

NEWS - FALL 2013

COYOTES SEASON ENDS WITH PROVINCIAL MEDAL



The Meaford Coyotes Track Club have finished a long Fall season than began back in late August. Twelve Coyotes travelled to south-west London for the 2013 Athletics Ontario Provincial Cross Country Championships held in Delaware on Sunday, November 17th.

Overcast clouds and windy 16°C temps welcomed the athletes as they competed on a cross country equestrian course with relatively flat grassy, dry conditions combined with a few wooden barricades and large tree trunks to jump over. Age groups were broken down into 2 year increments and only two of our 12 runners were competing at the top of their age group.

Grade 3 SVE student, Kara

Tichbourne competed against girls up to 5 years

older than her as she stepped up to the starting line in the Bantam Girls 2km race. Kara's goal was simply race experience against much older competition as she has not lost an outdoor track or cross country race this year in her age category.

She accomplished all her pre-race goals as she was very pleased with her 79th place finish of 100 competitors.

In the Bantam Boys Grade 5-8 age group, our team of grade 7 MSC student Michael Ruest, grade 6 brother Peter Ruest and grade 7 Port Elgin student Luc Nussleder placed 24th, 32nd and 39th respectively with all three boys running very aggressive races against 79 other competitors.

Grade 10 Wiarton student Rose Nadjiwan was our lone competitor in the Grade 9-10 Midget Girls 3km race finishing 45th of 117. Rose ran a very gutsy race and has made huge improvements over the last year. In the Grade 9-10 Midget Boys 4km competition, grade 9 Port Elgin student Sam Nusselder had an excellent race placing 21st after a slow start. Grade 10 GBSS student, Jonah Neumann had a great start and finished 31st with grade 9 GBSS team mate Alex Tulloch running a great race and gaining great race experience with his 77th place finish in a field of 115 runners.

Grade 11 GBSS student, Hannah Woodhouse and Port Elgin grade 11 student Jessie Nusselder both had excellent races in the Grade 11-12 Youth Girls 5km race. Hannah won our only medal as she placed 3rd with Jessie not too far behind in 23rd spot of 103 other girls. GBSS student, Jared Ruest and Wiarton student Steven Nadjiwan, both grade 11, competed in the Grade 11-12 Youth Boys 6km event. Both boys had great performances with aggressive and smart running as they placed 13th and 29th respectively against 145 others.

The Coyotes are now on a well deserved training break to recharge their batteries. Our winter program begins on Saturday, November 30th as we prepare for a full slate of indoor track competitions in Toronto beginning in January.

This year has been an amazing year! We have brought home 1 OFSAA track medal and several provincial medals, set two provincial records, broke an OFSAA record, and we had 3 runners nationally ranked for their age. We collected numerous local and regional medals as well as winning a host of races. BUT, most importantly, we have bonded as a team. 2014 is shaping up to be an exciting year as our team has grown to over 70 runners who have committed to the program. Thanks to all the coaches, parents, sponsors and volunteers who have made this year such a success!

COYOTES SHINE AT OFSAA XC CHAMPIONSHIPS



Laurentian University in Sudbury hosted the 2013 high school provincial OFSAA Cross Country Championships on Saturday, Nov. 2nd. Having torrential rain storms for 2 days prior to the race and cold rain predicted on race day, having cool +2'C sunny skies with light winds was a very welcoming surprise for everyone. The race course was tough - very tough. Tough enough to name the 3 nasty hills on the course...The "wall", the "beast - with a devil's elbow" and the "extension" that just kept going. Combine these mountains with rolling hills and twisting turns throughout the course coupled with sloppy mud patches, the course took its toll on all the athletes.

The beginning of the course down right scary! There were 250+ athletes spread out the width of a soccer field in 60 different rows that were at least 4 runners deep.

At the sound of the gun, everyone was in a full out sprint to make a 90 degree left hand turn with a trail that narrowed very quickly to only 20 feet wide and then to only 10 feet wide. Every race had at least one major wipe out that took out a domino-effect of runners. One would fall and tuck into a ball as 10-20 other runners wearing sharp spike with either fall on top of them and 20-30 other runners jumping over top of them. So it was crucial that you get a good start in the first 100m or else you would get lost in the pack - making it very difficult to make up group on the course - OR - you might fall in a mass of runners, only to get up at the very back of the pack.

