

Langley pair find podium at provincials



Walnut Grove's Shelby Smithson won bronze in the high jump at the B.C. high school track and field championships.

Gord Goble

By [Gary Ahuja - Langley Times](#)

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They both won the same colour medal, but have different feelings when it comes to the bronze medal.

"I would definitely say I am content just because I have been struggling with injuries for the past month or so," admitted Walnut Grove's Shelby Smithson, who won bronze

in the high jump, clearing 1.60m, at the B.C. high school track and field provincial championships at Burnaby's Swangard Stadium.

"For me to pull off (a medal) has been a battle, both mentally and physically.

"The pain was there."

The Grade 12 student has been battling shin splints.

The other bronze medal went to Langley Christian's Eli Kastelein, in the 400m hurdles event.

"It is still nice to medal, but it was kind of disappointing because I know I can do better," the Grade 11 student said.

"It is disappointing but I will come back next year and go for gold."

Kastelein had the top time after the preliminaries at 57.89 but dropped down to 58.34 in the finals.

He said a half hour rain delay prior to finals threw him off.

But he is definitely happy for the bronze, with one more chance to strike gold in 2013.

Last year, he was eighth in the event.

Kastelein also finished sixth in the 400m event.

He said the experience from previous provincials, combined with good coaching, made a huge difference.

Smithson also finished fourth at the heptathlon, which was won by Langley Secondary's [Georgia Ellenwood](#), and held the previous week in Abbotsford.

While her high school career is over, Smithson does not intend to hang up her spikes. She will compete next year either at the University of Alberta, Simon Fraser University or at the Academy of Art University in San Francisco.

She also said helping Walnut Grove win the [senior girls' team title](#) was a perfect ending.

"To finish off my high school career, and for all the other seniors as well, that was just the cherry on top of a great season," she said.



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Langley Christian's Eli Kastelein won the bronze medal in the 400m hurdles at the B.C. high school track and field championships.

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In the Grade 8/9 provincial championships, Walnut Grove's Robyn Buckingham tied for the silver in the high jump at 1.55m while Alex Savage won silver in the long jump with a leap of 5.91m.

Buckingham, Rebecca Lindsay, Lara Oppenlander and Emma Smithson won silver in the 4x400 relay event.

And Langley Christian's Nick Colyn won silver in the 1500m race with a time of 4:17.97.