very first time he showed up!

## **2018 RON RIVARD MEMORIAL TROPHY presented by ROYAL CANADIAN LEGION**

**Justin Breault**, Voleo Athletics & **Mackenna Leslie**, Split City

## **2018 CAL SUTELA VOLUNTEER OF THE YEAR**

### **Liana Thorburn**

Liana Thorburn has had a great impact for Caltaf and for track and field in Calgary and Alberta. Liana started out with Caltaf as a mom of two boys in the program. In the Spring of that year she was asked to help coordinate all the volunteers for the Caltaf Classic. Unfortunately not only did she end up taking care of the volunteers but also the hospitality for the all the volunteers and officials, a huge role usually done as a combined effort of many people. Liana pulled it off in year one and now is back for year three. Caltaf knew they had a prize with this amazing lady so they got her involved in their Cheetah program.

As the Caltaf Cheetah Director, Liana oversees the program for our our 8-12 year old athletes, all 140 of them. She organizes the coaching staff and facilitates their coaching development. She is also essential to the organization of the Cheetah invitational where she organizes the volunteers and officials. She puts in an extraordinary amount of hours to ensure that Caltaf has one of the best U8-U12 programs in Canada. This group of athletes and their coaches are the future of track and field and they are in great hands with Liana.

## **GRASSROOTS COACHES OF THE YEAR**

### **Joel Senick**

CALTAF is so fortunate to have Joel as a part of their JD Coaching staff. When Joel came to CALTAF from Saskatchewan he might not have fully realized what he was getting himself into. The JD Program at CALTAF is quite large and as the Speed-Power Lead, he has brought a sense of purpose, passion, leadership, and level of excellence to the program. Joel is very humble, he has made a lasting impact and without him, our JD Program would not be as strong as it is. He has truly made a difference to the JD Program at CALTAF.

### **Katie Elder**

It would be difficult to overlook the importance of Katie's work with Leduc Track. She not only coaches but is manager of the club. She maintains communication with all club members and is responsible for recruitment and entry for meets.

But, it is her work as a coach that is so appreciated by parents and athletes alike. Her enthusiastic involvement with her athletes has inspired them to perform at a very high level. Many are at the top of Leduc Track rankings and are well represented in the rankings maintained by Athletics Canada. However it is their enjoyment of working to just do their best that Katie has installed in them that will have a lasting impact long after they have competed in Track and Field.

## **JUNIOR DEVELOPMENT COACHES OF THE YEAR**

### **Sean Freeman**

Sean has over 25 years coaching experience in several sports, including experiences at college and national team levels. He started coaching track and field in the spring of 2005. Over the last 14 years Coach Freeman has had the pleasure of helping athletes realize their potential in track & field. Most of the athletes haven't come from a track background but quickly demonstrated their ability to compete with some of the best from Alberta, Canada and the world. As a cornerstone of the track and field community in Medicine Hat, Sean is noted for his ability to instill confidence in his athletes, fostering self belief, and a work ethic. Sean's commitment to his athletes haven't gone unnoticed, he is available seven days a week for questions, for help, and as a confidant.

### **Rachel Yee**

Rachel, originally from Calgary, AB, was involved in soccer, ringette and hockey before making the switch to track in high school. Her track career began as spring training for hockey and ended with her joining Caltaf full time, training in the distance group for eight years. It was while training as an athlete that she had the opportunity to coach at the University of Calgary Dinos summer track camps. Following that she joined Caltaf's coaching staff as a coach for their youngest training group, the Caltaf Cheetahs, and saw the program grow from 40 to over a 100 athletes within a few years. At the time, Rachel was also employed by the Calgary Track Council as a Run, Jump, Throw instructor for program delivery in elementary schools across the city to increase track and field exposure to younger athletes. As life must go on, her acceptance into a Masters program at the University of Alberta resulted in her leaving CALTAF as an athlete and coach. After a year off coaching and focusing on school, she decided it was time to get back into the track world. Fortunately, Capital City Track Club was in the midst of looking to expand their club and needed a junior development coach. Her program started small and has grown each of the three years she has coached Capital City. She has also taken on Edmonton Thunder's junior development group and has expanded her training group to 20+ athletes. In the past year, she was also part of the Team AB Tri-Prov coaching staff with hopes of being a part of more teams in the future.

