

# Coyotes Fall 2017

## Coyotes Flood Podium at Bayshore Road Race



It was a great day of racing under perfect weather conditions - cool, sunny, no wind, mostly flat - for the Owen Sound Bayshore Road Race on Sunday, August 26th. The Meaford Coyotes had 19 members competing in their early "season opener" to see where everyone is at heading into a long cross country season. For several Coyotes who couldn't compete in Owen Sound, the team held their own time trial the day before. With the strong results posted on both days, the team is looking very strong and will be a force to be dealt with as the important Ontario Championship races unfold into October and November.

### Kids 1km Road Race

Luke House [10yo] - 1st overall - 4:00.6

Kaj Kulakowsky [8yo] - 2nd overall - 4:03.4

Nathan Leary [6yo] - 19th/66 - 5:11.0

### 5km Road Race:

Ethan Pentland [14yo] - 2nd @ 18:10.6 - 2nd overall and 1st @ 14 and Under Male

Spencer Book [15yo] - 3rd @ 18:42.6 - 3rd overall and 2nd @ 15-19yo Male

Kevin Hooper [54yo] - 9th @ 19:38.6 - 2nd @ 50-59yo

Wil Latham [19yo] - 14th @ 20:53.8  
Olivia Karn [14yo] - 15th @ 20:58.0 - 3rd female overall and 1st @ 14 and Under Female  
Mike Karn [49yo] - 20th @ 21:40.1 - 3rd @ 40-49yo  
Luke House [10yo] - 24th @ 22:02.2 - 3rd @ 14 and Under Male  
Ethan Mei [9yo] - 26th @ 22:32.2  
Julia Latham [17yo] - 27th @ 22:35.6 - 2nd @ 15-19yo Female  
Taryn Lee [10yo] - 32nd @ 23:05.1 - 3rd @ 14 and Under Female  
Steve Leary [39yo] - 33rd @ 23:10.2  
Emmett Leary [8yo] - 34th @ 23:10.3  
Olivia Latham [9yo] - 35th @ 23:21.8  
Wes Brown [10yo] - 42nd @ 24:29.8  
Dave Ellis [68yo] - 45th @ 24:54.1 - 3rd @ 60-69yo  
McKenna Karn [11yo] - 59th @ 25:52.3  
Kurt Indoe [13yo] - 78th @ 27:12.5

## Strong Season Opener for Young Coyotes



**[Grade 1 SVE student, Lathan Leary won the Pee-Wee Boys 760m race on Saturday, September 16th at the Durham Dragons Cross Country Meet in Pickering]**

The Coyotes return to action in Meaford on Saturday, September 30th as the team host their 7th annual Coyote Cross Country Race to 400 grade 1-8 students from across Grey-Bruce and into Collingwood. The race will be held at the Georgian Bay Community School Athletic Field with the first race beginning at 10:00am.

### **Pee-Wee Boys 760m - [2011+]**

Nathan Leary - 1st/2 @ 3:32.75

### **Mite Boys 1033m - [2010-2009]**

#### **1st place team**

Emmett Leary - 1st/9 @ 4:00.99  
William Olivier - 2nd/9 @ 4:03.31  
Brennan Law - 5th/9 @ 4:20.53  
Sebastien Mei - 7th/9 @ 4:59.25

### **Tyke Boys 1420m - [2008-2009]**

#### **1st place team**

Luke House - 3rd/14 @ 5:32.09  
Ethan Mei - 4th/14 @ 5:32.43  
Kaj Kulakowsky - 6th/14 @ 5:45.31  
Wes Brown - 9th/14 @ 6:29.98  
Graeme Manwell - 10th/14 @ 6:29.98  
Noah Boughflower - 14th/14 @ 6:35.21

With sunny, warm, dry and calm weather conditions, the Meaford Coyotes had a perfect day of racing at the Durham Dragons Cross Country Meet in Pickering on Saturday, September 16th. The team took down 21 grade 1-8 young Coyotes to test out their last 6 weeks of training as they prepare for much bigger races later in the season.

