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MacLeod runners master mountains and molehills

2015-10-28
by Randy Pascal

MacLeod Public School has boasted its fair share of talented cross-country runners over the years. As a group, however, few can rival the current senior boys quartet.

Siblings **Kendyn** and **Austin Mashinter**, **Dario Beljo** and **Giordano Biondi** swept the top four spots, Tuesday, as some 600 elementary runners gathered for what could have easily been the last beautiful day of the fall, a wonderful setting for the **Rainbow Board Cross-Country Championships** in Falconbridge.

A second place finisher at the Laurentian race in late September, the elder Mashinter acknowledges not having spent a great deal of time contemplating his approach to the final race of the season.

"I don't really have a strategy," said Mashinter. "I just go out there and run my best. I don't really sprint too fast at the beginning, but I like getting in around the top five early."

"After the sand hill, I ended up in first, and stayed in first for the whole race." As for the MacLeod dominance, Mashinter suggests that a combination of natural ability mixed in with good training habits certainly helped the team excel.

"We're all really fit," he said. "And I train a lot with my brother. I like going for runs after school, usually three times a week, around the neighbourhood. I make my own courses."

While Kendyn Mashinter, Beljo and Biondi all move on to the high school ranks next year, grade 7 silver medal winner Austin Mashinter will do his best to ensure that the MacLeod tradition continues.

Meanwhile, the senior girls race was really a two-horse battle, as **Katie Chomiak** (Lively Public) maintained a small but steady lead over **Dylann Mazzuchin** (MacLeod) right through to the finish line.

"I always get stressed out before the races, especially when I have to race against Dylann," suggested Chomiak. But it didn't take long for the multi-sport talent, who is also involved with competitive hockey and soccer, to establish herself in the Rainbow finals.

"Right at the beginning, there were two girls ahead of me," said Chomiak. "They were running really close together and I went in the middle of them. Dylann passed them too, and I could hear her behind me. She was about 20 steps behind me."

"I like this course," added the 13 year old, who has competed in six or seven races this fall, including the **Turkey Gobbler**, part of the **Sudbury Fitness Challenge**. "If someone is not good at hills, and you know you are, then you can take them there."

In the junior races, **Blaze Cucksey** of Princess Anne continued her gradual ascent to the top of the podium, finishing first in the girls race, while **Ian MacKenzie** of Pinecrest made it four wins in as many races this fall, topping the junior boys division.

Following are the top ten finishers in all four races on Tuesday, held under sunny skies with extremely comfortable temperatures:

Senior Boys Division

- 1 - Kendyn Mashinter (MacLeod)
- 2 - Austin Mashinter (MacLeod)
- 3 - Dario Beljo (MacLeod)
- 4 - Giordano Biondi (MacLeod)
- 5 - Callum Passi (Churchill)



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- 6 - Mitchell Martin (R.L. Beattie)
- 7 - Thomas Asselin (R.L. Beattie)
- 8 - Ben Doucette (R.L. Beattie)
- 9 - Carter Will (Algonquin)
- 10 - Nolan Moxam (Lively)

Senior Girls Division

- 1 - Katie Chomiak (Lively)
- 2 - Dylann Mazzuchin (MacLeod)
- 3 - Victoria Adams (R.L. Beattie)
- 4 - Melodie Knight (Chelmsford)
- 5 - Delaney Bourget (R.L. Beattie)
- 6 - Jamayla Czaja (Copper Cliff)
- 7 - Chandyn (R.H. Murray)
- 8 - Brooke Vrbanic (R.L. Beattie)
- 9 - Cydney Tinkum (R.L. Beattie)
- 10 - Samantha Micelotta (MacLeod)

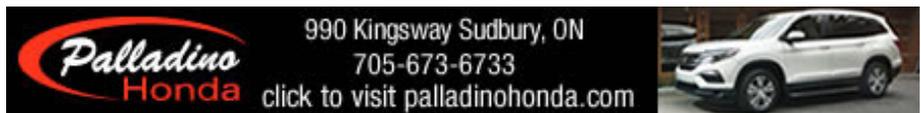
Junior Boys Division

- 1 - Ian MacKenzie (Pinecrest)
- 2 - Cale Bast (Northeastern)
- 3 - Dax Mazzuchin (MacLeod)
- 4 - Liam Conlin (Copper Cliff)
- 5 - Connor Heffern (Walden)
- 6 - Adam Scott (Walden)
- 7 - Carson Crane (Valley View)
- 8 - Sam McCue (MacLeod)
- 9 - Riley Gavan (Pinecrest)
- 10 - Bradley Anderson (R.L. Beattie)

Junior Girls Division

- 1 - Blaze Cucksey (Princess Anne)
- 2 - Abby Lanteigne (Alexander)
- 3 - Aoife Mahaffy (R.L. Beattie)
- 4 - Emma Lortie (R.L. Beattie)
- 5 - Emma Dawson (Carl Nesbitt)
- 6 - Amelia Noble (A.B. Ellis)
- 7 - Julia Thompson (Copper Cliff)
- 8 - Megan Pellerin (Queen Elizabeth)
- 9 - Sabrina Shames (A.B. Ellis)
- 10 - Brooklyn Tullio (Carl Nesbitt)

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