

Coyotes Fall 2016

Coyotes Medal in Pickering XC Season Opener



[From left to right, Dominic Manwell, Luke House, Denon Taylor and Cole Gillis captured the 1st place team award in the Tyke Boys [2006-2007] race at the Durham Dragons Cross Country Race in Pickering on Saturday, September 17th. Denon crossed the line in 2nd place and Luke finished a close 3rd overall in their 1420m race.]

Saturday, Sept 17th, the Meaford Coyotes Track Club took 24 members to Pickering to compete in the Durham Dragons MTA Cross Country Meet, with Coyote members aging from grade 2-9. The warm overcast skies held back the rain until the final race was complete and then the "heavens" opened. The course was tough with a wide variety of terrain ranging from rolling and steep hills, gravel and a 1km not-so "enchanted forest" with a narrow, winding trail that had huge tree roots popping up under foot.

Our Team has been training hard over the last 6 weeks, putting in tough workouts and climbing hills. They came into the race ready to put their early training to the test against some tough Toronto competition. Our young runners exceeded early season expectations, with everyone putting in strong performances.

Of the 4 races that we had enough runners to compete as a team, we came home with 1st place team awards in the Tyke Boys [2006-2007] 1420m race, 1st place in the Atom Girls [2004-2005] 1992m race, 3rd place in the Tyke Girls [2006-2007] 1420m race, and 3rd place in our Senior Girls [2002-2003] 2925m race against some very stiff competition.

We also had numerous strong individual performances. Grade 2 Meaford student, William Olivier started things off with a bronze medal in the Mite Boys 1033m race. Devon Taylor of Heathcote and new-comer Luke House of Owen Sound, both in grade 4, lead the way with a 2nd and 3rd place performance respectively in the Tyke Boys race. Grade 3 Owen Sound student Taryn Lee led the Tyke Girls with a 6th place finish. Grade 7 Collingwood student, Madison Calder and Meaford's Kara Tichbourne, in grade 6, placed 5th and 8th respectively in the Atom Girls race. Our top two Senior Girls also had strong performances. Malayan Lee, a grade 9

Owen Sound student placed 6th overall, while Olivia Karn, a grade 8 Coldwater student crossed the line just a couple seconds back in 7th.

The Team returns to action on Saturday, October 1st here in Meaford as we host our 6th annual Coyote Cross Country Race at the GBSS athletic field. Over 300 elementary students from grade 1-8 are expected to compete.

Race Results:

Mite Boys [2008-2009] 1033m

William Olivier - 3rd in 4:32.53
Graeme Manwell - 7th in 4:55.09

Tyke Boys [2006-2007] 1420m - 1st place team

Denon Taylor - 2nd in 5:24.42 [1 second behind 1st]
Luke House - 3rd in 5:26.01
Dominic Manwell - 6th in 5:41.51
Cole Gillis - 12th in 6:13.31

Atom Boys [2004-2005] 1992m

Devlin Gillis - 11th in 8:25.75
Rohan Egan - 12th in 8:35.72

Senior Boys [2004-2003] 1992m

Spencer Book - 7th in 10:42.75
Ethan Pentland - 11th in 10:56.03

Tyke Girls [2006-2007] 1420m - 3rd place team

Taryn Lee - 6th in 5:48.81
Olivia Latham - 14th in 6:11.91
Megan Cowan - 17th in 6:28.41
Ava Olivier - 22nd in 7:11.91

Atom Girls [2004-2005] 1992m - 1st place team

Madison Calder - 5th in 7:42.25
Kara Tichbourne - 8th in 7:46.44
Hailey Abbott - 9th in 7:50.38
Payton Dodd - 13th in 8:09.84
Grace Boyce - 15th in 8:12.06
McKenna Karn - 29th in 9:09.22

Senior Girls [2002-2003] 2925m - 3rd place team

Matalyn Lee - 6th in 11:49.34
Olivia Karn - 7th in 11:51.47
Hannah Knight - 16th in 13:00.94
Alex Scheifele - 21st in 13:53.47

Athletics Ontario Award for Coyotes' Olivia Karn



Athletics Ontario, the track and field governing body of Ontario, held its annual Award Banquet on Saturday, September 24th in Toronto with several Olympic athletes in attendance. Olivia Karn, a grade 8 Meaford Coyote Track Club member was awarded Ontario's "Top 13-and-Under Middle Distance Award" for 2016.

