

# THE GOLD STANDARD

**ISSUE #6**

**August 2006**

2006 CANADIAN TRACK AND FIELD CHAMPIONSHIPS  
AUGUST 4th to 6th  
OTTAWA

ARE YOU READY?

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# 2006 CANADIAN TRACK AND FIELD CHAMPIONSHIPS

## 2006 Canadian Track and Field Championships

### Watch Canada's best crowned...

Join us on Saturday August 5th as we CELEBRATE the 10th anniversary of one of Canada's greatest Olympic moments! Meet the 1996 Atlanta Olympic Relay Gold Medal Champions!

**2006 Canadian Track & Field Championships**  
**Championnat canadien d'athlétisme 2006**

Watch Canada's best crowned...  
**CANADIAN CHAMPION!**

Join us on Saturday August 5th as we CELEBRATE the 10th Anniversary of one of Canada's Greatest Olympic Moments!  
 Meet the 1996 Atlanta Olympic Relay Gold Medal Champions:  
 Carleton Chambers - 1st leg (Heats & Semi-Finals)  
 Robert Esmir - 1st leg (Finals)  
 Glenroy Gilbert - 2nd leg  
 Bruny Surin - 3rd leg  
 Donovan Bailey - 4th leg / Olympic 100m Champion

August 4 - 5 - 6  
 2:30 to 8 pm daily  
 Terry Fox Athletic Facility  
 Mooney's Bay Park, Ottawa

Athletics Canada  
 Athlétisme Canada

Nike

RBC

OTTAWA  
 LIONS  
 Athletics - Athlétisme  
 Founded in 1977 / 1977

\$5

The 2006 Canadian Track and Field Championships will take place at the Terry Fox Athletic Facility, in Ottawa, August 4<sup>th</sup> to 6<sup>th</sup>. More information will be available in the upcoming weeks on [www.athletics.ca](http://www.athletics.ca), and at [www.ottawalions.com](http://www.ottawalions.com).

The 2006 Canadian Track and Field Championships will be broadcast on CBC on Saturday August 12th starting at 15:30 E.S.T.

**DON'T MISS IT!**

#### Terry Fox Athletic Field

2960 Riverside Drive

613-247-4883

Fax: 613.830.6093

[www.ottawalions.com](http://www.ottawalions.com)

# INTERVIEW WITH ADAM KUNKEL

**AC - Most high school kids dream of participating in OFSAA, let alone becoming a seven time OFSAA Champion. What are your memories of getting to OFSAA and ultimately winning seven times?**

AK - I missed OFSAA my first year by one spot, I got a little taste of disappointment. That near miss probably was a bigger motivator than making it would have been. I joined the Saugeen Track Club shortly after, and my coach (Earl Farrell) started putting in my head very early that I was going to be the best in Canada. With that sense of entitlement, it felt like I was collecting medals that were mine for the taking though it was no less exciting because of it.

**AC - You're a 2-time Canadian Jr. Champion, and a 3-time Canadian Senior Champion in the 400mH. How do these accomplishments compare to racing and winning internationally?**

AK - My first Senior medal (a silver to Monte Raymond in 2001) was probably the most exciting moment at Nationals, as it wasn't expected, and was an enormous jump in my personal best (50.73 to 49.87). Taking that meet in Luzern though was probably my biggest thrill so far, because there were a lot of people I knew at the meet, and it was my first time winning a race against that kind of competition. The fact that I took it from an outside lane in the B race, and as a complete unknown, made it have a definite impact on the way my competitors regarded me as well.

**AC - Over the course of the past 3 years you've managed to consistently lower your times each season, what if anything can you attribute to this? Has your training routine remained fairly consistent over these years, or has it been constantly evolving?**

AK - Actually, I was up and down for the most part of the past few years. 49.87 in 2001 gave way to a half-hearted 2002 season where I barely came up with a 50.22. 2003 saw me on the Pan Am and Worlds teams, with a new PB of 49.49 and talking National record for 2004. In 2004 and 2005 I was rather inconsistent, running only once under 50 in each year, and missing both the Athens Games, and the Helsinki Worlds. Moving to Edmonton and training with Kevin (Tyler) really rejuvenated my commitment and enthusiasm. The training has been a complete revolution for me, as we spent all year refining and improving my flat running, doing very minimal hurdle work. We talked about it early on, and trusted that I would adapt quickly to the hurdles, and carry over my improvement, and that approach has paid off.