All our Coyotes had very poor pre-assigned starting positions and had to work REALLY hard if they were to get around that first 90 degree turn in any kind of a good position. They all had very good starts, held their own against Ontario's best and even pulled out two "top 10" performances! Congrats to Sam Nusselder of Port Elgin with his 6th place finish in the grade 9 junior boys 5.21km race and to Heathcote's Hannah Woodhouse [grade 11] with her 9th place performance in the senior girls 5.21km race against girls in grade 12 and some grade 13 "victory lappers". All our Coyotes ran very aggressive races and gave everything they had - even to the point of collapse at the finish line. Everyone should be VERY proud of their performances. Thanks also to our coaching staff and parents who were present to cheer on our Coyotes through their races.

Our team has one final cross country race for the season. On Sunday, Nov 17th, we have 12 Coyotes travelling to London for the Athletics Ontario Provincial Cross Country Championships on a much flatter and faster course.

It has been a tremendous year for the Coyotes as we have grown in size to 70 members and have brought home numerous provincial medals - with one more chance to bring home some more.

Grade 9 Midget Boys 5.21km

Sam Nusselder [SDSS] - 6th / 253 - 18:30

Alex Tulloch [GBSS] - 58th / 253 - 19:47

Grade 10 Junior Girls 4.21km

Rose Nadjiwan [PSDS] - 45th / 255 - 17:43

Grade 11-12 [13] Senior Girls 5.21km

Hannah Woodhouse [GBSS] - 9th / 268 - 19:48

Jessie Nusselder [SDSS] - 22nd / 268 - 20:31

Grade 11-12 [13] Senior Boys 6.95km

Jared Ruest [GBSS] - 51st / 265 - 24:41

TICHBOURNE CAPTURES GOLD AT PROVINCIAL XC CHAMPS



Brantford played host to the 2013 Ontario Minor Track Association Provincial Cross Country Championships on Saturday, October 26th. The runners were welcomed with strong winds, heavy rain, muddy trails and +2°C temperatures to make for a miserable yet "traditional" day of cross country racing. The Meaford Coyotes Track Club sent 9 members to take on Ontario's best after a tough season of training and the Coyotes were up for the task.

In the 7-8 year old Mite Girls 1km race, Kara Tichbourne [Meaford] capture gold as she ran away from her competition over the last 500m of the race.

Team mate Sydney Martin [Markdale], had a very strong start and kept her position over the sloppy conditions to finish 16th overall. In the 9-10 year old Tyke Girls 1.5km race, Julia Tichbourne [Meaford] had a very aggressive race as she placed 6th. Only 10 seconds back, team mate Bethany Woodhouse [Heathcote] had her best race of the year as she crossed the line in 12 place. In the 2km Atom Girls 11-12 year old race, Colleen Beck [Owen Sound] ran to an impressive 24th position while Teagan Davies [Meaford] finished strong as she completed her race in 44th

spot.

In the 11-12 year old Atom Boys 2km race, a trio of Coyotes made up our only team entry. Michael Ruest [Meaford] and younger brother Peter Ruest [Meaford] had their most aggressive race of the year. Michael was surrounded by seven other competitors in a close finish as he crossed in 19th spot. Peter Ruest out sprinted his rivals as he placed 30th overall. Team mate Luc Nusselder [Port Elgin] twisted his knee in the slippery conditions just minutes before the start of the race and was not able to compete. Luc would have likely placed somewhere between Michael and Peter, had he been able to run.

Congrats to our Coyotes as they all had strong performances under less than ideal conditions.

SIX COYOTES ADVANCE TO OFSAA XC



It was a great day "at the office" for the Meaford Coyotes Track Club. Twelve Coyotes from six different high schools competed at the CWOSSA Cross Country Championships on Thursday, Oct 23rd in Guelph and six of them advanced to the OFSAA XC Champs next week. Pre-race predictions had 6 Coyotes having a strong chance of advancing with 3 others having a good chance. The team has been training extremely hard over the last 12 weeks and their determination has paid off. Everyone had solid races as they stepped onto the starting line against about 150 other competitors in each of the six races.

