

Coyotes Winter 2016

Legion Provincial Champs Welcomes Coyotes at Season Opener



[photo: Meaford Coyote member, Jake Clarke ran two personal best times at the RCL Provincial Championships]

ran out of steam in the last 1km. He finished 7th of 9 with a time of 9:32.56 minutes. Three hours later he stepped onto the line for the 1500m with a race plan to head out with the lead pack. He executed this plan, but the lead pack went out slow so any hopes of a fast time were swept away. He finished with a strong last 300m and placed 4th of 19 with a time of 4:27.50.

Both Jake and Sam compete again with more of their team mates in 2 weeks time at an Athletics Ontario Prep Meet.

Two members of the Meaford Coyotes Track Club began their 2016 indoor season at York University on January 23rd. On Saturday, the Royal Canadian Legion Provincial Track and Field Indoor Championships welcomed athletes from the several districts around the province. Jake Clarke and Sam Nusselder competed for the Legion District C and both are preparing for the national championships in 4 weeks time in Montreal.

Jake Clarke, a grade 11 student from Dundalk, had two very strong races. He ran a personal best 800m time of 2:06.78, as he knocked off 6 seconds from his previous best from last summer. He placed 10th of 18 runners. With only 90 minutes rest, he cranked out another strong race as he ran 56.07 for 400m, setting a new indoor personal best time. He placed 18th overall and won his heat.

Sam Nusselder, a grade 11 student from Port Elgin doubled in the 1500m and 3000m events. His day began with the 3000m event. He was right on pace for a personal best for the first 2000m of the race, but

Young Coyotes Post Strong Performances at Toronto Prep Meet



[photo: Grade 8 student Peter Ruest posted two personal best performances with bronze medals in the Senior Boys 800m and 1500m events]

Results: [* = personal best time]

Mite Girls 400m [2008-2009]

Olivia Latham [08] - 2nd of 2 @ 1:28.39*

Mite Girls 800m [2008-2009]

Olivia Latham [08] - 1st of 1 @ 3:19.23*

Tyke Girls 800m [2006-2007]

Taryn Lee [07] - 5th of 7 @ 3:14.33*

Ava Olivier [07] - 6th of 7 @ 3:39.67

Atom Girls 800m [2004-2005]

Payton Dodd [05] - 12th of 21 @ 3:01.04

Sydney Martin [05] - 19th of 21 @ 3:13.37

McKenna Karn [05] - 20th of 21 @ 3:17.22

Senior Girls 800m [2002-2003]

Olivia Karn [03] - 9th of 26 @ 2:37.96

Matalyn Lee [02] - 14th of 26 @ 2:42.51

With 8 weeks of winter training under their belt, and four of those being on sloppy, icy roads, 19 young members of the Meaford Coyotes Track Meet competed at the Durham Legion Athletics Indoor Prep Meet held at York University on Saturday, January 24th to put their hard training to the test on a warm indoor sponge 200m track.

This was a great learning experience for all of our Coyotes and was the first indoor experience for 6 of them. We had several impressive results, 25 personal best performances and 9 medals. Some of our strong performances belonged to Peter Ruest, who captured two bronze medals and two personal best times in the Senior Boys 800m and 1500m, and Olivia Latham with gold and silver medals and two PB's in the Mite Girls 400m and 800m.

Our young Coyotes return to indoor competition at York University on Saturday, February 27th for another MTA "prep meet".

Mite Boys 400m [2008-2009]

Edmund McPherson [08] - 4th of 9 @ 1:33.44*

Hayden Hindle [08] - 5th of 9 @ 1:34.67*

William Olivier [09] - 7th of 9 @ 1:45.65*

Graeme Manwell [08] 8th of 9 @ 1:52.69*

Tyke Boys 400m [2006-2007]

Noah Ruffett [06] - 7th of 8 @ 1:31.73*

Mite Boys 800m [2008-2009]

Hayden Hindle [08] - 2nd of 6 @ 3:35.27*

Edmund McPherson [08] - 3rd of 6 @ 3:38.77*

William Olivier [09] - 4th of 6 @ 3:40.66*

Graeme Manwell [08] - 6th of 6 @ 4:02.82*

Tyke Boys 800m [2006-2007]

Dominic Manwell [06] - 6th of 6 @ 3:14.05*

Tyke Girls 1200m [2006-2007]

