

MEDIA RELEASE

May 4, 2009

Artistic Gymnasts at Western Canadian Championships

Three artistic athletes traveled to Winnipeg, Manitoba this past weekend to compete at the Western Canadian Championships which were held in conjunction with the Trampoline Western Canada Cup.

Makinli Handley and Cody Briggs qualified to compete for Team BC, Handley in the Women's Provincial 5 Tyro (11-12 year olds) category and Briggs in the Men's National Open category. Adele Lefevre traveled to Winnipeg and competed for Okanagan Gymnastics Centre in the Pre-Novice Elite category. This category was not funded by Gymnastics BC to travel to Westerns, but the opportunity was offered to athletes who wanted to compete as independents.

Adele Lefevre competed strong in her Pre-Novice Elite category. Earlier this season she traveled to Québec to compete for Team BC in the same category. This competition is her last competition to compete in the Pre-Novice category. Starting next weekend she will compete in the Provincial 5 Tyro category. Lefevre finished her Pre-Novice Elite career off with a gold medal in the All Around. She also took home four silver medals on each of the four events. She definitely saved her best competition for this Western Canadian Championships.

Makinli Handley is the reigning Provincial 5 Tyro All Around Champion after winning the BC Championships two weeks ago in Langley. Since that time she fell quite ill and missed some training. Handley was able to reoperate in time to still travel to Winnipeg to represent Team BC. Handley brought home a gold medal on the balance beam and also one of the floor exercise. She finished with a silver in the All Around.

Cody Briggs traveled to his first Western Canadian Championships this year and competed in the Men's National Open category. He finished with a eighth in the All Around. He competed on four out of six events in the event finals. Briggs took the bronze medal on the rings and finished with a fifth on vault, parallel bars, and high bar.

Okanagan Gymnastics Centre is hosting the annual Ogopogo Competition at UBC-O from May 22-24, 2009. Come and support these local athletes and many more as they compete in their final competition of the season at home!

For further information contact:

HEATHER IVANITZ

OKANAGAN GYMNASTICS CENTRE, 365 HARTMAN ROAD, KELOWNA, BC, V1X 2MP

Phone: 250 765 0888, Fax: 250 765 0890, email, ogc@telus.net,

website: www.okanagangymnastics.com