## **HIGH PERFORMANCE COACH OF THE YEAR**

### **Rob Fisher**

Capital City Track Club

Rob takes a young athlete with little direction and motivates them to be their best on and off the track. He is a mentor, as well as a coach, making personal sacrifices in his own life to ensure the success, safety, and happiness of his athletes. Balancing a young family at home, teaching, coaching university, junior high, club and national level athletes, running Capital City and track meets throughout the summer he's truly always putting others first.

## **PROFESSIONAL HIGH PERFORMANCE COACH OF THE YEAR**

### **Doug Lamont**

University of Calgary Dinos Track & Field

Having taught and coached high school for 22 years, Lamont retired from teaching in 1999 to become the Director of the Southern Alberta Track & Field Centre. From there, Lamont went on to take over as the University of Calgary Dinos Cross Country head coaching position in 2003, and in 2007 took over as the Dinos Track and Field team. Since his time with the

Dinos, Doug has helped lead the women's track and field team to two CIS national championships in 2007 and 2013, and 15 Canada West championships, four men's and 11 women's. He was named CIS Track and Field Coach of the Year twice, in 2007 and 2013, and CIS Cross Country Coach of the Year in his first year at the helm. Lamont has also earned Canada West Coach of the Year titles in both sports in nine different years, and was named both in 2008. In 2018 his Dinos won the USport Cross Country title, and Doug was named coach of the year.

## **CROSS COUNTRY COACH OF THE YEAR**

### **Matt Norminton**

Matt Norminton started to run competitively in high school after his NHL hopes failed to pan out. Matt competed for the U of A and helped the team win the CIS Championships in 2001. He went on to continue to race competitively post collegiately, including a 2:20 marathon. After a few years of racing the marathon he decided to give back to the sport through coaching. He started to volunteer and coach people he met in the Edmonton community, with his future wife Jennifer being one of them. From there the volunteer coaching grew to a large group in Edmonton of over 40 athletes.

Matt has transformed the athletic and running scene in Edmonton by spending countless hours developing athletes, volunteering and hosting athletic events, and helping volunteer coach from collegiate to masters levels. Matt has created a supportive running community by offering free workouts to athletes in Edmonton and across the country. He has improved cross country running in Alberta by creating a series of races across the province encouraging college teams and individual runners to engage in the entire series, thereby improving participation and friendly competition. Additionally, Matt has developed the Sponsored Athlete program through Running Room to help Canadian athletes who are in need of sponsorship. He also developed various road races including the annual Northlands 1 mile/Blue Mile race and the Mizuno Midsummer Night 5km run. He was instrumental in developing the Indoor Track for Alberta Colleges Athletic Conference and was named ACAC coach of the year for 2014, and Canadian Collegiate Athletic Association coach of the year for 2014. Matt was also ACAC Indoor Track Coach of the year in 2015 and 2018.

## **GEORGE GERMER COACH OF THE YEAR**

### **Ritch Braun**

Coach Rich is no stranger to the awards podium, as he has received several accolades for his role as a coach in the athletics community. From the 1988 Celebration Olympic Medal for his outstanding contribution to amateur sport, to the 2015 Athletics Alberta Grassroots coach of the year award, he has been honored for every service in between. Coach Braun has been around the track for a large percentage of his adult life, always in a service based capacity. Ritch is continually putting the goals of his athletes and their success ahead of his own personal goals and ambitions. He started the Crowsnest Pass based "Passtrak" club about 35 years ago. Over these passed years he has put several athletes onto the Alberta Legion team, had several athletes compete and medal at nationals, and even had the opportunity to coach a small number of athletes at Worlds. All of this proving that ingenuity and commitment are two of the greatest tools any coach could hope to have access to in their bag of "coach tricks." Coaching the Crowsnest Pass, where there is no track facility available, he has continually astounded others by the caliber of athlete produced from infamous drills like the speed belt into a crash pad down the 40 meter hallway. His commitment to athletics and to training up new coaches has also been proven by his desire to work as a learning facilitator for the N.C.C.P., taking every chance he can to pass on his wealth of experience and knowledge. Also taking time to mentor new young coaches in the field by offering support, encouragement and the always valuable time investment. Anyone who has had the opportunity to coach alongside him knows of his commitment to the sport, and of the joy he has in serving athletes to help them become successful, driven people and athletes.

## **ALBERTA PROVINCIAL CLUB CHAMPIONSHIPS**

**Caltaf Athletic Association**

2018 Division 1 Champions

**Chinook Track & Field Club**

2018 Division 2 Champions

**Caltaf Athletic Association**

2018 Cross Country Club Champions