

LUCAS SMITH COMPLETES HIS SEASON WITH TWO PERSONAL BESTS

Lucas Smith began this season as a virtue newcomer to middle distance running. With little background but a lot of desire and a stick-to-it work ethic, sixteen-year old Smith utilized discipline, patience and a belief in his program to make steady improvement. This past weekend at the BC Jamboree held in Coquitlam, Smith was rewarded for his hard work by recording two personal bests with a 4:25 clocking in the 1500m and a solid 2:04 time over the 800m.

“To have success in middle distance running an athlete has to believe both in himself and his program and Lucas possessed both those qualities. It proves that consistency and desire can go a long way in paving the way to worthwhile improvement,” stated coach Sue Northey.

Not to be outdone, Parmvir Waring ended his season by recording a personal best 2:02 clocking in the under 20-boys' 800. Waring's running season had a late beginning as he was committed to his school's basketball program until mid March.

Other results by the club's middle distance runners included Andrena Johnson who had a 3-second personal best in the 1200 meters and a seventh place finish in the midget girl's 2000m. Arshdeep Waring competed in the midget girls division and came just behind Andrena in the 1200-meter race and recorded a personal best 2:33 in the 800 meter event. Jensen Bako ran her final race as a Valley Royal athlete by placing sixth in the under 20 years girl's 800 meters. This coming September, Jensen will commence an honors program at UBC.