Olivia joined the Coyotes two years ago and has developed into a very competitive elite runner. She was ranked #1 indoors and #2 outdoors for the 800m this year as a Bantam this year. Her personal best times this year are 2:22.18 for 800m, 4:03.55 for 1200m, 5:00.01 for 1500m and 20:45 for 5km. She and her younger sister travel over 1:15hr from Coldwater to train with the Team.

Olivia's hard work, dedication and strong competitive performances are an inspiration to the entire Coyote team.

Coyotes Howling in Fergus



[photo: From left to right, Edmund McPherson, William Olivier and Emmett Leary, all from Meaford, placed 1-2-3, posting a perfect score in the Mite Boys 1km race on Saturday, Oct 22nd in Fergus]

On Saturday, October 22, Fergus was the site of a Minor Track Association cross country meet for grade 1-9 kids under cloudy, windy and chilly 3°C temperatures. The Meaford Coyotes took down 31 members for the race, but rested our grade 9 runners as they have a big high school meet coming up 5 days later.

Of the 5 teams the Coyotes lined up on the starting line, we came home with 5 Team medals, with 2 gold medals in the Mite Boys and Atom Girls, 2 silver in the Tyke Boys and Tyke Girls and 1 bronze in the Atom Boys. Individually, we also went 1-2-3 in the Mite Boys [posting a perfect team score] along with gold in the Mite Girls, bronze in the Tyke Boys and bronze in the Atom Girls. Even more exciting for the future is that most of our 31 runners are in the bottom of their age groups, which means most of them will compete in the same age group next year. So we should be even more dominant on 2017. All of Coyote members have recently competed locally in their Elementary School District Meets and most have either won, been on the podium or in the top 10 against over 150 runners in their races. The team is looking very strong heading into the MTA Provincial Championships next Saturday, October 29th in Stouffville.

Results:

Mite Girls [2008 or later] - 1km

Olivia Latham [2008] - 1st / 11
Adassia Clock [2008] - 7th / 11

Mite Boys [2008 or later] - 1km

Edmund McPherson [2008] - 1st/7
Emmett Leary [2009] - 2nd/7
William Olivier [2009] - 3rd/7
Graeme Manwell [2008] - 9th/7

1st place Team

Tyke Girls [2007-2006] - 1.5km

Taryn Lee [2007] - 4th/24
Megan Cowan [2007] - 9th/24
Catherine Currie [2007] - 10th/24
Ava Olivier [2007] - 16th/24
Keira Shawyer [2007] - 18th/24
Lilly Campbell [2007] - 19th/24

2nd place Team

Tyke Boys [2007-2006] - 1.5km

Denon Taylor [2007] - 3rd/30
Luke House [2007] - 8th/30
Dominic Manwell [2006] - 14th/30
Wes Brown [2007] - 17th/30
Ethan Mei [2007] - 19th/30
Cole Gillis [2007] - 25th/30

2nd place Team

Atom Girls [2005-2004] - 2km

Kara Tichbourne [2005] - 3rd/47
Madison Calder [2004] - 5th/47
Payton Dodd [2005] - 7th/47
Emma Shawyer [2004] - 9th/47
Grace Boyce [2005] - 10th/47
Sydney Martin [2005] - 21st/47
Zoey Killeen [2004] - 29th/47
McKenna Karn [2005] - 32nd/47

1st place Team

Atom Boys [2005-2004] - 2km

Devlin Gillis [2005] - 8th/27
Rohan Egan [2005] - 9th/27
Jeffrey McPherson [2006] - 23/27

3rd place Team

Senior Girls [2003-2002] - 3km

Olivia Karn [2003] - 6th/18
Alex Scheifele [2002] - 11th/18

Spencer Book Headed to OFSAA



[photo: Spencer Book, a grade 9 Meaford student, placed 7th/143 competitors at the CWOSSA XC Champs in Waterloo on Thursday, October 27th. He qualified for the High School OFSAA Cross Country Championships in Port Hope on Saturday, November 5th]

Results:

3km Midget Girls

Mattie Lee - 9th/143

Hannah Knight - 13th/143 in 12:01

5km Midget Boys

Spencer Book - 7th/130 in 18:48

Peter Ruest - 18th/130

The Meaford Coyotes had 6 members competing in Waterloo on Thursday, October 27th for the High School CWOSSA Cross Country Championships. The weather was typical for cross country racing with +2°C, strong winds and a mixture of snow and rain. However this didn't slow down our Coyotes.

Spencer Book, a grade 9 Georgian Bay Community School student, ran the race of his life as he finished 7th of 149 competitors over the 5km sloppy, twisting, forested course in a time of 18:48. With 200m to the finish line, Book was in 8th spot. With a final sprint to the end, he edged out his rival by less than 1 second. That extra effort qualified him to compete at the High School OFSAA Provincial Championships in Port Hope on Saturday, October 5th.

