

# Summer & Fall 2014 News

## Harbour Run Completes Coyotes' Season #4



It was a hot sunny day in Meaford for the annual Harbour 5km / 1km Road Race. The Meaford Coyotes Track Club painted the town orange as they took to the downtown streets in full force. Almost 50 Coyotes of the 70 member team participated in either the "Kids 12 and under" 1km race or the traditional 5km race. The team took top individual spots as Steven Nadiwan of Wiarton won the men's race in a personal best time of 16:00, while Hannah Woodhouse of Heathcote was the first female to cross the line. She also had a personal best time of 17:29. Congrats to ALL our members on excellent race performances!

The Coyotes would like to thank the town of Meaford and the Meaford Kiwanis Club for their continued support, as well as all our sponsors. Your generous support allow our team to compete in local competitions to national championships as well as host our annual Fall Coyote Cross Country Race to over 300 school kids from grade 1-8.

We now enjoy a well deserved two week break and begin training for our Fall cross country season on Tuesday, July 29th. We do have a select few grade 2-8 members headed to the MTA Provincial Track and Field Championships in Burlington on Saturday, July 26th. If you are interested in becoming a member of the Coyotes, please email head coach Kevin Hooper at [kevinhooper@rogers.com](mailto:kevinhooper@rogers.com). We will be accepting new members until the middle of August with only a limited number of openings that are available on a first come-first serve basis.

## Strong Performances For Coyotes at MTA Provincials



Burlington played host to the Ontario MTA Track and Field Championships on Saturday, July 26th under sunny warm conditions and the Meaford Coyotes Track Club sent a team of 12 down to this very competitive event. The team did much better than expected as the Coyotes had just come off a two week "down time" and those competing were doing this competition as a "bonus race".

It was great to see so many strong performances at this meet as they earned 8 personal best performances, brought home 4 provincial medals and gained more valuable race experience. For many of these young Coyotes, this was their first experience at a provincial championship, and they handled the pressure of the tough competition extremely well.

#### **Mites Boys [2006-2007]**

Justin Acres [2006] - 400m placed 5th in 1:27.67 [PB] and 800m placed 5th in 3:29.51

#### **Mite Girls [2006-2007]**

Lilly St. Marie [2006] - 400m placed 5th in 1:30.90 [PB] and 800m placed 2nd in 3:22.53 [PB]  
Charlotte Woodhouse [2007] - 400m - 7th in 1:37.48 and 800m placed 5th in 4:00.76

#### **Tykes Boys [2004-2005]**

Devlin Gillis [2005] - 1500m placed 5th in 6:20.92

#### **Tyke Girls [2004-2005]**

Kara Tichbourne [2005] - 800m placed 2nd in 2:48.23 and 1500m placed 2nd in 5:38.46  
Bethany Woodhouse [2004] - 800m placed 3rd in 2:50.46 [PB] and 1500m placed 5th in 5:53.39  
Sydney Martin [2005] - 800m placed 14th in 3:21.47 and 1500m placed 15th 6:49.45

#### **Atoms Boys [2002-2003]**

Peter Ruest [2002] - 800m placed 7th in 2:31.39 [PB] and 1500m placed 7th in 5:13.55 [PB]  
Matthew Nickels [2002] - 800m placed 13th in 2:45.85 [PB] and 1500m placed 15th in 5:44.48

### **MTA Sr. Boys [2000-2001]**

Riley Higgs [2000] - 1500m placed 8th in 4:55.69 [PB]

Michael Ruest [2001] - 800m placed 18th in 2:31.09 and 1500m placed 14th in 5:10.33

Luc Nusselder [2001] - 1500m placed 18th in 5:16.38

## **Coyotes Set Two Course Records in Owen Sound**



The Owen Sound Bayshore Road Race was held on Sunday, August 24 starting and finishing at the Bayshore Arena. Race distances included a 5km, 10km and 20km race as well as a kids 1km, which was really only about 600m. About 30 members of the Meaford Coyotes Track Club came ready to race and wanting to see what kind of shape they were in after 4 hard weeks of cross country base training. Perfect race conditions welcomed over 500 competitors combined for all the races with comfortable temperatures with clear, calm skies. This was a record number of competitors for the event. Full race results can be found at [www.enfieldtiming.com](http://www.enfieldtiming.com)

Most of the Coyotes competed in the 5km race, who took the first 8 spots across the finish line, two members in the 10km race and about 10 younger kids in the short 1km race. When all the dust settled, the Coyote orange invaded the medal podium, with 5km race course records being set by Steven Nadjiwan in the men's 5km race with a huge personal best time of 15:42 and Hannah Woodhouse in the women's 5km race, also with a huge personal best time of 17:14.