# INTERVIEW WITH ADAM KUNKEL...

**AC - You recently broke a 14-year old Canadian record, set in the semi finals of the 1992 Barcelona Olympic Games. One week later you improved on your new Canadian Record. How does it feel to know you are the best in Canada... ever?**

AK - It was a VERY long build-up to that. Like I said, my coach in high school groomed me to believe it was going to happen. By the time I was 18 we were talking about one day breaking the Canadian record. After 2001, I had both breakthroughs and disappointments, and eventually stopped talking about it. I always believed it, but I began to doubt that anyone else believed me. Kevin did at least, and right from the start of the year we were looking at a Canadian record as a given. It was just a matter of when and by how much. With that much anticipation leading up, when it finally happened it was the best moment of my career. I had put a lot of pressure on myself over the years, so it was a weight off my shoulders in that sense, and all I could think was 'I did it, I did it, I did it'.

**“I always believed it, but I began to doubt that anyone else believed me.”**

**AC - A common cliché in Athletics is to take it one race at a time. After breaking the Canadian 400mH record twice in the same week, is it hard to not focus on larger future events such as the 2007 World Championships, or the 2008 Olympic Games?**

AK - It never occurred to me to think that way. The focus is always on what we're doing NOW, but why bother ignoring what's coming up? Breaking 49 seconds was a major goal, but an intermediate goal, a box to be checked before moving on to bigger and better things. Kevin and I are already talking about evolving my training for next year. We need to make sure we expand on the improvements I had this year, and also grow in other areas.



## INTERVIEW WITH ADAM KUNKEL...

**AC – Most sprinters say that before they ran a big race, they often “felt something in the air”, or recall that training and preparation seemed to be flawless before running that fast time. Looking back, did you notice any of this before your 2 recent record setting races?**

AK - Everything was coming together leading up to my trip. I had just PB'ed at the start of June despite a really bad 8th hurdle, then a 400m PB in the pouring rain at the Harry Jerome. Throw in some significant times and PB's in workouts, and we knew I was ready to go.

On the night OF the race though... In Tarare I was honestly thinking 'man am I tired' (I had traveled all of the previous day) so I was just trying to concentrate on my race plan. The race was entirely unremarkable, I ran conservatively, and finished strong without making any mistakes. Afterward I knew I had PB'ed, just not by how much, then seeing the clock put me over the top.

In Luzern I felt much better, though still a little fatigued from two races in 24 hours only six days before. My main competitors were inside me so I was just focusing on my own plan, because I didn't want to get shaken if one of them went out fast and come up my inside. I was leading and feeling great at teh fourth hurdle, and started to pick it up well before 200m, so coming into the home stretch I was well in front. Unfortunately I had a lapse in concentration between nine and ten and didn't realize I was coming too close to it, and wound up stutter-stepping and losing some momentum. I still finished well, but I wasn't thinking PB when I finished. When I saw the clock I was a little suprised at my time, then realised I had missed out on an even faster clocking. All in all, both races left me feeling like I could do more I haven't felt anything 'in the air' yet. When that happens, I think the clock will reflect it, and you won't have to ask.

**AC – Your currently training under the direction of Kevin Tyler, a 2005 recipient of the CAC Coaching Excellence Award. Tyler Christoper is another exciting young Canadian sprinter coached by Kevin; do you guys have the opportunity to train with each other? If so, what’s it like training with a fellow up and comer that’s had a taste of international success?**

AK - Tyler and I train together on a daily basis, as long as we're both in Edmonton. In fact our training programs were nearly identical for much of the year. It was great for me because it gave a very concrete measure of where I was at. Kevin and I were aiming to be in 45 second 400m shape, so knowing how close I was to him in workouts was great for my confidence. Of course the odd day when I beat him is fun too. It's a great friendly rivalry, especially over the shorter work, with a little trash talking going on as well. Now he's telling me he went under the old National record four times last year... I told him I'm gonna' go five.



World Championships medalists Tyler Christopher

# INTERVIEW WITH ADAM KUNKEL...

**AC – Sports fans love hearing bold statements and predictions by athletes. Even more so than this, they love when athletes back up their predictions like Muhammad Ali used to do, or how Mark Messier guaranteed a Game 6 win in the Stanley Cup Finals. Does Adam Kunkel have any statements to make regarding the status of his current Canadian Record, the Canadian championships in early August or about other major events in the future?**

AK - My current record is definitely on thin ice. I plan on breaking it again before it's fully ratified, so they might as well not bother. And like I said to Tyler, I am going to go under that old 49.18 mark at least 3 more times. Time-wise, coming into this year my PB was 49.49, so 48.48 has a nice ring to it... Going into the next couple years, 48.18 would mark a full second off the old record. And the ultimate goal is always the podium.