Matalyn Lee, a grade 9 Owen Sound student, also ran a very strong race. She has been racing strong all season, but her finishing sprint to the end fell just short of an OFSAA appearance by 1 position. She placed 9th in a field of 143 girls over the 3km course. She is the 1st alternate though, in case someone ahead of her can't compete.

Meaford's Hannah Knight ran the race of her life as well in the Grade 9 Girls 3km event. She was expected to place in the top 1/2 of the field. With a fast start and a strong effort throughout, Knight placed 13th with a time of 12:01.

6km Junior Boys

Michael Ruest - 30th/~130?

5km Senior Girls

Julia Latham - 42/199 in 23:00

Coyotes Medal at Provincial Champs



[photo: The Meaford Coyotes Atom Girls Team won gold at the MTA Provincial XC Championships on Saturday, October 29th in Stouffville. From Left to right are: Kara Tichbourne [Meaford], Madison Calder [Collingwood], McKenna Karn [Coldwater], Hailey Abbott [Collingwood], Payton Dodd [Collingwood]. Missing were Grace Boyce [Flesherton], Sydney Martin [Markdale] and Zoey Killeen [Meaford]]

2nd Place team Award. They placed 8th, 9th and 16th respectively of 24 runners over the 1100m distance. Our highlight of the day was the Atom Girls [2004-2005] 2000m event. Eight girls made up this team with the top 3 girls counting towards the team award. Madison Calder [Collingwood] placed 6th, Hailey Abbott [Collingwood] placed 7th and Kara Tichbourne [Meaford] placed 11th of 107 girls - the largest field of the day - to capture the 1st Place Team Award against 15 teams.

As a whole, our team ran very strong at this race and made the entire Coyote Track Club very proud! The season is almost done with Spencer Book competing in the Grade 9 Boys 5km race at OFSAA in Port Hope on Saturday, November 5th and a small team competing at the Athletics Ontario Provincial XC Championships in St. Catharines on Sunday, November 13th.

The Bruce Mills Conservation Area in Stouffville was the site of the 2016 Minor Track Association Provincial Cross Country Championships for kids grade 9 and under. The Meaford Coyotes Track Club attended with their strongest team ever - 25 members - and were ready to race, however none of our grade 9 members attended as they competed two days prior at the High School CWOSSA XC Championships in Waterloo. It was a perfect day for racing with warm 18°C temps, overcast and a light wind. The course was mostly flat with a couple small hills and was in good shape.

Olivia Latham of Owen Sound started things off on a positive note as she won a bronze medal against 31 athletes in the Mite Girls [2008-2009] 1100m event. She had a great start and maintained her momentum right to the finish line. Our Mite Boys team [2008-2009] consisting of Edmund McPherson, Emmett Leary and William Olivier, all of Meaford, continued the energy as they won the

Results:

Mite Girls [2008-2009] - 1100m

Olivia Latham [2008] - 3rd/31 - no time available

Mite Boys [2008-2009] - 1100m

Edmund McPherson [2008] - 8th/24 - 4:34

Emmett Leary [2009] - 9th/24 - 4:35

William Olivier [2009] - 16th/24 - 4:42

2nd place team of 3 teams

Tyke Girls [2006-2007] - 1500m

Taryn Lee [2007] - 24th/66 - 5:56

Catherine Currie [2006] - 32nd/66 - 6:08

Megan Cowan [2007] - 37th/66 - 6:19

Ava Olivier [2007] - 59th/66 - 7:03

8th place team of 13 teams

Tyke Boys [2006-2007] - 1500m

Luke House [2007] - 18th/57 - 5:45

Denon Taylor [2007] - 31st/57 - 5:59

Dominic Manwell [2006] - 37th/57 - 6:07

Wes Brown [2007] - 39th/57 - 6:10

Ethan Mei [2007] - 42nd/57 - 6:19

8th place team of 10 teams

Atom Girls [2004-2005] - 2000m

Madison Calder [2004] - 6th/107 - 7:46

Hailey Abbott - [2004] - 7th/107 - 7:49

Kara Tichbourne [2005] - 11th/107 - 7:59

Payton Dodd [2005] - 19th/107 - 8:13

Grace Boyce [2005] - 23rd/107 - 8:20

Zoey Killeen [2004] - 48th/107 - 8:49

Sydney Martin [2005] - 57th/107 - 9:00

McKenna Karn [2005] - 83rd/107 - 9:20

1st place team of 15 teams

Atom Boys [2004-2005] - 2000m

Devlin Gillis [2005] - 19th/58 - 7:58

Rohan Egan [2005] - 22/58 - 8:02

Senior Girls [2002-2003] - 3000m

Olivia Karn [2003] - 31st/68 - 12:36

Senior Boys [2002-2003] - 3000m

Ethan Pentland - 12/56 - 10:39

Book Battles Hard at OFSAA



[Photo: Spencer Book competed in his first OFSAA XC Championships in Port Hope on Saturday, November 5th]

