

TREVOR CRAVEN MEET – BURNABY CENTRAL HS

July 8-9, 2017

Another meet with great performances (**2 World records, 3 Canadian records, 8 BC records plus a tie**, and **several Personal Bests**) by our Greyhounds members last weekend. We had 41 members registered for the Trevor Craven Meet which was hosted by the Norwesters Cub at Burnaby Central Secondary School.

Breaking World records were our 2 outstanding Senior women.

- * **Christa Bortignon** broke her own world record in the W80 Long jump (3.29m). Christa took only 3 jumps and bettered her own listed WR on every attempt. She also ran a fast time in the 100m but did not return on Sunday to compete in her favourite event ... the Triple jump.
- * **Lenore Montgomery** has more energy than the Energizer bunny. She competed in 4 events, breaking the W85 World record in the 3000m (19:58.05) by four minutes. Lenore also broke her own Canadian record in the 400m (2:10.81). Wow ... and she is 87 years young.
- * Our young men sprinters wowed the crowd as they carried the baton around the track in record time (44.90). Breaking the BC record in the M35 4x100m were: **Brian Carnate, Marvin Johnson, Luke Wang** (a Kajaks member) and **Steve Colbert**. Their time was less than a second off the Canadian record, and considering that only Brian is under 40 (actually 40 in only 5 weeks), they were just 0.14 seconds off the M40 Canadian record.
- * **Lori Graham** broke her own BC record in the W55 1500m Race Walk (11:20.75). She took 12 seconds off her own BC record from 2014 in St. George at the World Huntsman Senior Games.
- * **Jeff Byington** also gets a BC record in the 1500m Race Walk. Jeff set a new record in the M50 age group (11:24.18).
- * The Ironman award for the meet undoubtedly goes to **Reidar Zapf-Gilje**. Reidar competed in 11 events and had great results in every one of his events. Now in the M65 age group, Reidar broke 2 BC M65 records in the 100m Hurdles (17.80) and 2000m Steeplechase (7:52.04). Reidar bettered the Sprint hurdle record by 1.10 second and shattered the Steeplechase record by 1 minute and 51 seconds. Reidar missed the BC record in the Triple jump by only 3 centimetres. If you were at the meet you would have seen Reidar running from event to event as he went from the triple jump to the 200m to the pole vault to the discus to the What I would like to know is why Reidar didn't compete in 2 other events that he had registered in.
- * **Deborah Lee** got back on form again after a disappointing meet (for her) at the BC Masters Championships. Deborah tied her own W65 BC record in the Long jump ... twice (3.66). One of these jumps was wind-assisted but the other jump was legal with a 0.6 m/s wind.
- * There were also a few other near misses at the BC records.
- * Many Greyhounds had Personal Bests (PB). I'm not aware of them all but you can see "PB" behind the results. For example: Olesea Chitul (400m), Naomi Moriyama (Javelin), Linda Ordowski (400m and 800m), Julie Valente (1500m), Sharon Evans (Triple jump), Cindy O'Brien Hugh (Long jump), Jeff Byington (800m), Mike Bradecamp (400m?), Brian Carnate (100m), Amarjit Chahal (100m), Steve Colbert (100m and 200m), Alex Galo (200m), Joe Hill (100m and 400m), Marvin Johnson (100m, 200m and 400m), Edwin Liu (100m), Jorge Woods (100m). And of course every member who entered a new age group might have set several new Personal Best(s) in their new age group ... people like Lynette, Joyce, Alan and Reidar. My apologies if I missed your Personal Bests. Perhaps you can let us know.

ATTACHED ARE EVERYONES RESULTS. Let me know of any errors or omissions.

CONGRATULATIONS TO THE WHOLE TEAM. WE ARE EXTREMELY PROUD OF EVERYONE!!!