

Ellis Leads Coyotes at AO Cross Country Champs



[Photo: 71yo Dave Ellis of Meaford competing in his first cross country race in over 50 years at the 2019 Athletics Ontario Cross Country Championships. He placed 3rd in the 70-74 age group]

The 2019 Athletics Ontario was hosted at Seneca College in King City on Sunday, November 10th under overcast skies with temperatures hovering around 2°C. About 850 athletes arrived from across Ontario, with the Georgian Bay Coyotes sending 5 members down.

The Masters 5km race began the day with Meaford's Dave Ellis starting things off with a bronze medal performance in the 70-74 men's age group. Dave is 71 years old and had not competed in a cross country race in over 50 years! He worked his way through the twisty, muddy and hilly course like he had been doing this for years. He even climbed the "BEAST" hill, passing other competitors on the way. The BEAST is a 200m nasty hill with a 60' incline, which was on the far end of the 2nd lap. Ellis sprinted up the final hill to the finish the 5km course in a very respectable time of 28:18, taking 85th spot of 93 competitors aging 30yrs and up.

Chantal Abbott, a 13 yo Collingwood student, was up next in the U14 Girls 2km trek. Coming off a 9th place performance at the MTA Provincial XC Championships 2 weeks prior, she faced stronger competition at the AO Championships. In the mass start of 92 girls, she had a sluggish start, sitting about 60th after the first 500m into the race. She worked her way through the relatively narrow course and popped out of the trails in 23rd spot. A final sprint up the final hill, she stopped the clock at 9:46 for a very solid performance.

Hailey Abbott, a 15yo Collingwood student, laced up in the U16 Girls 4km race. Hailey has had a very long racing season with her high school, stepping up to the line 8 weeks in a row, where she placed 29th at the OFSAA XC Champs in Sudbury last weekend. Facing most of the same girls as last weekend, she was determined to place better...and she did. She stopped the clock in 19:03 to place 19th overall against 128 girls. Team Quebec also competed in this race, with 4 Quebec runners ahead of Abbott. Abbott was pleased with her performance and ended her XC season on a positive note.

Spencer Book, a 17yo Meaford Student, and Ethan Pentland, a 16yo Durham student, completed the racing for the Coyotes, both competing in the U18 Boys 6km race. They had to climb the BEAST twice over the two 3km loops. A fast start and a 5 runner wipe-out after the first 100m had Book leaping over the fallen competitors on a very muddy and slick first corner. Pentland had avoided the incident with his good start near the front of the pack. As the race went on, Book passed his team-mate and ran one of his best races of the season. His time of 22:51 placed him 79th of 122 competitors. Pentland struggled in the back half of the race, taking 107th overall with a time of 24:12.

It was a good day of racing for all our Coyotes and the end of a very long season. Congrats again to our veteran runner, Dave Ellis, with his bronze medal. He is a true inspiration to ALL our Coyote members.

The entire Coyote team is now on a 2 week break before resuming training on November 23rd for their winter season of indoor racing.

4 Coyotes Compete at OFSAA XC Champs



[Photo: Coyote member Hailey Abbott [#443] along with Maddie Calder were two members of the Grade 10 Junior Girls Team from Collingwood Collegiate Institute [C.C.I.] who won a silver team medal at the 2019 OFSAA XC Championships in Sudbury]

Well Sudbury was another world on Saturday, November 2nd as they endured an early season winter blizzard just two days before the 2019 High School Provincial OFSAA Cross Country Championships at Kivi Park. Over 6 inches of sloppy wet stuff dropped to whiten the ground and make course conditions treacherous, messy, slippery and just plain tough to race in. Even just walking around in winter boots was slippery. Race day temps hovered around freezing with bouts of snow and/or rain throughout the day.

The Georgian Bay Coyotes had 4 members represented at OFSAA this year and all of them were part of the C.C.I. school team in Collingwood. Training mostly with their school team this Fall, they all ran strong races and represented our Coyotes and their school well.

To qualify for OFSAA, the athlete had to place in the top 6 in their respective Regional Championships and/or be one of the top 2 teams in that Region. All 4 Coyotes qualified as part of a team and Hailey Abbott also qualified as an individual as she won the Grade 10 Junior Girls 5km race at the GBSSA Regional Championships the week before.

