

Cross-Country with the Middle Distance Runners

The MTA middle-distance runners have been busy since mid-August running around Churchill Park, as well as up-and-down the hills in the Mac woods with coach, Pauline Smith. Besides the various school meets, they entered two MTA races, both in Burlington. Naturally, they had hoped that the first run-through would be helpful when the championship meet arrived. Unfortunately, a mistake by the lead runners in the first meet meant that they ran a shorter course – and were a bit unprepared for the HILLS on the final day.

September 27 meet

Atom Girls

14	Chloe Hewitt	7:11			
21	Amanda Vertesi	7:26	24	Jenna Smith	7:33
26	Ashley Rose-Geczy	7:44	29	Alyssa Hopkins	7:53
33	Camille Deghan	8:02	35	Natalie Manchia	8:18
					42 finishers

Atom Boys

15	Zac Miller	9:55				31 finishers
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Senior Girls

19	Becky Morrison	15:46				32 finishers
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Senior Boys

12	Austin Robillard	14:07	13	Jordan Soufian	14:10	
20	Nathan Deghan	15:12	21	Brandon Thorburn	16:03	22 finishers

The Senior Boys came **third** overall

Unfortunately, during the time between these meets, several of our athletes took turns being ill with the flu and/or having various other ailments descend upon them. Because of this, some members of the group were unable to attend the championship meet; others went to the meet, but were still not back to 'normal'.

MTA Championship Meet – October 24, 2009

Tyke Boys – 1500m

32	Aidan Marr	6:44				43 finishers
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Atom Girls – 2000m

29	Amanda Vertesi	10:08	30	Chloe Hewitt	10:08	
55	Alyssa Hopkins	10:49	60	Camille Deghan	11:03	
61	Ashley Rose-Geczy	11:05				73 finishers

Atom Boys – 2000m

31	Zac Miller	9:45				47 finishers
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Senior Girls – 3000m

39	Kristen Davidson	16:50				41 finishers
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Senior Boys – 3000m

24	Austin Robillard	13:42	38	Nathan Dehgan	14:44	
41	Brandon Thorburn	15:00				41 finishers

The “Older” Kids

Coach, Patti Moore, reported on the OFSAA cross-country championship meet on November 7, 2009. “It was a pretty good day in the woods today. A deceptively brutal course. a combination of sharp uphill, steep slick down hills and like 15++ degree weather and one wayward deer, did in a fair number of kids.”

Midget Boys

Alec Mannario	Hillfield	80
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Midget Girls

Marissa Codispodi	Bishop Tonnos	59	Becky Morrison	Bishop Tonnos	72
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Junior Boys

Liam Smith	Highland	32	Adam Rowles	Highland	60
Paul Kolb	Highland	83	Evan Dunlop	Highland	90
Anthony Perrodou	Brebeuf	108	<u>Highland Boys were 6th in Junior Boys group</u>		

Senior Girls

Meg Inman	Westdale	38	<u>Westdale Senior Girls won Silver Medal</u>		
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Senior Boys

Jeff Behan	Westdale	77	Greg Lariviere	Westdale	129
Ramsey Franklyn	Appleby	154			

Like the MTA runners, the flu took its toll on many of the athletes when the **Athletics Ontario Championship Meet** was held in King City at Seneca College. Again, the weather was wonderful and the course contained several hills.

Midget Girls – 4km

57	Marissa Codispodi				
DNF	Jennifer Wilson	fell about halfway through the course			107 finishers

Midget Boys – 4Km

The midget boys team came fifth

29	Adam Rowles				
35	Liam Smith	36	Paul Kolb		
55	Anthony Perrodou	56	Alec Mannarino		
79	Kyle Gonci	107	Kurt McClure		112 finishers

Youth Girls – 5Km

45	Colleen Wilson				76 finishers
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Youth Boys – 6Km

61	Jeffrey Behan	68	Alex Russell		
82	Greg Lariviere	85	Ramsey Franklyn		
92	Badel Khalif				117 finishers