

For many middle distance runners, the indoor season gives them a chance to regain some of the speed that was put aside during the fall, while their concentration was on the longer cross-country requirements. It also enables not only the athletes, but also their coaches, to see how this speed has developed over the past two-three months and where focus should now be turned in preparation for upcoming outdoor track and field competitions.

If results at the **Athletics Ontario Youth/Senior Championship Meet**, held at York University on February 18 – 19, 2012, are any indication, the **Hamilton Olympic Club** athletes are well on their way to successful racing performances throughout the spring and summer.

Liam Smith, competing in the youth boys category, proved to be the Club's outstanding runners of the weekend. He won the bronze medal in the 1500m with a time of 4:08.05, close to his personal best; however, in the 800m, he not only ran the fastest time of his career, 1:57.87, but he also took home the gold medal in doing so. **Cameron McMillan** set personal bests in the 800m (2:06.08) and 1500m (4:24.27), while Erik Heidebrecht improved his 1500m time to 4:35.18.

In the youth girls division, **Abby Llewellyn** had a personal best of 5:16.51 in the 1500m, while **Kylie Hopkins** ran strongly to finish with a PB in the 200m (28.47sec).

Running in an older age group, **Adam Rowles** also set two PBs as he improved his time in the 400m (53.25sec) and 800m (1:59.28). **Jeff Tweedle**, competing in his first indoor meet with the Club, ran close to his personal best with a 2:07.08 performance in the 800m.

Teri Harley, in her first year with HOC, earned a silver medal in the senior girls high jump event, as she cleared 1.38m **Kaitlyn Pansegrau** was a busy young woman as she, too, set personal bests in two events: 2:25.74 for seventh in the 800m, while running 5:10.84 for a twelfth place finish in the 1500m run.

Youth Boys

60m	Q Jarrett	7.80sec	31
200m	Q Jarrett	26.69sec	50
400m	Simon Orzel	59.87sec	30
800m	Liam Smith	1:57.87	GOLD
	Cameron McMillan	2:06.08	14
	Simon Orzel	2:20.77	34
1500m	Liam Smith	4:08.05	BRONZE
	Cameron McMillan	4:24.27	18
	Erik Heidebrecht	4:35.18	34
Long Jump	Q Jarrett	4.32m	14

Youth Girls

200m Dash	Kylie Hopkins	28.47sec	41
400m Dash	Kylie Hopkins	63.46sec	30
1500m Run	Abby Llewellyn	5:16.51	26

Senior Men – all the athletes ran in an older age group

400m Dash	Adam Rowles	53.25sec	19
800m Run	Adam Rowles	1:59.28	13
	Jeff Tweedle	2:07.08	27
1500m Run	Jeff Tweedle	4:35.82	23

Senior Women – all the athletes ran in an older age group

200m Dash	Teri Harley	28.71sec	19
800m Run	Kaitlyn Pansegrau	2:25.74	7
1500m Run	Kaitlyn Pansegrau	5:10.84	12
	Alannah Kelly	5:39.77	16
60m Hurdles	Teri Harley	10.94sec	16
High Jump	Teri Harley	1.38m	SILVER