

NEWS - SPRING 2013

COYOTES DOUBLE AT HERSHEY PROVINCIALS/HEPWORTH XC



Saturday, June 22 was busy day for some of the younger members of the Meaford Coyotes Track Club. Four of our members qualified for the Hershey Provincial Track and Field Championships in Mississauga and five of our members tackled the Hepworth Pure Grit Cross Country Race. Race conditions varied dramatically as it was hot and humid with shade cover in Hepworth while those in Mississauga battled variations from hot and humid to thunder showers throughout the day.

At the Hershey Provincials, grade 8 student Sam Nusselder from Port Elgin competed in both the 1600m and 800m for the 13-14 year old boys. Sam's race plan had him setting an aggressive pace for himself in both races as he was attempting to improve his time dramatically. His 1600m time of 4:52.29 placed him 4th in a very competitive field. It was a personal best time by almost 8 seconds. He placed 7th in the 800m race later in the day with a time of 2:19.???. With the rain returning and thunder rattling nearby as he just missing his personal best by 1 second. Colleen Beck, a grade 6 student from Holland Centre, competed in the 11-12 year old Girls 800m with lightning flashing overhead and the track puddled with water. Colleen has been training very hard lately and ran her best race of the season. Her personal best time of 2:51.52 knocked off almost 4.5 seconds from her race four weeks ago. Meaford's Michael Ruest ran to a 6th place finish in the 11-12 year old Boys 800m competition. His strong training all year provided him with yet another personal best time of 2:32.69 - an improvement of over 3 seconds at the Hershey Qualifier 4 weeks ago. He also placed 6th in the standing long jump competition with a distance of 7 feet. Younger brother Peter Ruest has also trained hard all year and just missed qualifying for the running events in the qualifying competition 4 weeks ago, but he did qualify for the 11-12 year old Boys standing long jump. His clearance of 6 feet 8.5 inches placed him 8th overall.

At the Hepworth Pure Grit Cross Country Race, Meaford's 11 year old Hannah Knight and her team mate, 7 year old Sydney Martin of Markdale, placed 1st and 2nd respectively in the 12 and Under Girls 2.5km race. Hannah finished in a time of 10:39 and Sydney completed the distance in 11:19. In the 12 and Under Boys 2.5km competition, 11 year old Dylan Beck of Holland Centre placed first with a time of 9:16. Nine year old Meaford resident Jeffrey McPherson's time of 10:29 place him 2nd. In the longer 7.5km cross country race, 13 year old James Beck of Holland Centre competed in the 13-18 year old category. His time of 35.44 placed him 2nd.

COYOTES' HANNAH WOODHOUSE CAPTURES SILVER AT OFSAA TRACK CHAMPS



The 2013 High School OFSAA Track and Field Championships were held at the Oshawa Civic Centre from Thursday, June 6 - Saturday, June 8th.

Four members of the Meaford Coyotes Track Club earned the right to participate by qualifying at the OFSAA West Regional Track and Field Champs last weekend in Cambridge and were up against very stiff competition. Our four members all competed in the 3000m event held on Saturday.

GBSS student Hannah Woodhouse from Heathcote and her team mate, SDSS student Jessica Nusselder

of Port Elgin started things off on a positive note in the Grade 10 Girls 3000m event. Woodhouse went out with the lead pack of girls and the pace was quick as all of them were going for the OFSAA record. With 400m to go the pack was still close and the sprint for a medal began. Coming off the final turn Hannah was firmly in second place and captured a silver medal in a very impressive time of 9:54.15. A personal best time by 13 seconds! Jessica Nusselder was in a very competitive race of her own as she battled another pack of girls. Her strong finishing sprint placed her 13th of the 24 girls. Jessie's time of 10:47.73 was another personal best performance by 9 seconds. The top four girls broke the OFSAA record for this race and the fifth girl missed the record by 0.57 seconds.

Meaford's Jared Ruest was in a huge battle with the Grade 10 boys 3000m race. With 800m to go there were 15 of the 24 runners tightly squeezed together and with only 400m left there were still 7 runners battling it out for a medal.

Jared was still in this pack. Along the back stretch the top three runners broke away with Ruest in the chase pack. He finished 5th overall with a strong sprint to the finish in 8:47.80 - another personal best time by 11 seconds.

