

<b>WOMEN</b>		<b>OFSAA</b>	<b>June 4 - 6, 2015</b>																			
			first round		final																	
Madison Johnston	Ancaster	1500m	4:58.91	12	5:02.34	12															A new PB in the first round; well done!	
Kaitlyn Lynch	Bishop Tonnos	1500m	4:58.46	11	4:55.17	11															The first round (Thursday) was a five second PB, followed by a three second PB the next day!!!!	
		3000m	-		10:40.44	9															This race was done on Friday afternoon. Kaitlyn ran almost FORTY SECONDS better than she had previously done!!!!	
Molly Giannone		80mH	12.34sec	4	12.37sec	7															a big PB in the first round, with close to another in the final	
Jenna Smith	Dundas Valley	200m	25.41sec	9																		
		400m	56.57sec	3	54.89sec	<b>BRONZE</b>																A PB in the first round on Thursday; followed by an amazing effort, the next day, to take the bronze medal.
Chloe Hewitt	Westdale	400m	58.65sec	13																		A PB in the race
		800m	2:14.11	5	2:17.25	7																Both rounds of the 800m are done on Saturday. Chloe's huge PB in the first round was exceptional; the final also showed lots of determination and effort.
Brittany Steneke	Dundas Valley	200m	25.17sec	9																		A new PB
		100mH	14.03sec	3	13.90sec	4																Another great effort against the grade 12 girls. Although 0.01sec off her PB, at least this one has a wind reading.
		long jump			5.64m	<b>SILVER</b>																A PB - set shortly after finishing the hurdle heat!!!!
Marissa DuBois	Westdale	long jump			5.51m	5																just shy of her PB
		triple jump			11.03m	6																although not a PB, to make it to OFSAA in her first year of training for and competing in this event is a remarkable feat.
Rachel Stanga	Westdale	100mH	14.68sec	8	14.78sec	8																both efforts in the hurdle race were better than Rachel's previous PB.
Monica Binotto	Ancaster	400mH	65.47sec	8	65.93sec	7																Running two rounds of the 'long hurdles' in one day is quite tough. Again, we see an athlete who broke her previous PB by over two seconds.
Rachel Barich	Blessed Trinity	1500m	4:54.24	19																		Rachel ran two solid races over the course of the weekend.
		3000m			10:29.03	11																
Rachel Langelaa	Blessed Trinity	1500mSch	5:44.43	24																		falling during any kind of race is tough to do, but to get back up and work your way back through the pack shows a lot of determination!!!!
Savannah Laroche	Assumption	discus throw			32.37m	8																a rather unfortunate rain storm that started as the event got underway did not help the conditions in the circle.
		shot put			10.38m	14																
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Alec Purnell	Dundas Valley	400m	52.55sec	4	52.18sec	<b>BRONZE</b>																Two very tight races over two days, with a new PB and a bronze medal to show for all the effort!!!!
		800m	2:02.80	1	2:00.37	<b>SILVER</b>																With two hard fought races on Saturday and having to lead for most of the final, Alec set one fantastic PB and earned the silver medal - congratulations!!
Christian Janzen	Westmount	discus			48.03m	4																Just missing his PB and having a competitor throw one on his final try.....!!!!
		long jump			5.56m	18																good effort
Jack Holmes	Dundas Valley	400mH	60.78sec	19																		Jack wasn't far off his PB on an early morning race
Nick D'Alessandro	Henderson	1500m	4:08.85	18																		a good effort and another PB
Tom Manson	Dundas Valley	800m	1:57.87	15																		Another PB that came with hard work and determination