## Rapid Fire Questions:



**What do you have playing in your Ipod right now?**

My Chemical Romance 'The jet set life is gonna' kill you'

**What is your favorite movie?**

My current favourite is Vanilla Sky, but that might be because I was listening to the soundtrack yesterday and want to watch the movie again. Two days ago my favourite movie was Fistful of Dollars. 'Favourite' is a very fluid concept for me.

**What is your favorite food?**

I have a distinct weakness for Thai food. Pad thai is probably my favourite thing ever. But as with the movies, it may have something to do with walking past a Thai restaurant this morning (at breakfast I might have said peanut butter and banana sandwiches...)

**Who was your track idol growing up?**

To be honest, I'm not sure I really had an idol. I never watched that much track. I was too busy running myself. There are certain role models, and technical examples that you want to emulate. Watching Edwin Moses doesn't help me because he was so much taller than me. Watching guys closer to my height is more helpful from a technical standpoint.

**Do you think what Zinedine Zidane did was justified?**

I don't care what the guy said, it was uncalled for, and he HAD to know he'd get tossed (in extra time no less... great time to lose your best player). I was just happy he got the red card, and that he was made to look the fool when they lost on penalties.

**If you could "hang out" with one female celebrity, who would it be?**

Know any that are into track? Because that'd certainly give us more to talk about. Know any who are spending some time in Edmonton? I'm 25, have blue eyes, I'm physically fit, and have a great sense of humour...



IAAF WORLD JUNIOR CHAMPIONSHIPS  
**BEIJING 2006**  
 15-20 AUGUST

Athletics Canada announced the twenty eight athletes that will comprise the Canadian team competing at the 11<sup>th</sup> IAAF World Junior Championships in Beijing, China, August 15 – 20.

Bruce Pirnie, Athletics Canada Director of Development Programs, is very confident in the abilities of the team heading to Beijing, “This team will be very competitive on the international stage and the coaching staff is confident that we will achieve our objective of improving on our performances from 2004 in Italy.” Pirnie adds, “We have a team with a lot of international experience and expectations are high for these athletes to be in the medal hunt.”



**Kaitlyn Andrews**



**Reid Gustavson**

Name	Hometown	Event
Andrews, Kaitlyn	Georgetown, ON	Shot put
Barnett, Brian	Edmonton, AB	200m
Becker, Alex	Guelph, ON	1500m
Biewald, Jennifer	Ottawa, ON	1500m
Campbell-Fell, Corri-Ann	Vancouver, BC	400m hurdles
Dargie, Andrew	Calgary, AB	400m
Dillon, Marcus	Oshawa, ON	3000m steeplechase
Duclos-Lasnier, Gabriella	Québec, QC	Pole vault
George, Phylcia	Markham, ON	200m
Gleadle, Elizabeth	Vancouver, BC	Javelin
Gustavson, Reid	Vancouver, BC	Decathlon
Harris, Geoff	Halifax, NS	800m
Holder, Nikkita	Pickering, ON	100m hurdles
Hucul, Jenni	Saskatoon, SK	100m hurdles
Hyacinthe, Kimberley	Lachenaie, QC	100m, 200m
Marpole-Bird, Justin	Vancouver, BC	1500m
Mazzei, Darren	Regina, SK	800m
Moss, Curtis	Burnaby, BC	Javelin
Muir, Carline	Toronto, ON	400m
Petrucha, Taylor	Saskatoon, SK	Pole vault
Pyper, Todd	Ottawa, ON	400m
Smith, Oluseyi	Ottawa, ON	100m
Theisen, Brianne	Humboldt, SK	Heptathlon
Vause, Leah	Saskatoon, SK	Pole vault
Warner, Justyn	Markham, ON	100m
Wellington, Whitney	Surrey, BC	100m
Wells, Sarah	Unionville, ON	400m hurdles



Wells, Sarah	Unionville, ON	400m hurdles
Woods, Danelle	Ottawa, ON	3000m steeplechase

