

# Coyotes Spring & Summer 2017

## Lyman 5th at OFSAA Regionals



Jenelle Lyman, a grade 9 student at Owen Sound District Secondary School, competed at the OFSAA Regional West Track and Field Championships in London on Friday, May 26th. Her personal best time of 1:02.80 placed her 5th of 15 in the Grade 9 Midget Girls 400m event. She was seeded 8th going into the event and was positioned in lane 8 of the fastest of two heats. With the top-4 advancing to OFSAA, Jenelle missed out by less than 1 second behind the 4th place girl.

The previous week on May 17th and 18th, she and some of her Coyote high school team-mates competed at the CWOSSA Championships in London, where the top 5 in each event advanced to "Regionals". At CWOSSA Lyman placed 3rd in the Midget Girls 400m in a personal best time of 1:03.59. She also competed in the Midget Girls 800m, where she placed 10th in a personal best time of 2:48.59.

Other Coyotes that competed at the CWOSSA Championships on May 17th and 18th, but who did not advance were:

Jake Clarke [Grey Highlands District School] - Grade 12 - Senior Boys  
800m - 10th in 2:09.88

Julia Latham [St. Mary's High School] - Grade 11 - Senior Girls  
800m - 11th in 2:43.09  
1500m - 13th in 5:53.82

Matalyn Lee [Owen Sound District Secondary School] - Grade 9 - Midget Girls  
1500m - 7th in 5:18.31  
3000m - 9th in 12:13.70

Two high school Coyote members from Meaford, Spencer Book and Hannah Knight, were unable to compete this year because the Georgian Bay Community School did not have a coach to lead the high school track team.

## Two Coyotes Advance to Legion Provincials



[From left to right, Coyote members Ethan Pentland, Spencer Book and Julia Latham competed at the "District C" Royal Canadian Legion Track and Field Meet in Kincardine on Saturday, Jun2 10th. Spencer Book and Julia Latham both advanced to the RCL Provincial Championships to be held in Windsor on July 14th-15th.]

On Saturday, June 10th under windy and hot 30'C, sunny conditions, the "District C" Royal Canadian Legion Track and Field Championships were held in Kincardine at the Davidson Centre. Athletes came from Meaford and Owen Sound over to the Port Elgin, Goodrich area and down to Guelph, Kitchener and Waterloo. Age Groups were "17 and Under", "15 and Under" and "13 and Under", based on your age as of December 31st this year.

Three Coyote members competed in this event, which the team has never participated in before. Competition was definitely strong and our Coyotes had to work very hard to earn their places. Julia Latham [Owen Sound] won the Girls 17 and Under 800m event in a personal best time of 2:35.22. In the Boys 15 and Under 800m event, Spencer Book [Meaford] took 2nd spot and Ethan Pentland [Durham] grabbed 3rd place, each running personal best times of 2:12.14 and 2:17.59 respectively.

Ethan Pentland also competed in the 15 and Under 2000m race. He crossed the line in 4th spot, stopping the clock at 6:34.27. Spencer Book had a short rest after his 800m when he stepped up to the line again in the 1200m, with his legs still feeling a little weak after knocking 7 seconds off his 800m time. So he was pleased overall with his 4th place finish in the 1200m with his time of 3:44.65.

With the top-2 in each event advancing to the RCL Provincial Championships in Windsor on Friday, July 14th and Saturday, July 15th, both Spencer Book and Julia Latham will be representing "District C" and the Meaford Coyotes in their respective 800m events.

The Coyotes return to competition on Saturday, June 24th as the Grade 8 and Under kids compete in Brampton after a busy few weeks of racing several school meets.

## Coyotes Impressive in Brampton



**[Meaford's Kara Tichbourne [#280] and Collingwood's Madison Calder [#264] lead the Coyotes with double gold as both of them literally ran away from their competitive fields in their respective 800m and 1500m events.]**

hard since early April and have been busy competing in local track meets, where they have performed extremely well. Race day was sunny, warm and VERY windy, which made running fast times difficult, but top young Grade 8 and Under members made their presence known in the distance events.

The Meaford Coyotes Track Club sent 18 members to the Brampton Bullets Track Meet on Saturday, June 24th at the Terry Fox Stadium for their first team track meet of the season. Our team has been training hard since early April and have been busy competing in local track meets, where they have performed extremely well. Race day was sunny, warm and VERY windy, which made running fast times difficult, but top young Grade 8 and Under members made their presence known in the distance events.