All our runners pushed themselves hard and have seen positive results for their hard efforts in training. We had 2 gold, 3 silver and 1 bronze medal on the day along with 8 "top-5" performances and three 1st place teams.

Congrats to Nathan and Emmett Leary on their gold medal performances in the Pee-Wee Boys and Mite Boys races respectively, both from Meaford. Congrats also to William Olivier of Meaford and Taryn Lee of Owen Sound and Payton Dodd with their silver medal efforts respectively in the Mite Boys, Tyke Girls and Atom Girls events. Congrats finally to Luke House of Owen Sound with his bronze medal race in the Tyke Boys race. A great start to the season.

### **Tyke Girls 1420m [2008-2007]**

#### **1st place team**

Taryn Lee - 2nd/15 @ 5:29.18  
Olivia Latham - 5th/15 @ 5:54.79  
Ava Olivier - 12th/15 @ 6:51.25

### **Atom Girls 1992m - [2006-2005]**

Payton Dodd - 2nd/23 @ 7:50.62

### **Atom Boys 1992m - [2006-2005]**

Devlin Gillis - 12th/21 @ 7:58.03  
Rohan Egan - 13th/21 @ 8:00.56  
Dominic Manwell - 17th/21 @ 8:35.94  
Jacob Boughflower - 21st/21 @ 9:57.81

### **Senior Girls 2925m - [2004-2003]**

Zoey Killeen - 14th/21 @ 13:00.15

### **Senior Boys 2925m - [2004-2003]**

Jeffrey McPherson - 9th/9 @ 13:30

## Coyotes Host 7th Annual Cross Country Race



**[Grade 2 Macphail Elementary School student Freja Kulakowsky started the day off on a dominate note for the Coyotes as she ran away from the field of 43 in the Grade 1-2 Girls 1km race. This was Freja's first race as a Coyote.]**

On Craft Show Saturday, September 30th, the Meaford Coyotes Track Club hosted their 7th annual cross country race at the Georgian Bay Community School athletic field. After unconfirmed tornado-like winds and heavy rain pummelling the area the evening before, several large branches were dropped onto the race course.

A mad scramble by a very dedicated and hard working course set-up crew beginning in the early hours got our race ready to go right on schedule, with only minutes to spare. Even a chain saw was brought in to clear one dropped tree. Race day gave perfect conditions with sunny/overcast skies, a dry course, 8-10°C and only light winds.

There were a record number of registrations this year that were limited to the first 400 athletes to sign up. There were 340 grade 1-8 kids that showed up on race day + another twenty 5-year-old and under kids who competed in a friendly pre-race 150m event. Elementary schools from across Grey-Bruce as well as into Collingwood were invited as well as a track club from Port Elgin to participate in the increasingly popular event.

The course was a 1km loop around the athletic field, up a short but nasty hill onto the Georgian Trail and then back onto the field. Depending on the age groups, the kids ran 1km, 2km or 3km races, with numerous outstanding performances on the day. Our young Coyotes performed in shining fashion as 24 top-10 placings and 8 medal finishes were posted on the day.

Outstanding Coyote performances came from several races. Freja Kulakowsky, a grade 2 Macphail Elementary student in Flesherton, ran away from the Grade 1-2 girls in a deep field of 43. Her gold medal race over the 1km course was 4:26 minutes. In the Grade 3-4 Girls 2km event, Coyote veteran Olivia Latham, a grade 4 Notre Dame student from Owen Sound was in a photo-finish battle to the end. She was nipped by a nose at the line and took silver with a time of 8:53 minutes. Kai Kulakowsky, a grade 4 Macphail Elementary student, was only 3 seconds back of the leader as he took silver in the Grade 3-4 Boys 2km race. His time was actually faster than the Grade 5-6 Boys winning time. Grade 5 East Ridge student, Taryn Lee from Owen Sound was in a close sprint to the finish as she was only 2 seconds back of the in the Grade winner in the Grade 5-6 Girls 2km race. Luke House of Owen Sound was in a sprint to the finish as well as he took silver in the Grade 5-6 Boys 2km event. Kara Tichbourne, a grade 7 GBCS student in Meaford had a solid gold medal performance in the Grade 7-8 Girls 3km trek against 40 girls.

