

Winter 2014 News

Kiwanis Donation



The Meaford Coyotes Track Club would like to send a huge thank-you to the Kiwanis for their generous \$5000 donation to the team. This donation will go a long way to helping kids achieve their personal best.

Coyotes "Orange Machine" Attack Flying Angels



In our first meet of the winter season, the Meaford Coyotes Track Club attacked York University with force as 23 members competed in the 4th Annual Flying Angels Indoor Track Meet on Sunday, January 14th. This was the largest team the Coyotes has ever sent to a competition and the "orange machine" definitely made a statement, with each member competing in two events. This was also the first time ever for many of our team members that they competed in Toronto on an indoor track. We had several outstanding performances, many gutsy races, numerous personal best times and a constant stream to the medal table with a total 18 medals in the 19 events we competed in.

Seven Meet Records were set by our team. Charlotte Woodhouse [6yrs] competed in the 800m Mite Girls [7yrs and under] and set a new meet record with her winning time of 3:36.98. Kara Tichbourne [8yrs] set a meet record in the Tyke Girls 800m with her winning time of 2:55.80.

She also set a meet record in the 1500m race, but was disqualified for passing on the inside of the straight away in the last 50m as she was lapping another competitor. Jeffrey McPherson [9yrs] was the lone competitor in the Tyke Boys 1500m yet still set a meet record of 6:34.52.

Peter Ruest [11yrs] established a meet record in the Atom Boys 800m with his 1st place time of

3:36.78 and in the 1500m with his time of 5:31.33. Hannah Woodhouse [16yrs] also doubled with meet records as she won the Open Women's 800m in 2:22.94 and the 1500m in 4:49.88. Jared Ruest [16] set his meet record in the Open Men's 1500m, winning in 4:18.28.

Amongst the strong showing of the entire team, the high light of the meet had to be 5 year old Edmund McPherson. Edmund competed for his first time in Toronto on an indoor track in the Mite Boys "7 and Under" age group and placed 2nd of 2 competitors in both the 400m and 800m. With his little legs churning, Edmund brought every person in the entire stadium to their feet as they cheered and clapped with encouragement as he made his way around the 200m sponge track. Just goes to show that mighty things do come in small packages.

The Coyotes return to action on January 25th for the Royal Canadian Legion Provincial Championships for grades 8-11 and then some of our younger runners will compete the next day at an Athletics Ontario "prep meet" - both at York University.

COYOTES BATTLE BLIZZARD TO CAPTURE RACE MEDALS



Eight high school members of the Meaford Coyotes Track Club had to battle blizzard-like conditions to get out of town on Saturday and Sunday to compete at two track meets held at York University on January 25-26th. On Saturday, seven of the nine members were able to get to Toronto to compete at the annual Royal Canadian Legion Provincial Indoor Track and Field Championships. Being a Legion sponsored event, we proudly wore the blue singlets provided by the Legion District C.

In the Midget 15yrs and younger age group, our only competitor was Sam Nusselder [Port Elgin], as Alex Tulloch [Meaford] and Jake Clarke [Dundalk] were storm-stayed. Sam placed 1st in the Boys 1200m with a personal best winning time of 3:31. He took the silver medal in the Boys 2000m race, crossing the line in personal best time of 6:12.

We had three Coyotes in the Youth Girls 17 and younger age group. In the Girls 1500m race, Hannah Woodhouse [Heathcote] lead from start to finish to take home gold, just missing her personal best time, winning in 4:48. Jessie Nusselder [Port Elgin] ran a very aggressive race to place 5th in 5:04, just a few seconds off her best time. Rose Nadjiwan [Wiaraton] ran a gutsy race and tried to stick with the lead pack. Despite falling off the pace, she equalled her season best

time of 5:15. All three girls also competed in the 3000m, with Hannah Woodhouse taking 1st place with a new indoor personal best time of 9:57. Jessie Nusselder was 3rd, setting her new personal best time of 10:42, and Rose Nadjiwan took 8th in a time of 11:10.

