

SMA's Christie places first at provincials

GRADE 10 STUDENT HAS GREAT SHOWING AT STONY MOUNTAIN

By: Danielle Da Silva

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A young runner from St. Mary's Academy is making strides on the provincial cross-country circuit.

Cadence Christie, 15, won the Manitoba High Schools Athletic Association provincial varsity girls cross-country championship on Oct. 22.



"I knew it was going to be a tough competition," Christie, who is in Grade 10 at SMA, said. "I came in third last year, so I was hoping to meet or beat my ranking.

"I just wanted to go out and do my best and as long as I did everything I could do, I would be happy with whatever the result was."

Christie, running a division up and contending with unfavourable weather and a vertically challenging course, finished the four-kilometre race through Stony Mountain Ski Area in a time of 17:07. St. Mary's Adra

Barnet came in second behind Christie with a time of 17:34.

She's very dedicated to her craft," St. Mary's cross-country coach Demetro Danyluk said about Christie. "Her running technique is very efficient, she uses her levers very well, and mechanically is very sound. She's always first to practice and often the last to leave.

"She's put in the work to be there," Danyluk said. "It's a great accomplishment."

Christie was named urban athlete of the week by the MHSAA on Oct. 23 for her performance.

Overall, the Flames finished the meet with a score of 16, one point over a perfect score of 15, to win the AAAA varsity girls banner. Alyssa Moon finished sixth overall for the Flames followed by Gabrielle Denis in seventh.

"Everyone has a role on the team," Danyluk said. "They all have a job to do. They're coaches on the course, they have a positive influence, and give energy to all their other teammates. It's a very team-oriented sport.

"I'm pretty proud of them. It's our fifth provincial championship in a row; one of them was a junior varsity championship, but we still consider it five in a row," he added.

Christie, who also trains with the Winnipeg Optimist Athletics Club, has been running competitively for about two years and over the summer was part of the provincial team at the Tri-Province track meet in Regina, Sask. She also ran with a team from Manitoba-Northwestern Ontario at the Legion National Youth Track and Field Championship in Nova Scotia in September.

Her MHSAA gold comes in addition to the first place she scored at the Tom Watson Mustang Invitational in Minneapolis, Minn. earlier this fall.

Christie will compete next in Canadian Cross Country Championship in Abbotsford, B.C. at the end of the month.

"I run with an amazing group of girls, we all support each other," Christie said. "It's a great running community."

Danielle Da Silva

Reporter

Danielle Da Silva is a general assignment reporter.

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