Avery O'Neil started things off in the Novice Grade 9 Girls 4km race. Avery had a solid race with her first experience at OFSAA as she placed 110th of 255 girls with a time of 18:39.28. Devlin Gillis also had his rookie experience at OFSAA. His usual strong sprint to the finish stopped the clock at 16:35.34, taking 124th spot of 261 competitors in the Grade 9 Novice Boys 4km race.

In the Grade 10 Junior Girls 5km race, Hailey Abbott lead her team's charge with a good start in the top 40 amongst the herd of 253 girls as they headed up the first hill and into the bush. When they popped out and headed for home, she was in 30th spot and outsprinted her rival to take 29th overall in a time of 22:42.74. Team mate Maddie Calder was the 4th counter on the team as she also had a very solid race and a big improvement from last year. Her time of 24:18.31 gave her 86th spot overall. They also won the 2nd place team award against 33 teams, also and improvement from their bronze medal last year.

Congrats to all. It was a long and tough season of racing and they all did us proud.

4 Coyotes Advance to OFSSA XC Champs



[photo: Devlin Gillis competed for C.C.I. at the GBSSA XC Championships. His 17th spot finish along with being 3rd member of his 1st place team award advances him to compete at OFSSA in Sudbury on Saturday, November 2nd]

On Tuesday, October 22nd, the High School GBSSA Regional Cross Country Championships were held at Arrowhead Park in Huntsville under cool and windy conditions. Several Coyote members were in attendance competing for their high schools and had quite a show.

In the Grade 9 Novice 4km Girls Race, Avery O'Neil representing Collingwood Collegiate Institute, took 14th spot against 51 girls. She stopped the clock in a time of 20:02.90, just 0.09 seconds behind former Coyote Payton Dodd. Avery was 3rd member on her team which took 2nd Team award and will advance to OFSSA XC Champs on Saturday, November 2nd in Sudbury.

The Grade 9 Novice Boys 4km Race, Devlin Gillis from Thornbury also competed for C.C.I.. He also will advance to OFSSA as his team placed 1st overall. Devlin crossed the line in 17th spot with a time of 18:03.62 and was 3rd member on his team. Coyote team mate Rohan Egan, also from Thornbury, representing Jean Vanier High School in Collinwood, placed 21st overall against 77 runners with a time of 18:17.38.

The Grade 10 Junior Girls 5km Race had equally successful results. Hailey Abbott was 1st overall against 49 girls with a winning time of 23:09.01. Former Coyote Leah Ray was 3rd and Maddie Calder crossed the line in 9th spot with a time of 25:27.63. The trio took top team awards as well and all three will be competing at OFSSA.

On Thursday, October 24th, the CWOSSA Cross Country Championships were held at the Ainsdale golf Course in Kincardine. The Grade 9 Novice Girls 4km Race had Payton Wepler of Shallow Lake competing for St. Mary's High School in Owen Sound. She had a solid performance as she placed 33rd of 112 girls in a time of 19:18.7.

In the Grade 10 Junior Boys 5km Race Jeffrey McPherson competed, also representing St. Mary's. His 11th place performance stopped the clock at 23:20.3 with 151 guys on the line

Two veteran Coyotes competed in the Grade 11-12 Senior Boys 6km Race. Ethan Pentland, a grade 11 student from Durham raced for JDSS in Hanover and Meaford's Spencer Book, a grade 12 GBCS student laced up against 199 other runners. Pentland finished in 26th spot with a time of 21:46.7. Book was close behind in 28th spot, stopping the clock at 21:49.0

Congrats to Hailey, Maddie, Avery and Devlin who advanced to the OFSSA XC Championships. Most of our high school runners will compete 1 week after OFSSA at the Athletics Ontario XC Champs in King City on Sunday, November 17th.

Strong Performance for Coyotes at Provincials



[Photo: From left to right, Liam MacInness-Wiley, Lucas Low, Preston Hines-Stoneleigh, Liam Law, Nathan Leary and Ben Traynor won the 1st Place Mite Boys Team Award at the MTA Provincial Cross Country Championships on Saturday, October 26th. Liam Law was 1st overall]

The Georgian Bay Coyotes took their largest team ever, and one of their strongest teams ever to the 2019 Ontario Minor Track Association Cross Country Championships held at Centennial Park in Etobicoke on Saturday, October 26th. There were almost 500 athletes competing from SK-Grade 9. 36 members were selected to represent the Coyotes with high hopes of many strong performances, and they did not disappoint. Of their 6 teams of three members or more, they won two 1st place team awards and a 2nd place team award. They also brought home 1 gold medal and had eight "Top-10" performances. The Coyotes also had almost 1/3 of their team who had never competed at a Provincial XC Championship before. So this was a great learning experience for them.