The Youth Boys 17 and younger age group also had 3 Coyotes. Steven Nadjiwan [Wiarnton] took 4th place in the 1500m as he ran a very aggressive race, finishing in 4:15, just missing his personal best time by a couple seconds. His time of 9:25 placed him 5th in the 3000m. Jared Ruest [Meaford] took 6th spot in the 1500m with a time of 4:25 and placed 3rd in the 3000m with a time of 9:15. Jonah Neumann [Thornbury], in only his 2nd indoor competition ever, gained some valuable racing experience. He ran a very strong 1500m with a time of 4:50 and completed the 3000m with a personal best time of 10:10.

On Sunday, January 26th, Athletics Ontario hosted their Prep Meet #1. Grade 12 Collingwood student, Bryce West competed in her first ever indoor competition. She raced in the Open Women's 400m in a time of 1:09.79 and the 200m in a time of 28.24. Although she was looking for much faster times, this gives Bryce a base line for her next competition in a few weeks.

Congrats to everyone on their performances. We brought home a total of 6 medals this weekend and set 5 new personal best times. It has been a very tough winter for training as all our workouts are outside. The fridged temperatures, sloppy road conditions, way too much snow and strong winds have tested all our Coyotes, but it will only make us stronger for the Spring racing season.

Our younger grade 1-8 Coyotes take to the Toronto 200m indoor track on Saturday, Feb 8th for the Bullets Indoor Track Meet at York University.

Meaford BMO Supports Coyotes



On Thursday, January 30th, the Meaford branch of the Bank of Montreal made a very generous donation to the Meaford Coyotes Track

Club. Mutual funds representative, Cindy Dudley and financial services manager, Kathy Higgs [also a Coyote member] presented a cheque for \$500 to head coach Kevin Hooper and some of the members of the track club. The Meaford Coyotes would like to express their sincere gratitude to the Bank of Montreal for their continued support to the team.

The track club has grown to over 70 members, with about 35-40 of them training outside all winter long. They compete at several indoor track meets at York University in Toronto during the winter months and are preparing for a strong spring-summer racing season. The financial support of the BMO will help to cover race entry fees as we continue to compete in high quality races throughout Ontario. Four members will be competing at the Canadian Indoor Track and Field Championships in Montreal on March 14-16.

Strong Coyote Performance **at Toronto Track Meet**



The Minor Track Association Brampton Bullets Indoor Games at York University on Saturday, Feb 8th was the next stop for the Meaford Coyotes Track Club in their winter racing season. Twelve members of the Coyotes made the trip and unleashed some tremendous performances against some very strong Toronto area track clubs and surrounding areas of Barrie, Newmarket, Niagara Falls, London, Brampton, Whitby, Caledon and Trenton.

In the 5-6 year old PeeWee Boys division, Edmund McPherson started the day off on the right foot with his 3rd place finish in the 50m sprint with a time of 11.75 seconds. Edmund just missed gold as his photo-finish 2nd place in the 200m gave him his 2nd medal of the day in a personal best time of 48.75 seconds.

The 7-8 year old Mite Girls 400m race had Charlotte Woodhouse taking 3rd place with a personal best time of 1:29.79 minutes. Charlotte captured her 2nd bronze medal of the day with her 3rd place personal best time of 3:35.48 in the 800m.

The 9-10 year old Tyke Girls had Sydney Martin competing in both the 400m and the 800m events. Her personal best time of 1:33.15 minutes in the 400m placed her 14th. Her second personal best time of 3:29.28 came with her 13th place performance in the 800m.

Jeffrey McPherson competed in the 9-10 year old Tyke Boys division. Jeffrey had two 5th place efforts with a personal best 800m time of 3:10.25 and a personal best 400m time of 1:24.34.

