



2018 Athletics Manitoba

NOMINEES

ANNUAL AWARDS GALA

FEMALE MIDGET
ATHLETE
OF THE YEAR

LARA DENBOW

JULIA BIRNIE

MARINA GROSS

SIGNY MCKIM

FEMALE MIDGET ATHLETE OF THE YEAR (1 OF 2)

THIS AGE CATEGORY AWARD IS GIVEN TO THE ATHLETE WHO
HAS SHOWN OVERALL OUTSTANDING PERFORMANCES
DURING THE INDOOR AND OUTDOOR SEASON

Nominee Achievements

Lara Denbow

Silver Medalist in the 300m at the Boeing Indoor Provincial Championships	43.33
First place at WOA Winter Open; High Jump Indoor Provincial Record	1.70m
MHSAA Outdoor Provincial Champion High Jump	1.65m
Silver medalist in the 400m	59.24
Outdoor Age Class Provincial Champion 300m	42.42
High Jump	1.65m
Gold Medal at Tri-Province in High Jump	1.66m
Legion National Champion in the High Jump	1.70m
Finalist in the 300m	43.33

Marina Gross

Boeing Indoor Provincial Champion in the 1200m	3:50.57
2000m	7:02.93
Silver medalist in the 800m	2:25.91
Junior High Outdoor Champion 800m	2:26.73
1200m	4:00.01
Outdoor Age Class Provincial Champion 2000m	7:19.19
Silver medalist in the 1200m	3:50.75
Bronze Medalist in the 800m	2:23.25
4th place in the 1200m at Tri-Province	3:49.77
Set a Personal Best in the 2000m at Legion Nationals	6:44.51

Julia Birnie

Bronze medalist at the Boeing Indoor Provincial Championships Shot Put	9.12m
Junior High Outdoor Champion Discus	23.20m
Silver medalist in Shot Put	9.50m
Silver medallist at Tri-Prov in the Hammer Throw	32.91m
Finalist in Discus	23.34m

Signy McKim

Boeing Indoor Provincial Champion 200m	27.32
300m	43.12
Silver Medalist in High Jump	1.52m
Finalist in the 60m	8.40
Junior High Outdoor Provincial Champion High Jump	1.46m
Long Jump	4.48m
4th in the 300m	44.99
Outdoor Age Class Silver Medalist 300m	42.96
High Jump	1.55m
Long Jump	4.83m



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DEBORAH AEKAYODE

RAEGAN RICARD

JORJA HOAD

FEMALE MIDGET ATHLETE OF THE YEAR (2 OF 2)

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DURING THE INDOOR AND OUTDOOR SEASON

Nominee Achievements

Deborah Adekayode

Boeing Indoor Provincial Champion
60m 7.98
Long Jump 5.34m

Outdoor Age Class Provincial Champion
100m 12.70
200m 26.60
Long Jump (Provincial Record) 5.43m

Silver medalist in the 100m
at Tri-Province 12.71
4th in Long Jump 5.20m

Set a Provincial Record in the 4x100m
at Tri-Province 48.98

Bronze Medalist at Legion Nationals
in the Long Jump 5.37m

Jorja Hoad

Silver medalist at Boeing Indoor
Provincial Champion in the 60m 8.16
4th in the 200m 28.19

Outdoor Age Class Silver Medalist
100m 12.72
200m 26.87

MHSAA Outdoor Silver Medalist
in the 100m 13.19

Tri-Province Gold medalist in the 100m 12.67
Bronze medalist in the 200m 26.47

Set a Provincial Record in the 4x100m
at Tri-Province 48.98

Finalist in the 200m at Legion Nationals 26.25

Raegan Ricard

Boeing Indoor Provincial Champion
800m 2:25.62
Bronze Medalist in the 1200m 3:52.33

Outdoor Age Class Provincial Champion
800m 2:21.91
1200m 3:50.11
Silver medalist in the 2000m 7:57.19

Tri-Province Bronze medalist
in the 1200m 3:48.98

Achieved a Personal Best at
Legion Nationals in the 1200m 3:45.89