**Team Staff**

Jean-Guy Ouellette	Head of Delegation
Bruce Pirnie	Head Coach
Sylvia Forgrave	Team Manager
Scott MacDonald	Athletics Canada Rep. / Technical Observer
Faye Blackwood	Sprints / Relays Coach
Mike Murray	Sprints / Hurdles / Relays Coach
François Pap	Middle Distance / Walks Coach
Laurier Primeau	Jumps / Combined Events Coach
Ming Pu Wu	Throws Coach
Al Vernec	Medical Staff
Julie Gardiner	Medical Staff
Carolyn Daubeny	Medical Staff



**Brian Barnett**



**Nikkita Holder**

For full results from Beijing stay tuned to [www.athletics.ca](http://www.athletics.ca) or the official meet website:

<http://www.iaaf.org/WJC06/index.html>

## 2006 COACHING CONFERENCE AND APPRENTICESHIP

The Canadian Athletics Coaching Centre in conjunction with its partners, the University of Alberta, Athletics Canada and Athletics Alberta, is pleased to bring in some of the world's most respected coaches to present at a three day conference starting August 25<sup>th</sup>. Wynn Gmitroski, Irving "Boo" Schexnayder, Dr. Bondarchuk and Mike Murray have extensive experience in developing the world's best athletes in their respective event areas: distance, jumps, throws, sprints, hurdles and relays. At this one of a kind coaching conference participants will be presented with the very best technical and training information for their chosen event. With a strong mix of classroom and athlete integrated sessions coaches will come away with valuable information, and level three NCCP technical certification.

The following bulletin outlines the apprenticeship program for coaches. It invites interested coaches to apply for an applied mentorship program leading into the conference and outlines the process of application. This program covers the expense of airfare, accommodations, and meals for identified coaches.

<http://www.athleticscoaching.ca/UserFiles/File/Coaching%20Education/Coaching%20Conference%202006/conference%20newsletter%202.pdf>

This bulletin outlines the registration process and information on the official accommodations for the conference. In addition, there are a few technical articles suggested to coaches who anticipate attending the conference.

<http://www.athleticscoaching.ca/UserFiles/File/Coaching%20Education/Coaching%20Conference%202006/conference%20newsletter%201.pdf>

# EVENT UPDATE



Athletics Canada and the Canadian Athletics Coaching Centre presents the

### 2006 Technical Congress

**"The Multi-Dimensional Coach:  
Interactive Coaching in Athletics"**

**November 17th to 19th, 2006  
Sutton Place Hotel  
Edmonton, AB**

**Registration Packages will be available  
August 14th. Check [www.athletics.ca](http://www.athletics.ca) for more  
information**

# NACAC UNDER 23 CHAMPIONSHIPS MEDALISTS



**15 MEDALS!**

## SILVER

Currie, Adam	Verdun, QC	800m - 1:49.22
Elmer, Shannon	New Westminster, BC	10,000m - 38:42
Murray, Novelle	Surrey, BC	Discus - 51.26m
Woodward, Krista	New Westminster, BC	Javelin - 50.63m

## BRONZE

Campanelli, Joseph	Toronto, ON	10,000m - 31:04.62
Charles, Tabia	Pickering, ON	Triple Jump - 13.62m
Connaughton, Jared	New Haven, P.E.I	200m - 21.14
Frizell, Sultana	Perth, ON	Shot put - 15.18m
Kennelly, Bevin	Surrey, BC	3,000mSC - 10:43.74
Malette, Jacqueline	Windsor, ON	5,000m - 16:45.49
Malette, Jacqueline	Windsor, ON	10,000m - 4:24.33
Mason, Mike	Nanoose Bay, BC	High Jump - 2.19m
Martinson, Geoff	Victoria, BC	800m - 1:55.46
Steeds, Mark	Paris, ON	5,000m - 15:02.68
Vangool, Adrienne	Saskatoon, SK	Pole Vault - 3.80m

# 2006 CANADIAN JUNIOR CHAMPIONSHIPS EVENT CHAMPIONS - CANADIAN CHAMPS

## Women

100m	Kimberley Hyacinthe	11.81
200m	Kimberley Hyacinthe	24.31
400m	Carline Muir	54.19
800m	Stephanie Romanson	2:09.86
1500m	Alex Becker	4:25.56
3000m	Lindsay Carson	9:46.36
100mH	Nikkita Holder	14.05
400mH	Sarah Wells	59.53
3000mSC	Jessica Furlan	10:43.27
10000mRW	Kathryn Jackman	56:50.42
4X100m	BC Athletics "A"	46.91
4X400m	University of Toronto	3:52.44
High Jump	Sarah Boyle	1.73m
Pole Vault	Gabriella Duclos-Lasnier	3.95m
Long Jump	Laurence Beaudete	5.51m
Triple Jump	Camille Richard	12.03m
Shot Put	Kaitlyn Andrews	14.44m
Discus	Myriam Dumont-Breton	43.15m
Hammer	Rochelle Kokayko	52.71m
Javelin	Elizabeth Gleadle	50.86m
Heptathlon	Brianne Theisen	5240pts



