

Winters warms up to shot put

Vanier sprinter sets GHAC record, surpassing 10-metre mark

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Sprinting came naturally to Samone Winters. But when it came time to expand her repertoire with a field event, well, things didn't go as smoothly.

"First I did high jump," said the Grade 9 Jean Vanier student, "but I wasn't the best at that. Then I tried javelin."

That was a little better but still didn't cut it.

Next, she tried shot put. It seems like an odd combination. Sprinters tend to gravitate toward the jumping events where their speed can be a benefit in helping propel them through the air, not the throwing events where competitors rely more on brute strength.

But after just a couple of weeks of instruction, she entered her first meet. And

won.

Three years later, Winters continues to show that shot put was the right choice. At the Golden Horseshoe Athletic Conference (GHAC) championships, she became the first midget-level girl to break the 10-metre mark on her way to victory.

Tied for third entering the final round, she put everything into her final throw.

"It had a lot of power, but it felt like I leaned too much," the 14-year-old said.

That may have been because she had just slanted the competition dramatically in her favour with a throw of 10.44 m that put her in the lead by more than a metre. Winters' distinction of being the only athlete to crack the 10-metre barrier wouldn't last long. Christ the King's

Chanelle Daniels challenged Winters on her final throw, but after a few anxious moments, it was measured at 10.23 m, giving Winters the win and the GHAC record.

"I was more happy than surprised," she said of her winning toss.

"I remember getting eight metres for the first time, and then throwing nine. I'd watch, and there would be girls a year older throwing 10."

Now she's a member of that group. Winters, who now trains with Oakville's Athletiques International after the Milton Shock club ceased operation, also finished second in the 100 m and third in the 200 m.

Craig Kielburger school's Jenna James also joined some elite company when she broke the one-minute barrier in the 400 m. She is just the fourth midget-level girl to do so at the meet, after running to victory in a time of 59.56 seconds, a time that would

have won the junior race by more than two seconds.

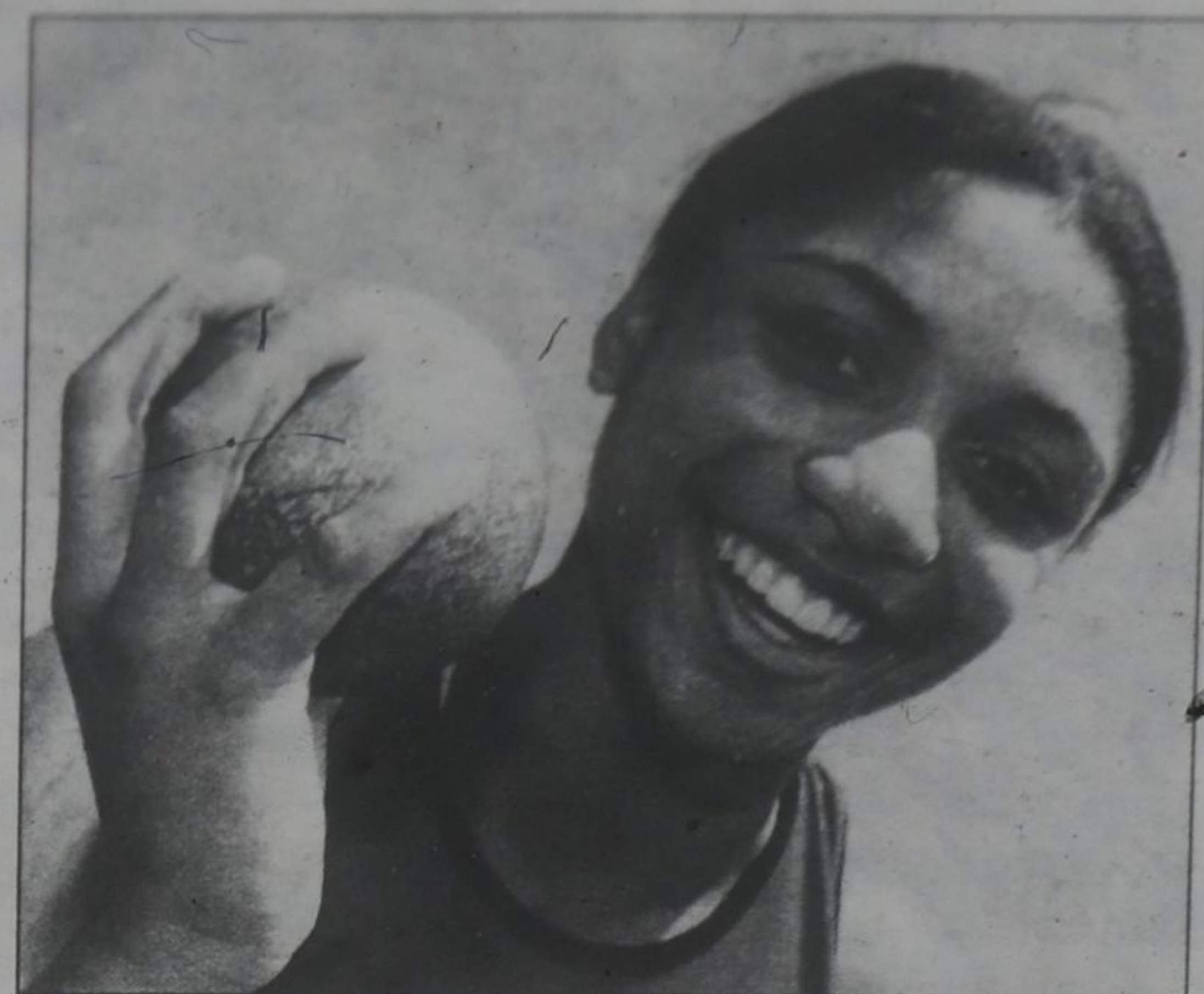
A little more than a year ago, James was running the 400 m in 1:12. Her time continued to drop, but even at the start of the season, the one-minute mark still seemed a little far away.

Then, at the beginning of the month, at the Mark Graham Memorial Meet in Hamilton, she dropped 2.5 seconds off her personal best when she ran a 59.23, winning in a field that included runners from all grades. It was also the first sub-60 by a girls' high school runner this season.

"(One minute) has been a goal of mine. It feels pretty good," she said. "When I did it the first time, I thought maybe it was just a one-time thing, but I've been able to stay under. My new goal is to get under 58."

James would post a second victory in the 300-metre hurdles, with a time of 48.80 seconds.

Milton athletes had seven other GHAC gold med-



Graham Paine/Metroland

After a search to find a field event to compliment her sprinting, Jean Vanier's Samone Winters seems to have it. She set a GHAC record in the midget girls' shot put, becoming the first midget girl to surpass the 10-metre mark at the Golden Horseshoe Track and Field Championships.

als at the meet:

Breanna Clemens, Samone Winters, Salana Smith, Shalom Oladele, from Vanier, midget girls 4x100 m relay (53.55); Lauryn Winter, from Vanier, junior girls shot put (7.88 m); Ella Kubas, from Milton District, 3,000 m

(11:09.55), senior girls 1,500 m steeplechase; Tife Ademindun, from Bishop Reding, senior girls high jump (1.40 m); Mark Warner, from Vanier, midget boys 100 m (11.79); Jalen Simpson, from Bishop Reding, senior boys high jump (1.80 m).

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