



2026 ULTRA U20/U23/Sr/Masters Throws Festival

(Sunday, July 20th, 2025)

Date: Sunday, September 26th, 2026

Where: **McLeod Athletic Park, Langley, BC**

Who: BC Athletics & Athletics Canada registered athletes (ages 18 and up)

Hosted by: **Ultra Throw Club**

Organizers will supply implements (# of participants in brackets)

<u>Start Time</u>	<u>Flight One</u>	<u>Flight Two</u>
8:00 am	Hammer	
9:20 am	Shot Put	Hammer
10:40 am	Discus	Shot Put
12:00 pm	(LUNCH BREAK)	(LUNCH BREAK)
12:30 pm	Javelin	Discus
1:50 pm	Weight	Javelin
3:10 pm	Super Weight	Weight

Flight Lists

FLIGHT 1	FLIGHT 2
Donna Beard	Karmen Bains
Charles Beck	Matthew Dheilly
Denise Begg	Nancy Dheilly
Bruce Butcher	Daniel Francis
Rafal Czekejlo	Gillian Galik
Christine Dalglish	Arthur Gee
Victor de Steur	Chancel Heer
Zolton Durgo	Paramjit Heer
Brad Frenkel	Jane Hill
Steven Hudson	Joseph Hill
Marcel Kosierb	Bennard Manuel
George Matthews (Weight & Super Weight)	Edson Martins
Graham Morfitt	George Matthews (Hammer)
Shane Stevens	Gabriella Moro
Paul Suwek	Tamanna Pannu
Harnek Toor (Weight & Super Weight)	Pete Pretorius
David Ulis	Jarnail Sahota
Grant Van Harmelen	Gurpartap Sandhu
Doug Woodrow	Raj Sidhu
	Saroop Tatla
	Harnek Toor (Hammer)
	Elise Van Harmelen
	Catherine Wei
	Robbin Whachell