

Lions Hurdlers Lead the Way at OFSAA

The Ottawa Lions came away from the 2008 OFSAA High School championships with a number of stellar performances, including four wins in hurdle events. The athletes garnered seven Gold medals, seven Silver medals, four Bronze medals and an OFSAA record. Caitlin van Dodewaard and Karelle Edwards each registered double wins while Ashlea Maddex, Sekou Kaba and Stuart Pearson captured the other Gold medals.

The most dramatic win came in the Senior Girls' Long Jump where Karelle's last jump of the competition (5.66m) was enough to win and defend her title from last year. She completed her day by dominating the Senior Girls' 100m hurdles (14.27) running into a 5m/sec headwind. Caitlin van Dodewaard was just as impressive beating back strong fields in both the Shot (13.02m) and Discus (43.65m). Ashlea Maddex was the only Lion to get into the OFSAA record books as her winning time (11.88) in the Junior Girls' 80m hurdles broke the old record by eight hundredths of a second.

Sekou Kaba, making his first appearance at OFSAA, felt right at home as he ran away from the field to win the Senior Boys' 110 m hurdles in 13.95 seconds. Stu Pearson's fine early season form continued as he easily handled the field in the Senior Boys' 400 m hurdles clocking a solid 53.90 seconds.

Silver medal performances came from Fiona Callender (Junior Girls' 400m), Oluwasegun Makinde (Senior Boys' 200m), Tim Nedow (Senior Boys' Shot), Emma Dobson (Senior Girls' triple jump), Divyajyoti Biswall (Midget Girls' Triple Jump), Devon Clark (Junior Girls' High Jump) and Devyani Biswall (Midget Girls' Long Jump)

The four bronze medal winners were Kathryn Tuck (Midget Girls' 800m), Rachel Aubry (Senior Girls' 800m), Mila Simulik (Senior Girls' Triple Jump) and Segun Makinde (Senior Boys' 110m hurdles)

The Ottawa Lions would like to congratulate all the OFSAA qualifiers on their achievement.