

# Coyote Fall 2015

## Season Opener for Coyote Runners



The Owen Sound Bayshore Road Race was held on Sunday, August 23rd with over 400 runners competing in either the 5km, 10km or the Kids 1km event, with all proceeds going to the Owen Sound Hospital Foundation. Conditions were perfect on a sunny calm day with pleasant 20°C temps on a "pancake flat" new race course. Twenty-three members of the Meaford Coyotes Track Club were there to open their Fall season and see where they are at as they are in the middle of a heavy training session right now. Even working hard through our base training phase, we still had 7 personal best performances.

The Nusselder family lead the way for the Coyotes as Sam took 2nd overall in the 5km race with younger brother Luc crossing the line in 4th and taking 1st spot in the 14yo and under category. Jessie Nusselder was the first female Coyote as she placed 11th overall and 4th female. In the Kids 1km fun run for kids 10 years old and under, we had 3 Coyotes in the top-10 with Olivia Latham 2nd overall, Taryn Lee 7th and Noah Ruffett 10th. Many other Coyotes took top spots in their individual age groups as we had a constant stream of "orange" heading to the medal podium, while other Coyotes were competing in their first ever 5km race.

The Coyotes officially begin their Fall cross country season on Sunday, Sept 13th as several of our Grade 1-8 members will be heading to Guelph. We will be hosting our 5th annual Coyote Cross Country Race on Saturday, October 3rd [Craft Show Weekend] for school kids in grades 1-8. All events will be taking place at the GBSS athletic field beginning at 10:00am sharp.

### **Coyotes in the 5km Race:**

Sam Nusselder - 2nd overall @ 17:32  
Luc Nusselder - 4th overall and 1st in 14y.o. and under @ 18:18  
Jake Clarke - 10th overall and 1st in 19yo and under @ 19:16  
Jessie Nusselder - 11th overall and 1st in 19yo and under @ 19:29  
Will Butwell - 19th and 3rd in 14y.o. and under @ 20:30  
Will Latham - 22nd and 2nd in 19yo and under @ 20:53\*  
Olivia Karn - 26th overall and 2nd in 19yo and under @ 21:26\*  
Matalyn Lee - 27th and 3rd in 19yo and under @ 21:27\*  
Teagan Davies - 35th @ 22:36  
Michael Karn - 36th @ 22:49

Julia Latham - 38th @ 22:53\*  
Payton Dodd - 39th @ 23:04\*  
Alex Scheffeifele - 43rd @ 23:47\*  
Hannah Knight - 45th @ 24:04  
Spencer Book - 46th @ 23:55  
McKenna Karn - 53rd @ 24:49  
Sydney Martin - 67th @ 27:05  
Wes Brown - 112nd @ 33:10\*  
Brayden Book - 132nd @ 35:52

### **Coyotes in the Kids 1km Race:**

Olivia Latham - 1st female overall - @ 5:11  
Taryn Lee - 3rd female overall @ 5:27  
Noah Ruffett - 10th overall and 5th male @ 5:43  
Natalie Book - 26th overall and 10th female @ 6:41

## **Big Medal Haul for Coyotes in Guelph**



**[Coyote members Kara Tichbourne, Grace Boyce, Payton Dodd and McKenna Karn took the 2nd place Team Award in the Tyke Girls 1.5km race in Guelph on Sunday, September 13]**

On Sunday, September 13, the Guelph Arboretum was the site of the first Minor Track Association Cross Country Meet of the season. The Meaford Coyotes Track Club sent 18 members in grade 1-8 down to compete and their hard work came shining through with a big medal haul. This particular course is one of the toughest these young kids will see all season as they were running either up hill or down hill on each of the loops, with a very steep tough 200m climb to the finish line.

The first race of the day was the Grade 1-3 Mite Girls 1km race. Olivia Latham and Taryn Lee took 2nd and 3rd respectively as they sprinted up the final hill and edged

out the 4th place girl. The Mite Boys 1km race had Denon Taylor dominate with a gold medal performance. Team mate Charlie MacCulloch ran a strong race and earned a bronze medal.