All our Coyotes are now into their school competitions over the next few weeks. The team compete again in Etobicoke on Saturday, October 28th as they prepare for upcoming Provincial Championship competitions.

**Coyote Results:**

**Grade 1-2 Girls 1km Race:**

Freja Kulakowsky - 1st/43 - 4:26

**Grade 1-2 Boys 1km Race:**

Nathan Leary - 9th/41 - 5:09

**Grade 3-4 Girls 2km Race:**

Olivia Latham - 2nd/47 - 8:53

Taryn Weppler - 7th/47 - 9:56

Natalie Book - 18th/47 - 11:19

**Grade 3-4 Boys 2km Race:**

Kaj Kulakowsky - 2nd/58 - 8:06

Brennan Law - 3rd/58 - 8:34

Emmett Leary - 4th/58 - 8:34

Graeme Manwell - 6th/58 - 9:02

William Olivier - 7th/58 - 9:03

Edmund McPherson - 9th/58 - 9:08

Noah Boughtflower - 20th/58 - 9:40

Jackson Squire - 21st/58 - 9:44

**Grade 5-6 Girls 2km Race:**

Taryn Lee - 2nd/41 - 8:12

Catherine Currie - 4th/41 - 8:45

Megan Cowan - 6th/41 - 8:53

Ava Olivier - 17th/41 - 9:36

Lilly Campbell - 27th/41 - 10:21

**Grade 5-6 Boys 2km Race:**

Luke House - 2nd/51 - 8:08

Wes Brown - 8th/51 - 8:40

Dominic Manwell - 14th/51 - 9:04

Jacob Boughtflower - 28th/51 - 9:46

Cole Gillis - 31/51 - 9:56

**Grade 7-8 Girls 3km Race:**

Kara Tichbourne - 1st/40 - 11:18

Hailey Abbot - 2nd/40 - 11:27

Madison Calder - 4th/40 - 12:02

Payton Dodd - 5th/40 - 12:14

Leah Ray - 8th/40 - 13:01

Zoey Killeen - 10th/40 - 13:07

McKeena Karn - 16th/40 - 14:33

Sydney Martin - 20th/40 - 14:52

Payton Weppler - 22/40 - 15:11

Lauren Sziklai - 35th/40 - 16:57

**Grade 7-8 Boys 3km Race:**

Devlin Gillis - 4th/19 - 12:13

Rohan Egan - 5th/19 - 12:22

Jeffrey McPherson - 6th/19 - 12:44

## Pentland Wins Waterloo XC Race



**[Ethan Pentland, a grade 9 Durham student, began his high school running career in a winning fashion, capturing a gold medal at the Octoberfest Cross Country Meet in Waterloo on October 5th]**

The high school cross country season officially began on Thursday, October 5th in Waterloo at the annual Bectel Park Octoberfest Cross Country Meet. Over 150 kids were competing in each of the 6 races, drawing runners from across southwestern Ontario.

Our Coyotes have been training hard for the last couple months and were ready for the stiff competition. Grade 9 student, Ethan Pentland from Durham, began the day on a huge note. Taking the lead from the start, his aggressive pace wore out the entire field of 186 competitors as they twisted around the hilly and winding 4km course. He crossed the line in first place, stopping the clock at 13:46, a solid 15 seconds ahead of his nearest competitor.

In the Grade 10 Boys 5km race, Meaford's Spencer Book lined up with 154 athletes ready to test their training.

Spencer has also put in some great workouts the last few weeks and went out with the front pack. He was placed 5th for most of the race, but fell back a few spots in the last 1km to finish a solid 8th overall in a time of 18:15 minutes.

Julia Latham, a grade 12 student from Owen Sound laced up for the Senior Girls 6km event. After having a good start, she rolled her ankle and struggled through the back half of the race. She still managed a 48th finish against a field of 180 girls, crossing the line in 31:09.

All of our high school Coyotes will compete in their respective Area XC Championships in a couple weeks and then Regional XC Champs as they try to earn their spot to compete at the OFSAA Cross Country Championships in Petawawa on Saturday, November 4th.

