



2018 Athletics Manitoba

NOMINEES

ANNUAL AWARDS GALA

FEMALE
DISTANCE
ATHLETE
OF THE YEAR

TRACY TOWNS

CECILIA HOWES

JENNIE BARAGAR-PETRASH

ERIN VALGARDSON

FEMALE DISTANCE ATHLETE OF THE YEAR

THIS EVENT GROUP AWARD IS GIVEN TO THE ATHLETE
WHO HAS SHOWN OUTSTANDING PERFORMANCES
DURING THE SEASON IN DISTANCE RUNNING

Nominee Achievements

Cecilia Howes

MHSAA 2017 Cross Country Provincial Junior
Varsity Champion

2017 Age Class Cross Country Provincial Champion

42nd place finish and top Manitoban at the
2017 AC XC National Championships

Boeing Indoor Silver Medalist
1500m 4:53.66
3000m 10:51.93

Set new Provincial Record in the
2000m Steeple 7:11.25

MHSAA Provincial outdoor Silver medalist
in the 1500m & Bronze medalist in the
3000m 4:58.95
11:04.64

Outdoor Age Class Provincial Champion
2000m Steeple 7:28.25

6th place finish in the 2000m Steeple
at Legion National Championships 7:15.22

New Provincial Record and 4th place
finish at Canadian Junior Nationals in the
3000m Steeple 11:15.72

Tracy Towns

26th place finish at 2017 MHSAA XC
Provincial Championships

Silver medalist at 2017 Age Class Provincial
XC Championships

High School Provincial Indoor Champion
400m 59.49
800m 2:19.04

MHSAA Provincial Outdoor Champion
400m 58.11
800m 2:25.00
Silver medalist in the 1500m 4:50.65

Outdoor Provincial Age Class Champion
1500m 4:38.83

Tri-Province Gold medalist in the 800m

Canadian Junior National Silver
Medalist in the 800m 2:11.14

Legion National Silver Medalist
800m 2:10.16
1500m 4:37.42

Jennie Baragar-Petrash

3rd Place at Willie Williams Classic in
Tuscon Arizona, setting a College Best
in the 800m 2:12.75

2nd Place at Mt. SAC Relays in Torrence, CA.
Setting a College Best in the 1500m 4:24.61

3rd Place at the Stanford Invitational
in the 1500m 4:25.48

41st Place at NCAA Outdoor West
Prelims in the 1500m 4:31.82

Outdoor Provincial Age Class Champion
1500m 4:40.05

Erin Valgardson

MHSAA 2017 Cross-Country Varsity Female
Champion

2017 Age Class Provincial Cross-Country
Champion

26th place finish at the 2017 AC XC National
Championships

Boeing Indoor Provincial Champion
1500m 4:49.57
Silver medalist in the 800m 2:19.08
Indoor High School Provincial Champion
800m 2:19.04
1500m 5:07.51

MHSAA Outdoor Provincial Champion
1500m 4:49.82
3000m 10:52.57

Outdoor Age Class Provincial Champion
1500m 4:40.05

6th Place finish at Canadian Junior Nationals
in the 1500m 4:50.44