Cole Gillis made his first appearance wearing Coyote orange and was a close 4th. Wes Brown motored up the last hill to capture 8th spot and Edmund McPherson finished in 12th position in a field of 14 competitors. The Mite Boys also won the 1st place Team award.

The Grade 4-5 Tyke Girls 1.5km race had the runners make two trips up the steep 200m hill. Grade 5 student Kara Tichbourne nosed out her London rival by 0.2 seconds to win gold. Payton Dodd improves every race as she was a close 4th. McKenna Karn ran a solid race as she took 13th spot. New-comer Grace Boyce made her Coyote debut crossing the line in 18th position against a field of 32. The girls earned a 2nd place Team award as well. The Tyke Boys also had a strong performance. In addition to taking the 2nd place team award, Devlin Gillis finished strong up the hill to capture a silver medal - just a few seconds behind first place. Team mate Sebastien LeBlanc lost a couple seconds going up the final hill and it cost him a bronze medal as he placed 4th - only 4 seconds behind Devlin. Noah Ruffett rounded out the team as he cross the line in 13th position in a field of 15.

Olivia Karn was our lone Grade 6-7 Atom Girl. She was running in 2nd spot most of the race but fell off the pace in the last couple minutes. She placed 4th overall in the 2km race with a strong field of 22 and only 2 seconds behind the 3rd place girl from North Halton. Jamie MacCulloch ran an aggressive race in the Atom Boys as he placed 5th of 22.

In the very fast Grade 8-9 Senior Girls 3km race, Matalyn Lee had an impressive showing of 8th spot against 19 others. Our final race had Matthew Nickels in the 3km Senior Boys race. Matt took 7th of 9 against some very fast runners.

Overall it was a very encouraging start for our season as we earned 6 individual medals, 3 team awards and had 4 other Coyotes taking 4th spot finishes with a few other top members not able to make the trip. The team returns to action in Meaford on Saturday, October 3rd on the Craft Show Weekend. We will be hosting their 5th annual Coyote Cross Country Race for grade 1-8 Grey-Bruce school kids at the GBSS Athletic Field with an expected 300+ runners on the starting line.

## Coyotes' Cross Country Season in Full Throttle



**[Jamie MacCulloch, a grade 7 Collingwood student, placed 2nd in Creemore at the Simcoe Area Cross Country Meet on Thursday, October 8th]**

The Meaford Coyotes are deep into their Fall cross country season and the BIG races are now under way.

Three of our high school members competed at the Waterloo County Invitational Cross Country Meet on Thursday, October 8th. Luc Nusselder, a grade 9 student at Saugeen District High School had his first taste of high school competition as he stepped onto the line against 165 Midget Boys. Luc had bit of a slow start and got swallowed up initially, but worked his way through the pack to finish 11th overall on the 5km course in a time of 19:05.

In the Grade 10 Junior Girls 4km race, St. Mary's student Julia Latham also cracked the top-20. She cross the line in 16th of 130 competitors in a time of 18:01. In the Senior Boys 7km race, grade 13 student Dylan Pust from John Diefenbaker High School and grade 11 team mate Sam Nusselder from Saugeen District laced up against a large field of 200 runners. Both had very strong performances with Dylan taking 8th place, stopping the clock in 24:13 and Sam finishing in 10th spot with a time of 24:21.

Also on Thursday, October 8th, in Simcoe County competitions in Midland, grade 10 Collingwood student, Zoe MacCulloch has significantly improved from 1 year ago. She competed in the GBSSA Junior Girls 4km race, taking 5th place overall. Her best performance last year was 14th.

In Creemore at the Simcoe Area Meet we had three other Coyotes competing on October 8th. Jack Garbutt captured 1st place overall in the Grade 6 Boys 2km race. Jamie MacCulloch competed in the Grade 7 Boys 2.5km race and was a close 2nd place overall and 20 seconds ahead of 3rd. Will Butwell also grabbed gold in the Grade 8 Boys 3km race.