## Field of Coyote Orange Rock Etobicoke



**[From left to right: Zoey Killeen, Hailey Abbott, Madison Calder and Leah Ray dominated the Senior Girls 3000m race at the Etobicoke Cross Country Meet on Saturday, October 21st, winning the 1st place Team title]**

The Meaford Coyote Track Club took a large group of 33 grade 8 and under runners to the Etobicoke Cross Country Meet on Saturday, October 21st. It was a perfect, sunny, 21°C, calm day, with several clubs from around the Toronto, Barrie, Hamilton, St. Catharines, Caledon and Port Elgin areas showed up with only 1 week left to prepare for the MTA Provincial Cross Country Championships. Our young Coyotes have been training very hard and enduring their school races as well over the last several weeks. On race day in Etobicoke, they came ready to prove you don't mess with a Coyote.

In every age group that we had enough members to form a team [at least 3 runners] we were either 1st, 2nd or 3rd. Of the 7 different races we were in, we posted three 1st place, two 2nd place, two 4th place, one 5th place and twelve "top-10" finishes. We also took down 10 new runners who had never competed against the Toronto competition and were very nervous. They all ran extremely hard and did the Coyote Orange proud as did the entire Team. We even had a few strong members who could not make the trip that would have placed very well also.

The Team is in great shape, healthy and strong heading into the Minor Track Association Cross County Championships on Saturday, October 28th in Pickering. They are hungry for more medals, team titles and aggressive performances.

**Results:**

**PeeWee Boys [2011+] - 500m**

Liam Law [11] - 1st/8 @ 1:49.62

**Mite Girls [2009-2010] - 1000m**

**2nd place Team**

Freja Kulakowsky [10] - 4th/18 @ 3:47.84

Rimyelle Grady [09] - 9th/18 @ 3:57.66

Taryn Wepler [09] - 11th/18 @ 3:59.06

**Mite Boys [2009-2010] - 1000m**

**1st place Team**

William Olivier [09] - 1st/12 @ 3:23.82

Brennan Law [09] - 2nd/12 @ 3:34.88

Sebastien Mei [10] - 12th/12 @ 4:21.00

**Tyke Girls [2007-2008] - 1500m**

**3rd place Team**

Taryn Lee [07] - 5th/43 @ 5:09.34

Megan Cowan [07] - 16th/43 @ 5:34.88

Olivia Latham [08] - 20th/43 @ 5:44.15

Ava Olivier [07] - 24th/43 @ 5:57.03

Skyler Carefoot [07] - 25th/43 @ 5:58.75

**Tyke Boys [2007-2008] - 1500m**

**3rd place Team**

Luke House [07] - 8th/38 @ 5:04.28

Ethan Mei [07] - 11th/38 @ 5:10.00

Kaj Kulakowsky [08] - 13th/38 @ 5:10.56

Sam Rossell [07] - 16th/38 @ 5:16.50

Jack Farmus [08] - 29th/38 @ 5:50.81

Edmund McPherson [08] - 30th/38 @ 5:51.41

Wes Brown [07] - 31st/38 @ 5:51.94

Graeme Manwell [08] - 34th/38 @ 6:06.81

**Atom Girls [2005-2006] - 2000m**

**2nd place Team**

Kara Tichbourne [05] - 1st/43 @ 7:12.09

Payton Dodd [05] - 4th/43 @ 7:39.23

Catherine Currie [06] - 15th/43 @ 8:11.99

McKenna Karn [05] - 35th/43 @ 9:19.08

Payton Wepler [05] - 38th/43 @ 9:24.56

**Atom Boys [2005-2006] - 2000m**

Rohan Egan [05] - 17th/42 @ 17th/42 @ 7:32.77

Dominic Manwell [06] - 32/42 @ 8:15.00

**Senior Girls [2003-2004] - 3000m**

**1st place Team**

Hailey Abbott [04] - 2nd/26 @ 10:28.31

Madison Calder [04] - 4th/26 @ 10:58.53

Leah Ray [04] - 5th/26 @ 11:07.41

Zoey Killeen [04] - 11th/26 @ 11:42.66

### 3 Coyotes Advance to OFSAA Champs



**[From left to right: Ethan Pentland, Spencer Book and Olivia Karn have all earned spots to compete at the High School OFSAA Provincial Cross Country Championships in Petawawa on Saturday, November 4th]**

On a cool and overcast Thursday, October 26th, 8 high school members from the Meaford Coyotes Track Club competed in their regional cross country championships in attempts to qualify for the OFSAA XC Championships next Saturday, November 4th in Petawawa. There are more than 20 regions across Ontario and the top-5 individuals from each region + the top-2 teams advance to the Provincial Championships.

