



*Annual Awards Gala*

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*Winners!*

MALE & FEMALE  
ATHLETES OF THE  
YEAR

2023



**MAX SPEISER  
MADISSON LAWRENCE**



*Annual Awards Gala*

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*Winners!*

**MOST IMPROVED  
RON MELNICHUK  
CHUCK SIGFUSSON**

*2023*





**MOST IMPROVED**

**SIMON BERUBE  
ROFIAT AGBOOLA**

**RON MELNICHUK AWARD**

**SIMON BERUBE  
GINA TRANQUADA**

**CHUCK SIGFUSSON AWARD**

**MAX SPEISER  
ANNA MCCONNELL**



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*Winners!*

COACHES &  
OFFICIALS

2023



COACH TO  
WATCH

ENIOLA ADEPOJU

MARY BURGESS  
AWARD

NADIA CLARKE

ELITE  
COACH

GEE-EF NKWONTA

KEITH BEARD  
AWARD

JENNIFER CAMPBELL

VOLUNTEER  
OF THE YEAR  
MATT BLEWETT

OFFICIAL OF  
THE YEAR  
JANICE HOWE





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*Winners!*

AGE GROUP &  
EVENT GROUP

2023



U14

REED PASSMORE

U16

BEN DNES

U12

EZEKIEL AKINLADE



MALE  
ATHLETES OF  
THE YEAR

U18

NOAH NEVES

MASTERS

GREG ATHAYDE

U20

ANDREW SIMARD

SENIOR

MAX SPEISER







U14

FAUSTINE OGWENO

U12

ELISE MANAIGRE

U16

ANNIKA DE SMET

FEMALE  
ATHLETES OF  
THE YEAR

U18

ASHLEY MORROW

MASTERS

OMENA  
BABALOLA

SENIOR

MADISSON  
LAWRENCE

U20

LOGAN HARZ



**DISTANCE**

**NOAH NEVES  
ANNIKA DE SMET**

**SPRINTS**

**TYLER COX-YESTRAU  
AMIRA LAWRENCE**

**JUMPS**

**DAXX TURNER  
MADISSON LAWRENCE**

**EVENT GROUP  
ATHLETES OF  
THE YEAR**

**THROWS**

**ISAAC ANNOH  
ANNA MCCONNELL**

**HURDLES**

**ADAM ANDRES  
JORDYN DAVIS**

**COMBINED EVENTS**

**MAX SPEISER  
MADISSON LAWRENCE**



*Annual Awards Gala*

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*Indoor  
Provincial  
Records*

*2023*





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## INDOOR PROVINCIAL RECORDS

U16 1200m	Annika De Smet - WOA	3:41.11
U16 2000m	Annika De Smet - WOA	6:38.62
Senior High Jump	Madisson Lawrence - WOA	1.80m
Senior Pentathlon	Madisson Lawrence - WOA	4114 pts
U18 800m	Noah Neves - Tough Track	1:52.95
Senior 5000m	Sam Vincent - Tough Track	14:06.70

*Athletics Manitoba*



*Annual Awards Gala*

MASTERS  
INDOOR PROVINCIAL RECORDS

35-39	Kris Shaw - Unattached Manitoba	800m
	Andrew Ferguson - Roadkill RC	400m + 1500m
	D. Harder, K. Friesen, A. Ferguson, C. Faucher	4x400m
	A. Ferguson, A. Ortega, S. Zhou, K. Shaw	4x800m
	S. Smith, A. Ortega, S. Zhou, K. Shaw	4x100m
40-44	A. Ortega, G. Athayde, G. Flett, S. Zhou	4x400m
45-49	Michael Morris - Tough Track	60m + 200m + 300m + 400m



MASTERS  
INDOOR PROVINCIAL RECORDS

50-54	Darcey Harder - Roadkill RC	200m
	S. Terichow Parrott, G. Flett, S. Zhou, D. Harder	4x400m
55-59	Claude Faucher - Unattached Manitoba	400m + 600m
60-64	Greg Athayde - Tough Track	200m + 400m + 600m + 800m + 1000m + 1500m
	G. Stewart, K. Friesen, S. Smith, G. Flett	4x200m
65-69	Clemus Laurila - Roadkill RC	Shot Put
	Ken Friesen - Tough Track	300m + 400m + 800m + 3000m





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*Outdoor  
Provincial  
Records*

2023

*Athletics Manitoba*



*Annual Awards Gala*

OUTDOOR PROVINCIAL RECORDS

35-39	Melvin Yumang - Unattached Manitoba	Mile
	A. Ortega, G. Flett, S. Zhou, A. Ferguson	4x800m
	G. Stewart, D. Saria, M. Yumang, A. Ferguson	4x100m
	G. Stewart, A. Ferguson, C. Faucher, K. Shaw	4x400m
40-44	Ken Wong - WOA	Discus + High Jump + Pole Vault + Long Jump

*Athletics Manitoba*



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**OUTDOOR PROVINCIAL RECORDS**

45-49	Michael Morris - Tough Track	100m + 200m + 400m
50-54	Jason Neill - Unattached Manitoba	Javelin
	Sam Zhou - Roadkill RC	1500mRW + 3000m + Mile
	S. Gurney, S. Terichow Parrott, N. Beckel, S. Zhou	4x400m
60-64	Greg Athayde - Tough Track	200m + 400m + Mile