**Carline Muir**



**Laurence Beaudete**

# 2006 CANADIAN JUNIOR CHAMPIONSHIPS EVENT CHAMPIONS - CANADIAN CHAMPS

## Men

100m	Justyn Warner	10.60
200m	Brian Barnett	10.89
400m	Brian Barnett	46.55
800m	Darren Mazzei	1:50.60
1500m	Daniel Mallie	3:53.51
5000m	Sean Fleming	14:36.44
110mH	Tyler Fawcett	14.46
400mH	Miguel Wason	53.47
3000mSC	Marcus Dillon	9:14.08
10000mRW	Alexandre Gagné	48:20.83
4X100m	Ottawa Lions "A"	41.08
4X400m	Ottawa Lions "A"	3:16.28
High Jump	Brad Huey	2.04m
Pole Vault	Taylor Petrucha	4.85m
Long Jump	Nathan Labbe	7.24m
Triple Jump	Kurt McCormack	14.62m
Shot Put	Justin Greif	16.77m
Discus	Justin Greif	48.95m
Hammer	Nolan Trey Henderson	64.13m
Javelin	Curtis Moss	66.54m
Decathlon	Reid Gustavson	7080pts



**Justyn Warner**



**Justin Greif**

For full results from the 2006 Canadian Junior Championships:  
<http://www.athletics.ca/article.asp?id=9570>

# CANADIAN COMBINED EVENTS CHAMPIONSHIPS

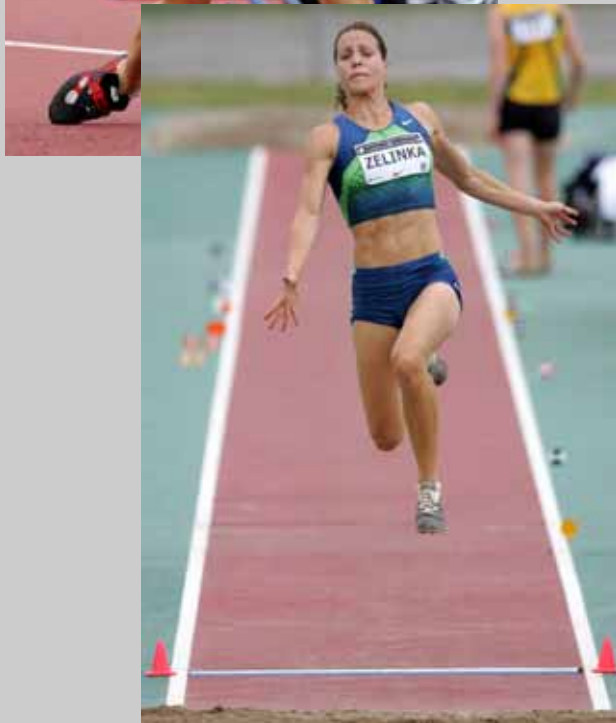
The 2006 Combined Events Championships (Heptathlon and Decathlon) were held in Sherbrooke conjunctively with the Canadian Junior Championships, July 21st to 23rd. The women's heptathlon Canadian champion is Jessica Zelinka, the Canadian record holder and 4th place finisher at the 2006 Commonwealth Games. The men's decathlon champion was Massimo Bertocchi of the University of Toronto. For full results of the women's heptathlon: <http://www.athletics.ca/cmslib/general/HEPTATHLON%20Final.txt>, for the full results of the men's decathlon: <http://www.athletics.ca/cmslib/general/DEC%20Full%20results.txt>.