Warton's Rose Nadjiwan from Peninsula Shores District School competed in the Grade 9 Girls 3000m. After running a 14 second personal best time last weekend at OFSAA Regionals, Rose was set to give it all she had this week. She went out in a very gutsy and brave effort trying to hang onto a big group just ahead of her.

Unable to quite hold the fast pace, she fell back, but still had something left at the end for a strong finishing sprint. Her time of

11:00.29 placed her 16th in yet another very competitive race - just 4 seconds off her best time.

There was bonus to this incredible afternoon for two of our young Coyotes. Jared Ruest's time of 8:47.80 beat the World Youth Championships Qualifying Standard of 8:48.00 for 16-17 year olds. Hannah's Woodhouse's time of 9:54:15 just missed the World Youth Championships Qualifying Standard of 9:53.00.

Both of them are only 16 years old. Well done!! After a hard year of cross country, indoor winter racing and outdoor track racing, all our high school runners will enjoy some casual racing for a few weeks, including the Meaford 5km Harbour Run, before beginning their preparations for the Fall cross country season.

TICHBOURNE SETS ONTARIO TRACK RECORD



Two members of the Meaford Coyotes Track Club competed under wet and windy conditions at the Guelph Minor Track and Field Meet in Guelph on Saturday, June 1st. Kara Tichbourne, a grade 2 student at SVE school in Meaford set a new Ontario record for the Mites 6-7 year old Girls 800m by over 4 seconds. Her time of 2:54.80 was a personal best performance by over 7 seconds. Her sister, Julia Tichbourne, a grade 4 student at SVE school, placed 2nd the Tykes 8-9 year old Girls 800m in 3:03.98. She improved her best time by over 9 seconds.

Congratulations to both girls on excellent performances!

COYOTES ADVANCE TO OFSAA TRACK CHAMPIONSHIPS



Strong winds, overcast and 22°C welcomed five members of the Meaford Coyotes Track Club to the 2013 high school OFSAA West Regional Track and Field Meet held in Cambridge on Saturday, June 1st. The competition in OFSAA West has traditionally been one of the toughest regions in Ontario, especially for distance runners, and this year didn't disappoint. Competition was very stiff, but the five Coyotes all posted very strong performances.

Each of them had specific race plans and they all executed them almost to perfection.

In the grade 9 Midget Girls 3000m race, Rose Nadjiwan from Peninsula Shores District High School in Warton ran a personal best time of 10:56.72 to place 4th. Her strong race and finishing sprint allowed her to knock off almost 14 seconds from her previous best time from last week. In the grade 10 Junior Girls 3000m, GBSS student Hannah Woodhouse from Heathcote set out against multiple time OFSAA gold medal winner in a "two girl race" for first. It also came down to a finishing sprint, with Woodhouse taking 2nd place in a 8 second personal best time of 10:07.10. Team mate Jessie Nusselder from Saugeen District Secondary School in Port Elgin faced off in a finishing sprint of her own in the grade 10 Junior Girls 3000m. She almost equalled her personal best from last week with a time of 10:57.23 and placed 4th overall.

The grade 10 Junior Boys 3000m race was one of the most intense distance races of the day as 5 of among the top 3000m runners in Ontario battled together. They were still running neck and neck with 400m to go. Then the real race began. With only 4 of the 5 boys being able to advance to the OFSAA provincial championships next weekend, someone was going to be disappointed. GBSS student Jared Ruest of Meaford dug deep to run a gutsy last 400m in about 64 seconds to finish 3rd in a time of a 9:02.93. Team mate Steven Nadjiwan from Peninsula Shores District High School in Warton improved his personal best time by 1 second from last week to finish in 9:06.63. Unfortunately Steven finished 5th. This was Steven's best race of the year! Likely in any

other region in Ontario, and possibly in Canada, Steven would have advanced to the high school provincial championships. This race was just VERY competitive with only 4.7 seconds separating first place and 5th place.

Overall a great day for the Coyotes with Hannah Woodhouse, Jessie Nusselder, Rose Nadjiwan and Jared Ruest all advancing to the high school OFSAA track and field championships on June 6th to 8th in Oshawa. They will all be competing in the 3000m on Saturday. Three of the five ran personal best times and the other two just missed personal best performances. Congrats to ALL of you! You all gained valuable race experience.

