

QMS runner sixth at B.C. XC championships



By Cowichan Valley Citizen

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Racing in the senior girls division even though she is only in Grade 10, Queen Margaret's School student Madison Heisterman still managed to place sixth out of 218 runners at the B.C. High School Cross-Country Championships at Vancouver's Jericho Beach Park last weekend.

Heisterman completed the course in 17 minutes and 55 seconds, a minute and 14 seconds back of the first-place finisher. Not far behind Heisterman was Cowichan Secondary's Desirae Ridenour, in eighth place with a time of 18:21.

The average time in the senior girls race was 22:10.

"Maddie Heisterman's strong finish at provincials is not a surprise to anyone at QMS," said the school's athletic director, Marlene Donaldson. "We have witnessed her commitment to training and focused execution of race plans over the last few years. As a Grade 10 athlete competing as a senior, she seems right on track to finishing her high school career with a bang. We are proud to call Maddie a QMS Royal."

In the junior girls race, Frances Kelsey runner Robin De Valk Zaiss finished 120th out of 200 runners with a time of 21:53.