



The Northern Star

Official Newspaper of the 2019 Labrador Winter Games

Wednesday, March 20

Volume 13, Issue #3

Track attack! Lab City breaks snowshoe relay record!

**By Jill Williams &
Bonnie Learning
*The Northern Star***

A snowshoe record was broken at this year's LWG!

Team Labrador City claimed the snowshoe relay event, with a time of 5:02:88. The previous record was set in 2003 at a time of 5:19:21 – well done Lab City!

Taking the silver was Team Cartwright with a time of 5:17:88 (also beating the 2003 record!) and taking the bronze was Port Hope Simpson with a time of 5:45:91.

A total of 15 communities took part in the relay.

The relay event was not without incident as there was a protest involving Goose Bay and the final athlete crossing the line. According to relay regulations, each relay team starts and ends in the same lane and the last competitor for Goose Bay went to the wrong lane at the finish and they were disqualified by officials. A protest was mounted but the call stood.

After the men's finals prior to the relay, it also looked like – at first – that the men's record had been broken as well BUT not quite. Regardless, it was a super impressive run from Michael Scott of Team Cartwright, as he whipped around the course Tuesday morning in a record time of 3:53:19, just 17 seconds shy of the record set by the athlete from Red Bay in 2003. Running 1200 metres on snowshoes in under four minutes is outstanding! Way to go Michael!

Tyler Hollett from Labrador City was on Michael's heels for a second place silver with a time of 3:54:87. Richard Lewis from Cartwright claimed bronze with a time of 4:12:22.



Team Labrador City claimed the gold medal—and a new Games record in the process! - in the snowshoe relay on Tuesday morning. (Photo by Dennis Drover)

See "Snowshoe" on next page

Snowshoe success!

Con't from page 1

"I was always told don't look behind me when I'm running...I could hear his footsteps, but I never ever looked around to see if he was there," said Michael of Lab City competitor Tyler Hollett, who was virtually behind Michael the entire race.

"Today I just gave it my all....I didn't expect to break the 4-minute mark, but I'll take it!"

He also credited the fans for his awesome result.

"The amount of people here, the overwhelming support, it's amazing."

Women's race

In the women's race (800 metre), Lab City's Jessica Roberts claimed the gold with a time of 3:06:59, followed by Cartwright's Macenzie Burdett in second place for the silver medal with a time of 3:13:69. Janine Roberts of Goose Bay rounded out the medal standings with a time of 3:18:78 for the bronze.

"It feels great," said Jessica of winning the women's title, noting the race was "pretty painful."

"It was cold, but I am satisfied – better than I did (Monday)!"

Jill Williams, snowshoe coordinator (and co-reporter for this article!) said the snowshoe races always attract a large crowd because of the great competition and high number of athletes.

"It was a great two days of competition," said Jill. "I cannot wait to see everyone back in 2022 for the best event of 'the Friendship Games.'"



Above: Cartwright's Micheal Scott gives teammate Rich Lewis a hug as Rich crosses the line for the bronze medal, while Lab City's Tyler Hollett (who claimed silver) looks on. (Photos by Bonnie Learning)

Right: Lab City's Jessica Roberts gives an interview to CBC's John Gaudi following her gold medal performance.





Snowshoe Race Male

Individual Standings		
Community	Participant	Placement
Cartwright 1	Scott	1
Labrador City 2	Hollett	2
Cartwright 2	Lewis	3
Labrador City 1	Ryan	4
Happy Valley-Goose Bay 1	Pike	5
Happy Valley-Goose Bay 2	Griffin	6
Pinsent's Arm 1	Stokes	7
Wabush 1	Strang	8
Wabush 2	Lilly	9
Port Hope Simpson 2	Burden	10
Port Hope Simpson 1	Curl	11
Charlottetown 1	Powell	12
Forteau 2	Davis	13
Charlottetown 2	Russell	14
Pinsent's Arm 2	Martin	15
Postville 1	Jacque, H	16
Makkovik 2	Ford	17
Makkovik 1	Dyson	18
West St. Modeste 1	Butt	19
Hopedale 2	Tuglavina	20
North West River 2	Hibbs	21
Mud Lake 1	Gorman	22
Rigolet 1	Williams	23
Forteau 1	Hancock	24
Nain 1	Harris	25
Nain 2	Denniston	26
Hopedale 1	Karpik	27
Rigolet 2	Wolfrey	28
Postville 2	Jacque, J	29
L'Anse au Clair 1	Butt	30
L'Anse au Clair 2	Griffin	31
Natuashish 1	Poker	32
North West River 1	Obed	33
Sheshatshiu 1	Pokue	34
Sheshatshiu 2	Abraham	35



