

NEW WEST
SPARTANS
TRACK & FIELD

The Spartans had great results at the BC Track & Field Championship (Midget to Seniors) held July 16-18, 2010 in Abbotsford



Santiago Ward



Gold & Silver in both 4x100 and 4x400 relays

Men (14-15)

Sebastian Adugalski

Congratulations to Sebastian for achieving Gold in all of his events, 100mh, 200mh, long jump, and 4x100 and 4x400 relays

Logan Kenler

Gold in TJ, Gold in 4x100 and 4x400 relays, bronze in LJ, and 11th in 100mh

Ethan Strome

Silver in 4x100 and 4x400 relays, bronze in 200mh, 5th in 100mh, 8th in LJ

Mihailo Stefanovic

Silver in 4x100 and 4x400 relays, 4th in HJ, 6th in TJ and 200mh, 8th in 100mh

Bogdan Pavel

Silver in 4x100 and 4x400 relays, 4th in 100mh, 8th in 200mh, 9th in SP, 10th in TJ, 12th in LJ

Alexander Korzuchowski

Gold in 4x100 and 4x400 relays, 6th in 100mh, 8th in TJ, 11th in LJ

Santiago Ward

Silver in 4x100 and 4x400 relays, 7th in 800m, 9th in 1200m

John Karis-Cates

Gold in 4x100 and 4x400 relays

Women (16-17)

Manisha Kandola

4th in HJ, 7th in 100mh, 9th in TJ

Simran Rai

Bronze in 3000m RW, 8th in TJ

Damanpreet Rai

Bronze in 100mh, 4th in 300mh, 5th in LJ

Men (18-19)

Patrick Grzelak

Silver in LJ, 6th in 100m

Congratulations to everyone!