Taryn Lee [07] - 2nd of 3 @ 4:56.22*
Ava Olivier [07] - 3rd of 3 @ 5:36.82*

Atom Girls 1500m [2004-2005]

Payton Dodd [05] - 7th of 18 @ 5:52.52*
McKenna Karn [05] - 14th of 18 @ 6:12.47*
Sydney Martin [05] - 15th of 18 @ 6:31.49

Senior Girls 1500m [2002-2003]

Matalyn Lee [02] - 5th of 14 @ 5:24.25*
Olivia Karn [03] - 6th of 14 @ 5:30.90

Atom Boys 800m [2004-2005]

Max Nilsson [05] - 12th of 16 @ 2:54.78*
Jeffrey McPherson [04] - 15th of 16 @ 3:17.16

Senior Boys 800m [2002-2003]

Peter Ruest [02] - 3rd of 16 @ 2:27.50*
Matthew Nickels - 7th of 16 @ 2:40.84

Tykes Boys 1200m [2006-2007]

Dominic Manwell [06] - 3rd of 4 @ 5:11.34*
Noah Ruffett [06] - 4th of 4 in 5:24.60*

Atom Boys 1500m [2004-2005]

Max Nilsson [05] - 7th of 11 @ 5:55.01*
Jeffrey McPherson [05] - 11th of 11 @ 6:30.00

Senior Boys 1500m [2002-2003]

Peter Ruest [02] - 3rd of 17 @ 5:00.08*
Matthew Nickels [02] - 13th of 17 @ 5:24.51

Fast Times Continue for Coyotes



[photo: Matalyn Lee grabbed gold and silver plus two personal best times in the Midget Girls 2000m and 1200m events]

earned on the day. Congrats to everyone on a great day of racing and learning more valuable race lessons.

Several older members of the Meaford Coyotes Track Club ventured to York University for an Athletics Ontario Prep Meet on February 7th that was held in conjunction with the Provincial Combined Events and Race Walk championships.

Almost everyone posted personal best performances and those who didn't, just missed their best times. Top performance came from grade 8 Owen Sound student Matalyn Lee who ran two PB's along with taking gold and silver in the Midget Girls 2000m and 1200m. Olivia Karn, a grade 7 student from Coldwater and Meaford's Kara Tichbourne, a grade 5 Meaford student, took silver and bronze respectively in the Bantam Girls 1200m. New-comer Brayden Torrie, a grade 10 Owen Sound student, competed indoors for his first time. He posted two strong personal best times in the 800m and 3000m, and is improving each week.

In the 800m and 3000m events, only an "Open" category was offered so our youngsters were competing against kids much older, with some kids in university. From 21 races that we competed in, a total of 17 personal bests were

Many of our younger Coyotes return to action in Toronto on February 27th for a Minor Track Association Prep Meet and two high school members head to Montreal on February 19th-21st for the Canadian Indoor Track and Field Championships.

Results [* = personal best time]

Open Men 400m

Jake Clarke [99] - 54.99* - 24th/35

Open Women 800m

Olivia Karn [03] - 2:32.98* - 20th/39

Julia Latham [00] - 2:41.52* - 25th/39

Kara Tichbourne [05] - 2:42.68 - 26th/39

Open Men 800m

Jake Clarke [99] - 2:07.44 - 21st/41

Sam Nusselder [99] - 2:10.28* - 26th/41

Braden Torrie [00] - 2:22.23* - 35th/41

Bantam Girls 1200m [2003 and under]

Olivia Karn [03] - 4:05.93* - 2nd/3

Kara Tichbourne [05] - 4:17.62 - 3rd/3

Midget Girls 1200m [2001-2002]

Matalyn Lee [02] - 4:02.11* - 2nd/12

Midget Boys 1200m [2001-2002]

Luc Nusselder [01] - 3:50.73* - 4th/7

Michael Ruest [01] - 3:51.31* - 5th/7

Peter Ruest [02] - 3:57.32* - 6th/7

Matt Nickels [02] - 4:03.25* - 7th/7

Midget Girls 2000m [2001-2002]

Matalyn Lee [02] - 7:08.94* - 1st/3

Midget Boys 2000m [2001-2002]

Luc Nusselder [01] - 6:58.53* - 4th/6

Michael Ruest [01] - 7:01.94* - 5th/6

Peter Ruest [02] - 7:07.03* - 6th/6

Open Boys 3000m [1999-2000]