The Coyotes are in action again next week as the high school kids have their Area Cross Country Championships and our Grade 1-8 kids will be competing in Burlington at the Ken Lake Classic Cross Cross Country Meet on Saturday October 17th.

## Exciting Results at Burlington Cross Country Meet for Coyotes



**[ Grade 1 Coyote member William Olivier placed 1st in the Pee-Wee Boys 800m race in Burlington on Saturday, October 17th]**

Owen Sound grabbed our other medal as she cross the line in 3rd in the Mite Grade 2-3 Girls 1km race. Taryn lead her team of Olivia Latham [4th] of Owen Sound, new-comer Megan Cowan [6th] of Sauble Beach, Ava Olivier [7th] of Meaford and new-comer Sydney Knight [8th] of Meaford to the 1st place Team Award.

Head coach Kevin Hooper and his wife, assistant coach Shelley Hooper were very pleased with the Team's performance in Burlington. The hard work effort of the kids in workouts is paying off. As the Coyotes begin their "taper" phase of their training next week, they should be in good shape and have a strong team heading into Provincials next Saturday.

### **Pee-Wee Boys 800m ['09 and under]**

William Olivier [09] - 1st of 4

### **Mite Girls 1km ['07-'08] - 1st place Team**

Taryn Lee [07] - 3rd of 17  
Olivia Latham [08] - 4th of 17  
Megan Cowan [07] - 6th of 17  
Ava Olivier [07] - 7th of 17  
Sydney Knight [07] - 8th of 17

LaSalle Park in Burlington was the site of the Minor Track Association's Ken Lake Memorial Cross Country Meet on Saturday, October 17th for kids in Grade 1-9. The Meaford Coyotes sent a big team of 26 members down to this race as a "selection-meet" for next weekend's Provincial Championships in Etobicoke where they will face many of the same competitors as well as some more of our Coyotes who were resting from their busy school meet schedule. Despite the snow that Meaford woke up to on Saturday morning, Burlington was a pleasant and sunny 2'C. The course was full of twists and turns, narrow trails and one monster "tour-de-France" style 150m hill just before the finish line.

Our Coyotes came out strong as we brought home three team awards as well as one gold, one bronze and twelve top-10 finishes in a very strong and "start-studded" field of many of Ontario's best young runners. William Olivier of Meaford ran away from his competitors as he won Gold in the Pee-Wee Grade 1 and under Boys 800m race. Taryn Lee of

### **Mite Boys 1km ['07-'08]**

Denon Taylor [07] - 8th of 15  
Cole Gillis [07] - 13th of 15

### **Tyke Girls 1.5km ['05-'06] - 2nd place Team**

Kara Tichbourne [05] - 6th of 54  
Payton Dodd [05] - 8th of 54  
Grace Boyce [05] - 20th of 54  
Sydney Martin [05] - 27th of 54

**Tyke Boys 1.5km ['05-'06] - 2nd place Team**

Devlin Gillis [05] - 4th of 36  
Max Milsson [05] - 11th of 36  
Rohan Egan [05] - 13th of 36  
Sebastian LeBlanc [05] - 15th of 36  
Matthew Rocque [05] - 22nd of 36  
Marshall Knight [05] - 29th of 36

**Atom Girls 2km ['03-'04]**

Zoe Killeen [04] - 23rd of 55

**Atom Boys 2km ['03-'04]**

Jack Garbutt [04] - 8th of 32  
Jeffrey McPherson [04] - 28th of 32

**Sr. Girls 3km ['01-'02]**

Matalyn Lee [02] - 5th of 25  
Hannah Knight [02] - 17th of 25  
Alex Scheifele [02] - 21st of 25

**Sr. Boys 3km ['01-'02]**

Peter Ruest [02] - 10th of 26

## **Busy Week of Racing for Coyotes**



**[Grade 10 Coyotes member, Julia Latham won gold in the Junior Girls 4.6km race at the BAA Cross Country Championships in Hepworth on Thursday, October 15th]**