In the Grade 9 Midget Girls 3km race, Jessica Ruest [GBSS] struggled with an injury most of the season and

healed up just in time to be able to compete. Her 14th place was far better than expected as she missed a lot of the Fall training. Shayla Grey [St. Mary's] returned to the team a few weeks ago and is just getting her running legs back. After being elbowed and pushed around at the mass start, she recovered and placed 28th overall.

In the Grade 9 Midget Boys 5km race, we had four Coyotes competing. Sam Nusselder [SDSS] placed 2nd overall to advance to OFSAA. Team mate Alex Tulloch [GBSS] ran the race of his life coming from behind to place 4th.

He also advances. Jake Clarke [GHSS] was just off the pace with his solid 13th position. James Beck [West Hill], primarily a XC skier had his 1st big experience at CWOSSA running and placed ~55th overall.

Our Grade 10 Junior Girls had Rose Nadjiwan [PSDS] racing the 4km distance. Rose continues to pull off strong performances at big races and placed 5th overall and will compete in Sudbury. Jonah Neumann [GBSS] competed in the Grade 10 Junior Boys 6km race. His 7th place performance just missed the standard to advance.

Grade 11 GBSS student Hannah Woodhouse competed in the Grade 11-12 Senior Girls 5km race. Hannah's 1st place finish guaranteed her a front row position at OFSAA next week. Grade 11 SDSS student Jessie Nusselder was very proud of her 5th place finish and also advances. The Grade 11-12 Senior Boys 7km Race had Jared Ruest [GBSS] racing to a 2nd place finish and will join his team mates in Sudbury. Grade 11 PSDS student Steven Nadjiwan found some stiff competition as he raced to a 15th placing.

Well done to ALL our high school Coyotes on a strong performance at CWOSSA. Congrats to Sam Nusselder, Alex Tulloch, Rose Nadjiwan, Hannah Woodhouse, Jessie Nusselder and Jared Ruest as they represent their individual high schools and the Coyotes at the OFSAA High School Provincial Championships in Sudbury on Saturday, Nov 2nd. The Georgian Bay Secondary High School Sr. Boys of Meaford were the 2nd place team and they too have earned a trip to Sudbury.

FATHER-DAUGHTER COYOTES TOP THORNBURY RACE



On Sunday, October 20th, the Thornbury-Clarksburg Rotary Club hosted the 1st Annual Blue Mountain Road Race starting and finishing at the Community Centre. Three races were organized with a 21km, 5km and a Kid's 1km winding through the streets and back roads of apple country. The sun popped out long enough for all the races to be completed and calm 8'C temps made for a refreshing and friendly day of competition.

About 1/3 of the Meaford Coyotes Track Club showed up to support the Rotary event with several of our adult members finally having a chance to race. Head Coach Kevin Hooper and oldest daughter, Assistant Coach Alysha Stroud comfortably crossed the 5.16km finish line together as they were the overall male and female winners in a winning time of 18:58. Kathy Higgs took 3rd place in the female 40-50 age group in 25:18. Sharon LeBlanc completed her first ever 1/2 marathon as she crossed the line in 1:48.30hr. Sharon beat her pre-race goal by over 11 minutes on the very challenging and hilly 21km course. Most of the other 18 Coyotes competed in the Kid's un-timed 1km race with a couple competing in the 5km race.

Congrats to all our Team who either competed or volunteered their time to help make this very well organized Rotary race a huge success. Our Coyotes are back in action again this week with 12 high school members travelling to Guelph for the CWOSSA XC Championships and 9 of our younger crew competing in Brantford for the MTA Provincial XC Championships.

STRONG COYOTE PERFORMANCES AT REGIONAL XC RACES



On Thursday, October 17th, the Land Force Training Centre was the site of the 2013 BDWSB Cross Country Championships for kids in grade 1-8. The rain held off again and it was a perfect day for racing and cheering. Several members of the Meaford Coyotes Track Club were competing to see how their season of training paid off as each race had between 150 - 220+ competitors on the starting line. All of our Coyotes performed well as almost everyone exceeded their pre-race goals, and some even ran with only one shoe as they "blew a flipper" part way through the race. Thanks to Coach Alysha Stroud for guiding our runners through their warm-up and race strategy.

