

From the Whitehorse Daily Star

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### **Yukon's James shines at national team trials**

The Yukon Orienteering Association had two athletes competing in the National Team Trials near Bragg Creek, Alta. this past weekend. Pam James and Brent Langbakk were vying to be amongst the six women and six men to represent Canada at the World Orienteering Championships in Ukraine in August. There were races in each of the three disciplines – sprint, middle and long. James, a 17-time national champion, showed she is still at the top of the sport. She had two very solid races in winning the middle and long distance events. She was on her way to winning the sprint, too, but accidentally skipped one of two closely-placed checkpoints. It was an unfortunate mistake, but easily done in the fast and furious sprint. With her two victories, James has certainly earned herself a spot at the world championships once again. Langbakk finished the weekend third in the middle and the long, as well as fourth in the sprint. He described his races as good but not great. "Overall I am satisfied. I feel like I still have quite a lot of room for improvement though so to get these results without performing my best is, in a way, encouraging." Langbakk's place on the team is still a little up in the air. There will be a second trials race held in Ontario in two weeks, after which time the team will be selected. "I think my performances were good enough, but we will have to wait and see what happens at the other trials race," said Langbakk. "There are a couple of other strong contenders for the team that weren't at the races this past weekend." The announcement of the team isn't the only excitement that awaits. "I am anxious to hear which disciplines I'll be running at Worlds," added James.

Here are the results from the women's races:

#### **Sprint**

1. Heather Smith, N.B., 18:20
2. Victoria Smith, N.B., 19:38
3. Sarah Brandreth, Alta., 20:02
4. Marie-Catherine Bruno, B.C., 20:17
5. Abbigail May, Sage, B.C., 20:54

#### **Middle**

1. Pam James, Yukon, 36:25
2. Victoria Smith, N.B., 39:55
3. Sarah Brandreth, Alta., 43:40
4. Heather Smith, N.B., 43:58
5. Marie-Catherine Bruno, B.C., 44:16

#### **Long**

1. Pam James, Yukon, 1:39:11
2. Sarah Brandreth, Alta., 1:48:48
3. Andrea Balakova, B.C., 2:01:08
4. Heather Smith, N.B., 2:10:48
5. Meghan Rance, B.C., 2:16:59

Here are the results from the men's races:

#### **Sprint**

1. Mike Smith, N.B., 13:21
2. Wil Smith, N.B., 14:12
3. Jon Torrance, D.C., 14:18
4. Brent Langbakk, Yukon, 14:24
5. Brian May, B.C., 15:17

Middle

1. Mike Smith, N.B., 30:32
2. Wil Smith, N.B., 31:54
3. Brent Langbakk, Yukon, 33:16
4. Magnus Johansson, B.C., 33:21
5. Jon Torrance, D.C., 34:36

Long

1. Wil Smith, N.B., 1:55:55
2. Mike Smith, N.B., 1:58:13
3. Brent Langbakk, Yukon, 1:59:13
4. Magnus Johansson, B.C., 1:59:19
5. Brian May, B.C., 2:00:10