The 11-12 year old Atoms Girls had four Coyotes competing, with almost-9 year old Kara Tichbourne and 10 year old Bethany Woodhouse both stepping up an age group to compete against stronger competition. In the 800m race, Kara Tichbourne took 7th in a personal best time of 2:51.84. Matalyn Lee captured 13th spot with a personal best run of 2:58.47 with team mate Bethany Woodhouse a close 14th, also with a personal best time of 2:59.54. Julia Tichbourne was leading both Matalyn and Bethany when she got tripped up, slammed onto the track and got trampled by a couple girls. Julia's determination got her back in the race and completed the 800m well off the pace in a time of 3:22.18. In the 1500m event, Kara Tichbourne placed 6th, with a time of 5:39.02, Bethany Woodhouse taking 11th with her time of 5:57.70, Matalyn Lee taking 12th spot in 6:00.25 and Julia Tichbourne 16th in 6:10.60. All four girls ran personal best times.

The 11-12 year old Atom Boys had Peter Ruest and Matthew Nickels competing for the Coyotes. Peter ran a strong 800m in 2:39.22 to place 8th and Matthew Nickels took 11th with his personal best time of 2:46.22. In the 1500m, Peter's time of 5:29.11 gave him 6th place. Matthew ran his 2nd personal best time of the day with an 8th place time of 5:38.41.

Michael Ruest and Luc Nusselder were our competitors in the 13-14 year old Sr. Boys division. Michael Ruest's personal best time of 2:31.34 gave him 9th spot in the 800m, while his time of 5:07.45 in the 1500m placed him 8th. Team mate Luc Nusselder time of 2:47.15 placed him 16th in the 800m and he took 11th spot in the 1500m with a time of 5:25.27, just missing his best time by 0.24 seconds.

It was a great day over all with numerous personal best times, gaining great racing experience and bringing home 4 medals. The Coyotes take to the track at York University again at the Athletic Ontario Bantam / Midget / Junior Indoor Championships on March 1-2 where several of our Coyotes will be competing against Ontario's best distance runners.

Meaford Coyotes Compete at Ontario Indoor Track Championships

It was a busy weekend for 15 members of the Meaford Coyotes Track Club. On March 1-2, they were at York University for the Athletics Ontario Bantam, Midget, Junior Provincial Indoor Championships where almost 800 of Ontario's top athletes gathered. The Coyotes had several expectations for the weekend, using it as a great learning experience for some, gaining valuable race experience for others, while some were "in it to win it".

In the Bantam [2001 and younger] age group, we had five competitors - all competing in the 1200m and 2000m events. Kara Tichbourne [2005] led the way placing 19th of 26 girls in the 1200m [4:24.24] and 10th of 12 girls in the 2000m [7:38.59]. Matalyn Lee [2002] ran two personal best times this weekend as she took 21st spot in the 1200m [4:31.15] and 11th in the 2000m [7:53.28]. Team mate Bethany Woodhouse [2004] placed 22nd in the 1200m in a personal best time of 4:34.44 and 12th in the 2000m [8:04.80]. Luc Nusselder [2001] also ran two personal best times as he was 9th of 12 in the 1200m [4:05.02] and 4/5 in the 2000m event [7:05.78] while team mate Peter Ruest [2002] took 12th spot in the 1200m [4:10.66] and 5th in the 2000m [7:17.21]. These were also both personal best performances for Peter.

Our three Midget Boys [1999 and younger] also competed in the 1200m and 2000m events. Sam Nusselder was out-sprinted at the line as he took 3rd of 36 in the 1200m with his personal best time of 3:26.48. Sam also won a silver medal in the 2000m [6:05.92]. Alex Tulloch continues to make huge improvements each race as he had two personal best races. He placed 20th in the 1200m [3:41.93] and 8th of 20 in the 2000m [6:26.16] while Jake Clarke also improves with each competition, taking 30th in the 1200m in a personal best time of 3:49.40 and took 13th spot in the 2000m [6:44.16].

