

# 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.



TIM HUEBSCH NOVEMBER 26, 2016



The finale of the fall cross-country season was Saturday in Kingston, Ont. at Fort Henry. The Canadian Cross-Country Championships 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.

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 argued 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.

**canadianrunning**  
Fort Henry, Kingston, Ontario

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@sgollishruns wins the senior women's 10K at 🇨🇦 @xcnationals in 33:52!  
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The senior women ran 10K for the first time in history as the event equaled distances among the senior ranks.

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Ross Proudfoot repeats as national 🇨🇦 cross-country champ.  
2nd @lucabruca, 3rd @TrevorHofbauer

4:02 PM · Nov 26, 2016 from Kingston, Ontario

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Sasha Gollish, fresh off a 1:11 half-marathon in Indianapolis, won the 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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Both the junior champions from 2015 repeated on Saturday including Hannah Bension, who covered the 6K in 20:35.1, and Ehab El-Sandali, who won the 8K in 24:49.2. El-Sandali attends Iona in the United States while Bension is still in high school in British Columbia.

### Start of the masters 8K

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Huge field of masters runners for the 8K at @xcnationals! #canadianrunning #crosscountry #acxc2016 @athleticcanada #acxc

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[Full results from the meet can be found here.](#) [Videos from the race can be found here.](#)