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Highlights from the 2016 Canadian Cross-**Country Championships**

Catch up on the action from Saturday's Canadian Cross-Country Championships from Kingston, Ont. and Fort Henry.







capped off the year for the nation's top runners with spots on the World Cross-Country team in the junior and senior races on the line.

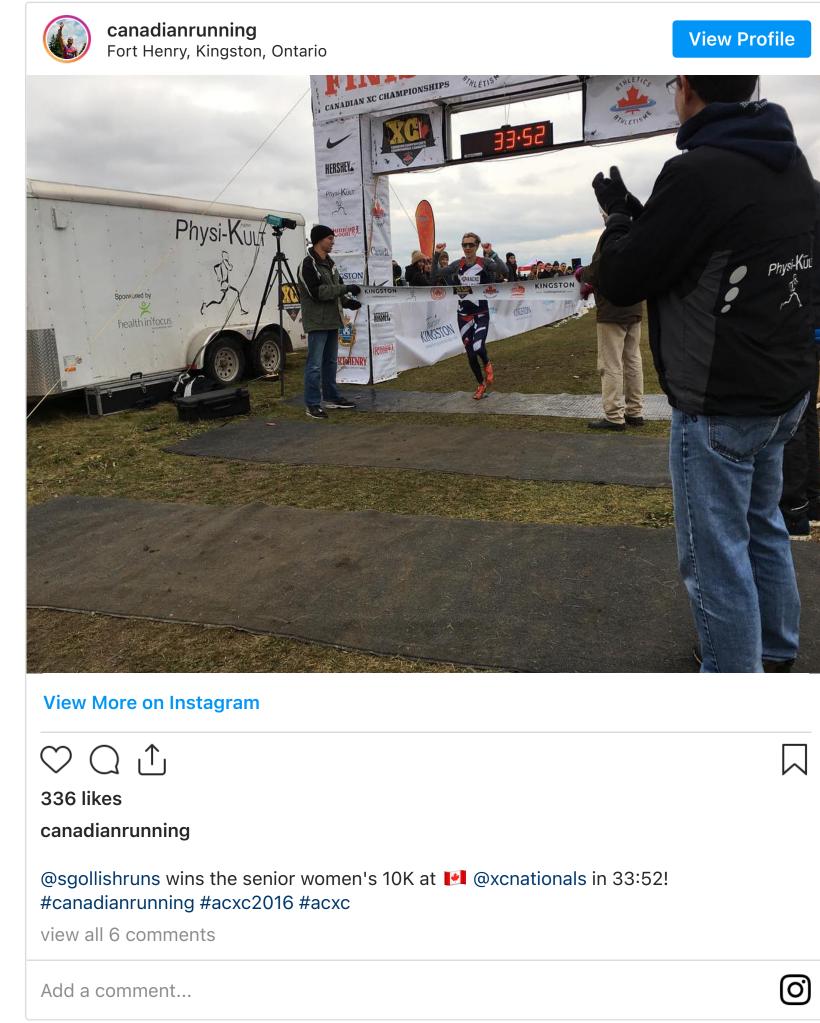
he finale of the fall cross-country season was Saturday in Kingston,

Ont. at Fort Henry. The Canadian Cross-Country Championships

Conditions were muddy and cool though precipitation held off. Snow from earlier in the week was partially melted and made for some wet conditions.

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Ross Proudfoot, who recently relocated to Victoria from Guelph, Ont., won the senior title for the second year in a row topping the men's 10K field. He beat out Olympian Luc Bruchet and Trevor Hofbauer, who had arguably the race of his life, in 29:52.7. Olympian and national 3,000m steeplechase record holder Matt Hughes finished fourth. Charles Philibert-Thiboutot did not race.



The senior women ran 10K for the first time in history as the event equaled distances among the senior ranks.

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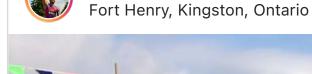
senior women's 10K defeating Rachel Cliff and Claire Sumner. Gollish, the bronze medallist in the 1,500m at the Pan Am Games, also won the Athletics Ontario Cross-Country Championships earlier this fall. She covered Saturday's race in 33:53.5. The top six athletes eligible for worlds, and who declared intent, qualified for Canada's team travelling to Kampala, Uganda for the 2017 IAAF World

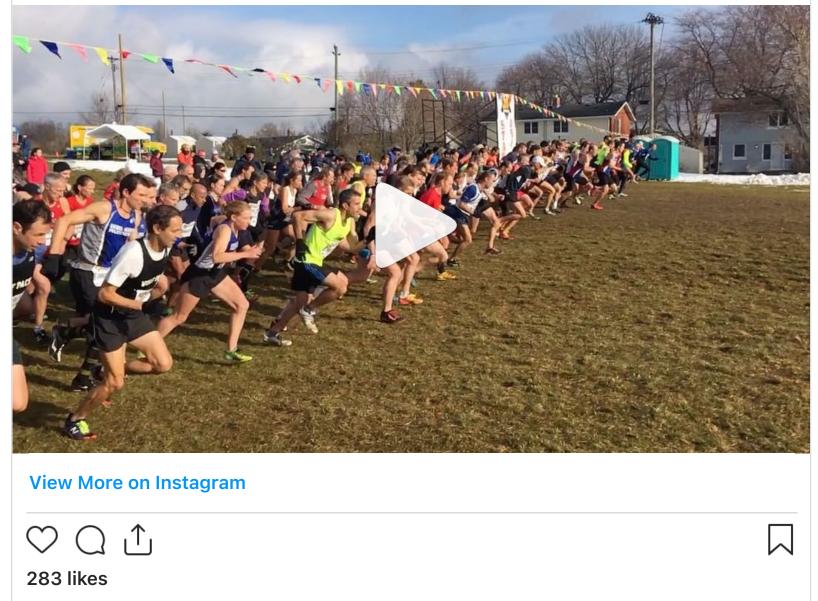
Cross-Country Championships. Certain athletes, Proudfoot included, will opt out of the event to instead focus on preparing for the 2017 IAAF World Track and Field Championships in London. Finishes of the junior men's and junior women's races

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canadianrunning Huge field of masters runners for the 8K at @xcnationals! #canadianrunning

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Full results from the meet can be found here. Videos from the race can be found here.