

38 NorWesters Athletes excel at the North Shore Finals including superb jump by Emily Sheppard

On Tuesday May 17th one of the largest contingents of NorWester athletes ran, jumped, hurdled and threw in a dominating display of track and field excellence at the North Shore Track & Field finals at Swangard Stadium. The highlight of the meet was the 1.80 high jump by [Emily Sheppard](#). This is a new North Shore High School record, is higher than the existing Provincial mark which she will tackle on June 4th, and she also exceeded the BC Juvenile record and Canadian Youth (15 - 17) records. The amazing aspect of Emily's jump was her casual but confident approach to her jumping, opting to leave her track tights on and get involved with the many fans cheering her on. Who knows what she will do when she gets serious! As if the high jump wasn't enough, she came back and placed 2nd in the tripple jump with a leap of 11.08m

Two of our athletes scored the maximum 30 points by winning 3 events. [Natalie Stasiak](#) was the class of the field in the sprints winning the 14yr 100(13.1) and 200m (26.35) dashes and also taking the long jump (4.79m). [Chantelle Groenewoud](#) excelled in the middle distance events taking the Senior 800m (2:27.40), 1500m (5:05.50) and 1500m steeplechase (5:19.0) despite actually being a grade 10 student. Other top scoring NorWesters included [Elyse Kantonen](#) who placed 1st in the 15-16 80m hurdles (13.00) and high jump (1.40m) and 2nd in the long jump (4.46m); [Jessica Smith](#) winning the 15-16 1500 (5:04.8) and 3000m (11:03.3) races and placing 2nd in the 1500m steeplechase (5:22.0) to Chantelle; [Kyle Kenny](#) showed his speed and jumping ability by placing 1st in the 15-16 100m (11.50) and long jump (6.09m) and second in the tripple jump (11.36m); [Brenden Rosser](#) from Squamish placed 1st in the 1500m (4:22.2) and 3000m (9:21.2) and placed 2nd to the streaking Mikey Adair in the 800m (2:04.54);

Great performances were also turned in by the following athletes: Senior [Kevin Lim](#), the defending provincial 400m champion showed he is ready with a comfortable 1st in 50.30 and 1st in the 200m (22.40); [Roberto Phillips](#) took the 2000m steeplechase by out leaning Kyle Clegg at the line in 6:45.0 and was 2nd in the 1500m (4:30.8) and 3rd in the 3000m (9:48.4); [Kyle Stephenson](#) also had a 1-2-3 with a first in the 100m hurdles for 15-16 in 14.88, 2nd in the high jump (1.68m) and 3rd in the 100m (11.9); [Mikey Adair](#) had a victory with a scintillating finish in the senior 800m in 2:02.9, a second in the 400m (53.9) and a 3rd in the javelin (38.94m); [Teeanna Munro](#), victorious in both the 15-16 100m (12.80) and 200m (26.20); [Adam Wasylyshyn](#) had a strong meet winning both the 15-16 boys 800m (2:10.04) and 1500m (4:37.0); [Tiffany Sprenkels](#) showed how good a jumper she is becoming by taking the 15-16 long jump (4.65m) and tripple jump(10.32m) and placing 5th in the 200m (27.7); [Emily Farnan](#) had a couple of great duels with Jessica Smith coming just inches short in both the 15-16 1500m (5:05.1) and 3000m (11:04.7) and another 2nd in the 800m (2:36.7); [Kyle Clegg](#) had a second in the Senior 3000m (9:37.5) and steeplechase (6:45.1) after running the better part of it on an injured ankle after securing a 3rd in the 800m (2:05.46); [Tim Adair](#) in the 14 yr boys only did 2 events but scored 18 points for Carson with a 1st in the high jump (1.55m) and 2nd in the javelin (32.10m); [Dayne Jackson](#) was 1st in the 15-16 400m (54.40), 2nd in the 200m (24.60) and 8th in the long jump (5.15m).

The rest of the NorWesters all scored points for their schools and performed at a very high level. These included [Ali Hudson](#) with a 2nd in the Senior 400m (60.43) and 800m

(2:28.30); [Stacey Denis](#), 3rd in the Senior 1500m (5:17.60); [Scott Stephenson](#) 4th in the 14 yr long jump (4.28m) and 5th in the high jump (1.40m); [Harry Weaver](#) 6th in the 14yr 3000m (12:04.96), 6th in the javelin (19.58m) and 11th in the 1500m (5:48.30); [Lindsey Kendrick-Koch](#) who was 1st in the 14 yr high jump (1.47m); [Mari Mesri](#) 6th in the 15-16 800m (2:53.10), 8th in the 1500m (5:48.50) and 6th in the 3000m (12:32.9); [Carlin Eppelle](#) 2nd in the 15-16 hammer (14.58m); [Katy Chappaz](#) 2nd in the 15-16 400m (63.90) and 7th in the 200m (28.70); [Melissa Lawson](#) 6th in the 15-16 400m (67.60); [David McLeod](#) 4th in the 14yr 100m (12.40), 7th in the discus (18.78m) and 7th in the javelin (19.40m); [Michelle Morin](#) placed 3rd in the 15-16 high jump (1.30m); [Lauren Slattery](#) was 2nd in the Senior 1500m (5:12.60) and 3rd in the 800m (2:28.90); [Matt Diemer](#) had a 4th in the 15-16 3000m (4:58.10) and 7th (after being tripped) in the 1500m (4:58.10) with teammate [Alistair Hardy-Poirier](#) placing 5th in the 1500m (4:47.70) and 5th in the 3000m (10:14.4); [Hayley Spurr](#) was consistently 5th in the 15-16m 800m (2:43.50), 1500m (5:44.40), and 3000m (12:29.5) with teammate [Kelsey Straight](#) a consistent 7th in the same events (2:55.80, 5:47.60, 13:08.0); [Aaron Stein](#) was 3rd in the 14yr long jump (4.30m) and 4th in the 400m (65.60); [Blair O'Neill](#) was 4th in the 15-16 200m in 24.90; [James Grass](#) was 4th in the 15-16 javelin (36.08m); and [Michael Silverwood](#) took 5th in the 15-16 high jump in 1.55m.

Top senior finishers in each event now move on to the provincials on June 3rd and 4th at Swangard, whereas the younger athletes can move on to the V&D meet on May 25th. A new category in the BC High School Provincials this year will see grade 8 & 9 athletes competing for the first time on a trial basis. Several North Shore athletes who made the required standards will get that opportunity. With strong performances from NorWesters athletes at the North Shore finals, we are looking for an excellent showing at the remaining final high school competitions. We wish the qualifiers all the best and urge all parents and fans of track and field to come out and cheer our athletes on to ideal performances.