

Athletics Ontario Track / XC Championship Medals:

Spencer Book

800m - 2:03.36 - 1st - Grade 9 - July 30, 2017

Madison Calder

800m - 2:24.16 - 1st - Grade 7 - July 30, 2017

Dave Ellis

5km XC - 28:18 - 3rd in 70-74 age group - Nov 10, 2019

Devlin Gillis

1200m - 3:50.87 - Grade 7 - Mar 3, 2018

Olivia Karn

800m - 2:28.73 - 2nd - Grade 7 - Mar 6, 2016

1200m - 4:03.55 - 3rd - Grade 7 - Mar 5, 2016

Matalyn Lee

2000m - 7:17.45 - 3rd - Grade 7 - Mar 8, 2015

Jessie Nusselder

3000m - 10:28.01 - 3rd - Grade 12 - Jun 14, 2015

Sam Nusselder

1200m - 3:26.48 - 3rd - Grade 9 - Mar 1, 2014

2000m - 6:05.92 - 2nd - Grade 9 - Mar 2, 2014

Ethan Pentland

800m - 2:01.35 - 2nd - Grade 9 - Mar 4, 2018

1200m - 3:16.94 - 1st - Grade 9 - Mar 4, 2018

Jared Ruest

3000m - 9:04.23 - 3rd - Grade 10 - Mar 17, 2013

Michael Ruest

2000m - 7:12.34 - 2nd - Grade 6 - Mar 2, 2013

Peter Ruest

2000m - 7:27.54 - 3rd - Grade 5 - Mar 2, 2013

Kara Tichbourne

800m - 2:28.95 - 3rd - Grade 6 - Mar 5, 2017

800m - 2:25.52 - 2nd - Grade 6, July 30, 2017

800m - 2:29.05 - 2nd - Grade 7 - Mar 4, 2018

1200m - 3:54.53 - 2nd - Grade 7 - Mar 3, 2018

Hannah Woodhouse

3000m - 10:17.82 - 1st - Grade 10 - Feb 17, 2013

3000m - 10:13.77 - 3rd - Grade 10 - Mar 3, 2013

4km XC - 3rd Grade 11 - Nov. 17, 2013

1500m - 4:38.33 - 3rd - Grade 11 - Mar 1, 2014

3000m - 9:58.41 - 1st - Grade 11 - Mar 2, 2014

4km XC - 1st - Grade 12 - Nov. 16, 2014

1500m - 4:37.82 - Grade 12 - 1st - Mar 7, 2015

3000m - 9:43.32 - Grade 12 - 1st - Mar 8, 2015