In Waterloo at the CWOSSA Championships at Becktel Park, grade 9 Ethan Pentland from Durham, won the Midget Boys 4km race, taking a 7 second lead in the final 400m. He has earned a front row spot at OFSAA. Three weeks back he also won the Octoberfest High School Grade 9 Boys race against about 150 other runners. Meaford's Spencer Book, a grade 10 GBCS student, competed in the Junior Boys 5km race. He knocked off 33 seconds from his race on the same course 3 weeks ago, won a sprint to the finish to capture 7th spot and earned a birth at the OFSAA starting line. In Duntroon at the GBOSSA Championships at the Grey Highlands Golf Course, grade 9 student Olivia Karn from Coldwater, stepped up to the line in the Midget Girls 4km race. She ran a very solid race on a hilly course, crossed the line in 4th and earned her spot at OFSAA as well.

Congrats to all our high school runners. They have all trained very hard this season and had solid performances on race day.

**Results:**

**Midget Girls [grade 9] - 4km**

Olivia Karn - 4th - Going to OFSSA

**Midget Boys [grade 9] - 4km**

Ethan Pentland - 1st/167 @ 13:51.8 - Going to OFSSA

Kurt Indoe - 81st/167 @ 17:18.4 - ran 15 sec faster than 3 weeks ago

**Junior Girls [grade 10] - 5km**

Hannah Knight - 38th/142 @ 23:31.2

Jenelle Lyman - 44th/142 @ 23:52.5

Alex Scheifele - 64th/142 @ 24:51.6 - ran 1:06 faster than 3 weeks ago.

**Junior Boys [grade 10] - 5km**

Spencer Book - 7th/162 @ 17:42.9 - Going to OFSSA

**Senior Girls [grade 11-12-13] - 6km**

Julia Latham - 63rd/188 @ 30:43.8 - ran 26 sec faster than 3 weeks ago

## Coyotes Medal/Set Records at Provincial Champs



**[Meaford Coyote Track Club members Liam Law and Kara Tichbourne both won gold at the 2017 Minor Track Association Provincial Cross Country Championships in Pickering on Saturday, October 28th. In addition, Law shattered the PeeWee Boys course record by 15 seconds and Tichbourne tied the Atom Girls course record.]**

It was a wet and wild day in Pickering on Saturday, October 28th. Rain, mud and 6°C temps made for a true cross country race as over 400 runners from across Ontario gathered for the Minor Track and Field Cross Country Championships. The Meaford Coyotes took 26 members down for the meet and each one of them gave 110% as they ran with confidence and determination.

What made for an even more exciting day was that 11 of our 26 youngsters had never run at a provincial cross country championship race before. So there were a lot of nervous Coyotes on the line, but they all did amazing!

It was a wet and wild day in Pickering on Saturday, October 28th. Rain, mud and 6°C temps made for a true cross country race

as over 400 runners from across Ontario gathered for the Minor Track and Field Cross Country Championships. The Meaford Coyotes took 26 members down for the meet and each one of them gave 110% as they ran with confidence and determination. What made for an even more exciting day was that 11 of our 26 youngsters had never run at a provincial cross country championship race before. So there were a lot of nervous Coyotes on the line, but they all did amazing!

Liam Law, a grade 1 Meaford student, started the day off with an amazing run in the PeeWee Boys 760m competition. He took the lead from the start and didn't let off the gas pedal until he grabbed his gold medal. In addition to his gold medal, he shattered the previous 2015 course record by 15 seconds!! Our Mite Boys team of Emmett Leary, William Olivier and Brennan Law, all from Meaford, grabbed the 1st place team award for their age group, with Leary taking 4th spot and Olivier crossing the line in 5th.

