

Athletics Ontario Cross Country Championships - 2024

Well, that was an interesting day at Lakeridge Links. The course and parking were both a challenge. But, as usual, the crew produced some very exciting individual and team results. As, I've mentioned to you before, you train for the days you may not be at your best. A good number of our group were a little under the weather but ran like troopers for their club and teammates. Despite all that we exceeded last year's team performances by a significant margin. In the team results we had five Top 6 finishes: U12B, U14B, U16B, U16G, and U18G. Individually, RebeccaP. And JackB. finished 2nd to take home the silver medal. The reality is Ontario club championships are extremely difficult. There is no other province with the depth of quality across all ages. Our crew should be proud of their performances yesterday; I know the coaches are!! It was a remarkable job by everyone! Congratulations to all the coaches and athletes.

Very Important Reminder:

The registration deadline for Canadian Cross Country Championships is tomorrow at midnight.

And finally, Al Pribaz was taking pictures over the two days at Lakeridge. Here is the link to his photo album. Unfortunately, Al had to leave after the U16G race so there are no photos from the last 3 races.

<https://allanpribaz.smugmug.com/Track/2024/AO-XC-Champs/n-5p6QF4>