

NEWS - WINTER 2013

MEAFORD KIWANIS SUPPORT COYOTE TRACK CLUB



The Meaford Coyote Track Club would like to thank the Kiwanis Club of Meaford for their very generous donation. The Kiwanis presented a cheque for \$3000 to the Coyotes to help support the team with their race entry fees, travel expenses and their 3rd annual Coyote Cross Country Race to be held later this Fall.

After a very successful winter indoor racing season, the Coyotes begin their Spring training season on Tuesday, March 19th. The team trains together on Tuesday's at 5:30pm and Saturday's at 9:00am year round.

Training with the team is free and we are

always looking for new members who love to run either recreationally or competitively.

ATHLETICS CANADA NATIONAL RANKINGS



Athletics Canada national rankings:

- **Hannah Woodhouse** 2nd in Canada for the Youth [16-17 year olds] 3000m Girls indoor event.
- **Jared Ruest** ranks 8th in Canada in the Youth Boys indoor 3000m.
- **Steven Nadjiwan** ranks 13th in Canada for the Youth Boys 3000m indoor.

Congrats to all three of you for a tremendous indoor season!

COYOTES MEDAL AGAIN AT PROVINCIAL CHAMPIONSHIPS

Seven members of the Meaford Coyote Track Club competed in a total of 11 races at the 2013 Bantam-Midget-Junior Athletics Ontario Provincial Track and Field Championships held at York University on March 2nd and 3rd. From the 11 races, the team captured 10 personal best performances, missed the 11th personal best time by 1/100th of a second, brought home 3 medals and gained valuable race experience to bring an end to a very successful indoor track season.

On Saturday, grade 9 Warton District student Rose Nadjiwan started the ball rolling with 17 second personal best [PB] in the Midget Girls 1200m. She placed 14th of 45 girls with a time of 3:58.19. GBSS grade 10 student Hannah Woodhouse from Heathcote competed up one age group in the Junior Women's 1500m and ran her race to perfection. She shaved off 2 seconds in her 4:47.01 performance to place 6th of 64 girls. WDSS grade 10 student Steven Nadjiwan competed up one age group in the Junior Men's 1500m. He ran 4:18.51, as he knocked off 5 seconds from his previous best time to finish 29th of 80 competitors. Jared Ruest, a grade 10

GBSS student, also ran in the Junior Men's 1500m, as he too ran up one age group. His PB performance of 4:13.09 placed him 23rd of 80 runners.

Strong performances continued on Sunday as the morning started off with the Bantam Boys 2000m. Grade 6 MCS student, Michael Ruest, and his grade 5 brother, Peter Ruest from SVE, placed 2nd and 3rd respectively. Michael covered the 2000m distance with a very strong 7:12.34 to capture our first medal [silver] of the weekend. Peter raced up an age group as there was no group young enough for him. He ran a very solid 7:27.54 to earn the bronze. Rose Nadjiwan raced the Midget Girls 2000m and ran yet another huge personal best time of 6:58.72 as she placed 6th of 20 girls. Team mate and grade 8 MCS student, Jessica Ruest ran her best race of the season as she also competed in the Midget Girls 2000m race. She improved by 7 seconds as she ran a time of 7:37.81 to place 18th. Hannah Woodhouse captured our 3rd medal of the weekend - bronze - as she placed 3rd of 31 girls in the Junior Women's 3000m with a time of 10:13.77. Jared Ruest and team mate Steven Nadjiwan both ran the Junior Men's 3000m. Jared placed 8th of 43 runners with a time of 9:00.87 and just missed a new personal best time by 1/100th of a second. Steven's awesome time of 9:10.17 placed him 14th of 43 runners.

The entire Coyote team has trained exceptionally hard all winter through the cold temperatures and sloppy snow with dedication and determination. Congrats to the entire team! The Coyotes have an easy week of training coming up followed by a one week rest during Spring Break before they return to training again on Tuesday, March 19th at 5:30pm. All runners are welcome to join and train with our team. All training and coaching is free. The only cost is a team uniform.

GAY LEA GENEROUSLY DONATES \$1000 TO COYOTES



The Meaford Coyotes would like to thank Gay Lea for their very generous donation of \$1000 to our team. The money will be put towards race expenses and to help cover costs of our 3rd annual Coyote Cross Country Race in September.

COYOTES CAPTURE GOLD/BRONZE AT PROVINCIALS



The York University indoor 200m banked track was the site of the 2013 Athletics Ontario Indoor Provincial Youth/Senior Track and Field Championships on February 16-17 in Toronto. Meaford Coyote Track Club members Hannah Woodhouse, Jared Ruest and Steven Nadjiwan each competed in the 1500m and 3000m at the Youth 16-17 age group and all of them performed exceptionally well. All three of them are in grade 10 and have 1 more year to compete in this age group.

Heathcote resident Hannah Woodhouse continues to improve with each race. On

Saturday she placed 4th of 42 competitors in the 1500m with a personal best time of 4:49.83. Hannah continued her success with a 1st place performance in the 3000m on Sunday as she ran another personal best time of 10:17.82.

Jared Ruest of Meaford began his weekend on Saturday placing 8th of 56 runners with personal best time of 4:15.00 in the 1500m. On Sunday, he captured a bronze medal against 26 competitors with his 9:04.23 performance in the 3000m - just off his best time set earlier this season.

Warton resident Steven Nadjiwan, who has been training with the team since early December, raced in his first ever provincial indoor championship competition and gained valuable race experience. Inexperience got the best of him with his first race on Saturday in the 1500m as he placed 31 of 56 runners with a time of 4:31.61. Steven learned fast though as Sunday's 3000m race was a much better performance. Steven ran a perfectly executed race as he placed 9th of 26 runners with a personal best time of 9:20.90.