COYOTES COMPETE AT HERSHEY QUALIFIER



On Sunday, May 26th, the Meaford Coyotes Track Club sent 12 members to Mississauga to compete in the annual Hershey Qualifier Track and Field Meet. The day started out very cold and windy, but did warm up to mid-Teens by lunch hour. For several members of the team, this was their first experience against Toronto competition and running on an all-weather sponge track. Some even thought the track was bigger than our home track because it had a full 8 lanes on such a large property. After reassuring them that it was still 400m, their nerves calmed down and they got ready for business. Below are the results of the Hershey competition.

Boys 13-14 age group [grade 7-8]

Sam Nusselder 2nd in the 1600m @ 5:00.62 and 3rd in the 800m @ 2:20.64

James Beck 10th in the 1600m @ 6:19.97 and 8th in the 800m @ 3:00.98

Girls 13-14 age group [grade 7-8]

Jessica Ruest 5th in the 1600m @ 6:18.62

Madison Cornelisse 6th in the 1600m @ 6:25.08 and 10th in the 800m @ 3:04.23

Boys 11-12 age group [grade 5-6]

Michael Ruest 3rd in the 800m @ 2:35.91, 9th @ 400m @ 1:11.61, 2nd in standing long jump @ 7ft-00.25"

Peter Ruest 11th in the 800m @ 2:46.34, 10th at 400m @ 1:11.79, 3rd in standing long jump @ 6ft-11.50"

Jack Drake 15th in the 800m @ 2:57.41 and 20th in the 400m @ 1:19.27

Max Breadner 17th in the 800m @ 2:59.89 and 21st at 400m @ 1:21.03

Dylan Beck 19th in the 800m @ 3:14.50 and 23rd in the 400m @ 1:26.67

Girls 11-12 age group [grade 5-6]

Colleen Beck 4th in the 800m @ 2:55.94 and 9th in the 400m @ 1:16.04

Boys 9-10 age group [grade 3-4]

Jeffrey McPherson ?? in the 400m @ ?? and 15th in the 200m @ 41.67

Girls 9-10 age group [grade 3-4]

Bethany Woodhouse 7th in the 400m @ 1:25.83 , ?? in the 200m @ ??

Several personal best times were set by our young Coyotes and some great finishing sprints at the end of their races too. A highlight at the lunch break was doing a warmup and having a team picture with Canadian Olympic Team hurdler, Felicia Georges. The top for in each event qualified for the Hershey Provincial Championships in Mississauga on June 22nd. Coyotes that qualified were Sam Nusselder in the 800m and 1600m, Michael Ruest in the 800m and standing long jump, Colleen Beck in the 800m and Peter Ruest in the standing long jump. A huge congratulations to all on great performances from everyone!

PHOTO: Meaford Coyotes Track Club members with Canadian Olympic hurdler Felicia Georges.

DONATION FROM LOCAL LAW FIRM

Brian Renken Professional Corporation
Barristers & Solicitors

The Meaford Coyotes would like to thank **Scheifele, Erskine and Renken**, a local law firm, for their \$500 donation to the team. This will help with both our operational costs as well as expenses for our 3rd annual Coyote Cross Country Race on October 5th.

COYOTES EXCEL AT CWOSSA TRACK MEET



Six members of the Meaford Coyotes Track Club competed in the high school CWOSSA Track and Field Championships in Cambridge under horrible race conditions. Wednesday, May 22 the distance runners were racing in rain and hurricane level winds. Thursday, May 23rd they competed in 6'C, windy, wet conditions. Despite the conditions, our Coyotes excelled.

Heathcote resident, Hannah Woodhouse, won both the grade 10 women's 1500m in 4:54.17 and the 3000m in 10:15, where she just missed her personal best time by 2 seconds. Team mate Jessie Nusselder, from Port Elgin, placed 2nd behind Woodhouse with a 1500m time of 5:05.02 and then knocked off 41 seconds off her 3000m time to place 2nd in 10:58. Rose Nadjiwan of Wiarton placed 3rd in the women's Grade 9 1500m race with a personal best time of 5:10.32. She placed 2nd in the Grade 9 women's 3000m race with a personal best time of 11:10. She improved her time by 23 seconds. Sara Harvey of Thornbury competed in the Grade 10 women's 800m race. She improved her best time by 1 second as she placed 9th in a time of 2:39.