**Simcoe Middle School Area Qualifier XC Meet**

Olivia Karn - close 2nd in Grade 7 Girls  
McKenna Karn - 8th in Grade 5 Girls

Mid-October was a very busy week of cross country racing for the Meaford Coyotes Track Club. With members spanning three counties we also get a good feel of who all is out there for competition AND our Coyotes performed well. The majority of our high school runners were competing at the Hepworth Saw Mills Trails for the Bluewater Athletic Association XC Championships. Our top performer there was grade 10 St. Mary's High School student Julia Latham as she comfortably won the Junior Girls 4.6km race on a very tough and hilly course. Other gold medal performances came from our Collingwood crew at their Area Qualifying Meet in Wasaga Beach. Will Butwell took top spot in the Grade 8 Boys 3km race and Jack Garbutt also capturing gold in the Grade 6 Boys 2km race.

**BAA District High School XC Championships**

Dylan Pust - 2nd in Grade 11-13 Senior Boys 7km  
Sam Nusselder - 3rd in Grade 11-13 Senior Boys 7km  
Alex Tulloch - 4th in Grade 11-13 Senior Boys 7km  
Julia Latham - 1st Grade 10 Junior Girls 4.6km  
Luc Nusselder - Tied 3rd in Gr. 9 Midget Boys 4.6km  
Michael Ruest - Tied 3rd in Gr. 9 Midget Boys 4.6km

**Simcoe District High School XC Championships**

Zoe MacCulloch - 5th in Grade 10 Junior Girls

## **Collingwood Middle School Area Qualifier XC Meet**

William Butwell - 1st in Grade 8 Boys

Jamie MacCulloch - close 2nd in Grade 7 Boys

Jack Garbutt - 1st in Grade 6 Boys

Payton Dodd - 2nd in Grade 5 Girls

## **Young Coyotes Impress at District Cross Country Champs**



Tuesday October 20th was a very busy day of racing for our grade 1-8 Meaford Coyotes under comfortable and cloudy conditions. Most of our Grade 1-8's competed at the BWDSB "Base Race" in Meaford, with others in the Simcoe District competing at Mount. St. Louis Moonstone. Many of our team had just raced against very tough competition in Burlington 3 days prior and had not quite recovered, but all of our team had fantastic results.

Our Coyotes are now peaking for the MTA Provincial Cross Country Championships in Etobicoke against Ontario's top young distance runners on Saturday, October 24th. We are taking our largest team ever of 37 members with high expectations of many strong individual and team performances.

Congrats to ALL on a great day of racing.

### **BWDSB East "Base Race" XC Champs - Meaford**

#### **Grade 7-8 Boys - 3km**

Tayden Hannivan [Grade 7] - 1st

Jacob French [8] - 3rd

Peter Ruest [8] - 4th

Spencer Book [8] - 5th

#### **Grade 7-8 Girls - 3km**

Matalyn Lee [8] - 1st

Teagan Davies [8] - 3rd

Hannah Knight [8] - 5th

Alex Scheifele [7] - 15th

Makayla French [7] - 16th

Zoe LeBlanc [7] - 17th

#### **Grade 5-6 Boys - 2km**

Devlin Gillis [5] - 8th / 130

Rohan Egan [5] - 9th / 130

Matthew Rocque [5] - 23rd / 130 [pushed into a bush]

