

# Coyotes Winter 2015

## Coyotes Visit London for Season Opener

On Sunday, January 11th, the Meaford Coyotes Track Club sent a contingent of 23 runners to the University of Western Ontario in London for their season opening indoor track meet, with most members competing in two events. After battling snow squalls en-route, they were welcomed to an "all-Canadian" track.....there was a hockey rink in the middle of the track! For some of our younger and newer Coyote members, this was their first ever experience with an indoor track competition so they were able to gain some valuable race lessons.

With a limited number of participants registered, all age groups were bunched together and runners with relatively similar times competed together in the shorter races, while kids in grade 4 were in the same race as our high school seniors in the longer races. This made for very interesting race dynamics and our Coyotes made the best of the situation. Our Coyotes came away with six top 3 finishes and there were also 22 personal best performances.

The final two distance races of the day had 9 girls the Women's Open 3000m and 11 boys in the Men's Open 3000m. With such a wide range of ages and speeds, kids were being lapped on the 200m track, which caused a lot of confusion with keeping track of the 15 laps for each runner. Some runners got official times, some were told to run 2-3 extra laps, while other were recorded as "Did Not Finish", even though they finished the race.

The Coyotes return to Toronto at York University on February 1st, when our younger members will be competing at the Flying Angels Classic.

Below are the race results. The " \* " notes a personal best performance.

### **Women's Open 300m:**

McKenna Karn [9yo] - 21st - 1:00.32\*

Taryn Lee [7yo] - 22nd - 1:10.61\*

### **Women's Open 600m:**

Olivia Karn [11yo] - 6th - 2:08.05\*

Hannah Knight [12yo] - 7th - 2:18.41\*

Taryn Lee [7yo] - 9th - 2:28.37\*

Charlotte Woodhouse [7yo]- 2:30.60\*

### **Women's Open 1500m:**

Hannah Woodhouse [17yo] - 1st - 4:41.25

Jessie Nusselder [17yo] - 3rd - 5:02.68

Matalyn Lee [12yo] - 9th - 5:37.88\*

Jessica Ruest [15yo] - 11th - 5:58.94

Olivia Karn - 12th [11yo] - 6:25.17\*

Sydney Martin [8yo] - 13th - 6:31.81\*

Hannah Knight [12yo] - 14th - 6:33.75\*

Makayla French [11yo] - 15th - 6:40.92\*

McKenna Karn [9yo] - 16th - 6:44.28\*

Charlotte Woodhouse [7yo]- 17th - 6:52.83

### **Men's Open 1500m:**

Sam Nusselder [15yo] - 6th - 4:37.33

Dylan Pust [17yo] - 7th - 4:40.35

Alex Tulloch [15yo] - 9th - 4:47.84

Jake Clarke [15yo] - 12th - 4:53.44

Michael Ruest [13yo] - 17th - 5:10.50

Peter Ruest [12yo] - 19th - 5:19.20

Jacob French [12yo] - 21st - 5:22.03\*

Matthew Nickels [12yo] - 22nd - 5:23.07\*

Luc Nusselder [13yo]- 23rd - 5:25.56

Devlin Gillis [9yo] - 25th - 6:11.16

### **Women's Open 3000m:**

Hannah Woodhouse [17yo] - 1st - 9:50.87\*

Jessie Nusselder [17yo] - 3rd - 11:21.95

Matalyn Lee [12yo] - 4th - 11:33.27\*

Kara Tichbourne [9yo] - 5th - 11:40.15\*

Jessica Ruest [15yo] - 6th - 12:29.59?

Makayla French [11yo] - 7th - 13:19.65\*

Bethany Woodhouse [10yo] -8th - 13:25.13?

### **Men's Open 3000m**

Dylan Pust [17yo] - 2nd - 10:09.95  
Sam Nusselder [15yo] - 3rd - 10:33.87  
Alex Tulloch [15yo] - 4th - 10:44.87  
Jake Clarke [15yo] - 5th - 10:54.86\*  
Peter Ruest [12yo] - 6th - 11:44.80\*  
Luc Nusselder [13yo] - 7th - 11:50.15  
Matthew Nickels [12yo] - 8th - 11:57\*  
Devlin Gillis [9yo] - 9th - 14:33.99\*  
Jacob French [12yo] - ??  
Michael Ruest [13yo] - ??