With too many athletes to mention everyone, some of our outstanding Coyote "Top 10" performances included:

Grade 7-8 Boys - Michael Ruest - 1st, Riley Higgs - 5th

Grade 7-8 Girls - Colleen Beck - 1st

Grade 5-6 Boys - Peter Ruest - 1st

Grade 5-6 Girls - Julia Tichbourne - 3rd, Matalyn Lee - 5th,

Teagan Davies - 7th

Grade 3-4 Boys - Jeffrey McPherson - 11th with one shoe

Grade 3-4 Girls - Kara Tichbourne - 1st, Bethany Woodhouse - 3rd

Grade 1-2 Girls - Charlotte Woodhouse - 8th

We also had Coyotes competing in other races. On October 16th in Wasaga Beach, Zoe MacCulloch of Collingwood placed 3rd in the Grade 7-8 Girls Blueberry Trails XC Race and qualified for the Simcoe County District XC Championships next week at Mt. St. Louis. Also on Oct. 16th, Luc Nusselder of Port Elgin competed in the Saugeen Bluffs Regional XC Championships near Paisley. Luc was nosed out in a finish line sprint to take 2nd place in the Grade 7-8 Boys race.

Congrats again to ALL our young Coyotes. There are good things on the horizon as these athletes mature into high school in a few years. On Saturday, October 26th, Brantford will play host to the Minor Track Association Provincial Championships with 9 of our Coyotes stepping on the line with Ontario's best.

COYOTES DOMINATE AT REGIONAL XC RACE



Twelve members of the Meaford Coyotes Track Club, representing 6 different high schools throughout the area, competed at the Hepworth Saw Mills cross country course for the BAA Regional High School XC Race on Wednesday, Oct 16th. Our Coyotes were expected to dominate the event - and they did with force. The course was in perfect condition and provided a constant on-slaught of hills for the entire race.

In the Grade 9 Midget Girls 2.7km race, Jessica Ruest [GBSS] was 2nd with Shayla Grey [St. Mary's] finishing 8th. The Grade 9 Midget Boys 4.5km race had a Coyote sweep with Sam Nusselder [SDSS] placing 1st, Alex Tulloch [GBSS] taking 2nd spot and Jake Clarke [GHSS] a very close 3rd. James Beck of West Hill finished in 8th spot. In the Grade 10 Junior Girls 3.6km race, Rose Nadjiwan [PSDS] was our lone Coyote and she took 1st overall. We also only had one Coyote in the Grade 10 Junior Boys 5.5km race. Jonah Neumann [GBSS] won his race as well. Our two Coyotes in

the Grade 11-12 Senior Girls 4.5km event were Hannah Woodhouse [GBSS] who took top spot with Jessie Nusselder [SDSS] taking 2nd. We had 2 Coyotes in the Grade 11-12 Senior Boys 7.3km race as well. Jared Ruest [GBSS] was first with Steven Nadjiwan [PSDS] a close 3rd. Georgian Bay [GBSS] Senior Boys also took the 1st place team trophy.

Congrats to all our high school runners. They will all be competing next week at the CWOSSA Cross Country Championships on Thursday, Oct 24th in Guelph with much stiffer competition.

COYOTES XC SEASON IN FULL SWING



The Meaford Coyotes Track Club had a very busy week of racing after hosting our Fall cross country race last weekend at the GBSS athletic field. Zoe MacCulloch and her brother Jamie MacCulloch from Collingwood competed in Creemore on Wednesday, Oct 9th in their school area cross country meet. Zoe took on 30 other competitors the grade 8 girls and placed 3rd overall over the 2.7km distance. Jamie battled 60 other grade 5 boys as well as a chest cold and still managed a solid 23rd placing over the 2km course.

