

Once more, members of the **Hamilton Olympic Club** were participating in track meets, not only across the province, but also across the country.

In Calgary, Alberta, Christian Brennan was competing at the **Athletics Canada Senior Championship Meet**. Christian, who has already been chosen to represent Canada at the World Youth Championships in Lille, France from July 6 to 10,, was running against females several years older. In the 400m race, she had a phenomenal come-from-behind burst of speed to outlean her closest competitor and win the bronze medal in a personal best time of 52.49sec, establishing a new Canadian youth record in the process. An hour later, she ran the 200m final, placing fifth with a superb time of 23.71sec.

At the **Canadian Masters Championships** at the University of Toronto, Maki Kajiura took the gold medal in the W35 800m with a personal best time of 2:53.17. In W60, Rhona Trott surpassed the previous Canadian record in the 3kg hammer throw with her gold medal toss of 30.97m. She also ran seasonal bests in winning both the 100m (16.34sec) and 200m (34.74) races. Bill Thompson, M80,

Here, in Hamilton, many of the senior athletes vied for spots on the Legion Ontario team as the **District B Championship Meet** was held at Mohawk Sports Park.

In the girls under 16 category, Savannah Laroche set a personal best in the 3kg shot put with her silver medal distance of 10.06m. She also took second in the discus event (24.75m), but was the winner of the 3kg hammer throw with her 32.23m result. Kassidy Matthews won the 300m race with a personal best of 42.28 sec, while coming fifth in the 200m (27.04sec). Kristen Davidson ran well in coming fifth in the 100m dash (13.40sec) and tenth in the 200m (28.59). Also competing over 200m was Kylie Hopkins who ran a personal best of 26.97 for fourth place, then came third in the 300m with another PB of 44.09sec. Savannah and Kassidy have been named to the Legion B team which will compete in Chatham in July.

Cameron McMillan was named to the Legion B team for his gold medal performance of 2:08.09 in the 800m, as well as his second place finish of 3:22.08 in the 1200m run.

Melanie Rodriguez picked up a bronze medal in the girls under 18 group with her 12.43sec result in the 100m, after which she had a fourth place finish of 25.91sec in the 200m. Ashley Ligas had a pair of seventh place finishes: 100m (12.95sec) and 200m (26.93sec). Alyssa DiCesare captured bronze medals in both the discus (30.69m) and javelin throws (30.31m), then earned a fourth place finish of 9.51m in the 4kg shot put. In the 100mHurdle event, Mackenzie Pulham raced to a personal best time of 19.88sec to take the bronze medal, then jumped 10.20m for a third place tie (J4) in the triple jump.

The under 18 boys' section was led by Eli Pawliw. Throwing the heavier implements for the first time, he set three records and took home two gold medals. In the 12lb shot put, he was impressive at 13.21m. Then, he heaved the 800g javelin 41.73m, before getting his silver medal in the 1.5kg discus throw with a 38.75m result. Also throwing personal bests in two of the events, Josh Janzen came second in the shot put with a 10.27m heave and was fourth in the discus with his 32.21m best. Liam Smith picked up two silver medals as he ran a PB in the 400m (53.13sec), followed by a 2:00.09 clocking in the 800m. Also earning silver medals for their efforts were Paul Kolb in the 3000m run (9:11.96), Adam Rowles in the 2000mSteeplechase (6:22.25) and Hwang Lee in the high jump (1.85m). Both Eli and Hwang were named to the Legion B team competing in Chatham.

Not to be left out, the MTA athletes went to the **Guelph Minor Track Meet** for their competition. In the senior girls division, Chloe Hewitt took first place in the 400m with her time of 63.55, then came third in the 800m in 2:31.82. Following closely behind, Hailey Hemrica was second in the 400m (63.92sec) and fifth in the 800m (2:35.67). Leanne Maslowski had a super leap of 4.59m to take second in the long jump, then ran third in the 200mHurdles with a time of 33.28sec. In the 200m dash, HOC girls lead the majority of the pack. Brooke Bottos came second in 27.63sec, with Leanne (28.01 – 4<sup>th</sup>), Samantha DeVries (28.48 – 5<sup>th</sup>) and Micaela Sacchetti (28.55 – 6<sup>th</sup>). Lauren Brady ran 5:45.96 to take sixth place in the 1500m race.