Marshall Knight [5] - 58th / 130

#### **Grade 5-6 Girls - 2km**

Kara Tichbourne [5] - 1st / 141

Zoe Killeen [6] - 3rd / 141

Sydney Martin [5] - 8th / 141

Grace Boyce [5] - 10th / 141

Kaitlyn Michael [6] - 58th? / 141

#### **Grade 3-4 Boys - 2km**

Noah Ruffett [4] - 26th / 175

Justin Acres [4] - 30th / 175

Web Brown [3] - 59th / 175

#### **Grade 3-4 Girls - 2km**

Taryn Lee [3] - 3rd / 170

Megan Cowan [3] - 9th / 170

Ava Olivier [3] - 14th / 170

Sydney Knight [3] - 12th / 170

#### **Grade 1-2 Boys - 1km**

Will Olivier [1] - 31st

#### **Grade 1-2 Girls - 1km**

Hannah Davies [2] - 8th / 112

Natalie Book [2] - 37th / 112

## Simcoe County XC Champs - Mount St. Louis Moonstone

### Grade 8 Boys - 2.8km

Will Butwell [8] - 25th / 134 [ran with broken nose]

### Grade 8 Girls - 2.8km

Zoe Sponagle [8] - 5th / 138

### Grade 7 Boys - 2.6km

Jamie MacCulloch [7] - 10th / 138

### Grade 7 Girls - 2.6km

Olivia Karns [7] - 5th / 137

### Grade 6 Boys - 2.6km

Jack Garbutt - [Grade 6] - 2nd / 137

### Grade 6 Girls - 2.6km

Devon Sponagle [6] - 41st / 137

### Grade 5 Boys - 2.3km

Sebastien LeBlanc [5] - 47th / 137

### Grade 5 Girls - 2.3km

Payton Dodd [5] - 8th / 138

McKenna Karn [5] - 17th / 138

Keira Sponagle [5] - 40th / 138

## Stiff Competition for Coyotes at Provincials



[Ava Olivier, Megan Cowan, Taryn Lee, Sydney Knight and Olivia Latham raced to a 3rd place team in the Mite Girls 1km Race.]

the first time in Team history that we were able to field a team in almost every age group. With time we will have even stronger teams in every age group.

Our team continue to come home with "hard wear" at each of these big competitions. Congrats to William Olivier who placed 3rd in the PeeWee Boys 500m race, Denon Taylor with his 4th place finish in the Mite Boys 1km race, Taryn Lee and Olivia Latham who placed 7th and 8th in the Mite Girls 1km race, Kara Tichbourne as she cross the line 5th in the Tyke Girls 1.5 km race and to Olivia Karn as she captured 9th in the Atom Girls 2km trek. 3rd place team awards went to the Mite Girls and Mite Boys teams, with the Senior Boys taking the 4th place team award. We would like to point out two unofficial "Tough Grinder" recognitions. McKenna Karn from the Horseshoe Valley area battled through a nasty throat infection and really should not have run, but she laced up her shoe to support her team. She struggled over the 1.5km Tyles Girls

On Saturday, October 24th, the Meaford Coyotes sent 36 grade 1-9 kids to the Minor Track Association Provincial Cross country Championships in Etobicoke. Competition was very stiff and our young coyotes had their hands full as they laced up against Ontario's best distance runners. All of our members ran strong races, gave their best and should be pleased with their performances. It is amazing just how fast the top performers in each age group can run. With time and lots of hard work our Coyotes will close that gap and even catch many of them. An exciting note was that as our team continues to grow and the depth of strong performers increases, this was

course and placed near the back of the back, but her gutsy effort inspired the team. In the Atom Girls 1.5km event, Zoe Killeen was more than ready to go. At the start of the race, she was pushed by another competitor, falling to the ground, with a couple footprints over her body. Meanwhile the entire race pack was sprinting down the field. Instead of calling it quits, she jumped back into the race, worked her way through the pack and had a respectable middle-of-the-pack finish.....again for her team.

Overall it was a great day of racing. We learned some valuable racing lessons, gained some great racing experience, learned about fair play and good sportsmanship, and are motivated to work even harder to make up ground against Ontario's best.