Dylan Pust [97] - 9:20.02* - 7th/13

Sam Nusselder [99] - 9:25.37 - 8th/13

Braden Torrie [00] - 10:39.30* - 13th/13

Silver/ Bronze for Nusselder at National Track Meet



Left to right, Sam Nusselder and Jake Clarke competed at the Canadian Indoor Track and Field Championships in Montreal on February 19th-21st]

Grade 11 students Jake Clarke of Dundalk and Sam Nusselder of Port Elgin, along with head coach Kevin Hooper travelled to Montreal on February 19th-21st for the 3rd annual Canadian Indoor Track and Field Championships. This was Jake's first experience at a national competition.

Heading into the meet, both boys were listed in the 2016 Canadian Indoor National Rankings. Jake was ranked 41st in the Youth Boys 400m event and 48th for the 800m. Sam's national ranking had him at 31st in the Youth Boys 1500m event and 27th 3000m. Their goals for the weekend were to run personal best times, improve on their national ranking and gain valuable experience at a national competition. With relatively

smaller numbers of competitors registered this weekend, they even had their eyes on some

medals.

Nusselder started things off on a positive note Friday evening as he laced up for the Youth Boys 3000m. Sam executed his race plan to perfection as he crossed the line in a personal best time of 9:16.34. He grabbed a silver medal for his efforts.

Saturday morning, Clarke lined up against 20 other competitors for the Youth Boys 800m race. Jake followed his pre-race strategy and also ran the 2nd half of his race faster than the first half. His personal best time of 2:06.25 earned him a 4th place position and just missed a medal by 0.21 seconds. That evening Jake was on the line again in the 400m event. On the final straight away, the guy Jake just passed on the outside, pushed Jake hard to make him stumble. he lost about 1/2 a second, but still ran a PB of 54.56. The guy who pushed Jake was disqualified. Jake placed 4th again of 20 runners.

Sunday afternoon Nusselder ran his 2nd race, the 1500m. His race plan was again perfectly executed and clocked a season's best time of 4:16.82, capturing a bronze medal for his efforts against 19 competitors. Sam was only 3 seconds behind the winner.

Nusselder is now ranked 20th for the 1500m and 22nd in Canada as a Youth for the 3000m while Clarke has bumped his rankings up to 35th in the 400m and 39th in the 800m as a Youth. The two boys finish their indoor season back at York University with their team mates as our older Coyotes compete at the Bantam, Midget, Junior Ontario Indoor Championships on March 5-6th.

Tichbourne Clocks Top Track Time



On Saturday, February 27th, 13 members of the Meaford Coyote Track Club were on the prowl as they travelled to the Mississauga Olympians Track and Field Prep Meet at York University and were on the hunt for some fast track performances. They arrived and ready to race with determination, with passion and with fire in their eyes to catch some personal best performances and even some medals. The older the age levels got in the races the stronger the competition became and our

young Coyotes put on quite a show.

Of the 26 opportunities on Saturday, we clocked 16 more personal best times, many just missed

their best time by a few seconds. We came home with 7 medals, with our top performer for the day being grade 5 SVE student Kara Tichbourne of Meaford. Not only did she win silver in the Atom Girls 1500m as a first year Atom and improved her time by over 11 seconds to 5:21.05, but she posted one of the fastest times in Canada this year for her age. Other impressive performances came from grade 5 Thornbury student Devlin Gillis, grade 8 Owen Sound student Matalyn Lee and her grade 3 younger sister Taryn Lee.

Race Results: [* = personal best time]

Mite Girls 800m [2008 and younger]

Olivia Latham [08] - 2nd of 2 @ 3:11.74*

Tyke Girls [2006-2007]

Taryn Lee [06] - 800m - 5th of 6 @ 3:12:33* / 1500m = 2nd of 3 @ 6:08.09*

Olivia Latham [08] - 1500m - 3rd of 3 @ 6:25.96*

Tyke Boys [2006-2007]

Cole Gillis [07] - 800m - 6th of 6 @ 3:17.18* / 1500m = 1st of 1 @ 6:34.46*

Atom Girls [2004-2005]