## **Strong Performances for Coyotes in Toronto**



On Saturday, February 7th, the Meaford Coyotes Track Club sent a small contingent of 8 high school students to York University in Toronto to compete in an indoor "Prep Meet". The Coyotes have been battling fridge temperatures and snow covered, slippery roads all winter as they train outside year round. So it was nice to compete indoors for a change on a warm and dry indoor 200m track.

In the Midget Girl's [grade 8-9] 1200m race, both Zoe MacCulloch and Julia Latham ran personal best performances in both of their races. In a field of 9 girls, Zoe placed 6th in 4:36.44 and Julia took 7th spot in 4:37.67. In the Midget Girls 2000m, Zoe placed 5th, completing the 5 laps in 8:09.81, with team mate Julia finishing in 6th spot in 8:20.83.

In the Open Women's 1500m, grade 12 student Jessie Nusselder placed 7th of 23 girls as she cross the line in 5:01.12. Jessie and grade 12 team mate Hannah Woodhouse both competed in the Open Women's 3000m. Hannah Wood took gold in a winning time of 9:51.70, just missing her personal best time by 2 seconds. Jessie placed 4th in a solid time of 10:59.07.

The Open Men's 1500m race was a very fast race with 55 guys split up into several heats. Grade 10 student, Sam Nusselder had a very strong race as he took 22nd spot in 4:25.95, just missing his personal best time by 1.5 seconds. A new comer to the team, grade 12 student Dylan Pust arrived to our team running strong and he is already running stronger. Dylan set a new personal best time in of 4:26.54 as he placed 25th overall. Grade 10 student Alex Tulloch went out fast attempting to break the 4:30 barrier. He was on pace for most of the race and fell short in the last few laps, finishing 42nd in 4:41.80. Grade 10 student Jake Clarke has been running very strong in workouts lately. He cross the line in 4:52.15, taking 49th spot, just missing his personal best time by 0.17 seconds.

The Open Men's 3000m race was equally as exciting and fast with 20 guys on the line. Dylan Pust took 9th spot with his 2nd personal best performance of the day, finishing in 9:31.79. Sam Nusselder fell off the pace a bit, but still had a solid race, cross the line in 9:43.20 in 12th

spot. Alex Tulloch was close behind, finishing 16th overall in 10:03.98. Team mate Jake Clarke knocked 19 seconds off his personal best time, placing 19th in 10:35.06.

The Coyotes return to action on a very busy Feb 20-22 weekend as several members will be competing in 3 different competitions. A large group of grade 1-8 Coyotes will be competing at York University on Saturday, Feb 21 at the Bullets Indoor Games. Head Coach Kevin Hooper will be taking Jessie Nusselder, Sam Nussleder and Alex Tulloch to Montreal for the Canadian Indoor Games on Feb 20-22. Hannah Woodhouse will be joining Team Canada as part of the Junior National Cross Country Team. Hannah will be competing in the North American / Central American / Caribbean Cross Country Championships on Sunday, Feb 22nd in Columbia. She will be racing 5.2km in the Junior race.

## Young Coyotes Runners Excel in Toronto



A strong young contingent the Meaford Coyotes Track Club invaded York University on Saturday, Feb 21st to compete at the annual Minor Track Association "Bullets Indoor Games". We took 13 kids in grades 1-8 down to this meet to put their hard winter training to the test.

Our team has been battling winter blizzards and the Arctic Freeze the last couple of months as the we train outdoors year round. This didn't seem to slow down our tough youngsters as they all came ready to compete and set the track on fire.

Each athlete competed in two events and a few members bumped up to an older age group so they could compete in longer races and stiffer competition.

Congrats to everyone who competed. You did the Coyotes proud! We brought home 3 medals, had numerous excellent race performances and, more importantly, we set 19 personal best performances in the 26 individual races we competed in.