Our two top teams were the Mite Boys [7-8yo] and Tyke Boys [9-10yo]. Both teams were pre-race favourites and Liam Law [Meaford] grabbed our only gold medal in the Mite Boys 1000m race. He had a dominant 12 second lead over his nearest competitor. The strength of our Mite Boys came with how closely packed the team. There was only 5 seconds separating our 2nd to 5th place runners.

Our Tyke Boys were equally as strong over their 1500m race. Mason Bell [Georgian Bluffs] and Emmett Leary [Meaford] crossed the line 4th and 5th, with only 0.26 seconds separating them and our 3rd counter, Ethan Milne-Pearson [Meaford] was only 6 seconds back.

Our Mite Girls also put on quite a show. Ella Kulakowsky [Thornbury] was their team leader, taking 7th spot and only 13 seconds back of 1st. New-comers Allie MacKay [Owen Sound] and Dehlia Reekie [Meaford] were less than 25 seconds back of Ella.

Our Tyke Girls team was hoping to have a strong race day over their 1500m distance. They had a VERY rough start as they all got swallowed up in the mass start of 55 competitors. They

were all thrown to the back of the pack and gave all they had to make up ground. With a narrow course over the 1st half of the race, there was little room to make up ground. The exciting parts of their experience were that they never gave up, there was only 10 seconds separating our top 6 girls, and that 7 of the 9 girls were all the youngest in their age group. So those 7 girls all get to get revenge next year in the same age group.

The Atom Girls 2000m Race had the most competitors of the day with 87, with Keira Snelling [South Bruce Peninsula] leading the way. She had a very solid race, crossing the line in 20th spot. The Atom Boys 2000m Race was headed by Ethan Mei [Meaford]. He has made huge improvements this year and now is able to compete with the "big boys". He was with the front pack over the first 1km and crossed the line in 6th spot, only 1 seconds back of the leader.

Our other solid race came in the Senior Girls 3000m Race. Chantel Abbott [Collingwood] competed in her Simcoe Area XC Meet only 3 days earlier where she took 2nd spot. On race day in Etobicoke she had her usual slowish start in the middle of the pack of 63 runners. Her relentless solid pace moved her up to 9th overall and only 18 seconds behind 1st place.

Overall it was an amazing experience for our Coyotes and also a very successful Championship meet. The team will train for a few more weeks. They will then take a well deserved rest before entering into their winter training / racing program. All our Coyote coaches are soooo proud of all our runners who competed! Congrats to all!!

Results:

Mite Girls 1km Race [2011-2012] - 2nd/3 Teams

Ella Kulakowsky [8yo] - 7th/20 @ 4:19.09
 Allie MacKay [8yo] - 11th/20 @ 4:43.06
 Dehlia Reekie [8yo] - 12th/20 @ 4:46.31
 Estella Mei [8yo] - 16th/20 @ 5:08.18

Mite Boys 1km Race [2011-2012] - 1st/3 Teams

Liam Law [8yo] - 1st/22 @ 3:45.81
 Nathan Leary [8yo] - 9th/22 @ 4:11.15
 Lucas Low [7yo] - 10th/22 @ 4:15.72
 Preston Hines-Stoneleigh [8yo] - 11th/22 @ 4:16.28
 Ben Traynor [8yo] - 12th/22 @ 4:16.93
 Liam MacInnes-Wiley [7yo] - 15th/22 @ 4:36.59