Not only were the Coyotes the most visible team on the field with their bright orange uniforms, they brought home 11 medals, set 16 new personal best performances, and several others just

The Meaford Coyotes Track Club sent 18 members to the Brampton Bullets Track Meet on Saturday, June 24th at the Terry Fox Stadium for their first team track meet of the season. Our team has been training hard since early April and have been busy competing in local track meets, where they have performed extremely well. Race day was sunny, warm and VERY windy, which made running fast times difficult, but top young Grade 8 and Under members made their presence known in the distance events.

The Meaford Coyotes Track Club sent 18 members to the Brampton Bullets Track Meet on Saturday, June 24th at the Terry Fox Stadium for their first team track meet of the season. Our team has been training

missed personal best times. Meaford's Kara Tichbourne and Collingwood's Madison Calder lead the team with double gold as both of them literally ran away from their very competitive field in their respective 800m and 1500m events. Meaford's Brennan Law knocked off over 20 seconds from his best times in his 1200m Tyke Boys races. Olivia Latham of Owen Sound and Megan Cowan of Peninsula Shores proved you never stop competing until the finish line as they both out-sprinted their competition at the finish line in the Tyke Girls 1200m and each won their battle by a few 10's of a second. Olivia won gold and Megan stole 3rd place. Even more exciting was that we had several strong runners who could attend this meet and would have made our performance on the day even more outstanding.

Overall it was a very exciting day of competition. The Coyotes return to action on Saturday, July 8th at the Meaford Harbour 5km Road Race and then hit the track every weekend until the end of July.

### **Results:**

#### **Mite Boys 100m [2009-2010]**

Sebastien Mei [2010] - 10th/11 - 20.64\*

#### **Mite Boys 200m [2009-2010]**

Sebastien Mei [2010] - 6th/7 - 45.48\*

#### **Tyke Girls 800m [2007-2008]**

Megan Cowen [2007] - 3rd/7 - 2:59.77\*

Olivia Latham [2008] - 4th/7 - 3:01.54

#### **Tyke Girls 1200m [2007-2008]**

Olivia Latham [2008] - 1st/4 - 4:38.08\*

Megan Cowen [2007] - 3rd/4 - 4:42.11\*

#### **Tyke Boys 800m [2007-2008]**

Ethan Mei [2007] - 6th/12 - 2:56.55\*

Emmett Leary [2009] - 9th/12 - 3:11.14

Brennan Law [2009] - 10th/14 - 3:12.44\*

Wes Brown [2007] - 11th/14 - 3:17.88

Edmund McPherson [2008] - 12th/12 - 3:19.74\*

#### **Tyke Boys 1200m [2007-2008]**

Luke House [2007] - 3rd/10 - 4:30.99

Ethan Mei [2007] - 5th/10 - 4:40.74\*

Emmett Leary [2009] - 7th/10 - 4:53.19

Brennan Law - [2009] - 8th/10 - 4:56.41\*

Wes Brown - [2007] - 9th/10 5:00.92

Edmund McPherson [2008] - 10th/10 - 5:03.55\*

#### **Atom Girls 800m [2005-2006]**

Kara Tichbourne [2005] - 1st/12 - 2:28.18

Sydney Martin [2005] - 10th/12 - 2:57.76

Catherine Martin [2004] - 12/12 - 2:58.59\*

#### **Atom Girls 1500m [2005-2006]**

Kara Tichbourne [2005] - 1st/15 - 5:06.45

Grace Boyce [2005] - 5th/15 - 5:44.15

Catherine Currie [2004] - 11th/15 - 5:58.93\*

Sydney Martin [2005] - 13th/15 - 6:08.52

#### **Atom Boys 800m [2005-2006]**

Devlin Gillis [2005] - 6th/10 - 2:37.03\*

#### **Atom Boys 1500m [2005-2006]**

Devlin Gillis [2005] - 7th/8 - 5:34.40

#### **Senior Girls 800m [2003-2004]**

Madison Calder [2005] - 1st/13 - 2:32.28

#### **Senior Girls 1500m [2003-2004]**

Madison Calder [2004] - 1st/11 5:10.78

#### **Senior Boys 800m [2003-2004]**

Ethan Pentland [2003] - 2nd/12 - 2:17.36\*

Jeffrey McPherson [2004] - 12th/12 - 3:13.09

#### **Senior Boys 1500m [2003-2004]**

Ethan Pentland [2003] - 2nd/7 - 4:40.54\*

Jeffrey McPherson [2004] - 7th/7 - 6:29.20

## Coyotes Outstanding at Toronto International Track Meet



[photo: Olivia Karn won double gold in the 13-14yo Girls 800m and 1500m events at the Flying Angels International Track and Field Meet. She out-sprinted two girls from Bermuda in the 800m event to run a season's best time of 2:26.64]

The Meaford Coyotes Track Club sent 16 members to the 7th annual Flying Angels International Track and Field Meet on Saturday, July 15th and Sunday, July 16th at York University, with most Coyotes competing in 2 events over the 2 days. Teams came from Burmuda, New York City and New Jersey, plus a small contingent from England and Germany, as well as familiar teams from Toronto, London, Kingston, Caledon and Burlington.