Outstanding performances go to a several of our Coyotes. Matalyn Lee improved her 1500m time by 17 seconds. Matthew Nickels improved his 800m time by 8 seconds and knocked 10 seconds off his 1500m best. Jamie MacCulloch ran an 800m PB and knocked 21 seconds off his 1500m time. Kara Tichbourne won 2 gold medals and ran an indoor 1500m personal best time. New-comer Olivia Karn dropped her 1500m time by 20 seconds. Sydney Martin ran 2 PB's and dropped 10 seconds off her prior best 800m time and Charlotte Woodhouse lowered her 800m best time by 9 seconds. Double PB's also came from Georgie Reidle, McKenna Karn, Edmund McPherson and Taryn Lee.

"Coach's for the Day" Christine Tichbourne and Ian MacCulloch did an excellent job keeping our young Coyotes organized at the meet. Well done!

The grade 1-8 Coyotes have one more competition this winter as they return to York University in Toronto on March 21st and 22nd for the Ontario Minor Track and Field Indoor Championships. Our Spring session begins on Saturday, April 4th [Easter Weekend] and newcomers are always welcome.

### **Mite Girls [2007-2008]**

Taryn Lee [07] - 200m - 4th @ 42.01\* / 400m - 2nd @ 1:28.62\*

Charlotte Woodhouse [07] - 400m - 4th @ 1:32.10

### **Mite Boys [2007-2008]**

Edmund McPherson [08] - 200m - 8th @ 45.54\* / 400m - 3rd @ 1:39.65\*

### **Tyke Girls [2005-2006]**

Sydney Martin [05] - 400m - 11th @ 1:22.37\* / 800m - 7th @ 3:09.62\*

McKenna Karn [05] - 400m - 12th @ 1:25.60\* / 800m - 8th @ 3:15.64\*

Kara Tichbourne [05] - 800m - 1st @ 2:48.87

Charlotte Woodhouse [08] - 800m 9th @ 3:18.64\*

### **Atom Girls [2003-2004]**

Olivia Karn [03] - 800m - 6th @ 2:56.71 / 1500m - 9th @ 6:05.75\*

Bethany Woodhouse [[04] - 800m - 8th @ 2:59.94 / 1500m - 6th @ 6:02.26

Kara Tichbourne [05] - 1500m - 1st @ 5:35.51\*[i]

### **Atom Boys [2003-2004]**

Jamie MacCulloch [03] - 800m - 6th @ 2:49.44\* / 1500m - 8th @ 5:43.27\*

Jeffrey McPherson [04] - 800m - 15th @ 3:14.32 / 1500m - 11th @ ~6:35

### **Senior Girls [2001-2002]**

Matalyn Lee [02] - 800m - 12th @ 2:48.26\* / 1500m - 7th @ 5:25.56\*

Georgie Reidle [01] - 800m - 20th @ 2:59.13\* / 1500m - 17th @ 6:26.47\*

### **Senior Boys [2001-2002]**

Matthew Nickels [02] - 800m - 11th @ 2:37.93\* / 1500m - 13th @ 5:31.78\*

## **Coyotes Battle Hard at National Track Meet**



The 2015 Canadian Indoor Track and Field Championships were held in Montreal on the February 20-22 weekend, with three high school members of the Meaford Coyotes Track Club in attendance.

Coyote head coach Kevin Hooper had the honour of taking Alex Tulloch, Sam Nusselder and Jessie Nusselder by train to compete at this event. This was the 2nd time competing in Montreal for Jessie Nusselder, a grade 12 SDSS student from Port Elgin, as she made the trip last year as well. Grade 10 SDSS Sam Nusselder and grade 10 GBSS student Alex Tulloch of Meaford were both new to national competition. So this was a big learning curve for both of them.

In the Youth Boys 1500m, Sam Nusselder starting things off of Friday evening. In a strong field of 20 competitors, he executed his race plan to perfection as he bettered his personal best [PB] time by 8 seconds to take 8th spot in a time of 4:16.87. Jessie

Nusselder was up next as she competed in the Junior Women's 1500m event. She ran her best race of the season, crossing the line in 7th spot against a smaller field, with a solid time of

4:55.74 - just missing her personal best time by about 1 second.