**Launching -  
Javelin Throw**



**Throwing -  
Shot Put**



**Leaping -  
Long Jump**

**Running -  
1,500m**



# CANADIAN PARALYMPIC TRACK AND FIELD RESULTS

## 2006 National Paralympic Track & Field Championships July 6-8, 2006 London, ON

### Men's Results

#### 100m – T11 (Wind: +3.5)

Jon Dunkerley DQ

#### 100m – T13 (Wind: +1.6)

1. William Stanley 11.61  
2. Richard Carr 12.32  
3. Alex Guillemette 13.10  
4. Brandon King 13.19  
5. Courtney Johnson 13.69

#### 100m – T35 (Wind: +3.5)

1. Eric Fleming 14.89

#### 100m – T38 (Wind: +3.5)

1. Barry Phelan 12.58

#### 100m – T44 (Wind: +1.6)

1. Kevin Haywood 14.05

#### 100m – T52 (Wind: +3.3)

1. Dean Bergeron 17.51  
2. Andre Beaudoin 17.62  
3. Sonny Davis 17.94  
4. Brad Skeats 18.50  
5. Joseph Radmore 18.80

#### 100m – T53 (Wind: +3.0)

1. Brent Lakatos 15.12  
2. Eric Gauthier 15.81  
3. Jason Lachance 16.07  
4. Barry Patriquin 16.29  
5. Jacques Bouchard 16.61

#### 100m – T54 (Wind: +2.9)

1. Curtis Thom 14.87  
2. Colin Mathieson 14.97  
3. James Baker 15.04

#### 200m – T11 (Wind: +0.3)

1. Dustin Walsh 25.41  
2. Jon Dunkerley 26.38

#### 200m – T37 (Wind: +0.3)

1. Craig Silverthorn 30.63

#### 200m – T52 (Wind: +0.8)

1. Dean Bergeron 31.19  
2. Sonny Davis 33.70  
3. Brad Skeats 36.06  
4. Joseph Radmore 40.30  
Andre Beaudoin DQ

#### 200m – T53 (Wind: +1.9)

1. Brent Lakatos 27.14  
2. Eric Gauthier 28.23  
3. Jason Lachance 28.66  
4. Barry Patriquin 28.94  
5. Jacques Bouchard 29.74

#### 200m – T54 (Wind: +0.7)

1. Curtis Thom 26.50  
2. Colin Mathieson 26.78  
3. James Baker 26.91  
4. Mathieu Blanchette 29.02  
5. Alexandre Dupont 29.38

#### 400m – T11

1. Dustin Walsh 54.92  
2. Jon Dunkerley 58.12

#### 400m – T13

1. Brandon King 1:02.70  
2. Courtney Johnson 1:03.57

#### 400m – T38

1. Blair Miller 56.34

#### 400m – T52

1. Dean Bergeron 1:00.16  
2. Andre Beaudoin 1:02.92  
3. Sonny Davis 1:05.57  
4. Brad Skeats 1:10.05

#### 400m – T53

1. Brent Lakatos 52.15  
2. Eric Gauthier 53.92  
3. Barry Patriquin 56.34  
4. Jacques Bouchard 57.37  
Jason Lachance DQ

#### 400m – T54

1. Jean-Paul Compaore 50.56  
2. Curtis Thom 50.74  
3. Colin Mathieson 50.93  
4. Jeff Adams 51.71  
5. James Baker 52.43  
6. Carl Marquis 53.29  
7. Alexandre Dupont 57.00

#### 800m – T52

1. Dean Bergeron 2:06.95  
2. Andre Beaudoin 2:08.34  
3. Clayton Gerein 2:09.38  
4. Jeff May 2:26.14

#### 800m – T53

1. Brent Lakatos 1:46.00  
2. Eric Gautier 1:46.88  
3. Barry Patriquin 1:51.29

#### 800m – T54

1. Josh Cassidy 1:41.17  
2. James Baker 1:41.19  
3. Carl Marquis 1:41.64  
4. Curtis Thom 1:42.14  
5. Jean-Paul Compaore 1:42.45  
6. Alexandre Dupont 1:53.65  
Jeff Adams DQ

#### 1,500m – T11

1. Jon Dunkerley 4:33.39

#### 1,500m – T12

1. Jesse Perriam 5:28.98

#### 1,500m – T52

1. Dean Bergeron 4:12.48  
2. Clayton Gerein 4:12.61  
3. Jeff May 4:37.08

#### 1,500m – T54

1. Jeff Adams 3:21.71  
2. Jean-Paul Compaore 3:21.80  
3. Josh Cassidy 3:21.97  
4. Carl Marquis 3:22.11  
5. Mark Ledo 3:22.60  
6. Michel Filteau 3:24.64  
7. Matthew Blanchette 3:46.88

#### 5,000m – T52

1. Clayton Gerein 14:21.56  
2. Jeff May 16:22.99

#### 5,000m – T54

1. Jeff Adams 11:24.30  
2. Jean-Paul Compaore 11:24.56  
3. Michel Filteau 11:25.43  
4. Mark Ledo 11:26.43  
5. Carl Marquis 11:38.76  
6. Mathieu Blanchette 12:50.85  
Alexandre Dupont DNF  
Josh Cassidy DQ