The team had excellent performances for so early in the season with 14 personal best performances between 5km and 10km races. In the 5km race, one of our runners blew a shoe lace, while another missed the turn-around marker so two more PB's should have been had. If the 1km race been even close to the right distance, we would have had even more PB's. So

things are looking very promising for later in October and November when the big races arrive.

The team returns to action on Saturday, September 20th for a cross country race in Etoicoke for our grade 1-8 kids.

## **Busy Racing Weekend for Coyotes**



Several members of the Meaford Coyotes Track Club were competing on the September 27-28 weekend as the team warms up for the Fall cross country season. In Walkerton on Saturday, September 27, three young Coyotes competed in the 5km road race with comfortable sunny conditions. Grade 5 student Bethany Woodhouse [22:44] was 11th overall and 2nd in the female 18 and under age group against 125 total race entries.

Grade 4 student Sydney Martin [27:32] took 4th spot in the female 18 and under age group with grade 2 student Charlotte Woodhouse [27:34] placed 5th in the 18 and under female age group.

On Sunday, September 28th, almost 30 members invaded Caledon East with 7 new personal best times being set by the team. This is very encouraging as the team is deep into it's heavy Fall training program right now and everyone's legs are a bit heavy. Caledon East was a combination of a 5km and 10km road race as well as a kids 1 mile fun run. Sunny calm skies and 28°C welcomed the runners on a flat 5km course and a 1/2 flat and 1/2 hilly 10km course. The Coyotes took the top four spots in the 5km race and had 6 in the top 10 against 110 competitors.

Grade 12 student Steve Nadjiwan [15:46], grade 10 student Sam Nusselder [16:42] and grade 10 student Jake Clarke [17:51] swept the podium placing 1st, 2nd and 3rd overall. Grade 8 student Luc Nusselder [18:05] was 4th took top spot in the 14 and under age group. Grade 12 student Jessie Nusselder [18:50] was the top female and placed 9th overall, with grade 9 student Riley Higgs [19:01] taking 10 spot overall. Grade 11 student Rose Nadjiwan [20:28] was the 3rd female overall in 16th place. In the 10km race, head coach Kevin Hooper [40:00] took 3rd spot

overall. Grade 7 student Matthew Nickels [44:21] was 8th overall and first in the 19 and under age group with grade 5 student Jeffrey McPherson [54:26] taking the silver in the 19 and under age group.

In the Kids 1 mile fun run, almost all the Coyotes who ran the 5km and 10km race joined the rest of our Coyotes as they ran up and down soccer fields in attempt to set a new national record for the most kids running 1 mile at one time. Last year's race set a new record of just over 1400 runners. While the official tally has not yet been counted, rumour has it that this year might fall a bit short, but it will be very close. Everyone had a great time and a wonderful race experience as they enjoyed post-race hamburgers and hotdogs, with some even getting some face painting done after the race.

The Coyotes are in action again on Saturday, October 4th in Meaford as we host our 4th annual Coyotes Cross Country Race at the GBSS athletic field with the first race getting underway at 10:00am. Over 300 students from grades 1-8 are expected to invade Meaford on the same weekend as the annual Apple Harvest Craft Show.

#### **Caledon East 5km Race Results:**

##### **Overall Male:**

Steven Nadjiwan - 1st @ 15:46  
Sam Nusselder - 2nd @ 16:42 [PB]  
Jake Clarke - 3rd @ 17:51 [PB]

##### **Overall Female:**

Jessie Nussleder - 1st @ 18:50  
Rose Nadjiwan - 3rd @ 20:28

##### **14 and Under Male:**

Luc Nusselder - 1st @ 18:05 [PB]  
Riley Higgs - 5th @ 19:01 [PB]  
Devlin Gillis - 9th @ 24:36 [PB]  
Matthew Rocque - 10th @ 24:42  
Rohan Egan - 17th @ 27:23  
Noah Calvert Goetz - 22nd @ 29:46  
Edmund McPherson - 60th @ 32:16

##### **14 and Under Female:**

Julia Latham - 9th @ 22:54  
Matalyn Lee - 11th @ 23:01  
Teagan Davies - 12th @ 23:18  
Alex Scheifele - 18th @ 27:14

##### **15-19 Male:**

William Latham - 6th @ 38:21 [PB]

