



VOC Shines in Major T&F Championships

VOC Junior Development group had the final competition last weekend in Kamloops. All the kids performed very well and we had many highlights at BC JD Championship.

One of them was the Marx sisters. In Race Walk events, Anja with her good technique, Adina and Karli with their solid race achieved three Silver medals for VOC.

Watson sisters continued the Race Walk success with the Gold medals of Isabella and Nina. Nina as always shows her quality of running, winning Silver in 1000m and Bronze in 600m and 60mH.

Sophia and Roberto Palayo - Mazzone performed very well winning respectively Gold in 60mH and Bronze in LJ for Sophia and two Gold in 800m and 1200m and one Silver in 200m for Roberto.

Stella Rockel shows her strong endurance in long distances and Charles in High Jumps with Bronze medal and good results in Javelin Throw.

Paris Eliopoulos run very well in sprint events and got a Silver in Long and a Bronze in High Jump and Anastas won a Gold in 80mH (only 4/100 of sec from the Award Standard) and two Silver in 100m and 200mH.

For 12 years old, Thomas Nobbs shows his potential in long distances winning three Silver medals in 800m and 1200m and 800m RW.

For the 13 years old, Samantha Cho performed well in long distance and jumps with PB in LJ, Megan Picken (coming back from injury) won a Bronze in 80mH, and Jasper Schiedler as always dominated in sprint and jumps winning three Gold in 80mH, 300m, and TJ, and a Bronze in LJ.

The highlights of this championship were the achievements of Liam and Cassidy Gee.

Liam Blakely won the High Jump for 10 years old with the results of 1.25m and performed very well in long distances and Cassidy won the Long Jump with 3.97m and got a Bronze in 60m with 8.84 ranked in top 10 all time in this event.

In the end, our relay team performed very well.

Girls team 4x100m for 10 years old and medley team for 13 years old in won the Silver medals and the boys 13 years old won the Bronze in both 4x100m and medley.

VOC JD athletes came back to home with 33 medals (29 medals in individual events and 4 in relays), 11 Gold, 12 Silver and 10 Bronze.

As you all know, on August 5-7, in Ottawa was Canadian Legion Championship.

The VOC athletes went at this major championship with Sophie Dodd as the representative of BC Team and Lauren Gillespie as the representative of VOC.

Both our athletes competed in multi events (pentathlon and heptathlon).

After three days of competitions, we are very proud for our athletes and for their achievements.

Sophie Dodd won the silver medal in pentathlon with the personal best of 2956 points.

Lauren Gillespie ranked in sixth place in heptathlon with personal best of 3797 points.

At the same time 17 years old Devan Wiebe did a great competitions at Western Canada Games in Kamloops representing BC.

She competed in 400m and 800m wining respectively silver medal in 400m with 55.71 and a PB of 2:12.14 in 800m in the fifth place.

Devan won the gold medal in 4X400m with BC Team.

Congratulations to all our athletes for their hard work and achievements