On Saturday morning, both Sam Nusselder and Alex Tulloch took to the track in the Youth Boys 3000m race. Both boys had aggressive race plans as they hoped to run PB's. They both went out too fast in the early stages of the race, and this took its toll in the late stages of the race. Sam still had a solid race, stopping the clock at 9:32.52 and just missed his PB by only 3 seconds, as he captured 7th place in a field of 10. The early fast pace and pre-race nerves got the best of Alex as he took 9th spot, but finished strong and gained valuable race experience as he finished in 9:57.24.

Jessie Nusselder finished the weekend on Saturday night with her 3000m Junior Women's race. Due to a small number of entries in the Youth, Junior and Open Women's age groups, all three groups ran together. A large group of 16 girls lined up across 4 lanes. Jessie set out close to her race pace for the first few laps. She then tried to bridge a gap from a slower group to the faster group ahead of her. Running solo for about 1km, she fell off her pace and lost valuable seconds, but finished fast, completing the 15 laps in 10:54.94, taking 7th spot of 8 Junior Girls and 11 of 15 in all age groups against a very tough field.

Overall it was a great learning experience for all three Coyotes as each of them were in the bottom of their respective age groups. They will be joining some of their team mates in two weeks as they race again in Toronto at the highly competitive Athletic Ontario Provincial Indoor Championships on March 7-8th.

## Woodhouse Grabs Silver in Columbia XC Race



Hannah Woodhouse, a native of Heathcote and a member of the Meaford Coyotes Track Club, had her first taste of international competition on Sunday, February 22nd. Back in November, Woodhouse earned a spot on the Junior National Cross Country Team when she won the Canadian Junior XC Championships in Vancouver. She left Toronto with Team Canada on Thursday, Feb. 18th and headed to Barranquilla, Columbia for the 2015 PanAm Cross Country Championships.

This North American, Central American and Caribbean race [NACAC] took the best runners from each of the countries. Team Canada took 6 members in each of the Junior Women, Junior Men, Senior Women and Senior Men, with Hannah being part of the Junior Women's team. With all the snow and freezing arctic temperatures in our area this winter, to help Hannah prepare for the heat and humidity of Columbia, she spent some time indoors on a treadmill a week before her competition wearing a long sleeve shirt, the fans turned off and a heater cranked up to 27°C.

The Junior Women raced on a relatively flat and short 5.2km course under sunny and HOT conditions, but this didn't slow down the Heathcote native. Not only did Hannah lead the Canadian Junior Women's team to a 1st place team victory, she also ripped through the course to grab 2nd place overall in a field of 46 girls. Hannah cross the line in 16:35, only 6 second behind the race winner from Peru.

Woodhouse has one more indoor track meet in Toronto on March 7-8 with the Meaford Coyotes before heading to Guiyang, China to compete at the World Cross Country

Championships on March 28th. Congrats Hannah on a fantastic race! Heathcote, Meaford, GBSS and your Meaford Coyotes are all VERY proud of you!

## Coyotes Impress at Provincial Indoor Champs



Eight members of the Meaford Coyotes Track Club made the trip to Toronto for the Athletics Ontario Indoor Track and Field Championships held at York University on March 7th and 8th. Over 800 competitors were in attendance.

Day 1 brought one gold medal as Hannah Woodhouse posted the 2nd fastest Junior Women's time in Canada this year when she crossed the line in 4:37.82.

Exceptional personal best performances posted as well. Matalyn Lee knocked off 22 seconds from her previous best 1200m time as she placed 6th in the Bantam Girls

race in 4:03.36. Matthew Nickels shaved 19 seconds off his 1200m time as he stopped the clock in 4:09.19 in the Bantam Boys event. Jake Clarke moved up an age group to the Junior Men's and posted a huge and long overdue personal best 1500m time of 4:38.84.

Day 2 continued on a high note as Matalyn Lee won her first ever provincial championship medal, taking bronze in the Bantam Girls 2000m. Matthew Nickels continues to improve each race as he set another PB, crossing the line in 7:10.71 for the Bantam Boys 1200m event. Both Sam Nusselder and Jake Clarke improved their 3000m times by 9 seconds and 8 seconds respectively with Sam finishing in 9:16.79 and Jake stopping the clock at 10:27.87.

Hannah Woodhouse won her second gold medal in two days and dropped her 3000m best time by 6 seconds to the 4th fastest Women's Junior time in Canada this year at 9:43.32.