On Thursday, Oct 10th, our high school Coyotes traveled to Waterloo and excelled against a massive wave of XC runners. In the Grade 9 Boys 5.1km race, Sam Nusselder from SDSS in Port Elgin began his high school career tied for 1st, however the judges figured he was nosed out at the finish line and he was officially given 2nd place overall out of

about 149 runners. Grey Highlands grade 9 student, Jake Clarke from Dundalk began training with the Coyotes in May. He has steadily improved and finished 14th overall. Team mate Alex Tulloch of GBSS in Meaford showed his stuff as he placed 16th of 149 competitors in the Grade 9 Boys race. In the Grade 10 Girls 4km race, Rose Nadjiwan of Peninsula Shores in Wiarton stepped up against almost 200 other girls and finished an impressive 8th overall. GBSS Grade 10 student Jonah Neuman from Thornbury just began training with the Coyotes a few weeks ago and gained some valuable racing experience against about 170 other runners. He placed 15th in his first big race and we look forward to seeing him improve as he trains more with the team. Seasoned Coyote veteran Hannah Woodhouse, a GBSS grade 11 student from Heathcote, challenged for the lead in the Girls 5.1km XC race as she competed against both grade 11 and 12 students. Hannah came up a bit short but still had a very impressive 3rd place against about 150+ runners. Seasoned team mate Jessie Nusselder from SDSS in Port Elgin is in great shape as well. Jessie placed 6th overall in the Grade 11 Girls 5.1km race. One of our original Coyotes, Jared Ruest, a grade 11 GBSS student of Meaford tackled the grade 11-12 Boys over the 7km course. Jared placed a very solid 3rd place out of almost 200 competitors. Team mate Steven Nadjiwan, a grade 11 Peninsula Shores student of Wiarton had a rough race as he got boxed in at the beginning of the mass start. Steve was able to slowly moved up through the massed and still pulled off a solid 23rd placing.

Over the Thanksgiving weekend, 16 Coyotes travelled to Etobicoke on Saturday, October 12th. Some of Toronto's strongest competitors showed up for this race and put our young Coyotes to the test. It was a great learning experience for everyone and our more experienced members definitely held their own against the big track clubs. For several of our newer runners, this was their first experience competing against in the Toronto environment. In the Pee-Wee Girls 650m race, 6 year old Charlotte Woodhouse of Heathcote ran to a 3rd overall placing. Team mate, 6y.o. Taryn Lee of Owen Sound had a very solid race as she placed 10th. 5y.o. Edmund McPherson has his first race as a Coyote and he placed 5th overall in the Pee-Wee Boys 650m race. In the 7-8 year old Mite 1km race, Meaford's Kara Tichbourne met up with three of Ontario's top girls. Kara's hard work paid off as she took top spot in dominant form. Markdale team mate, Sydney Martin just began running with the Coyotes a few months ago and has show great improvement. Sydney had a very strong race and placed 13th overall. The Tyke Girls [9-10y.o.] continued our strong showing as Meaford's Julia Tichbourne ran to an aggressive 7th place overall and Heathcote's Bethany Woodhouse great race as well with her 17th finish in the 1.5km distance. Zoe LeBlanc of Meaford finished 22nd overall as she gained some valuable race experience. In the Tyke Boys race 1.5km, Meaford's Jeffrey McPherson faced very stiff competition as he placed 19th overall. The 2150m Atom Girls 11-12 y.o. race had Matalyn Lee of Owen Sound running a very aggressive race with her

26th finish. The Atom Boys 2150m race had our largest entry list. Meaford's Michael Ruest placed 9th overall, Luc Nusselder of Port Elgin was 15th, Peter Ruest placed 16th, with Matt Nickels of Owen Sound placing 31st and Owen Tichbourne finished strong in 34th. In the 3150m Senior girls race, Zoe MacCulloch had her hands full with solid competition and a cramp. She still had a solid performance with a 27th place overall.