Tyke Girls 1.5km Race [2009-2010] - 5th/7 Teams

Freja Kulakowsky [9yo] - 21st/55 @ 5:49.53
 Remyelle Grady [10yo] - 23rd/55 @ 5:50.22
 Taryn Wepler [10yo] - 24th/55 @ 5:51.22
 Micah Abbott [9yo] - 26th/55 @ 5:54.09
 Sydney Snelling [9yo] - 27th/55 @ 5:56.50
 Estelle MacInnes-Wiley [9yo] - 30th/55 @ 5:59.62
 Kate Earle [9yo] - 42nd/55 @ 6:18.62
 Lydia Menard [9yo] - 48th/55 @ 6:49.09
 Noelle House [9yo] - 53rd/55 @ 7:07.38

Tyke Boys 1.5km Race [2009-2010] - 1st/9 Teams

Mason Bell [10yo] - 4th/54 @ 5:08.37
 Emmett Leary [10yo] - 5th/54 @ 5:08.63
 Ethan Milne-Pearson [10yo] - 9th/54 @ 5:16.68
 Brennan Law [10yo] - 15th/54 @ 5:29.22
 Sebastien Mei [9yo] - 39th/54 @ 6:04.90
 Hayden Pife-Alexander [9yo] - 43rd/54 @ 6:10.11

Atom Girls 2km Race [2007-2008] - 7th/13 Teams

Keira Snelling [11yo] - 20th/87 @ 8:37.99
 Taryn Lee [12yo] - 35th/87 @ 8:57.96
 Olivia Latham [11yo] - 36th/87 @ 9:01.80
 Lindy Kingston [12yo] - 73rd/87 @ 9:56.75

Atom Boys 2km Race [2007-2008] - 7th/10 Teams

Ethan Mei [12yo] - 6th/73 @ 7:57.65
 Kaj Kulakowsky [11yo] - 38th/73 @ 8:33.49
 Luke House [12yo] - 49th/73 @ 8:57.48
 Graeme Manwell [11yo] - 52nd/73 @ 9:03.70

Senior Girls 3km Race [2005-2006]

Chantel Abbott [13yo] - 9th/63 @ 11:24.12

Senior Boys 3km Race [2005-2006]

Kyle Manwell - [14yo] - 51st/58 @ 12:35.50
 Dominic Manwell [13yo] - 55th/58 @ 12:48.3

Strong Performances for Coyotes in Burlington



[Photo: Ethan Mei, in orange on left, took the lead 1/2 way through the Atom Boys 2km race and crossed the line in 2nd at the Ken Lake Classic Memorial Cross Country Meet in Burlington]

The Georgian Bay Coyotes took 22 of their younger members to Burlington on Saturday, October 12th. Typical Fall weather welcomed the athletes, with the rain stopping early and the sun popping out by the end of the morning. Several teams were in attendance as everyone gears up and coaches make final adjustments for the MTA Provincials in 2 weeks time.

Our Coyotes have been training very hard and came ready to race. We had members competing in 7 of the 10 races and had a team of at least three in 4 of those 10 events. We brought home 4 individual medals, posting three 1st place team awards, a 3rd place team award and had 8 'top-5' performances. Everyone gave 100% over the tough, twisty and hilly course and stamped their mark against several tough teams.

Some exciting sprint finishes delighted the crowds throughout the day. Ella Kulakowsky took 2nd spot in the Mite Girls 1km race and was only 3 seconds back of first. Lucas Low's bronze medal in the Mite Boys 1km race was just 6 seconds back of 2nd spot. Sydney Snelling was just shy of the podium by 2 seconds in the Tyke Girls 1.5km trek, while Emmett Leary's bronze medal in the Tyke Boys 1.5km event was only 3 seconds behind the silver medalist. Ethan Mei won his sprint for his silver medal performance in the Atom Boys 2km race, edging out 3rd place by 0.8 seconds.

The Team is in great shape heading into the Provincial Championships in Etobicoke on October 26th where all our top runners will be in attendance.

Coyotes Finish Strong in Waterloo Invitational Race



[Photo: From left to right, Spencer Book #431 and Ethan Pentland #585 competed at the Waterloo Cross Country Meet in Waterloo on October 10th]

Two high school members of the Georgian Bay Coyotes competed in the annual Waterloo Regional Invitational Cross Country Meet at Bechtel Park in Waterloo on Thursday, October 10th under favourable race conditions.

Spencer Book, a grade 12 GBCS student from Meaford and team mate Ethan Pentland, a grade 11 JDSS student from Durham, laced up against in the Senior Boys 6km race. The course was challenging as usual with twisting turns, hills to climb and narrow trails in the back end of the loops.

