

2009 Canadian Cross Country Championships, November 28, Guelph, Ont

Junior Women – 5km

Gabrielle Edwards (Saskatoon)	Riversdale Athletics TC	- 35 – 19:10
Danielle Thiel	Regina Excel Athletika	- 52 – 19:27
Abby Miller (Saskatoon)	Riversdale Athletics TC	- 69 – 19:39
Courtney Sjodin	Saskatoon Track & Field Club	- 84 – 19:51
Avery Westberg (Saltcoates)	Yorkton Legion Track	- 128 – 20:39
Nicole Turmel	Regina Excel Athletika	- 140 – 21:06
Elecktra Charles (Saskatoon)	Riversdale Athletics TC	- 148 – 21:27
Rachel Groat (Saskatoon)	Riversdale Athletics TC	- 161 – 22:45

Region Team Sask Championships – Bronze Medal

Gabrielle Edwards, Danielle Thiel, Abby Miller, Courtney Sjodin, Avery Westberg, Nicole Turmel

Club Championships – Riversdale Athletics TC – 14th

Junior Men – 8km

James Lealos (Saskatoon)	Unattached – Bronze – 24:35 - Qualified for Worlds & Nacac
Wyatt Baiton (Lumsden)	Regina Excel Athletika – 5 th – 24:45 Qualified for Worlds & Nacac
Michael Middlemiss	Regina Excel Athletika – 74 – 26:58
Mason Stott (Saskatoon)	Riversdale Athletics TC – 109 – 27:27
Davis Guenther (Saskatoon)	Riversdale Athletics TC – 116 – 27:34
Matt Johnson (Esterhazy)	Yorkton Legion TC – 121 – 27:38
Jaden Lipp	Regina Excel Athletika – 166- 28:36
Reid Balezantis (Saskatoon)	Riversdale Athletics TC – 188 – 29:33

Region Team Saskatchewan – 4th

Senior Men – 10km

Simon Bairu (Portland)	Regina Queen City Striders	- Gold – 28:49 Qualified for Worlds & Nacac
Kelly Wiebe	Regina Cougars	- 4 th - 30:28 - Qualified for Worlds & Nacac
Jamie Epp (Clavet)	Saskatoon Track & Field Club	- 37 – 32:08

Team – Prairies – Silver Medal

Simon Bairu, Kelly Wiebe, Jamie Epp

Senior Women – 6km

Kendra Schaaf (Craven)	Queen City Striders	- Gold - 23:21 Qualified for Worlds & Nacac
Jodi Souter (Saskatoon)	Uof S Huskies	- 9 th – 24:52 Alternate for Worlds & Nacac
Jennifer Souter (Saskatoon)	Uof S Huskies	- 32 – 26:47

Team – Prairies – Bronze Medal

Kendra Schaaf, Jodi Souter, Jennifer Souter