Our Atom Girls won two awards. Grade 7 Meaford student Kara Tichbourne won gold as she edged out her 2nd place rival at the line. To add to her gold medal, she tied the course record previously set in 2013. Her team mates Payton Dodd [grade 7 Collingwood] and Catherine Currie [grade 6 Meaford] combined to win a the 3rd place Team award for their age group.

The Senior Girls team also won bronze for the team award. Hailey Abbott, Madison Calder, Leah Ray, all grade 8 Collingwood students and Zoey Killeen, a grade 8 Meaford student, combined to edge out the 4th place team by only 1 point. So those 100m sprints at the end of our workouts really do matter!

Overall it was a very exciting day of racing. We won 2 gold medals, won 3 team awards, broke 1 course record and tied another on less than perfect course conditions, and had 9 "top-10" finished against very tough Ontario competition.

### **Results:**

#### **PeeWee Boys 760m [2011+]**

Liam Law [11] - 1st/9 @ 3:13

Nathan Leary [11] - 4th/9 @ 3:31

#### **Mite Girls 1033m [2009-2010]**

Freja Kulakowsky [10] - 12th/25 @ 4:34

Taryn Weppler [09] 21/25 @ 4:50

Remyllie Grady [09] - 24th/25 @ 4:54

#### **Mite Boys 1033 [2009-2010]**

##### **1st Place Team**

Emmett Leary [09] - 4th/21 @ 3:59

William Olivier [09] - 5th/21 - 4:09

Brennan Law [09] - 12th/21 @ 4:28

#### **Tyke Girls 1420m [2007-2008]**

##### **5th/9 teams**

Taryn Lee [07] - 10th/62 @ 5:38

Olivia Latham [08] - 22nd/62 @ 6:03

Megan Cowan [07] - 31/62 @ 6:14

Sykler Carefoot [07] - 32/62 @ 6:14

Ava Olivier [07] - 55/62 @ 6:45

#### **Tyke Boys 1420m [2007-2008]**

##### **5th/7 teams**

Ethan Mei [07] - 20th/52 @ 5:54

Luke House [07] 24th/52 @ 6:02

Sam Rossell [07] - 25th/52 @ 6:02

Kaj Kulakowsky [08] - 27th/52 @ 6:07

#### **Atom Girls 1992m [2005-2006]**

##### **3rd Place Team**

Kara Tichbourne [05] - 1st/80 @ 7:22

Payton Dodd [05] - 7th/82 @ 7:43

Catherine Currie [06] - 35th/82 @ 8:28

#### **Atom Boys 1992m [2005-2006]**

Devlin Gillis [05] - 16th/66 @ 7:35

Rohan Egan [05] - 23rd/66 @ 7:47

#### **Senior Girls 2925m [2003-2004]**

##### **3rd Place Team**

Hailey Abbott [04] - 6th/66 @ 11:03

Madison Calder [04] - 10th/66 @ 11:25

Leah Ray [04] - 17th/66 @ 11:48

Zoey Killeen [04] - 34th/66 @ 12:22

## Pentland 9th at OFSAA



**[From left to right, Coyote coach Kevin Hooper joined Olivia Karn #479, Spencer Book #208 and Ethan Pentland #232 at the 2017 OFSAA Cross Country Championships in Petawawa. Ethan Pentland placed an impressive 9th overall in the grade 9 Boys 4.24km race]**

On Saturday, November 4th, Petawawa welcomed over 1000 Ontario high school runners for the OFSAA Provincial Cross Country Championships at the military base golf course, under cool +3°C temps, but the hilly and challenging course was dry and the wind was calm.