#### **Caledon East 10km Race Results:**

##### **Overall Male:**

Kevin Hooper - 3rd @ 40:00

##### **19 and Under Male:**

Matthew Nickels - 1st @ 44:21 [PB]  
Jeffrey McPherson - 2nd @ 54:26

## **Meaford Coyotes Host 4th Annual Cross Country Race**



The annual Craft Show Weekend on Saturday, October 4th also marked the date when the Meaford Coyotes Track Club hosted their 4th annual Coyotes Cross Country Race at the Georgian Bay Athletic Field. 317 competitors from various schools across Grey-Bruce registered for the event with 273 runners who braved the wet elements and actually competed. There were also about 25 pre-school kids who competed in the 150m fun run.

It was an amazing day where the predicted torrential rain turned into only light showers with even a few sunny breaks to welcome the kids. We had 9 different races on Saturday morning. It began with a powerful singing of "Oh Canada" by Coyote member Emma Wright followed by the pre-school kids running about 150m from the soccer goal line to the finish line as spectators cheer from the sidelines. The official races began at 10:00am with the grade 1-2 girls and boys circling the 1km cross country course around the GBSS athletic field and a 300m section along the Georgian Trail. The grade 3-4 girls and boys, as well as the grade 5-6 girls and boys ran 2km as they circled the course twice. The grade 7-8 girls and boys competed in the 3km event as they made three trips around the course. In the grade 7-8 boys race, Morgan Elliot from Highpoint school in Dundalk made his second appearance in the event, but unlike everyone else, he competed in a wheelchair. His event consisted of pushing his chair from the start line 100m along the wet grass, looping around the paved GBSS track 7 times and then pushing himself up the slight uphill grassed section to the finish line. And, like last year, Elliot was joined by several Coyote and Highpoint school runners on his last few laps to encourage him through his race.

It was a great day for everyone. There were some very impressive performances and our Coyotes performed very well with 13 podium appearances, but the important thing is that everyone who started each race completed it. Some were fast and raced the entire way. Some were slower and had to walk sections of the course. Some even slipped and fell. What was exciting to watch was that about 300 kids came out on a Saturday morning and gave their best. Congrats to everyone!!

Also a very special thank you to ALL our sponsors to help make this event a great success. Your generosity and support continues to overwhelm us and we are forever grateful.

### **2014 Results [ \* = Coyote member ]**

Grade 1-2 Girls: [1km]

1. Charlotte Woodhouse\* [Beavervalley] - 4:35

Grade 1-2 Boys [1km]

1. Denon Taylor [Beavercrest] - 4:39



2. Mya Adams [McPhail] - 5:01
3. Taryn Lee\* [Independent] - 5:16

Grade 3-4 Girls [2km]

1. Kara Tichbourne\* [SVE] - 8:28  
Community] - 8:34
2. Judyn Levitt [Beavercrest] - 9:22
3. Sydney Martin\* [Beavercrest] - 9:31

Grade 5-6 Girls [2km]

1. Bethany Woodhouse\* [Beavervalley] - 8:53
2. Raurie Moffat [Beavercrest] - 8:55  
7:50
3. Zoey Killeen\* [SVE] - 9:09

Grade 7-8 Girls [3km]

1. Matalyn Lee\* [independent] - 13:26  
11:31
2. Teagan Davies\* [MCS] - 13:55
3. Kate Wilton [Beavercrest] - 13:58

2. Trip Morris\* [SVE] - 4:46
3. Jacob Keough [MCS] - 4:56

Grade 3-4 Boys [2km]

1. Riley Jacobs-Gamble [Sydenham]
2. Devlin Gillis\* [Independent] - 9:09
3. Ryder Metcalf [St. Mary's] - 9:27

Grade 5-6 Boys [2km]

1. Nolan Smith [Beavervalley] - 7:43
2. Tayden Hannivan [Highpoint] -  
3. Aiden Taylor [Osprey] - 8:10

Grade 7-8 Boys [3km]

1. Luc Nusselder\* [Independent] -  
2. Michael Ruest\* [MCS] - 11:41
3. Peter Ruest\* [MCS] - 11:52

The 5th annual Coyotes Cross Country Race will take place next Fall on the same "Craft Show Weekend". Full race results are posted [here](#) on our website. The Coyotes have a very busy racing schedule coming up over the next 6 weeks as they compete in local school events to provincial championships so continue to check our website for updates.

