



MTA - Bullets Indoor Meet  
York University  
February 8, 2014



“Testing the waters” at the first MTA meet of the year, the coaches from the Hamilton Olympic Club left with a good insight into where the training has brought their athletes. The athletes left with good feelings, as well as realizing that all the hard work that has gone into the practices does bring about good results.

Leading the way was senior boy Alec Purnell who took first place in the 800m (2:17.36) and second place, with a personal best performance, in the 400m, with his time of 56.90sec. More personal bests were turned in by Noah Boin as he placed seventh in the 50m dash (7.14sec) and was eleventh in the 200m (27.88sec). Drew Ruigrok also set PBs in finishing fifth in the 400m (59.44sec), eighth in the 800m (2:29.57) and was second in the long jump (4.87m) to complete a busy day of competition. In his first year as a senior, Ethan Creelman took over seven seconds off his previous PB in the 400m as he ran 75.25sec.

In the senior girls’ competition, Madison Johnstone and Kaitlyn Lynch took turns leading the HOC contingent. In the 400m, Kaitlyn took fifth spot with a huge PB of 65.52sec, while Madison was seventh in her PB of 66.25sec. When the girls ran the 800m, Madison placed fifth (2:31.02), while Kaitlyn was close behind in 2:34.30 for sixth place and another amazing indoor PB. Abby Nickerson also set PBs in the 400m and 800m with her 66.93sec and 2:41.11 times, while Meagan Stager came through with 68.59sec and 2:50.39, respectively, to establish her own personal times.

Sprinters were also busy with Maddie Sinnamon and Paige Faith-May running PBs in their 50m and 200m races. Maddie also came third in the long jump with her 4.49m effort.



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### Atom Girls

#### **200m**

19 Rachel Moulton 32.79sec

#### **800m**

17 Rachel Moulton 3:00.84sec

### Atom Boys

#### **400m**

10 Mitchel Litman 77.08sec

#### **800m**

15 Mitchel Litman 2:52.44

### Senior Girls

#### **50m Heats**

12 Maddie Sinnamon 7.15sec

15 Paige Faith-May 7.47sec

23 Niz Ebos 7.76sec

#### **50m Finals**

12 Maddie Sinnamon 7.37sec

14 Paige Faith-May 7.48sec

#### **200m**

12 Maddie Sinnamon 29.21sec

16 Nia Ebos 29.38sec

20 Paige Faith-May 29.86sec

#### **400m**

5 Kaitlyn Lynch 65.52sec

7 Madison Johnstone 66.25sec

8 Abby Nickerson 66.93sec

13 Meaghan Boatsmith 68.59sec

#### **800m**



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5	Madison Johnstone	2:31.02sec
6	Kaitlyn Lynch	2:34.30sec
15	Abby Nickerson	2:41.11sec
25	Meaghan Boatsmith	2:50.39sec

#### **Long Jump**

3	Maddie Sinnamon	4.49m
13	Nia Ebos	3.52m

#### **Senior Boys**

##### **50m**

7	Noah Boin	7.14sec
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##### **200m**

11	Noah Boin	27.88sec
29	Ethan Creelman	34.19sec

##### **400m**

2	Alec Purnell	56.90 sec
5	Drew Ruigrok	59.44 sec
10	Eric Justason	64.93 sec
13	Will Holton	67.33 sec
19	Scott Justason	72.57 sec
21	Ethan Creelman	75.25 sec

##### **800m**

1	Alec Purnell	2:17.36
8	Drew Ruigrok	2:29.57
10	Eric Justason	2:36.79
12	Will Holton	2:37.76
17	Scott Justason	2:47.62

#### **Long Jump**

2	Drew Ruigrok	4.87m
12	Will Holton	3.36m