To qualify for the most competitive high school race in Canada, the "Road to OFSAA" begins with athletes competing in their local high school championship race. The next week they compete in 1 of 19 regional cross country meets where they had to be in the top 5 individuals or be on 1 of the top 2 teams. Those athletes then advance to OFSAA. Race starting line positions are assigned based on your Regional meet position. If you placed 4th overall at Regionals, you would be in the 4th row of 5 of athletes. Teams were also arranged the same, with the top team member getting a front row spot while the 5 team member would be in the 5 row. Each Region is randomly assigned a 3 spots across the starting line, 1 for individuals and 2 for the two teams. So there are 19 Regions with 3 spots across the starting line [57 rows] with 5 athletes deep, equalling about 285 runners in each race.

The Meaford Coyotes Track Club had 3 very talented runners qualify. Olivia Karn is a grade 9 Coldwater student, representing the Orillia Nighthawks. Ethan Pentland is a grade 9 Durham student representing John Diefenbaker High School. Spencer Book of Meaford is a grade 10 student representing the GBCS Thunder.

Olivia Karn started the day in the grade 9 Midget Girls 4.24km race. She was 4th at the GBSSA Regional Meet and was in the 3rd row of athletes, placed right in the middle of the pack. Almost the worst position you could possibly have. The gun went off and the herd of athletes collapsed to the middle of the field and she was swallowed up in the mass, like a fish net of sardines flopping around. She worked her way through the mass of runners, picking them off 1 at a time. Hoping for a better showing, she finished an impressive 86th in a field of 259 runners.

Ethan Pentland won his Regional CWOSSA race and was right in the middle of the front row at the start of the grade 9 Midget Boys 4.24km race. He had a great start and was in the top 20 after the 300m massive sprint over and down the first hill and through the tight "dog-leg" turn to squeeze the herd even closer together. His aggressive pace moved him up to 11th spot with only 600m left and he won his finishing sprint to the line to place 9th spot in a field of 265 athletes. He was only 19 seconds back from the winner.

Spencer Book was 5th at CWOSSA's last week and lined up in the 5th row on the outside 18th row against the fence. Not a great spot to be either. As the gun went off, the pack narrowed to the middle and he was able to sneak around the outside of the pack, through the "dog-leg" narrowed section and be in the mass of runners about 30 seconds off the leaders after the first 800m. His very fast start caught up with him a bit in the back part of the race, but hung tough. He still worked his way through the pack and worked through the tough hilly back-1/2 of the race to gain a few more spots. Spencer cross the line 71st of 270 competitors, just under 2 minutes back of the leader.

Olivia, Ethan and Spencer ran their hearts out and made their schools, their families and our Coyotes very proud. Congrats to all of you!! They join some of their Coyote team mates next weekend on November 12th in Bracebridge for Athletics Ontario Cross Country Championships, the last race of their season.

## Abbott 4th at Provincial XC Champs



**[Hailey Abbott, #100, a grade 8 Collingwood student, placed 4th in the Bantam Girls 2km race at the AO Cross Country Championships in Bracebridge on Sunday, November 12th.]**

After several days of sloppy, snowy and chilly weather, the race course in Bracebridge on Sunday, November 12th at the 2017 Athletics Ontario Provincial Cross Country Championships was far from perfect. The snow had melted, but left the half-frozen ground covered in hard ruts, deep mud holes, large ice chunks in frozen puddles and sloppy, muddy footing which made for a treacherous day of racing.

Despite wearing long spikes to gain some traction, athletes were slipping, sliding and falling all day long. Of the 8 Meaford Coyotes who made the trek, one girl twisted her ankle twice, one boy fell onto his shoulder twice and another stepped into a deep mud puddle jarring his knee. All of our athletes managed to complete their races though. At the end of one of the races, an ambulance was called in to transport a girl from another team to the hospital for a serious injury. However...that is what makes cross country runners some of the toughest athletes in all the sports.

Our top performer was Hailey Abbott, a grade 8 Collingwood student. She had a great race placing 4th overall in the Bantam Girls "U14" 2km race. Hailey was only 9 seconds behind the winner, only 2 second from the third place runner and won her sprint to the finish, edging out her rival by the tip of her nose. Meaford's Kara Tichbourne, a grade 7 GBCS student, was in the front pack after the first loop and then twisted her ankle twice on the

second loop. She hung tough and still finished a strong 13th overall. Madison Calder, also a grade 8 Collingwood student, finished off our strong trio as she was only 16 seconds back of Tichbourne to take 21st overall.