Our four Junior Girls [1995 and younger] were led by Hannah Woodhouse [1997]. She placed 3rd of 41 in the 1500m event [4:38.33], knocking 10 seconds off her previous best time and then captured gold in the 3000m [9:58.41] against 23 runners. These times place Hannah tied for 3rd in Canada as a Youth [1997-1998] in the 1500m and 2nd in Canada for the 3000m. As a Junior [1995-1996], she is now tied for 6th in Canada for the 1500m and 7th in Canada for the 3000m. Jessie Nusselder [1997] ran two personal best times as she took 14th spot in the 1500m [4:54.47], taking 10 seconds off her previous best time and then placed 12th in the 3000m [10:40.34], improving her best time by 2 seconds. Rose Nadjiwan [1998] had a rough weekend as she was not her usual energetic self, placing 32nd in the 1500m [5:18.41] and 21st in the 3000m [11:20.72]. Bryce West [1996] was our lone sprinter, competing in 3 events. She set a personal best time in the 60m [8.24] and qualified for the semi-finals, placing 16th of 39. Her 400m was also a personal best of 64.02 as she placed 32nd of 45 girls. Her 200m race had 49 competitors. Her time of 27.78 just missed her personal best by 0.10 sec.

Jared Ruest [1997], Steven Nadjiwan [1997] and Jonah Neumann [1998] competed in the Junior Boys [1995 and under] age group. In the 1500m event, Jared took 15th of 63 runners with a personal best time of 4:13.02. Steven's personal best time of 4:13.22 placed him 16th. Jonah also ran a personal best time of 4:36.00, taking 46th position. For the 3000m race, Steven placed 18th of 34 competitors in a time of 9:15.72, while Jared took 21st spot with his 9:17.66 clocking. Jonah posted his 2nd PB for the weekend as he ran 9:57.72, giving him 31st position.

Overall it was a great weekend. Our 15 Coyotes competed in 31 events, had a total of 20 personal best performances, 4 provincial medals, and two "top 3" National rankings. Our team only has two more competitions this winter. We are taking Hannah Woodhouse, Jessie

Nusselder, Steven Nadjiwan and Jared Ruest to the Canadian Indoor Championships in Montreal on March 14-16. On March 30th, our younger grade 1-8 Coyotes will be competing at the Minor Track Association Indoor Champs at York University.

Woodhouse - Gold / Nadjiwan - Bronze at Canadian Indoor Track Champs



A full moon welcomed four members of the Meaford Coyotes Track Club as they howled into Montreal for the inaugural Canadian Indoor Track and Field Championships on March 14-16. Jessie Nusselder, Hannah Woodhouse, Steven Nadjiwan and Jared Ruest competed on the newly renovated 200m indoor banked track at the Claude-Robillard Sports Complex. This was the first time the Meaford Coyotes have sent runners to a national championship, so this was a great learning experience for them all as they dealt with many new situations and pressures.

In the Women's Youth 1500m, the top six girls in the Canada stepped onto the starting line together. Grade 11 GBSS student, Hannah Woodhouse won her first national title as she out sprinted a girl from Calgary, taking the gold medal in a personal best time of 4:36.69. Grade 11 SDSS student, Jessie Nusselder captured 12th spot of 16 competitors with her solid time of 5:00.41. In the Women's Youth 3000m, Woodhouse grabbed her 2nd national title in 2 days as she ran away from the pack in the final 400m as she ran an indoor personal best time of 9:55.14. Nusselder had a tough race as she went out a bit too fast in the first half of the race, but finished strong with a time of 10:53.28 to take 8th spot.