#### 10,000m – T54

1. Michel Filteau 23:04.43  
2. Mark Ledo 24:24.07  
3. Josh Cassidy 24:24.13

#### High Jump – F13

1. Richard Carr 1.60m  
2. Brandon King 1.40m  
3. Courtney Johnson 1.25m

#### Long Jump – F11

1. Kyle Dore 4.22m

#### Long Jump – F13

1. Richard Carr 5.29m  
2. Courtney Johnson 4.70m  
3. Alex Guillemette 4.56m

# CANADIAN PARALYMPIC TRACK AND FIELD RESULTS...

**Javelin – F13**

1. France Gagne	48.76m
2. Alex Guillemette	24.30m

**Javelin – F35**

1. Eric Fleming	32.98m
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**Javelin – F37**

1. Andy Shaw	36.55m
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**Javelin – F46**

1. Kenneth Trudgeon	38.31m
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**Javelin – F55**

1. Jacques Martin	26.37m
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**Javelin – F58**

1. Issa Ouedraogo	26.65m
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**Shot Put – F11**

1. Kyle Dore	8.19m
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**Shot Put – F13**

1. France Gagne	11.77m
2. Dean Newton	8.82m

**Shot Put – F35**

1. Shane Risto	9.92m
2. Kyle Pettet	9.76m

**Shot Put – F38**

1. Jim Shaw	11.77m
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**Shot Put – F46**

1. Kenneth Trudgeon	10.91m
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**Discus - F11**

1. Kyle Dore	18.88m
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**Discus – F13**

1. France Gagne	42.23m
2. Alex Guillemette	19.44m

**Discus – F33**

1. Robert Hughes	18.15m
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**Discus – F35**

1. Kyle Pettet	34.86m
2. Shane Risto	34.79m

**Discus – F37**

1. Andy Shaw	31.69m
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**Discus – F38**

1. Jim Shaw	36.92m
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**Discus – F46**

1. Kenneth Trudgeon	29.79m
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**Discus – F55**

1. Jacques Martin	32.40m
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**Discus – F58**

1. Issa Ouedraogo	19.51m
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**2006 National Paralympic Track & Field Championships  
July 6-8, 2006  
London, ON**