## **Coyotes Excel at Pre-OFSAA XC Race**



The University of Waterloo hosted the Pre-OFSAA Cross Country Race on Thursday, October 9th under cool, windy and damp conditions as over two thousand of high school runners competed. This is one of the largest high school cross country races ever held in Canada and North America. It is also a great "prep" race as the runners will soon enter qualifying races to compete at OFSAA on the same course on Saturday, November 1st.

Several members of the Meaford Coyotes Track Club competed and excelled in the largest fields they have ever experienced. The course had a few relatively small hills, but was overall flat with lots of grass and gravel. The hard part of the race was the start as several hundred runners had to sprint about 100m before the course bottle-necked into an "s-curve" before it opened up. If your start was poor and got boxed in behind several rows of runners, then your chances of a strong performance was poor.

The day for the Coyotes began with grade 9 GBSS student Riley Higgs competing in the Midget Boys race. Riley is relatively new to the team with a strong hockey background. His performance against 424 competitors over the 5029m course was amazing as he crossed the line in 36th spot with a time of 19:17 minutes. Riley has great speed and his endurance continues to grow as each month passes.

There were 486 grade 10 Junior Girls competing over the 4031m course. Jessica Ruest of GBSS had a tremendous race, placing in 85th spot with a strong time of 17:59. She has just recently been able to train consistently so it is exciting to see such a positive performance from her.

The grade 10 Junior Boys had 471 runners competing over 6000m. Sam Nusselder from Saugeen District High School was our top performer in this race as he finished in 38th spot with a solid time of 22:06. Sam was in 6th spot for about the first 1/2 of the race and got a cramp that



dropped him well back off the lead. He was able to recover in the last 500m to finish strong. Jake Clarke of Grey Highlands Secondary School has improved significantly this Fall and took 43rd spot as he ran a very strong race, finishing in 22:13.

Our Grade 11-12 Senior Girls had the best overall performances of the day. There were 581 girls on the starting line over the 5029m course. Grade 12 GBSS student Hannah Woodhouse had a tremendous race as she took 1st place over all, with a winning time of 17:55. Grade 12 SDSS student, Jessie Nusselder ran the best race of her life as she cross the line in 12th spot with a time of 19:26. Rose Nadjiwan, a grade 11 Penninsula Shores student, also had a very strong race. She had a rough start and got boxed in, but worked her way through the field and finished in 28th position in 20:16 minutes.

Our two Senior Boys had a massive field of 710 competitors racing 6957m. Grade 12 student Steven Nadjiwan placed 26th overall with a time of 23:34. Steven was actually leading the entire field part way through the first of two laps as he experimented and wanted to see how long he could last. He fell back on the second lap, but finished strong and passed several runners over the last 1km. Jared Ruest has made tremendous improvements over the last couple months with his dedicated training. It is paying off as Jared took 29th spot in 23:44.

This race was a great "test drive" to see where all their hard work has lead them. They should all be extremely proud of their performances against such massive crowds. This was also a great learning experience and hopefully all of them will be back on this course on November 1st as they compete at the high school OFSAA provincial championships.

They will all be competing again on Wednesday, October 15th in Hepworth at the Bluewater District XC meet. On Thursday, October 16th, several of our younger Coyotes will compete at the BWDSB Base Race at the Land Force Training Centre for their District Meet.

## **Meaford Coyotes Shine at BAA Cross Country Race**



Pleasant overcast weather welcomed the competitors at the 2014 High School BAA District Cross Country Championships held in Hepworth on Wednesday, Oct 15th. Several members of the Meaford Coyotes Track Club competed and all had very strong performances as they begin their trek on their "Road to OFSAA". The course is filled with nasty hills and varying terrain from sawdust to sand to gravel to dirt, mixed with some slippery sections. Our Coyotes have spent several weeks doing hill training so they were well prepared for the tough course.

**Grade 9 Midget Girls [3km]**

Julia Latham [St. Mary's] - 3rd

**Grade 10 Junior Girls [4km]**

Jessica Ruest [GBSS] - 2nd

Camryn Metzger [GBSS] - 4th

**Grade 11-12 Senior Girls [5km]**

Hannah Woodhouse [GBSS] - 1st

Jessie Nusselder [SDSS] - 2nd

Rose Nadjiwan [PSDS] - 3rd

**Grade 9 Midget Boys [5km]**

Riley Higgs [GBSS] - 2nd

**Grade 10 Junior Boys [6km]**

Sam Nusselder [SDSS] - 1st

Jake Clarke [GHSS] - 2nd

**Grade 11-12 Senior Boys [7km]**

Steven Nadjiwan [PSDS] - 2nd

Jared Ruest [GBSS] - 3rd

Jonah Neumann [GBSS] - 5th

Our High School Coyotes return to action on Thursday, Oct 23rd in Guelph as they all compete in the CWOSSA Cross Country Championships against much stiffer competition. They will all be trying to advance to the OFSAA Provincial Championships held in Waterloo on Saturday, Nov 1st.