### **Results:**

#### **PeeWee Boys [2009 and under] - 500m Race**

William Olivier [09] - 3rd of 6

#### **Mite Girls [2007-2008] - 1km Race - 3rd Place Team Award of 4 teams -**

Taryn Lee [07] - 7th of 33

Olivia Latham [08] - 8th of 33

Megan Cowan [07] - 12th of 33

Sydney Knight [07] - 17th of 33

Ava Olivier [07] - 19th of 33

#### **Mite Boys [2007-2008] - 1km Race - 3rd Place Team Award of 3 teams -**

Denon Taylor [07] - 4th of 24

Charlie MacCulloch [08] - 11th of 24

Edmund McPherson [08] - 17th of 24

Cole Gillis [07] - 20th of 24

Wes Brown [07] - 21st of 24

#### **Tyke Girls [2005-2006] - 1.5km Race - 6th of 12 teams -**

Kara Tichbourne [05] - 5th of 78

Payton Dodd [05] - 11th of 78

Sydney Martin [05] - 43rd of 78

Grace Boyce [05] - 47th of 78

#### **Tyke Boys [2005-2006] - 1.5km Race - 5th of 7 teams -**

Devlin Gillis [05] - 13th of 46

Sebastien LeBlanc [05] - 18th of 46

Egan Rohan [05] - 20th of 46

Max Nilsson [05] - 25th of 46

Marshall Knight [05] - 41st of 46

#### **Atom Girls [2003-2004] - 2km Race - 11th of 13 teams -**

Olivia Karn [03] - 9th of 82

Zoe Killeen [04] - 60th of 82

Dana Tulloch [04] - 68th of 82

#### **Atom Boys [2003-2004] - 2km Race**

Jamie MacCulloch [03] - 17th of 55

Jeffrey McPherson [04] - 49th of 55

#### **Senior Girls [2001-2002] - 3km Race - 8th of 9 teams -**

Matalyn Lee [02] - 26th of 72

Teagan Davies [02] - 45th of 72

Hannah Knight [02] - 51st of 72

Alex Scheifele [02] - 60th of 72

#### **Senior Boys [2001-2002] - 3km Race - 4th of 5 teams -**

Michael Ruest [01] - 20th of 41

Peter Ruest [02] - 22nd of 41

Jacob French [02] - 27th of 41

Will Butwell [02] - 35th of 41

Noah Allen [02] - 36th of 41

Matthew Nickels [02] - 37 of 41

## Zoe MacCulloch Heads to OFSSA XC Champs



**[Zoe MacCulloch of Collingwood was the Coyotes' top female performer with her 13th place Junior Girls finish at the GBSSA Cross Country Championships in Duntroon. She will be headed to OFSAA on Saturday, Nov. 7th..also in Duntroon.]**

and missed OFSSA by 1 spot with a time of 18:20. Actually the top 11 runners except Luc all qualified as they were either in the top 5 or on the top 2 teams. So a tough break for Luc.

Michael Ruest was just off the pace crossing the line in 28th spot with his team mate, Noah Calvert-Goetz having a strong performance and finishing 121st of 148.

Grade 10 Julia Latham [Owen Sound - St. Mary's] has been improving all season and was ready to take on the other 200 girls in the Junior Girls 4000m event. She ran a very solid race with a goal of placing top-10. She just missed her goal as she finished 17th in 17:50.

Grade 11 student Sam Nusselder [Port Elgin - SDSS] and Grade 13 student Dylan Pust [Hanover - JDHS] were the last of our Coyotes to compete as they were up against a very tough Senior Boys field as they raced 7000m. The start was very fast and our two Coyotes tried to hold on but faded in the 2nd half of the race. Sam Nusselder had a solid 15th place as a grade 11 student finishing in 24:06. Dylan Pust put it all on the line and went a bit too fast. He dropped to 25th overall, crossing the line in 25:31. Former Coyote Steve Nadjiwan, a grade 13 Warton student,

Thursday, October 29th was a cold, wet, windy, muddy and rainy day for the High School Regional Cross Country Championships, but the race must go on. So roughly 200 runners in each race laced up and braced the elements. Seven of our Coyote members were all ready to healthy as they attempted to qualify for the OFSSA Provincial Championships next weekend. To qualify you need to either be in the top 5 individual runners of your race or be on one of the top 2 teams. However, the "OFSAA host" gets double spots available.

