

Canadian National Track and Field Championships 2009

This year the Canadian National Track and Field Championships were held in Toronto at Varsity Stadium and will be for the next 2 years. Hot and humid weather greeted our Team BC qualified athletes, Michelle Stilwell and Nathan Dewitt. After the thunderstorms subsided our team went to work.

Michelle showed her winning form competing in finals with T54 and T53's, michelle swept her category T52 and is National Champ in the 100, 200, 400m distances.

Nathan worked hard competing in a very competitive category T53 and had some season best times in the 100, and 200m distances. Next up for Nathan is the Canada Summer Games in PEI and the end of August.

Results

Michelle Stilwell

100m - 20.65 - 1st place
200m - 39.33 - 1st place
400m - 1.19.40 - 1st place

Nathan Dewitt

100m - 19.20 - 4th place
200m - 36.67 - 4th place

Results link: <http://www.athletics.ca/files///AWDDAY123RESULTS.PDF>