## **Coyotes Take Command of Base Cross County Race**



The annual Grey County Bluewater District School Board Cross Country Race was held at the Land Force Training Centre in Meaford on Thursday, October 15th under cloudy calm but sloppy conditions as light drizzle fell on the hundreds of runners from grade 1-8. The weather didn't slow down members of the Meaford Coyotes Track Club as their hard training over the last 3 months led them to the front of the pack in almost every race.

Charlotte Woodhouse from Beaver Valley School won the Grade 1-2 Girls 1km race against 157 competitors. Kara Tichbourne from SVE won gold and team mate Sydney Martin from Beavercrest took bronze in the Grade 3-4 Girls 2km race with a field of 185. Bethany Woodhouse from Beaver Valley was 1st of 157 runners in the Grade 5-6 Girls 2km race with team mates Zoe LeBlanc of MCS placing 6th, Alex Scheifele crossing in 7th, Julia Tichbourne taking 10th, Makayla French of MCS finishing in 15th and and Tayah Davies of SVE in 16th position.. Matalyn Lee of Owen Sound captured gold ahead of 87 others in the Grade 7-8 Girls 3km race with MCS student Teagan Davies crossing in 8th spot.

SVE student Trip Morris crossed the line in 7th spot of 172 runners in the Grade 1-2 Boys 1km race. Devlin Gillis of Beaver Valley competed in the Grade 3-4 Boys 2km race and crossed the line in 6th place with team mates Matthew Rocque taking 20th and Rohan Egan in 27th out of 208 runners. A trio of MCS boys performed well in the Grade 7-8 Boys 3km race with Michael

Ruest, Peter Ruest and Jacob French placing 1st, 2nd and 6th respectively out of 101 competitors.

About 40 Coyotes competed throughout the day and all had very solid performances with several placing in the top 20-30 spots while others finishing a little further back. It was a great learning experience for all our young runners as they learned to deal with large crowds and muddy race conditions.

On Wednesday, October 15, Bruce County held their District XC race at the Saugeen Bluffs near Port Elgin. Our lone Coyote participant was grade 8 student Luc Nusselder, of Port Elgin, who won the Grade 7-8 Boys 3km race. Grade 6 Collingwood student Jamie MacCulloch took 5th and 8th spots in his two Area cross country meets as he competed in the Grade 5-6 Boys 2km race. Jamie has qualified to compete in his county meet in Duntroon on Tuesday, October 21st.

The Meaford Coyotes Track Club will be sending 25+ members to compete at the Minor Track Association Provincial Cross Country Championships in Guelph on Saturday, October 25th where the competition will be much stronger. Some of our members will have very strong performances while others will be competing to gain some valuable race experience for next year when they are older.

## **Coyote Masters Compete in Thornbury**



A small contingent of the Meaford Coyotes Track Club competed in the Run Blue Mountain Road Race on Sunday, October 19th. With a break from all the rain, race day was cool, but dry as over 200 runners tackled either the 5km, 10km or 21km races.

Alysha Stroud, pushing a baby running stroller, was the first female and 5th overall to cross the line in the 5km race. She clocked a time of 21:50. Matthew Nickels, who is only 12 years old, finished 4th overall and 1st in the 19 and under category with a time of 21:39. Kathy Higgs won

the 40-49 age group as she stopped the clock at 24:39, placing 10th overall in the 5km trek.

In the 10km race, 14 year old John Glennie won the 19 and under category with a personal best time of 50:23. Sylvie Glennie was in a tough 50-59 age group, but she still ran a personal best time of 56:06.

The Coyotes are heavy into their competitive cross country season with three more provincial level competitions coming up in the next few weeks.

## **Slop and Mud Don't Bother Coyotes at Regional XC Races**



To say it has rained a lot over the last few weeks has been an understatement. The storm clouds were present again on Tuesday, October 21st at the Simcoe Regional Cross Country Championships held in Duntroon, just outside Collingwood. Slop, mud and cold winds welcomed the athletes as they raced through the hilly terrain, with numerous vehicles getting stuck in the mud while athletes were slipping, falling, getting stuck and losing shoes. Grade 6 Coyote member Jamie MacCulloch of Collingwood ran right through the middle of the mess as he placed 39th overall out of 132 competitors in the Grade 5-6 Boys 2km race.

