

2009 Athletics Nova Scotia Annual Awards

Senior Female and Outstanding Female Athlete of the Year



Adrienne Power

Hometown: Halifax
Club: Halifax Tigers
Coach: Peter Lord

Adrienne had another stellar year in 2009, repeating as National Champion in the 200m and running for Canada at the World Championships in the 200m and as a member of the 4x400m relay team. During a tune-up meet in Dusseldorf, Germany, Adrienne ran the fastest 300m in the world in 2009 with a time of 36.65. One of the highlights of her year was setting a new Nova Scotia senior record in the 100m with a time of 11.37, bettering her previous best of 11.56.

Top Performances

Outdoor

100m: 11.37s NS Senior record
300m: 36.65s
200m: 23.16s
400m: 52.83s

Indoor

60m: 7.58 s
300m: 38.91s

Junior Female Athlete of the Year



Rachael McIntosh

Hometown: Bridgewater
Club: Bluenose Athletics
Coach: Tanya Daniels

Rachael truly came into form in 2009 with a dominant win at the Canadian Junior Track and Field Championships. This earned her a place at the Pan American Junior Championships in Trinidad and Tobago. She

followed this up with a bronze medal performance at the Canada Games, setting a new NS Junior record of 14.85 in the 100mH in the process. She was only 1 point off the junior record in the heptathlon and recently set a NS Junior and Senior Indoor record in the pentathlon and 60mH.

Top Performances

Outdoor

Heptathlon: 4883

100m Hurdles: 14.85s NS Junior Record

High Jump: 1.73m

Indoor

60mH: 9.31s

Pent: 3587

Juvenile Female Athlete of the Year



Chelsea Whalen

Hometown: Liverpool

Club: Launcher Athletics

Coach: Steve Wolhmuth

Chelsea continues her progression as one of the top Nova Scotia throwers to develop in this province. She was a national team member at the World Youth Championships this year in Italy and a double gold medallist at the National Legion Championships in the shot put and javelin. Despite a long season, she came through when it counted and ended her year with a bronze medal at the Canada Games with a new NS Juvenile record of 13.71m.

Top Performances

Outdoor

Shot Put: 13.71m NS Juvenile Record

Javelin: 43.08m

Discus: 36.69m

Indoor

Shot Put: 12.55

Midget Female Athlete of the Year



Kayla Gallagher

Hometown: Truro Heights

Club: Truro Lions

Coach: Paul Millman

Kayla is another steadily improving thrower making their mark provincially and nationally. In 2009, she broke a 15-year-old discus record with her throw of 33.32m. At the Canadian Legion Championships in Sherbrooke, Kayla took home double silver in the shot put and discus.

Top Performances

Outdoor

Shot Put: 12.93m

Discus: 33.32m NS Midget Record

Hammer: 30.10m

Bantam Female Athlete of the Year



Sarah Millman

Hometown: Truro

Club: Truro Lions

Coach: Paul Millman

In her second year of Bantam, Sarah has really blossomed into a successful thrower with three provincial records both indoor and outdoor. She is the top ranked bantam in the shot, hammer and discus.

Sarah also placed third at the NSSAF Provincials in Junior Girls Discus as a grade seven student.

Top Performances

Outdoor

Hammer: 28.92m NS Bantam Record

Discus: 26.39m NS Bantam Record

Shot Put: 8.89m

Indoor

Shot Put: 8.31m

Weight Throw: 8.24m

Senior Male Athlete of the Year



Geoffrey Harris

Club: Halifax Tigers

Coach: Heather Hennigar

Geoffrey had a comeback season in 2009 after an injury-plagued 2008. He mounted the podium for the first time at the Canadian Senior Championships, capturing a silver medal behind Gary Reed. This earned him a position on the Francophone Games Team in Lebanon. He took home the gold medal in the 800m with ease at the Canada Games in Charlottetown at the end of August.

Top Performances

Outdoor

800m: 1:47.99

400m: 49.2h

Indoor

600m: 1:19.1h

Junior Male and Outstanding Male Athlete of the Year



Mattias Wolter

Hometown: Bridgewater

Club: Bluenose Athletics

Coach: Tanya Daniels

Mattias earned both Junior Male and Outstanding Male Athlete of the Year for good reason. He was a member of the Canadian National Team that ran at the World Junior Cross Country Championships in March. Mattias was also the Canadian Junior Champion in the 3000mSC, which earned him a spot on the Pan Am Junior team, and Pan American Junior Champion. He also set a new NS Junior record of 9:05.28 in the process of winning, under

unfavourable hot conditions. He completed his season with a bronze medal at the Canada Games.