In the Men's Youth 1500m, the hard winter training of grade 11 Warton student Steven Nadjiwan paid off as he grabbed a bronze medal in a personal best time of 4:12.37. Meaford GBSS grade 11 student, Jared Ruest took 6th spot of 13

competitors with his time of 4:15.70. Nadjiwan took his 2nd national bronze medal in 2 days as he placed 3rd in the Men's Youth 3000m, with another personal best indoor time of 9:07.42. Ruest's time of 9:17.48 placed him 6th as he also ran a solid race.

Congrats to all four members as they had a great National experience. The entire Coyotes' team are very proud of all of you. The team returns to action on March 30th in Toronto as our grade 1-8 runners compete at the MTA Ontario Indoor Championships at York University.

Strong Performance for Coyotes at MTA Provincial Indoor Track Meet



The Toronto Track and Field Centre was a full house on Sunday, March 30th as over 600 kids from kindergarden to Grade 8 gathered for the 2014 Minor Track Association Provincial Indoor Track and Field Championships. The Meaford Coyotes Track Club sent 12 members to compete against Ontario's finest athletes.

The Coyotes did extremely well as they brought home 7 medals, took one provincial title and established 14 personal best performances as each of the 12 competed in two events. Everyone gave a 100% effort and there were some very exciting finishing sprints that had the entire stadium cheering at the top of their lungs. Our top performers were Kara Tichbourne [1st @ 1500m and 2nd @ 800m] and just missed the 1500m Tyke Girls provincial record by 0.5 seconds, Bethany Woodhouse [2nd @ 1500m and 3rd @ 800m], Charlotte Woodhouse [3rd and 3rd] and Jeffrey McPherson [3rd].

We also had some athletes set huge personal best [PB] performances. Sydney Martin knocked 9 seconds off her 800m time and had a 2nd huge personal best - taking 22 seconds off her 1500m time. Bethany Woodhouse greatly improved both her 800m time [7 seconds] and 1500m time [13 seconds]. Matalyn Lee also had a huge improvement taking 13 seconds off her 1500m time. Jeffrey McPherson dropped his 1500m time by a whopping 30 seconds.

Pee-Wee Boys [2009-2008]

Edmund McPherson: 5th @ 60m [13.58] and 4th @ 200m [51.71]

Mite Girls [2007-2006]

Charlotte Woodhouse: 3rd @ 400m [1:32.29] and 3rd at 800m [3:27.25 - PB]

Tyke Girls [2005-2004]

Kara Tichbourne: 2nd @ 800m [2:49.37 - PB] and 1st @ 1500m [5:39.47]

Bethany Woodhouse: 3rd @ 800m [2:52.64 - PB] and 2nd @ 1500m [5:44.28 - PB]

Sydney Martin: 17th @ 800m [3:18.03 - PB] and 8th in 1500m [6:32.34 - PB]

Tyke Boys [2005-2004]

Jeffrey McPherson: 7th @ 800m [3:09.13 - PB] and 3rd @ 1500m [6:04.66 - PB]

Atom Girls [2003-2002]

Matalyn Lee: ?? @ 800m [2:56.73 - PB] and 12th @ 1500m [5:47.77 - PB]

Julia Tichbourne: ?? @ 800m [3:10.01] and 17th @ 1500m [6:19.46]

Atom Boys [2003-2002]

Peter Ruest: ?? @ 800m [2:34.39 - PB] and 9th @ 1500m [5:17:00 - PB]

Matthew Nickels: ?? @ 800m [2:48.34] and 13th @ 1500m [5:41.42 - PB]

Sr. Boys [2001-2000]

Michael Ruest: ?? @ 800m [2:34.74] and 12th @ 1500m [5:03.99]

Luc Nusselder: ?? @ 800m [2:44.22] and 10th @ 1500m [5:10.90 - PB]

After a long hard winter of training in harsh weather conditions, the team is on a 1 week break. The entire team returns on Saturday, April 5th as they begin their Spring program. Congrats to all our Coyotes as they had an exciting and long day of racing. Their hard work in training is definitely paying off as they continue to improve and gain valuable racing experience.