

## **Women's Cross Country**

Wow! For the fourth time in as many years, the Girls Cross Country Team came away with a Provincial banner. The competition was very tough but once again the girls showed just how "gitty" they could be. Sam Sweet had what could only be described as the best kick of the day coming from fourth to second in the last two hundred meters. Kristy Wallace, Julia Phillips and Angelina Gorrill were 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> placing as it sealed Westisle's Victory, and Tiffany Bulger ran a personal best, beating her old time by 3:05 minutes.

## **Men's Cross Country**

For the first time in four years, the men failed to make the podium. Dagon Buote was 15<sup>th</sup> in a very large, very strong field. Chris Richard, Jeff Duggan, Dallas Ellsworth, Colby Murphy and Slade Handrahan all ran very well, but were not able to place high enough to defend last year's second place.

Coach: John Toner