

## **2024-2025 Appleby College Track and Field Results**

- Crystal Akerele - Junior Girls' 100m (CISAA and Metro Regional Champion - she ran 100m in under 12 seconds at both events in the prelims), Junior Girls' 200m (CISAA and Metro Regional Champion)
- Charlie Bigler - Novice Boys' 1500m (CISAA Bronze; 6th overall at Metros), Novice Boys' 800m (CISAA Silver; 2nd place overall at Metros (by .27 seconds! It was the most incredible push at the end!))
- Isobel Fox - Junior Girls' 400m (CISAA Bronze; 9th place overall at Metros), Junior Girls' 800m (CISAA Bronze; 6th place overall at Metros)
- Fadi Jaber - Junior Boys' 1500m (CISAA Bronze; 10th place overall at Metros), Junior Boys' 3000m (CISAA Silver; 2nd place at Metros)
- Ben McGuinness - Junior Boys' 1500 (CISAA - 4th place overall; 18th place overall at Metros), Junior Boys' 3000 (CISAA Bronze; 11th place overall at Metros)
- Tobenna Njoku - Senior Boys' 200m (CISAA – 4th place overall)
- Open Boys' 4x400 - Charlie Bigler, Jimmy Cote, Fadi Jaber, Nolan Jezewski, Tiwa Ogunsola and Sid Wang (CISAA Bronze; 11th place overall at Metros)