**Women's Results****100m – T13 (Wind: +3.2)**

1. Courtney Knight	14.28
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**100m – T34 (Wind: +0.8)**

1. Chelsea Clark	19.70
2. Chelsea Lariviere	20.58
3. Rachael Burrows	23.07
4. Christy Campbell	23.72

**100m – T36 (Wind: +3.2)**

1. Meghan O'Brien	19.04
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**100m – T37 (Wind: +3.2)**

1. Megan Muscat	15.94
2. Leah Robinson	16.58
3. Julia Leavitt	16.85

**100m – T44 (Wind: +3.2)**

1. Stefanie Reid	14.25
2. Andrea Holmes	15.28

**100m – T52 (Wind: +1.7)**

1. Michelle Stilwell	23.38
2. Tannis Hancock	24.46

**100m – T53 (Wind: +1.7)**

1. Ilana Duff	19.30
2. Jessica Des Mazes	22.65

**100m – T54 (Wind: +1.7)**

1. Chantel Petitlecerc	16.50
2. Beatrice Ouedraogo	18.22
3. Keira-Lyn Frie	18.41

**200m – T34**

1. Chelsea Clark	36.07
2. Chelsea Lariviere	39.03
3. Rachael Burrows	44.83

**200m – T36 (Wind: +2.4)**

1. Meghan O'Brien	39.76
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**200m – T37 (Wind: +2.4)**

1. Megan Muscat	33.92
2. Leah Robinson	34.71
3. Julia Leavitt	36.68

**200m – T44 (Wind: +2.4)**

1. Stefanie Reid	29.69
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**200m – T52**

1. Michelle Stilwell	41.40
2. Tannis Hancock	48.73

**200m – T53 (Wind: -2.5)**

1. Ilana Duff	35.78
2. Cory Harrower	41.62
3. Jessica Des Mazes	43.49

**200m – T54 (Wind: -2.5)**

1. Chantel Petitlecerc	29.87
2. Tracey Ferguson	32.35
3. Keira-Lyn Frie	33.62

**400m – T34**

1. Chelsea Clark	1:06.81
2. Rachael Burrows	1:28.50

**400m – T36**

1. Meghan O'Brien	1:28.89
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**400m – T37**

1. Leah Robinson	1:20.80
2. Virginia McLachlan	1:34.69

**400m – T52**

1. Michelle Stilwell	1:18.98
2. Tannis Hancock	1:40.50

**400m – T53**

1. Ilana Duff	1:07.72
2. Jessica Des Mazes	1:20.48

# CANADIAN PARALYMPIC TRACK AND FIELD RESULTS...

## 400m – T54

1. Chantel Petitclerc	54.22
2. Diane Roy	57.13
3. Tracey Ferguson	1 :03.24
4. Keira-Lyn Frie	1 :03.26
5. Melanie Hawtin	1 :08.75
6. Cory Harrower	1 :20.76

## 800m – T36

1. Meghan O'Brien	3 :34.61
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## 800m – T37

1. Leah Robinson	3 :15.88
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## 800m – T52

1. Michelle Stilwell	2 :47.08
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## 800m – T53

1. Ilana Duff	2 :19.37
2. Jessica Des Mazes	2 :44.95

## 800m – T54

1. Chantel Petitclerc	1 :51.56
2. Diane Roy	1 :53.14
3. Keira-Lyn Frie	2 :05.49
4. Tracey Ferguson	2 :06.15
5. Melanie Hawtin	2 :19.20

## 1,500m – T37

1. Leah Robinson	6 :39.06
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## 1,500m – T54

1. Diane Roy	3:40.54
2. Tracey Ferguson	4:07.68
3. Keira-Lyn Frie	4:08.07

## 5,000m – T54

1. Diane Roy	12:39.60
Tracey Ferguson	DNF

## Long Jump – F13

1. Courtney Knight	4.24m
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## Long Jump – F37

1. Virginia McLachlan	2.37m
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## Long Jump – F44

1. Andrea Holmes	3.89m
2. Stefanie Reid	3.67m

## Javelin – F34

1. Christy Campbell	7.26m
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## Javelin – F37

1. Julia Leavitt	13.66m
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## Javelin – F56

1. Beatrice Ouedraogo	9.75m
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## Shot Put – F34

1. Carrie Wallace	4.39m
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## Shot Put – F35

1. Katie Wallace	6.06m
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## Shot Put – F36

1. Kris Vriend	7.66m
2. Monique Hartin	6.05m

## Shot Put – F37

1. Julia Leavitt	6.38m
2. Virginia McLachlan	4.63m

## Shot Put – F56

1. Beatrice Ouedraogo	5.02m
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## Discus - F13

1. Courtney Knight	34.73m
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## Discus – F34

1. Carrie Wallace	11.46m
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## Discus – F35

1. Katie Wallace	14.73m
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## Discus – F36

1. Kris Vriend	18.82m
2. Monique Hartin	17.68m

## Discus – F37

1. Julia Leavitt	16.93m
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## Discus – F56

1. Beatrice Ouedraogo	12.40m
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Diane Roy, winner of the T54 1,500m



Double gold medalist France Gagné (F13 Javelin and Shot Put)

# AUGUST 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 	<b>5</b> 
<b>6</b> 	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 
<b>13</b>  	<b>14</b>	<b>15</b> 	<b>16</b> 	<b>17</b> 	<b>18</b> 	<b>19</b> 
<b>20</b> 	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			



2006 Canadian Track and Field Championships  
Ottawa, Ontario  
August 4th to 6th



2006 Royal Canadian Legion Championships  
Burnaby, British Columbia  
August 12th and 13th



2006 Canadian Half Marathon Championships  
Edmonton, Alberta  
August 13th



2006 Canada-USA Junior Race Walking Dual Meet  
Minneapolis, Minnesota  
August 20th



# FAMOUS ATHLETE QUOTES

You wouldn't have won if we'd beaten you.  
Yogi Berra



Approach the game with no preset agendas and you'll probably come away surprised at your overall efforts.  
Phil Jackson



Winning is habit. Unfortunately, so is losing.  
Vince Lombardi



I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.



Don't look back. Something might be gaining on you.  
Satchel Paige



**Athletics Canada**  
**Athlétisme Canada**

2197 Riverside Drive  
Suite 300  
Ottawa, ON, K1H 7X3  
Phone (613) 260-5580  
Fax (613) 260-0341

To submit a story or an idea for an upcoming issue please contact Mathieu Gentès, [mgentes@athletics.ca](mailto:mgentes@athletics.ca)

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