Kara Tichbourne [05] - 800m - 5th of 18 @ 2:45.46 / 1500m = 2nd of 11 @ 5:21.05*

Payton Dodd [05] - 800m - 11 of 18 @ 2:53.37 / 1500m = 6th of 11 @ 5:52.40*

Sydney Martin [05] - 800m - 17th of 18 @ 3:08.23 / 1500m = 11th of 11 @ 6:15.42

McKenna Karn [05] - 800m - 18th of 18 @ 3:10.16 / 1500m = 10th of 11 @ 6:13.02

Atom Boys [2004-2005]

Devlin Gillis [05] - 800m - 7th of 10 @ 2:55.69 / 1500m = 4th of 7 @ 5:38.49*

Sebastien LeBlanc [05] - 800m - 9th of 10 @ 3:00.54* / 1500m = 7th of 7 @ 5:57.41*

Senior Girls [2002-2003]

Matalyn Lee [02] - 800m - 4th of 15 @ 2:30.92* / 1500m = 2nd of 11 @ 5:07.37*

Olivia Karn [03] - 800m 5th of 15 @ 2:32.94* / 1500m = 5th of 11 @ 5:25.86

Senior Boys [2002-2003]

Peter Ruest [02] - 800m - 3rd of 15 of @ 2:28.03 / 1500m = 7th of 16 @ 5:03.37

Matthew Nickels [02] - 800m - 11th of 15 @ 2:36.93* / 1500m = 13th of 16 @ 5:16.56*

Karn Leads Coyotes at Provincial Track Champs



Olivia Karn lead the Coyotes at the Athletics Ontario Track & Field Championships with silver & bronze medals.

York University was host to the 2016 Bantam, Midget, Junior Provincial Indoor Track and Field Championships on March 5-6. The Meaford Coyotes sent 9 members down for this competition in search of more personal best performances and a couple girls were in the medal hunt as well.

Olivia Karn, a grade 7 Horseshoe Valley student, lead the Coyotes with a silver medal in the Bantam Girls 800m and a bronze medal in the Bantam Girls 1200m, setting personal best times in both events. This was Olivia's first time stepping on the podium at an Athletics Ontario provincial championship meet. Congrats also goes to grade 8 student, Matalyn Lee of Owen Sound, who posted two personal best times and a 5th place finish in her Midget Girls 2000m. Our squad clocked 9 personal best times on the weekend and others were just off their PB times. Congratulations also to Owen Sound's Matthew Nickels who knocked 9 seconds off his 1200m time and 12

seconds off his 2000m as well as to Peter Ruest of Meaford who chopped 19 seconds off his 2000m time and 3 seconds off his 1200m previous best. Both boys are in grade 7. Grade 9 GBSS student, Michael Ruest dropped his 2000m best time by 7 seconds.

Our high school crew are now on a well deserved 2 week break, while our younger top members still have a few more weeks of hard training as they prepare for their season-ending Minor Track Association Provincial Indoor Champs on April 9-10.

Results [* personal best time]

Bantam Girls (2003-2002)

Olivia Karn (03)

-800m - 2nd of 17 @ 2:28.73*
-1200m - 3rd / 13 @ 4:03.55*

Midget Girls (2001-2002)

Matalyn Lee (02)

-1200m - 14th / 48 @ 3:59:69*
-2000m - 5th of 18 @ 7:02.03*

Junior Women (1997-1998)

Julia Latham (00)

-3000m - 27th of 27 @ 12:49.65*

Midget Boys (2001-2002)

Michael Ruest (01)

-1200m - 27th / 39 @ 3:52.76
-2000m - 20th of 24 @ 6:54.35*

Peter Ruest (02)

-1200m - 30th / 39 @ 3:53.85*
-2000m - 18th of 24 @ 6:46.25*

Luc Nussleder (01)

-1200m - 31st of 39 @ 3:54.12
-2000m - 19th of 24 @ 6:47.29*

Matthew Nickels (02)

-1200m - 32nd / 39 @ 3:54.95*
-2000m - 21st of 24 @ 6:58.58*

Junior Men (1997-1998)

Jake Clarke (99)

-400m - DQ - touched the inside lane line @ 54.24 [*]
-800m - 28th of 49 @ 2:06.81

Sam Nusselder (99)

-1500m - 25th / 63 @ 4:17.20
-3000m - 26th of 39 @ 9:20.05

Coyotes Rock at Indoor Provincial Champs



Eleven grade 2-8 members of the Meaford Coyotes Track Club competed at York University in the MTA Provincial Indoor Track and Field Championships on April 9th and 10th, posting 19 personal best performances and bringing home 4 medals

The Meaford Coyotes Track Club sent 11 members to the Ontario Minor Track Association Provincial Indoor Track and Field Championship held at York University on Saturday, April 9th and Sunday, April 10th.