On the guys side, Jared Ruest of Meaford just missed his best 1500m time as he placed 2nd in the Grade 10 Men's 1500m race in 4:13.97. His 1st place time of 8:58 in the Grade 10 Men's 3000m race improved his time by 2 seconds. His training partner, Steven Nadjiwan of Wiarton, placed 4th in the Grade 10 Men's 1500m race. His time of 4:17.64 was a personal best by 1 second. His 2nd place finish in the Grade 10 Men's 3000m in 9:07 and knocked 3 seconds off his previous best.

Congrats to all 6 Coyote members as they all had great performances in very difficult conditions. Hannah, Jessie, Rose, Jared and Steven will all advance to the OFSAA Regional Track and Field Meet on Saturday, June 1st - also in Cambridge. They will all be competing in the 3000m race for their respective grades. All the best as you continue to represent your high schools and the Coyotes.

The Coyotes return to action on Sunday, May 26th as 13 public school members will be competing at the Hershey Qualifier Track and Field Meet in Mississauga.

COYOTE TRACK SEASON UNDERWAY



Several members of the Meaford Coyotes Track Club began their high school track season on Friday, May 17th in Kincardine. The BAA district high school meet is the first of several steps for athletes to make their way to the OFSAA high school provincial championships to be held in Oshawa from June 6th-8th.

Rose Nadjiwan, a Peninsula Shores District High School student from Wiarton started things off with two first place finishes in both the grade

9 women's 1500m and 3000m races. GBSS student, Hannah Woodhouse, also started her season with a pair of wins as she took top spots in her grade 10 women's 1500m and 3000m race. Jessie Nusselder, a Saugeen District High School student in Port Elgin, placed 2nd behind Woodhouse in both the grade 10 women's 1500m and 3000m. Sara Harvey, a GBSS student, competed in the grade 10 women's 800m and placed 2nd. She also placed 4th in the 400m race.

Jared Ruest, a GBSS student, continued suit with two wins of his own, as he was first in both the grade 10 men's 1500m and 3000m. His team mate, Steven Nadjiwan, a student at Peninsula Shores District High School in Wiarton, was 2nd behind Ruest in each of his grade 10 men's 1500m and 3000m races.

All 6 Coyotes advanced to compete May 22nd and 23rd in Cambridge at the CWOSSA Track and Field Championships. All the best to our Coyotes as they represent their high schools!

COYOTES SEASON OPENER IN TORONTO



The Meaford Coyotes Track Club membership has taken a huge leap this Spring with our runners totaling 55+ now! The majority of runners range from senior kindergarten up to grade 10 with other runners in their 20's to 30's as well as our masters group.

The Coyote outdoor season began with two "warm-up" races in Toronto. On Saturday, April 27th, grade 10 GBSS student, Jared Ruest competed in the Rowland Track and Field Games in Etobicoke. He competed in the High School Invitational 3000m event with a huge number of competitors on the starting line. Competing against mostly grade 11 and grade 12 students, Jared placed 16th of 23 in a time of 9:09.07. Well done Jared!

On Sunday, April 27th seven Coyotes competed in the 30th annual Backs in Motion Chiropractic 5km Race under perfect conditions against 192 competitors. They had a very impressive performance. Wiarton District Secondary School grade 10 student, Steven Nadjiwan, captured 1st place overall with an impressive winning time of 16:25. Grade 8 student, Sam Nusselder of Port Elgin, placed 5th overall and 1st in the 14 and under age group with a time of 17:39. Hannah Woodhouse, a grade 10 GBSS student, won the women's race for the 2nd year in a row. She placed 6th overall in an impressive 17:39. Head Coach Kevin Hooper placed 9th overall and 3rd in the 50-59 age group with a time of 18:40. Jessie Nusselder, a grade 10 SDSS student from Port Elgin, placed 12 overall and 3rd female overall in 20:00. Grade 9 student, Rose Nadjiwan, from WDSS, completed the 5km loop in 20:44. She won the female 14 and under age group and placed 17th overall. Kathy Higgs ran 25:15 to place 2nd in the women's 40-49 age group and 61st overall.

Congrats to all our Coyotes who competed on the weekend. The entire team has been training very hard all Spring and are gearing up for a very exciting outdoor season! The Coyotes return to action in just over 2 weeks as the high school track season gets under way.