On Wednesday, October 22nd, Grade 9 Coyote member Zoe MacCulloch of Collingwood competed in her high school qualifying race at the Simcoe Regional Cross Country Championships [GBSSA] also in Duntroon. Zoe has been placing around 15-16th all season in "prep-meets" leading up to the Regionals and needed a strong performance to qualify for the OFSAA provincial championships in Waterloo on Nov. 1st. To qualify for OFSAA, the athletes needed to place in the top 4 in each race or be a member of the top 2 teams. Under sunny and

warmer conditions, but on the same sloppy and muddy course as her brother competed on the day before, Zoe had her best race of the season and finished in 11th spot of 75 girls, just missing the final qualifying position by 20 seconds over the 3km course.

On Thursday, October 23rd, several other high school members of the Meaford Coyotes Track Club competed in the Central-Western Ontario [CWOSSA] High School Regional Cross Country Championships in Guelph, also under warm sunny conditions. Their figure-8 course took them over grass, gravel, wood chips and hills, but also through some muddy conditions. CWOSSA is hosting OFSAA this year and therefore are awarded more qualifying positions. Athletes need to place in the top 8 in each race or be a member of the top 4 teams in each race.

**Grade 9 Midget Girls [3km]**

Julia Latham [St. Marys] - 19th

**Grade 9 Midget Boys [5km]**

Riley Higgs [GBSS] - 15th...missed qualifying by 1 second

**Grade 10 Junior Girls [4km]**

Jessica Ruest [GBSS] - 13th...just missed qualifying

Camryn Metzger [GBSS] - 36th

**Grade 10 Boys [5km]**

Sam Nusselder [SDSS] - 2nd....qualified for OFSAA

Jake Clarke [GHSS] - 9th...qualified for OFSAA

**Grade 11-12 Senior Girls [5km]**

Hannah Woodhouse [GBSS] - 1st....qualified for OFSAA

Jessie Nusselder [SDSS] - 5th....qualified for OFSAA

Rose Nadjiwan [PSDS] - 14th....just missed qualifying

**Grade 11-12 Senior Boys [7km]**

Steve Nadjiwan [PSDS] - 4th....qualified for OFSAA

Jared Ruest [GBSS] - 8th....qualified for OFSAA

Overall it was a great week of racing. Of the 12 high school Coyotes competing at their Regionals, 6 qualified for OFSAA and 4 others just missed qualifying by a few seconds.

**3rd Place Team / 3rd Female for Coyotes  
at MTA XC Champs**





The Ontario Minor Track Association held its Provincial Cross Country Championships in Guelph at the Arboretum on Saturday, October 25th under perfect weather conditions on a relatively dry hilly course. The Meaford Coyotes Track Club took 23 kids from grade 1-8 and was possibly its largest team ever sent to a competition - definitely to a provincial championship. With our increasing numbers in all ages, we fielded a team of 4 in 4 of our 7 age groups. It should have been 5 teams, but two girls had to cancel out at the last minute. So this is very exciting for our Coyotes as our team's total membership now numbers close to 70. The top 3 on each team count towards the team score.

Our Tyke Girls [2006-2007] had Charlotte Woodhouse grabbing a 6th place ribbon only 12 seconds back of 1st place. Lilly St. Marie, in her first ever provincial cross country race took 15th spot of 25 competitors in their 1500m race. Our Mite Boys team [2006-2007] ran the same 1500m loop and placed 4th overall, led by Justin Acres in 12th followed by Trip Morris in 15th, Edmund McPherson in 17th and Wes Brown in 18th of 20 runners.

The Coyote Tyke Girls team [2004-2005] also grabbed 4th spot against 9 teams in a very competitive 2km race. Only 9 seconds behind the leader, Kara Tichbourne led her team with a 3rd place medal followed closely by team mate Bethany Woodhouse earning a 10th place ribbon out of 50 girls. Sydney Martin captured 28th spot and new comer Zoey Killeen finished 30th in her first ever provincial race. The Tyke Boys [2004-2005] were one member short of having a team, but individually all had strong performances. Jeffrey McPherson Devlin Gillis and Matthew Rocque placed 21st, 22nd and 36th respectively.