Our team came ready to compete and looking for many personal best times as well as podium finishes....and they did not disappoint. We had two days of perfect racing conditions, with warm temperatures and light winds.

Saturday's events were amazing for our 13 members as we posted medal performances in 5 of the 6 distance races we entered, earning 3 gold, 2 silver, and 1 bronze medal, as well as 6 personal best performances and 3 others just missing their best times, with our 13 Coyotes that competed. Sunday's performances were nothing short of outstanding! It was another perfect day for racing with overcast, warm temps with a few minutes of showers during the early 800m races. We had 13 competitors in seven different 800m events and came home with 7 medals, 10 personal best performances, 2 season best performances and a couple more amazing

improvements. Overall our 16 Coyotes won 13 medals and set 16 personal best times over the 2 days of competition.

Outstanding performances came from Meaford's Kara Tichbourne in the 11-12yo Girls 1500m as she finally broke the 5 minute barrier, running a scary 4:55.13, knocking off 8 seconds from her best. Jennie Lyman of Owen Sound demolished her previous 800m best time by 20 seconds as she surprised everyone with her 2nd place finish of 2:27.42 in the 15-17yo Girls 800. Ethan Pentland [Durham] and Meaford's Spencer Book both improved their 1500m times by over 9 seconds as Ethan placed 2nd in the 13-14yo Boys event and Book taking photo-finish 2nd in the 15-17yo race. The next day, Spencer shaved another 7 seconds off his 800m time. Olivia Latham [Owen Sound] shattered her 800m time by 9 seconds in the 9-10yo Girls race, stopping the clock at 2:51.72. Olivia Karn [Coldwater] won double gold in the 13-14yo 800m and 1500m events as she is getting back into top form.

**Results: [\* = personal best // ! = season best]**

**7-8 year old Boys (2009-2010)**

**400m**

Brennan Law (2009) - 6th/15 @ 122.23\*  
Jackson Squire (2009) - 9th/15 @ 1:23.73\*

**800m**

Brennan Law (2009) - 2nd/6 @ 3:04.55\*  
Jackson Squire (2009) - 3rd/6 @ 3:07.43\*

**9-10 year old Girls (2007-2008)**

**800m**

Olivia Latham (2008) - 3rd/11 @ 2:51.72\*  
Lillie Campbell (2007) - 9th/11 @ 3:14.23\*

**1200m**

Taryn Lee (2007) - 1st/ @ 4:26.40  
Olivia Latham (2008) - 3/4 @ 4:45.96

**9-10 year old Boys (2007-2008)**

**800m**

Luke House (2007) - 8th/12 @ 2:58.85\*  
Wes Brown (2007) - 10th/12 @ 3:03.57\*

**1200m**

Luke House (2007) - 5/7 @ 4:41.89  
Wes Brown (2007) - 6/7 @ 4:51.78\*

**11-12year old Girls (2005-2006)**

**800m**

Payton Dodd (2005) - 3rd/20 @ 2:33.20\*  
Sydney Martin (2005) - 11th/20 @ 2:55.11\*  
McKenna Karn (2005) - 15th.20 @ 3:03.28!

**1500m**

Kara Tichbourne (2005) - 1/17 @ 4:55.13\*  
Payton Dodd (2005) - 10/17 @ 5:44.35  
Sydney Martin (2005) - 14/17 @ 6:05.80  
McKenna Karn (2005) - 15/17 @ 6:20.99

**13-14 year old Girls (2003-2004)**

**800m** - Olivia Karn (2003) - 1st/10 @ 2:26.64!  
**1500m**- Olivia Karn (2003) - 1/6 @ 5:10.41!

**13-14 year old Boys (2003-2004)**

**1500m** - Ethan Pentland (2003) - 2/8 @ 4:31.77\*

**15-17 year old Girls (2000-2002)**

**800m**

Jenelle Lyman (2002) - 2nd/8 @ 2:27.42\*  
Julia Latham (2000) - 5th/8 @ 2:37.27

**15-17 year old Boys (2000-2002)**

800m - Spencer Book (2002) - 4th/5 @ 2:05.48\*  
1500m- Spencer Book (2002) - 2/4 @ 4:30.70\*