On a beautiful sunny warm 16°C day, Trinity College hosted the High School OFSAA Cross Country Championships in Port Hope on Saturday, November 5th.

Spencer Book, a grade 9 Georgian Bay Community School student, was the lone Coyote to qualify for this prestigious event. The Midget Boys 5km race had 235 competitors spread 5 runners deep across the 50m wide start line line. The course was mostly flat and fast with one 100m hill at the 4km mark that went up...and up...and up! A nasty monster!

With Book's 7th place position last week at CWOSSA, he was positioned in the 5th row of runners. When the herd of runners headed off the start line, Spencer was surrounded like a school of fish in a net. He had to be patient until the pack opened up for him to make up ground. He was able to move on the 100m monster hill, passing several struggling runners. His fast sprint at the end picked off a few more as he stopped the clock in 18:35, placing 100th of 235.

Congrats Spencer on a great race!

Strong Performances for Coyotes at Provincial Champs



[photo: Ethan Pentland, #446, and Hailey Abbot, #237, were our top male and female performers at the Athletics Ontario Provincial Cross Country Championships held in St. Catharines on Sunday, November 13th]

The Meaford Coyotes Track Club sent 9 members to the Athletics Ontario Provincial Cross Country Championships at Fireman's Park In St. Catharines on Sunday, November 13th. They were greeted with a perfect 13°C and dry race conditions on the mostly flat and twisted course. Large numbers were present in each race and many of Ontario's top competitors were in attendance.

Our Bantam Girls team [2003-2004] was our only team in this event with 5 Coyotes competing. They had an exceptional race considering two of the girls were at the bottom of the age group and two others were not even old enough to be in the age group. Hailey Abbot [2004] of Collingwood lead the way as she finished in a strong 10th place of 87 girls over the 2000m course. She stopped the clock at 8:05 minutes and only 19 seconds back from the overall winner. Meaford's Kara Tichbourne [2005] was 20th overall in 8:20 in a very competitive field. The team scores were based on the top 4 members of each team. Our girls had a very

impressive showing, placing of 5th of 12 teams.

Ethan Pentland [2003] of Durham was our top finisher of the day, competing in the Bantam Boys [2003-2004] 2000m race in a field off 65. Ethan had a great start and was sitting in the top pack for much of the race. He fell off the pace a bit in the second 1/2 of the race and crossed the line in 9th place with a solid time of 7:26 and 25 seconds behind 1st place.

Owen Sound's Matalyn Lee [2002] and Meaford's Hannah Knight [2002] competed in the Midget Girls [2001-2002] 3000m event. This was the largest field with 106 girls lacing up their shoes. At the beginning of their race, one girl just in front of Mattie and Hannah got tripped up and fell, which created a domino-effect. Both girls managed to avoid the pile up, but ended up at the back of the pack. With a narrow course heading into the bush, they both had to make up ground in the back 1/2 of the race. Mattie fought back to a 58th place to finish in 12:16 with Hannah in close pursuit, crossing the line in 70th spot. Her time was 12:30 minutes.

The Coyotes are now on a 2 week vacation before returning on Saturday, November 26th for their winter program.

Race Results:

Bantam Girls [2003-2004] - 2000m

Hailey Abbot [2004] - 10th/87 @ 8:05
Kara Tichbourne [2005] - 20th/87 @ 8:20
Olivia Karn [2003] - 27th/87 @ 8:26
Madison Calder [2004] - 30th/87 @ 8:28
Grace Boyce [2005] - 43rd/87 @ 8:42

Bantam Boys: [2003-2004] - 2000m

Ethan Pentland [2003] - 9th/65 @ 7:26

Midget Girls [2001-2002] - 3000m

Matalyn Lee [2002] - 58th/106 @ 12:16
Hannah Knight [2002] - 70th/106 @ 12:30

Midget Boys [2001-2002] - 4000m

Spencer Book [2002] - 53rd/87 @ 16:13