The CWOSSA Region extending from Lion's Head to Windsor has typically been the toughest region in all of Ontario to qualify for OFSSA and this year was no exception. Six of our Coyotes travelled to Bectel Park in Waterloo on a twisty and hilly course that they have all seen at least one before. So they were familiar with the loops and knew that a fast start was crucial to a successful race.

Grade 9 Michael Ruest and Noah Calvert-Goetz [Meaford - GBSS] and Luc Nusselder [Port Elgin - SDSS] were the first to compete in the Midget Boys 5000m race. Luc Nusselder had an impressive 7th place finish

placed 8th and did not advance.

The GBSSA Region extends from Collingwood to Orillia and over to Newmarket. With GBSSA hosting OFSAA this year in Duntroon at the Highlands Nordic Cross Country Ski Trails, the number of available spots doubles to the top 10 individuals and the top 4 teams. Zoe MacCulloch, a grade 10 Collingwood student, has competed at Highlands Nordic site a couple times and is very familiar with the muddy, twisting and hilly trails, giving her a bit of a "home course" advantage. In the Grade 10 Junior Girls 4000m race, Zoe battled and overcame a flu-bug, crossing the line 13th overall and grabbed the 7th of 10 individual spots to earn a spot on the starting line at OFSAA. She will be our lone Coyote competing at OFSAA Provincial XC Champs.

Congrats to all our Coyotes as they ran their hearts out and all should be proud of their performances. A special congrats to Zoe MacCulloch as this will be her first appearance at OFSAA. She will be racing in the Junior Girls 4000m event on Saturday, November 7th at the Highlands Nordic Ski Club in Duntroon at 12:15pm.

## First OFSAA Experience for MacCulloch



**[Zoe MacCulloch of Collingwood competed at the 2015 OFSAA XC Championships in Duntroon on Saturday, Nov 7th]**

executed perfectly. She had a great start on the long 300m straight away before they headed up the first of many hills, sitting middle of the pack after the first 1km. With the very slippery conditions, many competitors came across the line covered in mud as they had fallen at least

Meaford Coyote Track Club member Zoe MacCulloch had her first taste of a high school provincial championship as Grey Highlands Nordic Ski Club in Duntroon played host to the 2015 OFSAA Cross Country Championships on Saturday, November 7th. Zoe, a grade 10 student at Jean Vanier High School in Collingwood earned a spot on the OFSAA starting line after placing 13th overall at the GBSSA Regional XC Champs last week.

Saturday race course was very rugged with numerous rolling hills, lots of mud from the torrential rain the day before, and a mixture of sun, rain and hail on race day. MacCulloch had a front row seat at the start as she was in the front line and right in the middle of the field as about 25 regions across Ontario spread out across the start line. There were 278 competitors in the Grade 10 Junior Girls 4km trek.

Being very nervous before the race, she tried to focus and went over her game plan, which she

once during the race. Zoe kept her composure and her balance throughout the race and zipped down the final hill through yet another mud-packed section as she sprinted towards the finish line. She covered the 4km course in 20:25, placing 205th of 278 of Ontario's best.

Zoe will be competing next weekend with her Coyote team mates in Etobicoke at the Athletics Ontario Provincial XC Championships on Sunday, November 15th. Congrats to Zoe as she has continued to improve each season with hard efforts at each and every workout.

## **Coyotes End Season with Solid Provincial XC Performance**



**[Left to right, Matalyn Lee of Owen Sound, Olivia Karn from Horseshoe Valley and Kara Tichbourne of Meaford lead the Coyotes' Bantam Girls to a 10th place finish at the Athletics Ontario Provincial XC Championships in Etobicoke on Sunday, November 15th]**

Spectacular 15°C temperatures warmed the athletes at the 2015 Athletics Ontario Provincial Cross Country Championships at Etobicoke's Centennial Park on Sunday, November 15th. A team of 17 members from the Meaford Coyote Track Club made the trip to compete and put their hard training to the test.

