

2025 Canadian T&F Championships Recap

With the conclusion of the Canadian Championships, it's a wrap on not only the 2025 outdoor season, but also the 2024/2025 athletic year. It has been an historic year for the crew! Every major meet from OFSAA cross-country through to Canadian T&F Championships, athletes exceeded all previous bests. This past week in Ottawa, 3 CTAC U20W qualified for the final and Nathan, Mia and Oliver all recorded huge new personal best performances, Oliver's PB his 2nd 'stache standard of the season. Additionally, it was heartbreaking to see CharlieG. miss the final of the U20M 800m final by 2/100 of a second and William the 800m semi  by two spots.

Speaking of 'stache standards we established a new record number of 10 in 2025: Kieva and Maya with one each, Morgan, Niamh, Oliver and Jacob each with two. You'd think I'd learn not to underestimate the group. Congratulations all! Complete results for Nationals, can be found using the link below.

[Canadian Track & Field Championships Presented by Bell - Jul 30 – Aug 3, 2025 | Athletics Canada](#)

For pictures featuring CTAC athletes use this link kindly provided by Al Pribaz.

<https://allanpribaz.smugmug.com/Track/2025/Canadian-Track-Championships/n-W9q23k>

Just a reminder it's only two weeks until we return to group workouts in preparation for the 2025 cross-country season. We anticipate some very strong teams, including the U18G and U18B. But in order to achieve our goals, summer preparation is vital. It's important to remember, cross-country champions are not made in November, but rather in August.

And finally, to the parents, I'd like to thank you for your ongoing support. At times chauffeuring, cheerleading and consoling when it was required. Special thanks to Lucy Winston for organizing all our team dinners. Our experience in Ottawa was just another example of the special community spirit we have become known for.