## Coyotes Howling at MTA Track Provincials



[**Kara Tichbourne [#384], a grade 6 student of Meaford, won double-gold at the Minor Track Association Provincial Championships in Etobicoke on Saturday, July 22nd and Sunday, July 23rd. She was first in both the Atom Girls 800m and 1500m events. Payton Dodd [#383] won her first MTA provincial medal, earning bronze in the Atom Girls 800m.**]

The Meaford Coyotes Track Club sent 16 of their top Grade 8-and-Under members to the 2017 Minor Track Association Provincial Championships. Over 800 athletes were in attendance at the Centennial Stadium in Etobicoke on Saturday, July 22nd and Sunday, July 23rd competing in over 1700 different events. After a strong performance the weekend before at York University, our young runners were confident and up for the challenge to compete against Ontario's best.

Saturday we were welcomed with overcast skies and some light showers, but with no winds, it was a great day for racing. All our Coyotes ran their hearts out and gave every ounce energy they had. Day 1 resulted in a gold medal, one silver, and 10 personal best times.

Grade 6 student Kara Tichbourne set a blistering first lap of 72 seconds on the Atom Girls 1500m and dragged all the top girls with her. The pace slowed a bit and she out-sprinted them to win gold in a time of 5:04.75. Ethan Pentland, a grade 8 student from Durham, shattered his best time as he won silver in the most exciting finish of the day....the Senior Boys 1500m. His closing sprint nipped the 3rd place runner and was close behind the overall winner. His time was 4:25.35. Grade 3 Owen Sound student Olivia Latham shattered her 1200m time in the Tyke Girls race by over 9 seconds. Devlin Gillis, a grade 6 Thornbury student was long over-due for an awesome race and knocked an impressive ?? seconds off his Atom Boys 1500m time.

Sunday's 800m races were even more exciting as we won 5 medals [2 gold, 1 silver and 2 bronze] and set 12 more personal best times, with 2 others just missing. Our Tyke Boys, Emmett Leary and Brennan Law, both grade 2 Meaford students, won gold and silver respectively in their 800m races running new PB's. Kara Tichbourne won her 2nd gold of the weekend, leading from start to finish in the Atom Girls 800m with a new PB. Payton Dodd, a grade 6 Collingwood student, stepped up and surprised a lot of people, winning her first MTA Provincial medal - a bronze - in the Atom Girls 800m with a new PB. Madison Calder, a Grade 7 Collingwood student, knocked a whopping 10 seconds off her 800m time to steal 3rd spot in the Senior Girls 800m.

Overall our 16 Coyotes performed above and beyond what we could have imagined. In the two days of competition, we competed in 14 different events and earned 7 medals, set 22 personal best times and had 16 "top-6" placings against the best runners in Ontario. Everyone should be very proud!

### **Results:**

#### **Mite Boys**

##### **400m**

Emmett Leary (2009) - 6th/13 @ 1:23.35  
Brennan Law (2009) - 7th/13 @ 1:23.92  
Jackson Squire (2009) - 8th/13 @ 1:24.17

##### **800m**

Emmett Leary (2009) - 1st/8 @ 3:01.12\*  
Brennan Law (2009) - 2nd/8 @ 3:02.75\*  
Jackson Squire - 6th/8 @ 3:09.95

#### **Tyke Girls (2007-2008)**

##### **800m**

Taryn Lee [2007] - 4th/19 @ 2:42.58\*  
Olivia Latham [2008] - 5th/19 @ 2:51.61\*  
Megan Cowan [2007] - 8th/19 @ 3:00.28

##### **1200m**

Taryn Lee [2007] - 5th/16 - 4:22.43\*  
Olivia Latham [2008] - 6th/16 - 4:30.09\*  
Megan Cowan [2008] - 13th/16 @ 5:03.27

#### **Tyke Boys (2007-2008)**

##### **800m**

Ethan Mei [2007] - 13th/24 @ 2:54.49\*  
Luke House [2007] - 15th/24 @ 2:56.30\*  
Wes Brown [2007] - 18th/24 @ 3:03.10\*

##### **1200m**

Ethan Mei [2007] - 7th/16 @ 4:34.78\*  
Luke House [2007] - 9th/16 @ 4:38.95\*  
Wes Brown [2007] - 10th/16 @ 4:46.95\*

#### **Atom Girls (2005-2006)**

##### **800m**

Kara Tichbourne [2005] - 1st/31 @ 2:26.56\*  
Payton Dodd [2005] - 3rd/31 @ 2:29.33\*