Book and Pentland headed out together with a good start amongst the huge mass of 235 guys. They had to sprint for the first 200m to get safely around a sharp 90 degree left hand turn or be sent to the back of the pack. They used their quick speed to their advantage and popped out of the first turn in good shape.

Both had solid performances and ran strong throughout the entire 6km. Pentland crossed the line in 23rd spot with a time of 23:47, with Book in close pursuit. He stopped the clock at 23:47 to take 27th spot.

Both head to the local BAA Cross Country Championships on October 17th and then compete at the regional CWOSSA Cross Country Champs in Kincardine on Thursday, October 24th as they represent their high schools [and the Coyotes] with pride.

Coyotes Take Top Spots at Pre-OFSAA Race



[Photo: From left to right, Hailey Abbott, Madi Calder and Leah Ray took 1st place team in the Junior Girls 5km race at Pre-OFSAA in Sudbury on Thursday, October 3rd. Abbott was 1st overall.]

5 members of the Georgian Bay Coyotes competed at the Pre-OFSAA Cross Country Meet in Sudbury on Thursday, October 3rd under cool and drizzly conditions. The Pre-OFSAA meet is held on the same course as the Provincial High School "OFSAA" Cross Country Championships will be held in early November and a chance for some of the schools to get an early 1st look at the course.

In the Grade 9 Midget Girls 4km race, Avery O'Neil crossed the line in 12th spot against 62 competitors with a solid time of 18:42.12, outsprinting her closing rival by 2 seconds. Devlin Gillis, coming off his summer injuries, is running himself back into shape. He took 27th spot in the Grade 9 Midget Boys 4km race against 99 others. His time was 16:18.39.

Our Grade 10 Junior Girls team of Hailey Abbott, Leah Ray and Madi Calder took first place team honors. Hailey also won the 5km race by a comfortable 14 seconds, crossing the line in 22:02.65. Team mate Leah was 7th with a time of 23:18.78 and Madi finished 12th of 61 girls with a time of 24:20.06.

All 5 members are students of C.C.I. in Collingwood. Their training and racing will continue for a few more weeks as they prep for OFSAA on Saturday, November 2nd.

Coyotes Host 9th annual Cross Country Race



[photo: From left to right, Micah Abbott [2nd], Sydney Snelling [1st] and Ella Kulakowsky [3rd] swept the podium in the Grade 3-4 Girls 1.55km Race. Our Coyotes also took the top-5 spots in that race, with Estelle MacInness-Wiley taking 4th and Kate Earle placing 5th]

The Georgian Bay Coyotes Track Club hosted their 9th annual cross country meet on Saturday, September 28th at the Georgian Bay Community School athletic field. Numbers were down a bit this year with 281 athletes competing, but spirits were high and performances were amazing. Our usual Fall weather of rain, drizzle, overcast skies and a hint of sunshine with comfortable 17°C welcomed the J.K.-Grade 8 local school athletes who traveled from throughout Grey-Bruce and into Collingwood.

Coming off a solid race performance in Brantford last weekend, our Coyotes were ready to perform in Meaford with home-course advantage. There was a steady stream of "Orange" to the podium in 9 of the 10 races. So things are shaping up nicely with only 4 weeks until the MTA Provincial XC Championships in Etobicoke on Saturday, October 26th.

Listed below are the results of our Coyote members. Full results can be found on our website under the Annual Fall XC Race section. Thanks to ALL our sponsors and volunteers. We could not host this amazing event without your support.