Congrats to all our runners on great races. All our Coyotes will be in action this week as school competitions are set in Wasaga Beach, Hepworth and the area XC meet at the Meaford Base, as well as a more relaxed race in Thornbury on Sunday, Oct 20th

COYOTES HOST 300+ AT ANNUAL CROSS COUNTRY RACE



On Saturday, October 5th, the Meaford Coyotes Track Club hosted its annual Coyotes Cross Country Race at the GBSS high school athletic field. There were 299 kids registered in the 8 different races for kids in grades 1-8 with an additional 20+ pre-school kids running with their parents in our 150m race! What an amazing day as thunder showers were predicted and we had overcast clouds with our course in perfect condition for racing.

We would like to express our thanks to the many donations and support from the community to make this event such a success. The Land Force Training Center donated numerous items for the day, including several large tents and a time clock. The Town of

Meaford provided port-a-potties and covered our insurance for the day and several local businesses and individuals donated money to help cover some of our costs to host the event. After the race we had goodies for all the kids. Gramma Lambes donated 4 bushels of apples to hand out to the kids. Food Land donated several cases of bottled water and Gay Lea donated 300 cartons of chocolate milk. Dr. Natalie Sauriol volunteered her expertise at the finish line medical tent as well. A special thanks to all our volunteers and Coyote family who gave up their Saturday to make the event run smoothly and to Fred Wallace from CFOS for his awesome job with race announcements and "play-by-play" during the races. Preparations for next year's 4th annual race are already underway and will again be set for the Saturday of the Craft Show Weekend.

Our top 3 winners in each of the 8 races are: [*] indicates Coyote member]

Grade 1-2 Girls 1km Race

1. Carissa McInnes - Osprey - 4:46
2. Charlotte Woodhouse - Beaver Valley - 5:07*
3. Onnolee Shortt - SVE - 5:11

Grade 3-4 Girls 2km Race

1. Kara Tichbourne - SVE - 8:31*
2. Bethany Woodhouse - Beaver Valley - 9:24*
3. Tayah Davies - SVE - 10:06*

Grade 5-6 Girls 2km Race

1. Raurie Moffatt - Beavercrest - 8:41
2. Teagan Davies - SVE - 8:47*
3. Julia Tichbourne - SVE - 8:59*

Grade 7-8 Girls 3km Race

1. Colleen Beck - Independent - 12:56*
2. Emily Verburg - MCS - 13:08*
3. Zoe MacCulloch - 14:01*

Grade 1-2 Boys 1km Race

1. Will Manntrop - Pretty River - 4:48
2. Denon Taylor - Beaver Valley - 4:51
3. Justin Acres - SVE - 4:54*

Grade 3-4 Boys 1km Race

1. Michael Gyles - Beaver Valley - 8:42
2. Riley Jacobs-Gamble - Independent - 8:48
3. Liam Taylor - Osprey - 9:01

Grade 3-4 Boys 2km Race

1. Peter Ruest - MCS - 7:53*
2. Nolan Smith - Beaver Valley - 8:06
3. Tayden Hannivan - Dundalk - 8:12

Grade 7-8 Boys 3km Race

1. Michael Ruest - MCS - 11:35 *
2. Luc Nusselder - Independent - 12:01*
3. Riley Higgs - MCS - 12:18*

For a full list of results, visit our [Annual Fall XC Race](#) page.

COYOTES HELP SET NATIONAL RECORD



About 40 members of the Meaford Coyotes Track Club competed in Caledon East on Sunday, Sept 29th.

Several members raced either the 5km or the 10km event and everyone participated in the Kid's 1 Mile event. The Coyotes had numerous podium finishes in both the 5km and 10km events with even a few personal best performances, but the highlight of the day was the 1 mile race.

The primary goal of the Mile was to have as many kids running 1 mile all at once in attempt to set a new national record. In 2011 the record was set at just over 1100 participants. The 2012 event managed to come up

a bit short with "only" a little more than 1000 runners. This year our Coyotes not only helped brake the old record, but shattered it with 1275 competitors! It was a great moment to be a part of watching so many kids all running at once as a unit - as a team - as one - as each step brought them all closer to that new national record. Congrats to our young Coyotes on their accomplishment!!

The Team returns to action Saturday, October 5th in Meaford as they host about 300 school kids at the 3rd annual Coyotes Cross Country Race. The event will be held rain or shine at the GBSS athletic field on Aitken St. with races beginning at 10:00am sharp.