The Coyotes return to York University on March 2nd and 3rd for the Bantam/Midget/Junior Provincial Indoor Championships with 9 of our members competing in the final indoor meet of the season.

Congrats to Hannah, Jared and Steven on a great weekend of racing!

COYOTES MEDAL AT LEGION CHAMPIONSHIP MEET



Five members of the Meaford Coyote Track Club competed at the 2013 Royal Canadian Legion Provincial Indoor Track and Field Championships which were held at York University in Toronto on Saturday February 9, on their 200 metre indoor banked track.

“It was an excellent day of racing as each Coyote ran at least one personal best time and we brought home 3 medals as well,” said Coyote Coach Kevin Hooper.

Grade 10 GBSS student Hannah Woodhouse won the Youth Female 1500m in a personal best time of 4:55.

It was almost 8 seconds faster than her previous best time. She set a second personal best time as she won the 3000m in 10:24.18. Her closest competitor in this race was more than 50 meters behind her as she lead the race from start to finish.

Another Grade 10 GBSS student, Jared Ruest, placed 3rd in the Youth Men's 3000m with a solid time of 9:12.05 minutes. He placed 7th in the 1500m against some very stiff competition. His clocking of 4:18.97 was a personal best time by almost 10 seconds.

Grade 10 WDSS student Steven Nadjiwan placed 7th as he knocked off almost 9 seconds off his personal best time in the Youth Men's 3000m with a time of 9:32.27 minutes. He also ran a personal best time of 4:23.69 in the 1500m as he ran a very aggressive race. He improved his best time by about 17 seconds

Rose Nadjiwan, a grade 9 student at WDSS also ran a personal best time of 7:12.98 minutes, placing 4th in the Midget Women's 2000m. She also ran a very gutsy 4:03 minutes for her 1200m race.

Grade 8 MCS student, Jessica Ruest is also showing strong improvement this winter. She ran a personal best

time of 7:44.44 minutes with her 12th place finish in the Midget Women 2000m.

Hannah, Jared and Steven return to York University next weekend as they participate in the Athletics Ontario Provincial Indoor Track and Field Championships for their age group.

“We hope to send nine runners to Toronto again on the March 2-3 weekend for another Athletics Ontario championship weekend, as some will race in their own age group and others will race up an age group against runners 2-4 years older than them,” said Hooper.

COYOTES COMPETE AT GROUNDHOG JOG



On Saturday, Feb. 2nd, two members of the Meaford Coyote Track Club competed at the 2013 Wiarton 5km Groundhog Jog under blustery, sloppy and cold winter conditions. Steven and Rose Nadjiwan, both of Wiarton, tackled the wintery roads and the rest of the race competitors. Wiarton District High School grade 10 student, Steven Nadjiwan finished 2nd overall with a great time of 17:47 minutes - considering the poor conditions. His sister, Rose, a grade 9 student at WDSS, won the women's category in a fantastic time of 21:49. Rose finished in 5th place overall. Rose and Steven are pictured with the mayor of Wiarton and world famous Wiarton Willie.

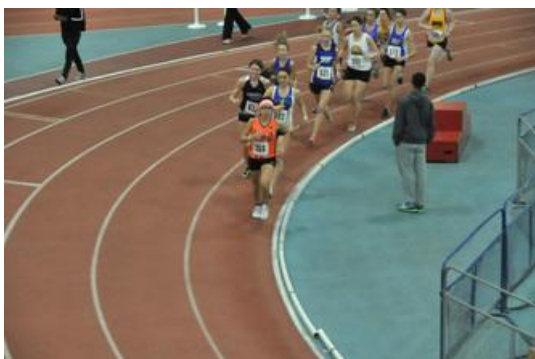
Congrats to both of you!

CHATSWORTH LEGION DONATION



The Royal Canadian Legion, Chatsworth Branch 464, made a very generous donation of \$500 to the Meaford Coyotes Track Club. Funds will be used to help with race entry fees and travel expenses, as well as to help with our 3rd Annual Coyote Cross Country Race in September. Chatsworth Branch member, Terry Hardman, presented the cheque to head coach Kevin Hooper in front of the Owen Sound Legion Tank!

COYOTES COMPETE AT YORK UNIVERSITY TRACK MEET



Eight members of the Meaford Coyotes Track Club competed at York University on Sunday, Jan 27th. This was the team's second "prep" meet as they get ready for some bigger races in February and March in Toronto. The team has been working exceptionally hard in workouts and the benefits are paying off as they were competitive in several races and posted some excellent times. On February 9th the Royal Canadian Legion Provincial Indoor Track and Field Championships will be hosted at York University's 200m indoor track. Most of our grade 8-10 runners will be heading down to that race with high expectations of some strong performances.

[photo = Coyote member, Rose Nadjiwan #366 from Wiarton competed in the women's open 3000m event at York University. Rose gained some valuable race experience as she competed in only her second ever indoor track meet. Rose is a grade 9 student at Wiarton District Secondary School. She and her brother Steven have been training with the Coyotes since early December and have made tremendous improvement in a short period of time.]

JR. COYOTE SEASON-OPENER IN TORONTO



The Meaford Coyotes took their largest contingent ever down to the Variety Village Athletic Centre in Scarborough on Sunday, January 13th for their 2013 season opening indoor track meet. 15 members made the trip to compete against some very stiff competition and posted excellent race performances, with several competing indoors for their first time ever. This was an exciting race for our group as everyone ran much faster than their predicted race times. We have done very little speed work in our winter training, so for everyone to have such a strong showing for such a short race is promising ! This race will set the stage

for some strong performances later in the winter season. Congrats to all who competed ! The Coyotes return to action again on Sunday, January 27th for an indoor prep meet at York University.