<p>Results: <u>J.K.-S.K Girls 800m Race:</u> Willow Clarence - 1st/6 @ 5:19 Isbelle Mei - 3rd/6 - @ 5:43 Adelaide Kulakowsky - 4th/6 @ 5:49 Callie Brown - 6th/6 - 7:09</p> <p><u>J.K.-S.K. Boys 800m Race:</u> Maxwell Low - 1st/5 - 4:27</p> <p><u>Grade 1-2 Girls 1000m Race:</u> No Coyotes competing</p> <p><u>Grade 1-2 Boys 1000m Race:</u> Lucas Low - 1st/33 - 4:21 Liam MacInnes-Wiley - 3rd/33 - 4:33 Declan Karon - 10th/33 - 4:51</p>	<p><u>Grade 3-4 Girls 1055m Race:</u> Sydney Snelling - 1st/33 @ 6:16 Micah Abbott - 2nd/33 @ 6:38 Ella Kulakowsky - 3rd/33 @ 6:52 Estelle MacInnes-Wiley - 4th/33 @ 6:55 Kate Earle - 5th/33 @ 6:56 Lydia Menard - 10th/33 @ 7:46 Noelle House - 14th/33 @ 7:58 Dehlia Reekie - 19th/33 @ 8:26 Estella Mei - 23rd/33 @ 8:45 Kestrel Clarence - 26th/33 @ 9:31</p> <p><u>Grade 3-4 Boys 1550m Race:</u> Liam Law - 1st/37 @ 6:06 Hayden Pfifer-Alexander - 3rd/37 @ 6:39 Sebastien Mei - 4th/37 @ 6:41 Ben Traynor - 5th/37 @ 6:42 Nathan Leary - 8th/37 @ 6:56 Preston Hines-Stoneleigh - 9th @ 7:05 Avery Brown - 20th/37 @ 8:08 Carson Losier - 21st/37 @ 8:46</p>	<p><u>Grade 5-6 Girls 1950m Race:</u> Keira Snelling - 1st/25 - 7:55 Olivia Latham - 2nd/25 - 8:01 Taryn Wepler - 3rd/25 - 8:33 Rimyelle Grady - 4th/25 - 8:44</p> <p><u>Grade 5-6 Boys 1950m Race:</u> Emmett Leary - 2nd/20 - 7:30 Kaj Kulakowsky - 4th/20 - 7:43 Ethan Milne-Pearson - 5th/20 - 7:44 Brennan Law - 8th/20 - 7:57 Graeme Manwell - 9th/20 - 8:08</p> <p><u>Grade 7-8 Girls 2920m Race:</u> Chantal Abbott - 1st/17 - 11:49 Taryn Lee - 3rd/17 @ 12:05</p> <p><u>Grade 7-8 Boys 2920m Race:</u> Ethan Mei - 2nd/18 @ 11:13 Luke House - 5th/18 @ 12:05 Dominic Manwell - 10th/18 @ 13:05 Wes Brown - 15th/18 @ 14:12</p>
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Strong Season Opener for Young Coyotes



On Saturday, September 21st, the Georgian Bay Coyotes sent a group of 23 members to the annual Brantford Cross Country Meet. Sunny warm weather welcomed the athletes for a great day of racing. The Team has been training extremely hard over the last 7 weeks and were ready to put that training to the test.

Our Grade 2-3 Mite Girls started things off on a positive note for our team. Ella Kulakowsky grabbed 2nd place in an exciting sprint to the finish over the 1km loop, missing first by only 3 seconds. Our Grade 2-3 Mite Boys dominated the field taking 6 of the top 8 positions. Liam Law had a sizable lead to earn gold. New comers Preston Hines-Stoneleigh and Lucas Low took 3rd and 4th spots respectively. They were the 1st place team as well.

In the Grade 4 -5Tyke Girls 1.5km race had some more exciting sprint finishes. Sydney Snelling was in close pursuit to the top pack, finishing 5th overall. Team mate Freja Kulakowsky was back in action after missing the summer track season. She was a few spots back and team mates Taryn Wepler and Rimyelle Grady all within 10 seconds of each other. They also won 1st place team.

The Grade 4-5 Tyke Boys 1.5km race had our team take 1st place overall. Mason Bell took 3rd spot, just 1 second back of 2nd. Team mate Brennan Law was close behind in 4th as he outsprinted his rival to the finish line. The also took 1st place team.

Our duo of Grade 6-7 Girls 2000m race also had strong performances in a loaded field. Keira Snelling took 7th spot with only 7 seconds separating 4th and 8th finishes. Olivia Latham was in close pursuit, taking 12th and only 16 seconds behind her team mate. Ethan Mei had a very solid race as well. His 2nd place finish was only 5 seconds back of first and his closest rival was over 20 seconds back.

Overall it was a great day of competition. It was a great first look at our runners competing both individually and also as a team. Our Coyotes are back in action on Saturday morning, September 28th as we host our 9th annual Coyote Cross Country Meet at the GBCS athletic field with more than 400 athletes expected.