Matalyn Lee led our Atom Girls [2002-2003] team against some very tough runners as she crossed the line in 12th spot over the 2000m course. Teagan Davies placed 38th with team mates Zoe LeBlanc in 55th and Makayla placing 57th of 73 girls. This was also the first time competing at a provincial XC race for both Zoe and Makayla.

Our Atom Boys [2002-2003] team stood on the podium with their 3rd place performance of 8 teams in their 2000m race. This was the Coyotes' first ever team medal at a provincial championship. Peter Ruest led the way with his best race of the season as he grabbed a 7th place ribbon, only 25 seconds behind 1st. Jacob French ran his first ever provincial race and rose to the occasion crossing the line in 14th. Matthew Nickels took 21st spot and Jamie MacCulloch placed 34th with his first provincial appearance.

Michael Ruest had his best race of the season as he finished 14th in the Sr. Boys [2000-2001] 3km race. Luc Nusselder was close behind in 16th spot of 36 competitors. The top 20 boys in this race were all very strong runners.

This race was very exciting for the Coyotes as we had a 3rd place team finish, two 4th place team finishes, a 3rd place medal and three other "top-10" performances and several personal best times. It was also a great learning experience for many on our team as they learned just how tough the competition is at a provincial level against the bigger city teams. Congrats to all our Coyotes competing this weekend. You did yourselves and the team proud!

The team returns to action in our 2nd last race of the year as six of our high school Coyotes compete at the OFSAA High School Provincial Championships in Waterloo on Saturday, November 1st. Our winter program begins on Saturday, November 29th.

## Woodhouse Earns Silver at OFSAA



The high school OFSAA Provincial Cross Country Championships were held at the University of Waterloo on Saturday, November 1st. Temperatures dropped to freezing with cold winds and accompanied with very muddy, slippery terrain, but at least the rain stopped to give some relief to the runners.

Six members of the Meaford Coyotes Track Club representing 4 different high schools competed against the best distance high school runners in Ontario at the OFSAA competition. Each member had their race plan with a couple back up plans as they tried to utilize their strengths to the fullest. Their lane assignments were pre-determined from 1-20 and whether you were in the front line or back of the pack in the 4th row was determined on how each person placed in their qualifying race last week at the CWOSSA XC Championships in Guelph.

In the Grade 10 Junior Boys 6km race, 267 runners stepped up to the starting line. Sam Nusselder from SDSS in Port Elgin and Jake Clarke of GHSS in Flesherton represented the Coyotes. The front pack went out very quick and Sam went with them. As the race progressed, his aggressive start got the best of him and he dropped off the pace to cross in an impressive 29th place finish. Jake Clarke experienced his first OFSAA competition. He looked strong throughout the race and had a very solid 87th finish.

In the Grade 11-12 Senior Girls 5km race, grade 12 students Hannah Woodhouse of GBSS in

Meaford and Jessie Nusselder of SDSS in Port Elgin were in great shape after the first few minutes of their race. Hannah was up with the lead pack with Jessie about 10 seconds off the pace. When the mud settled, Hannah captured a silver medal, only 5 seconds behind first. Jessie also had a well executed race plan as she crossed the line in 26th position of 267 girls.

Grade 12 students Steve Nadjiwan of PSDS in Warton and Jared Ruest of GBSS in Meaford had their hands full against 270 grade 11-12 boys. Steve was in the 2nd row on the outside of the pack, while Jared was slotted in the worst possible position....4th row at the back on the inside rail. Steve had a good start, but Jared got swallowed up by the pack and was already 30 seconds off the pack after the first couple minutes. Nadjiwan sprinted hard to the finish to take 25th spot, while Ruest made up ground at the end of the race, winning his finishing sprint, crossing the line in 69th.

The Coyotes have one more race this Fall as 19 of our older members head to Niagara Falls on Sunday, November 16th for the Athletics Ontario Cross Country Championships. Hannah Woodhouse will have one extra competition ahead of her as she heads to Vancouver to compete at the Canadian Cross Country Championships on Saturday, November 29th. She will have to move up from the Youth division to the Junior division as she attempts to qualify for the Junior National Cross Country Team that will compete in China in late March.

All in all, it was a great day of racing for the Coyotes as they all gained some valuable race experience and were able to compete against Ontario's best high school runners.

## **Strong Performances for Coyotes** **at XC Champs**



The Meaford Coyotes Track Club sent 18 members to the 2014 Athletics Ontario Cross Country Championships held in Niagara Falls on Sunday, November 16th. Cool 0°C temperatures and light snow cover welcomed many of the top distance runners in Ontario as the runners made their way around a relatively flat course at Fireman's Park.

