

FRIDAY AUGUST 11 2017

Rant n' Roar

FROM THE CHEF

Looking forward to Newfoundland & Labrador day today at the Forks. Cory Tetford , Repartee, The Fortunate Ones, and one the best front men in Canadian music ... Alan Doyle.

It might be nearly impossible to guarantee great sports performances, but I have no doubt guaranteeing top quality performances from this line up.

Make sure you get down to the Forks to celebrate Newfoundland & Labrador Day in Winnipeg and enjoy the show....and oh yeah...still another two days for medals hopes and high finishes.

- Rod Snow



TeamNL Cycling saddled up for the grueling 120km road race on Thursday!



Atlantic Lottery
Loto Atlantique



Cycling

Yesterday at Bird's Hill Provincial Park in the Men's Road Race, Team NL was well represented over the grueling 120 km course. Cyclists completed 9 laps of the 14 km loop, Athletes carry food and can take fluids from a feeding station along the course. A mechanic supports the riders in a chase vehicle.



Team NL Coach Jordan Baird ... *"Our boys hung with the chase pack all day and averaged 43 km/hr over the course. We couldn't wipe the smiles off our faces today"*.

Way to go boys. Caleb Winn had the fastest time on the day (2:50:47.3) followed by Colin Follow, Joshua Veber, Ian Coxon and Kip Deeley. Today is a training day for the Criterium at Red River Exhibition Park.



- Gary Martin

Golf

Team NL Golfers were greeted to another glorious hot sunny day at the Southwood Golf & Country Club in Winnipeg today.

Andrew Bruce again led the charges for Team NL, shooting an impressive 74 while sinking a birdie on his final hole of the day. Michael Simms had a very good round shooting 82, followed by Evan D'angelo 92 on the men's side.

On the ladies side Taylor Cormier had a very impressive 82, with Paige Hickey 98. Unfortunately, Megan Colbourne had to withdraw due to a leg injury but was there to cheer her fellow golfers on.

All five golfers take to the links tomorrow morning for their final rounds with tee times beginning at 7:20.



- Robert Goulding

Volleyball - Female

Our women's volleyball team had a tough outing against Team NB yesterday with a final score of 3-1. They showed tremendous grit in their second set with a sizeable comeback to win 26-24. The team takes to the court again today at 10:30 for their placement game against BC.



- Frank Humber

Soccer - Male

Team NL men's soccer team had a tough day at the pitch yesterday in their medal round game. They lost to Quebec 4-0. They put up a good effort but were not able to score on a very talented Quebec team which finished first in their division. The next game for Team NL is 4:30 today against Nova Scotia. Good luck boys!



- Greg Pittman

Tennis

Both men's and women's doubles were in action at the Winnipeg Lawn Tennis Club in the quarterfinals yesterday afternoon. Kai and Rogan faced the #1 ranked team from Quebec and managed to take a few games off the powerhouse team but ended up losing 2-0. Olivia and Ashley were up against the #2 ranked team from British Columbia and also were defeated in two sets.

Our team is not in competition today but will suit up for practice to make sure they are ready for their final Team Mixed event on Saturday.



Rogan Betts makes a serve in quarterfinal action vs Team Quebec.

- Jamie Randell

Volleyball - Male

The male volleyball team played Team Yukon yesterday winning in three straight games. Yukon battled hard but in the end Team NL proved to be too much. The guys take to the court against Atlantic rival NS at 8:30am Friday.



- Mike Summers

Softball - Female

The Atlantic provinces matched up as the girls played Nova Scotia in their first game of the day. Victoria Curran's RBI to bring Olivia Corbett home scored the first run. Jenna Connolly remained on the pitcher's mound and kept the score close until the 5th. With an 8-3 loss to NS, they went on to play Sask to end the day. With disappointing losses throughout their tournament, the girls keep showing up to the field ready to play. Get those bats swinging against Alberta!



- Karen Sherriffs

Swimming

A great result for the NL Swim Team today at the Pan Am Pool. Today Emily Ricketts swam in the Women's 100 Breaststroke A Final and finished 7th overall. Kate Sullivan qualified for the Women's 200 Free A Final and finished 8th. Thomas Pelley also competed in the Men's 100m Breaststroke Para Category.

Other NL Swimmers who qualified for B Finals were Kate Williams, Jessica Ryder, Sam Pennell, Max Kelly, Emily Ricketts, and Ewan Maclean.

The Men's and Women's 4 by 50 IM Relay Teams finished 8th and 9th respectively. Congratulations to Ewan Maclean, Max Kelly, Miguel Pond, Sam Pond, Kate Williams, Emily Ricketts, Abby Williams and Kate Sullivan.



- Ellis Coles

The logo for SportNL, featuring a stylized red and blue 'S' above the text 'sportNL' in blue and red.

The logo for 'Eat Great and Participate', featuring the text in a green, circular, hand-drawn style with a fork and knife icon.

Wrestling

Thursday was the final day of team competition for our Wrestlers with their last chance to determine their individual placing finals on Friday.

Females had a tough start against a much more experienced Team Alberta. Our match against Team Nova Scotia was more evenly matched. Our girls really tried falling short on points however Angel Hiltz did accumulate enough points to go for a top four finish tomorrow! Kate Morgan and Julianna Murphy will go for top six. At the end of the day our female team defeated PEI on points so our girls finished in the 9th position.



Our male wrestlers met Team PEI, out-skilling them and winning on points. Their second match was against Nunavut who had a small number of participating athletes, so our boys won easily. Because of these wins, we have Brad Power and Owen Warren each participating in the 5/6 placing on the individual placement finals in the morning.

In the evening our boys met home team Manitoba, a seasoned team with a Canadian champion and had their best performances of the week. We lost 29 - 22 finishing 8th overall.

- Peter Butt



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