The competition was very strong, especially as the age groups got older. The age groups progressed in two year increments, beginning with Pee-Wee (grade 1 and under), up to Senior (grade 7-8). About half of our group competing were at the top of their age group, with the other half at the bottom. So it was a great learning experience for them.

Day 1 rocked for the 11 young Coyotes as we had 10 personal best performances,

with the 11th missing a PB by 0.5 seconds. We also snagged 3 medals...1 silver and 2 bronze.

There were some outstanding personal best times on day 1 as well. Grade 8 student Matthew Nickels knocked off over 25 seconds from his 1500m time. Grade 8 Meaford resident, Peter Ruest, dropped his 1500m time by 9 seconds. Devlin Gillis, a grade 5 student in Thornbury improved his 1200m time by 8 seconds. Grade 2 students Olivia Latham and Hayden Hindle both dropped their 400m time by over 5 seconds. Kara Tichbourne, a grade 5 student of Meaford, improved her already fast time in the 1500m by almost 6 seconds, unofficially posting the fastest time in Canada this year for her age.

Day 2 continued where we finished on Saturday with 9 of our 10 runners posting new PB's, with the addition of a "wrestling match" on the first corner of the 200m track in one of the 800m events as the grade 5-6 girls jostled for position. Grade 2 Owen Sound student Olivia Latham earned our lone silver medal for the day as she carved 10 seconds off her 800m time. Other outstanding performances came from Taryn Lee, a grade 3 student also from O.S., as she improved her 800m time by 14 seconds and Devlin Gillis dropping his 800m time by 9 seconds.

Both our senior boys had great improvements in their 800m as well. Matthew Nickels of O.S. and Peter Ruest of Meaford, both grade 8 students had 7 second and 6 second improvements respectively.

All in all we had 19 personal best times of 21 chances, and brought home 2 silver medals and 2 bronze medals. Of the three events where we missed a PB, our runners only missed by less than 1.5 seconds. Everyone competing this weekend had at least 1 PB in each of their 2 events. It has been an amazing indoor season for ALL our Coyote runners, posting well over 75 personal best times and hauling home a "truck-load" medals from Prep Meets and Provincial Champs in

Toronto to National Championships in Montreal. These members are now on a well deserved 2 week rest before returning to prepare for their outdoor season. The rest of our 80 member team are now into full swing with their Spring program as they have already had their rest period.

Results [* = personal best time]

Mite Girls [2008-2009]

Olivia Latham [08]

400m - 3rd/6 @ 1:23.92*

800m - 2nd/3 @ 3:01.43*

Mite Boys [2008-2009]

Hayden Hindle [08]

400m - 2nd/7 @ 1:28.99*

Edmund McPherson [08]

400m - 5th/7 @ 1:34.95 [missed PB by 0.5 sec]

800m - 9th/9 @ 3:32.58*

Tyke Girls [2006-2007]

Taryn Lee [07]

800m - 6th/7 @ 2:58.82*

1200m - 7th/7 @ 4:54.98*

Atom Girls [2006-2005]

Kara Tichbourne [05]

800m - 6th/35 @ 2:40.35 [missed PB by 1.5 sec]

1500m - 3rd/25 @ 5:15.33*

Payton Dodd [05]

800m - 22/35 @ 2:50.29*

1500m - 15th/25 @ 5:47.40*

Atom Boys [2006-2006]

Devlin Gillis [05]

800m - 11/25 @ 2:41.57*

1500m - 10th/15 @ 5:28.02*

Senior Girls [2002-2003]

Matalyn Lee [02]

800m - 9th/45 @ 2:30.11*

1500m - 6th/28 @ 5:06.97*

Olivia Karn [03]

800m - 8th/45 @ 2:28.64*

1500m - 14th/28 @ 5:15.02*

Senior Boys [2002-2003]

Peter Ruest [02]

800m - 9th/26 @ 2:21.75*

1500m - 11th/25 @ 4:52.16*

Matthew Nickels [02]

800m - 18th/26 @ 2:30.10*

1500m - 16th/25 @ 4:58.60*