

Lady Harriers profile

How many of you have ever witnessed a cross-country running event? If the answer is yes, you must be one of those rare individuals who understand and appreciate the dedication, hard work, and strategy that go into preparing a team for a cross-country race. Watching a race can be a sport in itself since the avid fan is often seen running through the woods and jumping fences just to catch a glimpse of the runners as they chase each other along the trail. However, when the courses are well designed they allow spectators to see vantage points in the race without moving, such as in Europe where Cross-country running is a popular spectator sport.

A cross-country team consists of seven members, all individuals who must give their best effort in every race in order to be a successful team. Points are awarded on the basis of the finishing positions of the top 5 runners for each team. Therefore, the lowest combined total for the 5 finishers of each team provides the winning score.

Women's cross-country running became an official CIAU event four years ago and the Lady Red Harriers have been there every year, watching the sport grow. It is a sport that attracts and unites the elite women athletes from marathons, road races and track and field. The vast array of talent displayed at this year's CIAU is evidence of its growing popularity among Canadian women. Internationally, Canada is recognized as a power house in Women's Cross-country running. Last year the Canadian team finished third in the world only behind U.S.A. and U.S.S.R.

The Lady Harriers have come a long way in four years but there is still a long way to go. Success at this sport requires many years of dedicated year-round training, road racing and competitions. Most of our team will continue training through to next year since our goals for next year have already been set. With proper training and motivation it can be done.

The Lady Harriers were in Sudbury last weekend for the 4th Annual CIAU for Women's Cross-country running. Although the girls had a highly successful season and breezed through the AUAA's, they were unprepared for the level of talent and marked improvement of all teams involved. The University of Western Ontario claimed their 3rd straight CIAU title but only narrowly

defeating the "surprise" team from Manitoba. The University of Victoria ended up in 3rd placing leaving UNB and McGill to battle for fourth spot. Unfortunately UNB was reduced to only 5 runners when Margaret MacDonald's foot injury forced her to drop out. This advantage allowed McGill to grab 4th place while the Lady Harriers had to settle for

5th. UNB's Helen Davignon ran another race to finish in 17th followed closely by Tammi Richardson and Lynn Sutherland in 19th and 22nd respectively. Wendy Woodfield and Lynn Poole, our two promising rookies, were feeling the effects of their first long cross-country season but still ran strong races for 27th and 29th places.



Under the dedicated and experienced coaching of Mel Keeling and Joe Lehmann the women's and men's teams will continue training for next year. There is a lot to be done and too much talent to waste.

Margaret MacDonald ChE IV - Margaret is the only remaining original member of the Lady Harriers as this was her fourth season with the team. Margaret has lead the team by setting course records in Maine and New Brunswick. Although a foot injury kept her out of the CIAU's this fall, she will be running road races and track this winter and spring. "Howitzer" will, hopefully, have another shot at the big one next year.

Lynn Sutherland ChE IV - Lynn is a 2nd year veteran from the party capital of N.B., Atholville. Lynn used her spirit and energy to motivate the team from practice to party as captain of the girl's team. Lynn has continued to improve from last year and was our most consistent runner this year as either 3rd or 4th counter. Lynn, where are your shoes?

Helen Davignon For V - Helene proved to be the greatest asset to the team this year. The speedy little french runner from Quebec showed great adaptability at her first attempt at cross-country running and improved steadily with each race to be the number 2 counter. Helen, I only hope you will be around next year to learn some more English, because we will need you.

Tammi Richardson BSC II - "Lammi", the girl with the iron stomach, is a 2nd year veteran from Fredericton. Tammi had another good season and showed steady improvements from last year with unlimited potential for the years to come. Tammi was always our 2nd or third counter and will be aiming for the track season now that cross-country is over. Tammy, who was that blond guy who helped you break the table?

Lynn Poole PE II - Although Lynn was held back early in the season by a bout of bronchitis, she made a steady comeback to become a much needed asset at the AUAA's. Lynn's strong running and motivating attitude helped get the team to the CIAU's. With continued training and experience, Lynn's running will get even better and although she'd rather be skiing, nothing beats a vacation in Sudbury.

Wendy Woodfield BSC II - Wendy, another rookie, is a hometown girl from Fredericton. Wendy made the transition from track to cross-country easily to become our fourth counter at the CIAU's. Wendy's bubbly personality kept the girls laughing, even in Sudbury. Wendy will be back next year for an even stronger season. Wendy, is that Clairor or Loreal?

