
Provincial Track Results Hold Promise for the Future

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Results at the recent Saskatchewan Provincial Track and Field Championships in Prince Albert and some inspired performances from some of the Northwest athletes, particularly the girls, promise a very bright future indeed.

An absolutely marvelous performance was put in by Maidstone High's Beth Nerbas, who obtained two gold medals in Midget Girl's shot put and the triple jump, and a silver medal in the long jump, and was second overall in the midget Girl's aggregate score.

"Beth won the shot put by more than a metre," said her coach David Speirs. "She had hit a huge record at districts," he continued, "breaking the old record of 9.55m with a throw of 10.87m. She threw 10.55 m at provincials and it was in fact the third furthest throw by any girl of any age at the meet. The only ones to throw further were two senior girls, who were throwing the same weight."

"It was nerve racking and exciting," said Beth, "it was an amazing experience, especially for my first provincials."

Commenting on Beth's second gold medal coach Speirs noted "she went after her mom Diane's triple jump school record last year and missed it by a centimeter. Now she owns it big time – in fact she broke the two oldest midget girl's records in the high school. Her mom was happy to hold on to the record last year, but was happier to lose it the way she did this year."

Equally inspiring was the performance by Cassie Seguin who obtained a bronze medal in the Jr. Girls hurdles. The medal marks an improvement from a sixth place finish in last year's performance and came about after a season that had been compromised by a back injury.

"She ran three great heats," said Speirs.

"And I PB'd in every one of them," Cassie interjected. "I was totally pumped the whole day. It was awesome."

To obtain personal bests in three consecutive hurdles races means that each performance, in an event that has probably more opportunities for mistakes than any other in the discipline, must be the result of an increasing intensity, dedication, controlled drive and focus – something rare in someone so young.

Meadow Lake's Jonas Samson School was well represented by Sophie Balisky, who won two bronze medals in the Midget Girl's 400 and 800 m races, by Jenna Villeneuve, who won a bronze in the Midget Girl's shot put, and by Dylan Mirasty who obtained a silver in Midget Boy's shot put with a great throw of 13.13m.

In another outstanding performance Pierceland's Michael Ansell just missed a bronze medal by 5/100ths of a second in Junior Boy's hurdles.

"Michael is a phenomenal hurdler," said Speirs. "He was running in second place and he clipped a hurdle and ended up in fourth. He was right in there up until that point. He would have been gold or silver. So he turned around and got bronze in javelin."

In other results Maidstone's Astrid Nyame tied for third in the midget girl's high jump but was placed fourth on the basis of one miss, and Shane Pickett of Carpenter High obtained a fourth place in Sr. Boy's discus. Courtney Dejong and Carrie James of Lashburn were 6th in Jr. Girl's javelin and high jump respectively, and Goodsoil's Gabrielle Natha was 8th in Midget Boy's javelin. Shawn Delaney of Edam took 7th in Sr. Boy's javelin while Bailey Delaney was 6th in Midget Girl's triple jump. Turtleford's Justin McDonald finished 6th in the 3000m and 8th in the 1500m races, and Solomon Nyame of Maidstone was 7th in Jr. Boy's shot put.