

FOR IMMEDIATE RELEASE

SILVER LINING FOR QMS TRACK STAR

Strong performances lead to double silver medals

August 19th, 2014 - Duncan, BC, Canada – During an exhausting competition season, Queen Margaret's School running sensation Madison Heisterman capped the summer off with double silver medal wins at national level competitions.

The Grade 9 student travelled to Hershey, PA, USA, for her final appearance at the *Hershey Track & Field Games* and received a pleasant surprise. "Madison was honoured to be chosen as a torch bearer for the opening ceremonies," explains Tyler Heisterman, Madison's father and coach. "She and another athlete lit the cauldron and met track icons Carl Lewis and Rafer Johnston." Heisterman's performance in the 800m final was inspiring to watch as she led the pack for most of the race. "She was disappointed she wasn't able to stay ahead at the end, but she had a great time. Placing second in North America is an incredible accomplishment."

Madison then took a short break before travelling to Langley for the *Royal Legion National Youth Track & Field Championships*. She competed against girls one year older than her in the U16 category for the 800m race and once again shone on the track. Madison crossed the finish line just off her *Victoria International* pace at 2:12.86 to win silver. "I felt really strong going into the race," says Madison. "I stayed on pace and had to use my kick at just the right time in order to place second. I'm really happy and proud to have won a national silver medal!"

As the track season comes to a close, Madison now turns her sights to longer distances and fall Cross Country competitions.

About Queen Margaret's School

Established in 1921, **Queen Margaret's School (QMS)** is located on 27 country-like acres in Duncan, BC. QMS offers a co-ed ECE Program, co-ed Junior School (Kindergarten-Grade 6), all boys Grade 7/8 Program, University-Preparatory School for girls (Grades 7-12) and all girls Boarding School (Grades 6-12). Queen Margaret's School is home to a small, intensive ELL Program and Canada's *only* on-campus English riding program. The school's comprehensive scholastic and extra-curricular program provide opportunities for achievement and personal growth through academics, sports, visual and performing arts, riding and community service.

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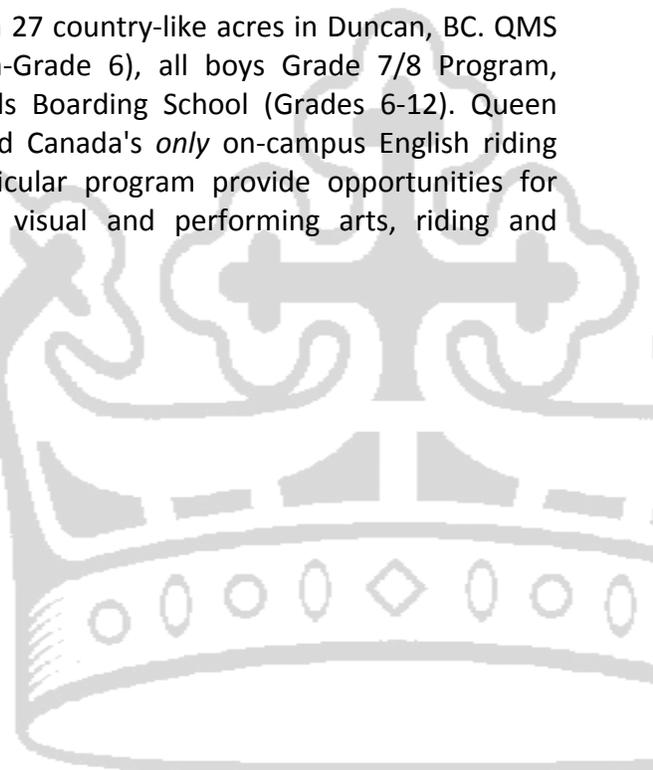




Photo courtesy of Tyler Heisterman: QMS' Madison Heisterman took to the podium one final time this season to receive the silver medal in the U16 800m at the Royal Legion National Youth Track & Field Championships.

