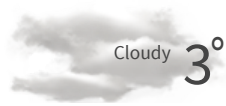




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## SPORTS

# Sovereign skiers grab gold

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posted Jan 23, 2015 at 1:00 AM

Ideal weather, a Rocky Mountain backdrop and an Olympic-quality course made for a memorable weekend for Sovereign Lake Nordic Club skiers at the Haywood Western Canadian Championships in Canmore, Alta.

A total of eight racers from the club competed over three days, with Hannah Mehain claiming gold in a field of 46 athletes in the Junior Girls 5-kilometre event on day one. Eric Embleton and Michelle Metza also turned in solid performances in their respective groups.

In the Juvenile boys 5km, Aidan Andrews, Emma Smedley, Paige Latta and Samantha Loewen all worked the technical course well, gaining a lot of experience they can put towards future races.

Ian Oliphant pocketed gold in the 3.3km Midget boys loop.

Saturday saw the sprints in the skate/free technique, and racers were challenged by sharp, climbing turns on the ascents and hairpin turns on the descents. Andrews and Latta made it through their qualifiers to reach the quarterfinals. Mehain and Oliphant both attained their second golds.

In the skate/free technique distance races Sunday, Mehain ranked sixth after completing three grueling laps of a 3.3km course, while Embleton finished in the top half of his division.

Andrews, Smedley, Latta and Loewen battled through two laps of the same course. The mass start made for some exciting scrambles with 40-50 racers in each category. All four had respectable mid-pack finishes.

Oliphant made it a golden hat trick by topping the Midget boys, who raced a two-lap 2.5km circuit.

The Sovereign youngsters are back at it this weekend in Revelstoke for B.C. Teck Cup race No. 2.



Ian Oliphant of the Sovereign Lake Nordic Club competes at the Haywood Western Canadian Cross-Country Skiing Championships last weekend in Canmore, Alta.

— Image Credit: Photo Submitted

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NFL Rush: NFC Champions



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The Wolves of Bowl Street: Patriots vs. Seahawks



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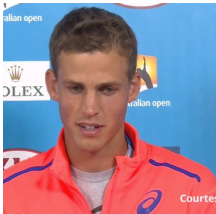
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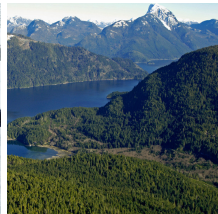
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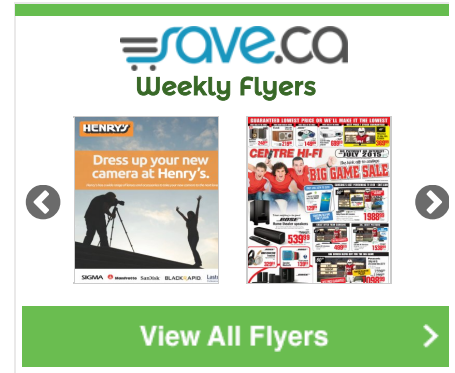
 

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