

Track and field

Mustangs not tamed

Several young athletes medalled in Nanaimo.

The provincial track and field championships proved lucrative for the 23 Langley Mustangs who returned home with 46 medals.

The BC Junior Development Provincial Championships, for ages nine to 14, were held July 11-13 in Nanaimo.

The Mustangs hopped over to the island and earned themselves 21 gold, 14 silver and 11 bronzes in this final meet of the 2008 season.

Top honors were attained by four athletes who managed to crack the B.C. All-Time Top Ten.

"The Top Ten lists are updated each year and capture best performances for each age group," explained head coach Kevin Harrison.

Joel Harrison secured the second spot on the list in the 60m hurdles and the sixth fastest for the 60m sprint. Emma Harrison earned the second fastest all time spot with her gold medal win in the 800m racewalk.

Jacob Houlton captured the ninth spot in the high jump and topped the list



Even rookies such as nine-year old Tijs DeVries got to test their skills.

with the longest javelin throw ever in B.C. for his age. Georgia Ellenwood tied the top high jump of all time in her gold medal effort.

The medal results are:

Girls

- Georgia Ellenwood: gold long jump, high jump, 400m, 80m hurdles; silver javelin, 200m
- Emma Harrison: gold 800m racewalk; bronze high jump, triple jump
- Shelby Smithson: gold high jump; silver javelin
- Chloe Hetherington: silver high jump
- Alexis Gagner: silver 800m, 1500m
- Tanika Dolfo: silver high jump; bronze 60m hurdles
- Allison Gallagher: bronze triple jump
- Keelee Miller: bronze shot put

- Kelly McKenna: silver shot put

Boys

- Jacob Houlton: gold high jump, shot put, hammer, javelin, 400m; silver long jump; bronze 100m, 200m
- Joel Harrison: gold high jump, long jump, shot put, 60m, 60m hurdles, 100m, 800m
- Paul Buckingham: gold 800m racewalk; silver high jump, 800m; bronze shot put
- Aidan Kits: silver high jump; bronze 400m
- Fernando Martinez: silver 60m hurdles; bronze high jump
- Max Robichaud: silver shot put
- Jordan Fletcher: gold 800m, 1500m
- Eli Kastelein: bronze 200m hurdles

Lacrosse

Mountain bests Aussies

Langley players are part of an elite Burnaby team.

The Burnaby Mountain Selects have won gold at the World Youth Invitational in Coquitlam July 15 for both the U18 and U15 quads.

The U15 Selects achieved gold, winning by one point over the Australian Kangas score of 10 in the finals.

(The team bested Vancouver Island in the U18 finals.)

William Vanden Hooven (midfield) and Chris Friesen (defence) are on the U15 elite summer touring team which provides intensive training to prepare players for NCAA and MCLA collegiate environments in their futures.

After scoring 15 compared to Lake Oswego's five, the Selects went on to a 12-7 win over the Mercer Island-Bellevue competition.

Next up was a 12-4 win over Vancouver Island and a final score of 9-4 when they faced the Australian Kangas.

Coach Brent Hoskins said the two Langley players did well at the elite competition, noting that Friesen was key in holding the opposition to only 30 goals against for the tournament.

"This is only six goals a game which is very good in field lacrosse," Hoskins said.

"He [Vanden Hooven] was very valuable to our transition game especially our rides [preventing the other team from clearing the ball out of their defensive end]," the coach added. "Will also contributed well offensively."

The Select, including Vanden Hooven



Tricia Rachfall photo

Gold medals were awarded to Chris Friesen and his teammates.



Tricia Rachfall photo

William Vanden Hooven (right) took on an Australian competitor during the invitational.

I, II and III plus MCLA Div. I.]

The trip is also an opportunity to expose the players to college life for when they head off to post-secondary and for a possible visit to Ground Zero in New York City, time permitting.

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NITRO QUALIFYING SATURDAY 6 pm and 9 pm

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- TEST AND TUNE
- 8:00 am Gates Open
- 10:00 am Time Trials, Exhibition Vehicle Testing
- Admission \$10 (incl Pit Pass)

SATURDAY JULY 26

- 8:00 am Spectator Gates Open
- 9:00 am Time Trials & Qualifying
- 6 & 9 pm **Qualifying:** Alcohol Dragsters, Funny Cars, Nitro Funny Cars, Nitro Harleys

SUNDAY JULY 27

- 8:00 am Spectator Gates Open
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