Top Performances

Outdoor

3000m SC: 9:05.28 NS Junior record

1500m: 3:57.47

Juvenile Male Athlete of the Year



Andrew MacDonald

Hometown: Bridgewater

Club: Launcher Athletics

Coach: Steve Wohlmuth

Andrew is another success story in the development of throwers in Nova Scotia. He set a new NS Juvenile record in the 5kg shot put and also produced a credible effort of 13.53m with the senior men's implement. He was the Canadian Legion Championships bronze medallist in the shot and a finalist at the Canada Games despite being only 17.

Top Performances

Outdoor

Shot Put: 16.06m 5kg NS Juvenile Record

Shot Put: 13.53m 7.26kg

Discus: 46.69m 1.5kg

Midget Male Athlete of the Year



Mike Tate

Hometown: Heatherton

Club: Antigonish Track and Field

Coach: Kevin Grant and Bernie Chisholm

Mike started the season strongly winning the Intermediate 800m, 1500m and 3000m at the NSSAF Championships and also earning a silver in the 400m. He has great range, racing from 400m to 5000m, where is set a NS Midget record of 16:29.35 at the Canada Games Trials. He bypassed the Legion program to take his last shot at the Hershey title and proceeded on to be the provincial, Atlantic and North American champion over 1600m. Mike ran up an age category (juvenile) at the Canadian Legion Championships and produced a superior time to that of the midget division winner (9:11.78 to 9:11.81)

Top Performances

Outdoor

1500m: 4:14.74

1600m: 4:36.09

3000m: 9:11.78

5000m: 16:29.35 NS Midget record

Indoor

1500m: 4:26.67

3000m: 9:28.0h

Bantam Male Athlete of the Year



Drew Erskine

Hometown:

Club: Truro Lions

Coach: Paul Millman

Drew is quickly establishing himself as a thrower to watch after his first year of competition. He was the Atlantic Bantam Champion in the discus, shot and hammer and established new bantam records in the discus and shot put.

Top Performances

Outdoor

Discus: 35.75m NS Bantam Record

Shot Put: 10.83m NS Bantam Record

Hammer: 29.46m

Athletics Nova Scotia Coach of the Year



Tanya Daniels has been selected as Coach of the Year for her accomplishments on a number of fronts. Tanya has played a key role in developing Bluenose Athletics into a very successful club. She was the lone summer coach of the club, and managed an impressive load of athletes from developmental to national level through all of their summer performances. She is the personal coach of Mattias Wolter and

Rachael McIntosh and attended the Pan American Junior Championships in

Trinidad and Tobago after these two athletes were selected to the national team. She also volunteered her time as one the assistant coaches at the 2009 Canadian Legion Championships. She is working toward her Level III NCCP certification, and has recently updated her training in Athletics Canada's Run, Jump, Throw program. This fall she worked hard to host the Atlantic Cross Country Championships in Dayspring, Nova Scotia.

Number of athletes coached in 2009: 60+

National Team Athletes: Mattias Wolter & Rachael McIntosh
Canada Games Athletes: Mattias Wolter, Rachael McIntosh, Cameron MacLennan
2009 NS Youth Team: Hayley Gates, Jaime Mulroney, Cameron MacLennan

Athletics Nova Scotia Official of the Year

Paul MacDonald

Paul has made an outstanding contribution to officiating in Nova Scotia over the years and 2009 was no exception. Not only has he been available to volunteer as at starter in many meets, he also offered to mentor other volunteers interested in learning the trade. He worked meets such as the Canada Games Trials, the Canada Games, the Atlantic Cross country meets, indoor events and recently attend the International Youth Meet in Toronto where he also participated in clinics

Dave Hoskin Award

Presented for outstanding contribution to track and field as a volunteer

Rosanne Gibson

Roseanne was invaluable throughout the entire summer schedule of track meets. From helping with registrations to recruiting additional volunteers to making sure the officials were fed and well-hydrated, Roseanne played a great role in making sure ANS meets ran smoothly. Her coordination of efforts behind the scenes took a great deal of stress off the meet directors and other officials. In addition, Rosanne contributes her time as a board member on the Athletics Nova Scotia Board of Directors.