We tried to take our strongest team as well as give some provincial racing experience to a few others. We were missing 3 of our stronger high school runners though. Sam and Luc Nusselder were both sick and could not make the trip. Dylan Pust was also unable to make the trip. Special congrats to Matalyn Lee, Kara Tichbourne and Olivia Karn with their top 35 finishes in the Bantam

Girls 2km race as they lead their team to a 10th place team finish, as well as to Peter Ruest whp placed 30th in the Bantam Boys 2km race. Congrats to everyone who competed and gave 110%.

The team now takes a 2 week break before getting ready for their winter program beginning on Saturday, November 28th.

### **Bantam Girls 2km - 10/15 teams**

Matalyn Lee - 31st/102 - 8:27

Kara Tichbourne - 34th - 8:33

Olivia Karn - 35th - 8:36

Teagan Davies - 68th - 8:56

Hannah Davies - 80th - 9:08

Payton Dodd - 84th - 9:13

### **Bantam Boys 2km**

Peter Ruest - 30/64 - 7:58

Jack Garbutt - 43rd - 8:10

Jamie MacCulloch - 47th - 8:15

### **Midget Boys 3km**

Michael Ruest - 84/94 - 17:53

### **Midget Girls 3km**

Zoe MacCulloch - 91/128 - 13:27

Julia Latham - 105th - 14:13

### **Youth Boys 6km**

Jake Clarke - 110/134 - 23:59

Emmys Halbertsma - 125th - 25:05

### **Masters 5km [30 years +]**

Kevin Hooper - 13/25 in 50-54 age group - 20:44

## Hooper / Nusselder Compete at Canadian Cross Country Championships



Meaford Coyotes Track Club head coach Kevin Hooper and grade 11 Port Elgin student Sam Nusselder ventured to Kingston on Saturday, November 28th for the Canadian Cross Country Championships. The National event was hosted at the beautiful Fort Henry Historic site overlooking the water and downtown Kingston. The weather had cleared Saturday morning after 2 days of heavy rain over the grassy, undulating and twisting course. The added mud-laddered course made for a true Canadian cross country experience with light winds making the 0°C temps drop to about -6°C.

Sam Nusselder began the day he competed in the Youth Boys 6km race. Each of the 3x2km loops had long straight-aways with 3 sharp and slippery hair-pin turns throughout the course and a slippery 100m hill approaching the finish line. Nusselder had a strong race with a good start and a consistent pace through each of the 3 laps. Being the youngest in

the two-year age group and his first Canadian XC experience, we were not quite sure what to expect for his competition, but we were hoping for a top 40 placing. Sam crossed the line in 95th spot of 182 competitors with a time of 21:42 minutes, which is a good time for him considering the conditions.

Coach Hooper stepped up to the line in the Masters 8km race against 165 competitors in the 30+ age group with both men and women competing together. The Masters raced the same 2km-looped course and making 4 trips around. This was Hooper's first Master National XC race in 8 years and his goal was to be close to the 32:00 barrier. He also ran relatively consistent times on each loop and stopped the clock in 32:19. He placed 68th overall and 15th of 22 in the Male 50-54 age group, with the 13th place finisher less than 4 seconds ahead of him.

Both Hooper and Nusselder were pleased with their performances and learned a lot about what they need to work on over the next several months as they both expect to compete at this event again next year. Kingston will be hosting the National XC event for the next 3 years on the same course. It was exciting to watch the amazing talent this country has developed for its distance runners and how fast these kids actually run. It definitely sets a very high bar for our young

Coyotes to chase after as we develop our young runners who will be competing in this event in the next few years. With a lot of hard work and huge commitment, hopefully we can develop more national champions to follow in the foot steps on last years National Junior Champion, Hannah Woodhouse.

The Coyotes now transition into their winter program. They will be braving the outdoor elements with their training programs and will be competing in several indoor track meets beginning in mid-January.