##### **1500m**

Kara Tichbourne [2005] - 1st/25 @ 5:04.75  
Payton Dodd [2005] - 8th/25 @ 5:25.39\*  
Grace Boyce [2005] - 13th/25 @ 5:36.77\*

#### **Atom Boys (2005-2006)**

**800m** - Devlin Gillis [2005] - 13th/29 @ 2:35.92\*  
**1500m** - Devlin Gillis [2005] - 6th/25 @ 5:10.42\*

#### **Senior Girls (2003-2004)**

##### **800m**

Madison Calder [2004] - 3rd/35 @ 2:19.16\*  
Olivia Karn [2003] - 16th/35 @ 2:33.04

##### **1500m**

Madison Calder [2004] - 6th/33 @ 5:07.00\*  
Olivia Karn [2003] - 17th/33 @ 5:23.38

#### **Senior Boys (2003-2004)**

##### **800m**

Ethan Pentland [2003] - 6th/34 @ 2:09.25\*

##### **1500m**

Ethan Pentland [2003] - 2nd/27 @ 4:25.35\*

# Strong Performances for Coyotes at Ontario Track Champs



[photo: Spencer Book won a gold medal in the Midget Boys 800m at the Athletics Ontario Provincial Track and Field Championships in Brampton on Sunday, July 30th]

Athletics Ontario held their 2017 Track and Field Championships in Brampton on Saturday, July 29th and Sunday, July 30th. The Meaford Coyotes sent a small but powerful group of 6 to compete against Ontario's best, as their track season came to a conclusion. With very impressive results the last two weekends, the Coyotes were hungry for more.

On Saturday, July 29th, 4 of our 6 competed in the 1200m event, with impressive results. Kara Tichbourne started things off with a 4th place finish in the grade 6-7 Bantam Girls 1200m with a personal best time of 3:55.29. Madison Calder struggled with a head cold and fell off the pace in the second half of the race, taking 12th spot in 4:13.49. Ethan Pentland and Spencer Book had huge improvements in the grade 8-9 Midget Boys 1200m. Ethan took 10th spot in 3:29.77 and Spencer Book was a close 12th in 3:31.44.

All 6 Coyotes competed in their respective 800m events on Sunday. In the Bantam Girls 800m, Madison Calder and Kara Tichbourne lead the pack from start to finish, with Madison winning gold in 2:24.16 and Kara stopping the clock in a personal best time of 2:25.52 to win silver.

Jenelle Lyman competed in her first ever AO Provincial Champs as she lined up in the grade 8-9 Midget Girls 800m. She had a great start and faded just a little on the last 100m to take 8th spot, just missing her best time by 0.33 seconds. She crossed the line in 2:27.75

Julia Latham competed in the grade 11-12 Youth Girls 800m. Her training had gone well over the last month, but didn't have the race she was hoping for. She ran 2:42.11 to place 25th.

Spencer Book and Ethan Pentland were up next with high goals in their Midget Boys 800m race. Ethan placed 3rd in the ins of 3 heats to run a new PB of 2:07.28 and finished 9th overall. Spencer went out quick in the "fast heat" and surprised the entire field. He lead from start to finish and, with a finishing sprint at the line, the first three runners were separated by only 0.5 seconds, with Spencer capturing gold.

It was an impressive two days for our 6 Coyotes. In 10 opportunities, we won 2 gold and 1 silver medal, a 4th place finish, 6 personal best times, and seven "top-10" placings.

The entire team is on a well deserved break, with our cross country season beginning on Tuesday, August 8th.

**Results: (\* = personal best time)**

**Bantam Girls (2004-2005)**

**800m:**

Madison Calder - 1st/16 @ 2:24.16  
Kara Tichbourne - 2nd/16 @ 2:25.52\*  
**1200m:**  
Kara Tichbourne - 4th/22 @ 3:55.29\*  
Madison Calder - 12th/22 @ 4:12.79 –sick

**Midget Girls (2002-2003)**

**800m**

Jenelle Lyman - 8th/35 @ 2:27.75  
- missed PB by 0.33 sec

**Youth Girls (2000-2001)**

**800m**

Julia Latham - 25th/29 @ 2:42.11

**Midget Boys (2002-2003)**

**800m:**

Spencer Book - 1st/33 @ 2:03.36\*  
Ethan Pentland - 9th/35 @ 2:07.28\*

**1200m:**

Ethan Pentland - 10th/36 @ 3:29.77\*  
Spencer Book - 12th/36 @ 3:31.44\*