Our runners had excellent races as their hard training over the last several months has paid off. All of our Coyotes selected to compete at this race are veterans to Provincial level competitions and handled the pressure and expectations of this quality competition.

For the first time at the provincial level, we were able to have enough strong runners to field two teams. They competed in the Bantam Boys 2km Race and the Midget Boys 4km Race where they placed 6th of 8 teams and 7th of 14 teams respectively.

Our top performance for the day came in the Youth Girls 4km Race. Grade 12 GBSS student Hannah Woodhouse ran away from her competition over the last kilometer to take a strong 1st place overall. Hannah will compete in Vancouver on November 29th at the Canadian Cross Country Championships as she attempts to make the Canadian Junior Cross Country Team. She has to place in the top 6 to automatically qualify for the team.

**Bantam Girls 2km Race (2001-2002) - 2km, 88 runners**

Matalyn Lee (2003) - 22nd @ 7:22  
Kara Tichbourne (2005) - 41st @ 7:41  
Bethany Woodhouse (2004) - 70th @ 8:16

**Bantam Boys 2km Race (2001-2002) - 2km, 68 runners**

Michael Ruest (2001) - 28th @ 6:52  
Luc Nusselder (2001) - 35th @ 7:01  
Jacob French (2002) - 41st @ 7:10  
Peter Ruest (2002) - 42nd @ 7:10  
Matthew Nickles (2002) - 57th @ 7:29

**Midget Girls 3km Race (1999-2000) - 3km, 120 runners**

Jessica Ruest (2000) - 94th @ 13:12  
Zoe MacCulloch (2001) - 97th @ 13:14

**Midget Boys 4km Race (1999-2000) - 4km, 109 runners**

Sam Nusselder (1999) - 10th @ 12:42  
Alex Tulloch (1999) - 38th @ 13:18  
Jake Clarke (1999) - 50th @ 13:29  
Riley Higgs (2000) - 63rd @ 13:51

**Youth Girls 4km Race (1997-1998) - 4km, 114 runners**

Hannah Woodhouse (1997) 1st @ 13:10  
Jessie Nusselder (1997) - 27th @ 14:25  
Rose Nadjiwan (1998) - 48th @ 14:56

**Youth Boys 6km Race (1997-1998)**

Steven Nadjiwan (1997) - 20th @ 20:34

Our team is on a well needed rest and will resume their winter program on Saturday, November 29th.

## Woodhouse Wins National Cross Country Championships



Vancouver hosted the National Cross Country Championships on Saturday, November 29th. It would be hard to find a more beautiful site for a cross country race than Jerico Beach Park in West Vancouver with the Pacific Ocean about 50m from the start/finish line and the Rockie Mountains in full view right across the harbour.

Hannah Woodhouse, a grade 12 student at GBSS and a member of the Meaford Coyotes Track Club was the team's lone representative at the national event and did the Coyotes', GBSS and her home town of Heathcote proud as she won her first Junior National Cross Country title. Hannah was still classified as a "Youth" for 2014, but had to move up an age group if she wanted to represent Canada at the World Cross Country Championships in March 2015 as she would move into the "Junior" age group in January.

The Junior Girls 6km race was stacked field with the very best girls from coast to coast across Canada on the starting line, with any of the top 8 having a definite chance of winning this race. Having gone over the course the day before, a race plan was developed to utilize Hannah's strengths to the fullest as the course was mostly flat with a slight two minute gradual uphill climb on each 2km loop, which the girls had to circle 3 times.

The race unfolded sooner than expected and Woodhouse found herself in the lead pack of 7 girls after the first 2km loop. After almost 4km into the race, Hannah had split the pack wide apart and opened up a small lead over 3 girls, with next 3 girls close behind. Hannah's game plan to kick with about 1500m to go at the base of the small hill started about 600m earlier than expected since she was feeling strong and the chase pack was fading. Head Coach Kevin Hooper was thrilled with her performance as she executed her race plan to perfection.

Hannah "The Beast" Woodhouse [her new nick name] entered the final 100m straight away all by herself and took 1st place in an impressive 22:22 on a sloppy course, with a commanding 21 second lead over the second place finisher. Placing in the top 6 guarantees her spot on the Canadian Junior National Cross Country Team. She will be leading the continent as they head to Columbia in early March for the North American, Central American and Caribbean [NACAC] Cross Country Championships and then onto Guiyang, China for the World Cross Country Championships on March 28th.

Hannah is on a well deserved 1 week break and will resume training with the team in early December.