Our talented Bantam Boys "U14" dynamic duo of Devlin Gillis and Rohan Egan, both grade 7 Thornbury students, ran very aggressive races and have made big improvements this season.

Devlin crossed the line in 34th spot and Rohan took 39th position. Rohan also ran one of his best races of the season. Sticking close to his team mate, he stopped the clock only 9 seconds behind Devlin to take 39th spot over the 2km trek.

Olivia Karn, a grade 9 student from Coldwater was fresh off her OFSAA appearance last weekend in Petawawa. At the bottom of her age group in a star-studded Midget Girls "U16" 4km race, she also ran an aggressive race but fell off the pace about 1/2 way through. She ran a much better race than last weekend and crossed the line 59th of 119 competitors.

Spencer Book, a grade 10 Meaford student, and his team mate Ethan Pentland, a grade 9 Durham student, have been great training partners all season. Both competed at OFSAA last weekend as

well, where Pentland placed 9th overall. This race however Book took charge and ran his best race of the season in the Midget Boys "U16" 4km race. His wicked sprint at the start of the race and at the finish line gave him a well deserved 37th spot against 125 runners. Ethan was still feeling the affects from last weekend and didn't quite have the horse-power he usually has. He still had an impressive 48th position as he edged out his rival, also by the tip of his nose.

All these talented Coyotes now get a well deserved rest before resuming their training as they prepare for a very exciting indoor track season!

### **Results:**

#### **Bantam U14 Girls 2km Race [2004-2005]**

Hailey Abbott [04] - 4th/79 @ 8:06  
Kara Tichbourne [05] - 13th/79 @ 8:21  
Madison Calder [04] - 21st/79 @ 8:37

#### **Bantam U14 Boys 2km race [2004-2005]**

Devlin Gillis [05] - 34th/57 @ 8:21  
Rohan Egan [05] - 39th/57 @ 8:30

#### **Midget Girls U16 4km Race [2002-2003]**

Olivia Karn [03] - 59th/119 @ 18:05

#### **Midget Boys U16 4km Race [2002-2003]**

Spencer Book [02] - 37th/125 @ 15:02  
Ethan Pentland [03] - 48th/125 @ 15:14

## **Coyotes to Host 2018 Provincial Champs**



**[Meaford Coyote Track Club member, Catherine Currie #244, will be one of several Coyotes to compete in the 2018 MTA Provincial XC Championships here in Meaford on Saturday, October 28th at the GBCS Athletic Field for kids grade 9 and under.]**

2018 MTA Provincial Cross Country Championships and the Meaford Coyotes Track Club came out on top!

The Meaford Coyotes Track Club have come a long way since they began in August 2010.

They started with just a handful of local runners and have grown to over 70 athletes, with some travelling over 1hr away. They have won numerous Provincial Championship medals over the years and even a few National Championship medals.

They have hosted their annual Coyote Cross Country Race here in Meaford for the last 7 years on "Craft Show Saturday" with about 400 athletes competing at this year's event.

The Coyotes have also become a well-respected club in Ontario.

The Coyotes sent a detailed bid to the Minor Track Association and then made a brief formal bid at the MTA annual general meeting in Burlington on Sunday, November 26th. A vote was cast among the 30+ coaches and the executive to host the

The MTA Provincial Championships will be held in Meaford on Saturday, October 27th, 2018 at the Georgian Bay Community School Athletic Field and utilizing part of the Georgian Trail.

There will be over 400 athletes arriving on race day with team travelling from as far north as Timmins down to Windsor, several clubs from the Toronto area, as well as Port Elgin, Guelph Barrie, London, Newmarket, Hamilton, Niagara Falls, and as far east as Kingston. The age groups will be for kids from senior kindergarten to grade 9 with race distances ranging from 750m for the younger kids up to 3km for the grade 8-9 kids. The races will run from 10:00am until about 12:30.

This will be a great chance for Meaford area to come out and watch their Coyotes compete on the provincial stage. With home course advantage, the Coyotes will be hungry for great performances and many Championship medals.