Overall it was a very rewarding weekend. In 16 different opportunities, we had 3 medals and 8 personal best performances. The final indoor meet of the season for the Coyotes is the Minor Track Association Provincial Indoor Championships for our grade 1-8 members on the March 21-22 weekend.

### **Bantam Girls**

#### **[2002 and later]**

Matalyn Lee [02]

1200m - 6th @ 4:03.36\*

2000m - 3rd @ 7:17.45

### **Bantam Boys**

#### **[2002 and later]**

Matthew Nickels [02]

1200m - 15th @ 4:09.19\*

2000m - 9th @ 7:10.71\*

### **Midget Boys**

#### **[2000 and later]**

Michael Ruest [00]

1200m - 23rd @ 3:55.75

2000m - 13th @ 6:54.22\*

### **Junior Women**

#### **[1996 and later]**

Hannah Woodhouse [97]

1500m - 1st @ 4:37.82

3000m - 1st @ 9:43.32\*

Jessie Nusselder [97]

1500m - 15th @ 5:01.07

3000m - 11th @ 10:53.02

### **Junior Men**

#### **[1996 and later]**

Sam Nusselder [99]

1500m - 41st @ 4:24.91

3000m - 12th @ 9:16.79\*

Jake Clarke [99]

1500m - 51st @ 4:38.84\*

3000m - 25th @ 10:27.87\*

Alex Tulloch [99]

3000m - 20th @ 9:49.29

## World Cross Country Debut for Woodhouse



Hannah Woodhouse made her debut at the 2015 World Junior Cross Country Championships in Guiyang, China on Saturday, March 28th. After leaving Toronto at 8:00am on Monday, March 23rd and travelling half way around the world, she arrived in China with Team Canada late on Tuesday, March 28th.

The Canadian team had a few days to adapt to a 12 hour time difference and a relatively mild altitude elevation of 1100m, which is twice the elevation of Dundalk. The team also had a few days to review the

course and finalize their race plan.

Race day was 22°C and overcast on an extremely challenging course full of steep hills, numerous sharp turns and lots of mud. In addition to the tough natural terrain, to make the course even more difficult, the runners had to jump over several man-made barriers. The Junior Women made 3 laps of the 2km course with 101 competitors on the starting line. The gun went off and the beginning pace was severe as the Ethiopian's and Kenyan's lead the pack. After 200m there was a sharp hair-pin turn so getting a good start was crucial to gain a favourable position and continued sharp turns with lots of mud made it difficult for all the runners to get set into a regular rhythm.

Hannah came through the first lap [2km] in 58th spot in 7:10 minutes, with the top 10 leaders going through in 6:23 minutes. After 4km, Hannah's pace slowed a bit to 7:38 and dropped a few spots to 63rd spot and 2nd member on the Canadian team. The blistering pace set by the Ethiopians and Kenyans took its toll on the entire field on the final lap. Woodhouse finished in 60th spot, stopping the clock in 22:57 with her last 2km lap done in 8:09. With such a high quality field, only 5 seconds separated 8 women from 57th to 64th spot. Two other ladies had the exact same time as Hannah as a lady from China was a "nose" ahead of Hannah and Woodhouse beating out the lady from Japan.

Ethiopia swept the podium with 1st to 3rd spots and took 5 of the top 6 positions. The top three Ethiopian times for the demanding 6km race were 19:48, 19:49 and 19:53. Kenya placed 2nd overall taking 4th, 7th, 10th, 12th and 13th spots. Team Canada's Junior Women's team placed 13th of 16 teams with individual performances of 42nd, 60th [Hannah], 70th, 75, and 94th. One of the Canadian girls had a rough start and pulled out of the race part way through the second lap. It is evident though that as strong as Canada's distance runners are on a national scale, on an international scale we do have some work to do. In the Junior Men's 8km race, they placed 16th of 20 teams. The Senior Women took 10th of 12 teams over the 8km course, while in the Senior Men's 12km race, Canada placed 17th of 17 teams. Then Ethiopian and Kenyan teams placed either 1st or 2nd in every race.

