

## David Lee Pong

- Mentored by US Olympic Head Coach, Mel Rosen, who, among a multitude of achievements, produced the youngest #1 ranked 100m sprinter in the history of Track and Field.
- Personally, was the National University Champion (CIAU 60m 1985) and former Canadian record holder (5.88 50m 1978). Achieved many multiple Provincial Championships titles. Held the AB 50m record for 25 years.
- Was the personal coach of three Olympians: Esmie Laurence, Andre Francois and Oral O'Gilvie and coached a fourth Olympian, Candace Jones, during her Summers in Edmonton.
- Athletes under my charge have won over 25 National titles and competed in the Olympic Games, the Commonwealth Games, the Pan Am Games, the Francophone Games and the World University Games as well as the World Youth, the World Junior Championships, the World Masters Championships and World Masters Games.
- Coached wheel chair athletes who set several world records and won several World Championship medals. Ted Vince had the distinction of winning the World Championships in the 100m and several months later winning the Los Angeles marathon.
- **Sprinting Highlights**
  - during their off season many CFL players would join us for training. Bryan Kelly was the first and credited his training with us to increasing his speed and extending his career. Others followed including, Damon Allen, Tracy Ham, Tom Richards, Mike McLean, Jeff George and Craig Ellis who spent ten years with us, two of them as an NFL player.
- **Middle Distance Highlights**
  - John Bermingham ran just over 4:10 to get second behind Eamonn Coghlan at the Millrose Games in New York. Coghlan won in world record time and John's performance was the second fastest Masters mile in history.
  - Rob Swartz winning Back to back CIAU 1000m championships and breaking a 20 year AB record which still stands as a U of A record.
  - Hal O'Gilvie named as one of three outstanding athletes of a 10 nation meet in Venezuela for a triple medal performance.
- **Jump Highlights**
  - Oral O'Gilvie won multiple national TJ titles at the Junior, University and Senior levels; 1992 Olympian; Ran Huget Canada Games LJ and TJ Champion
- **Masters Athlete Highlights**
  - Noella Lee Pong 60m and 200m World Indoor Champion; 100 and 200m and 4x 100m 2005 World Masters Games champion; multiple Canadian record holder.
  - Andre Francois 100 and 200m (twice) World Masters Games Champion; 200m World Indoor Champion; USA Championships gold medalist 200m and multiple Canadian and AB record holder and 200m AB OPEN Provincial champ at age 44.
  - Julie Francois 200m World Masters Games Champion; multiple AB record holder.
  - Rob Farbin 100m and 200m World Masters Games Champion.
- Invited several times in the 1980'S to the NWT and helped to develop their Track Program. As a result of my time there, a meet in the NWT was renamed the David Lee Pong Track Meet.
- Did guest coaching at Azusa Pacific University

- Held training camps with my group in California with Innocent Egbunike (WC silver 400m), Amadou Dia Ba (OG silver 400h), Davidson Ezinwa (9.91 100m) Chris Akabusi (OG bronze 400h) and Derek Redmond (former European record 400m)