Congrats to Hannah on an amazing race in China and a very long cross country racing season which began back in September. Hannah now gets a well deserved rest to recharge her batteries. She has done Heathcote, Meaford, Canada and the Meaford Coyotes Track Club proud!!!

## Coyotes' Success Continues at MTA Provincials



It has been a long winter, but the hard work and determination of the young Meaford Coyotes Track Club paid off at their final indoor race of the season. Twelve grade 1-8 members of the Coyotes competed at the Ontario Minor Track Association Indoor Championships held at York University on Saturday, March 21 and Sunday, March 22. For many members this was their first experience at the provincial championship competition level and the entire team had an excellent weekend of racing.

Day 1 got off to a great start as grade 4 student Kara Tichbourne won gold in the Tyke Girls 1200m with a personal best time of 4:19.79 and Grade 2 student Charlotte Woodhouse took silver in the Mite Girls 400m. She also ran a personal best time of 1:26.96. Six other personal best times came from McKenna Karn (400m - 1:23.96), Sydney Martin (1200m - 4:42.86), Devlin Gillis (1200m - 4:30.86), Olivia Karn (1500m - 5:57.07), and Jamie MacCulloch (1500m - 5:40.60) and Georgie Reidle (400m - 1:14.44). Georgie was also on pace for a PB in her 1500m race but got mixed up on laps. She was 11 seconds ahead of pace, but stopped with 1 lap remaining. She then completed her last lap once she realized she had one more lap to go, but a lot of time was lost. Chalk it up to race experience.

The 2nd day of competition continued where we left off with a gold medal performance from Charlotte Woodhouse in the Mite Girls 800m as she crossed the line in a personal best time of 3:13.53. Kara Tichbourne took her 2nd gold in two days as she stopped the clock in the Tyke Girls 800m in a personal best time of 2:44.58. Personal best performances continued to flow in race after race as we notched 13 PB's out of 13 opportunities on day #2.

In total this indoor season, we collected 86 personal best performances in 6 different race competitions along with 12 medal performances, 7 provincial championship medals, 5 provincial championship titles, and one international silver medal at the PanAM Cross Country Championships. All-in-all it was a VERY successful season. Our Coyotes should be very proud of themselves as they have battled a harsh winter and Ontario's finest and came away with tremendous improvements.

The team is now on a well deserved break. They will resume training on Saturday, April 4th as the entire team will join up in preparation for what should be an exciting Spring / Summer season of racing.

### Mite Girls (2007-2008)

Olivia Latham (08)

200m - 39.50?\*

800m - 4th/5 - 3:36.30\*

Charlotte Woodhouse (07)

400m - 2nd/8 @ 1:26.96\*

800m - 1st/5 - 3:13.53\*

### Mite Boys (2007-2008)

Edmund McPherson (08)

400m - 9th/9 - 1:48.68

800m - 4th/4 - 3:42.71\*

### Tyke Girls (2005-2006)

McKenna Karn (05)

400m - 11/16 - 1:26.26\*

800m - 10th/13 - 3:09.88\*

Sydney Martin (05)

800m - 6th/13 - 2:57.61\*

1200m - 6th/10 - 4:42.86\*

Kara Tichbourne (05)

800m - 1st/13 - 2:44.58\*

1200m - 1st/10 - 4:19.79\*

**Tyke Boys (2005-2006)**

Devlin Gillis (05)

800m - 3:03.16\*

1200m - 5th/8 - 4:30.86\*

**Atom Girls (2003-2004)**

Olivia Karn (03)

800m -7/20 - 2:46.49\*

1500m - 7th/13 - 5:57.08\*

Bethany Woodhouse (04)

800m - 10th/20 - 2:49.97\*

1500m - 6th/13 - 5:50.05

**Atom Boys (2003-2004)**

Jamie MacCulloch (03)

800m - 2:46.09\*

1500m - 9th/15 - 5:40.60\*

Jeffrey McPherson (04)

800m - 2:55.35\*

1500m - 12th/15- 6:07.53

**MTA Sr. Girls (2001-2002)**

Georgie Reidle (01)

400m - 35th/36 - 1:44.44\*

800m - 30th/36 - 2:54.94\*

1500m - 31/ 31 - 6:35.51