Snowshoe Race Female

Individual Standings		
Community	Participant	Placement
Labrador City 1	Roberts	1
Cartwright 2	Burdett	2
Happy Valley-Goose Bay 2	Roberts	3
Labrador City 2	Daniels	4
L'Anse au Clair 2	Thomas, A	5
Port Hope Simpson 1	Burden	6
Charlottetown 1	Campbell, M	7
Cartwright 1	Brown-Dyson	8
Makkovik 2	Winters	9
Happy Valley-Goose Bay 1	Lushman	10
Port Hope Simpson 2	Curl	11
L'Anse au Clair 1	Thomas, S	12
Wabush 2	Lawrence	13
L'Anse au Loup 2	Normore	14
Charlottetown 2	Campbell, C	15
Pinsent's Arm 1	Campbell	16
Wabush 1	Bell	17
Makkovik 1	Dyson	18
L'Anse au Loup 1	Fequet	19
Pinsent's Arm 2	Greenleaves	20
Nain 1	Ivany	21
Postville 1	Jacque	22
North West River 2	Andrew	23
Hopedale 2	Pottle	24
Nain 2	Lidd	25
Rigolet 1	Palliser	26
Hopedale 1	Boas, R	27
Postville 2	Ford	28
Mud Lake 1	Heard	29
North West River 1	Saunders	30
Sheshatshiu 2	Rich	31
Rigolet 2	Wolfrey	32
Forteau 2	Hancock	33
Natuashish 1	Rich, K	34
Sheshatshiu 1	Penashue	35
Natuashish 2	Rich, D	36
Forteau 1	Roberts	37

Fun & smiles all around at Special Olympics snowshoe races!

By Bonnie Learning
The Northern Star

It was impossible to find anyone without a smile on their face just after 11 a.m. yesterday morning at the snowshoe venue!

That's when the Special Olympic team – made up of athletes from central Labrador, Lab West and southern Labrador – took the track in various forms of racing, including a 100 metre snowshoe race (men and women); ladies 50 m snow walker; men's 50 m kick sled; and ladies 100 m snow coach.

Jody Michelin of Goose Bay competed in the women's snow walker event.

"It was easy!" Jody exclaimed after the event, where she competed against friend and roommate, Alvina Blake. "I never fell down once!"

Alvina said she enjoyed the race.

"It was good!" she said.

Gary Thompson of Goose Bay competed in the men's 100 m snowshoe.

"It was good!" he said. "I'm beat out!"

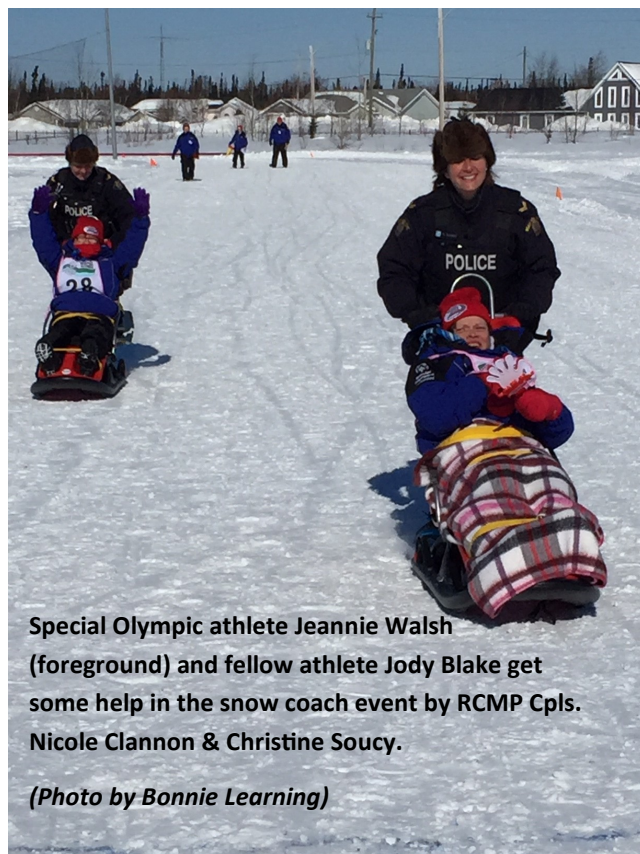
Christopher Gillam of Labrador City also raced in the men's 100 m. He had a spot of trouble early on when his snowshoe almost came off when he left the start line, but he recovered quickly and made his way to the finish line.

"It was hard," he said. "It was good."

Wesley MacDonald of Goose Bay tore up the track in the men's 100.

"Seventh fastest in Newfoundland!" he said after the race.

Jeannie Walsh of Goose Bay competed in the ladies 100 m snow coach. She



Special Olympic athlete Jeannie Walsh (foreground) and fellow athlete Jody Blake get some help in the snow coach event by RCMP Cpls. Nicole Clannon & Christine Soucy.

(Photo by Bonnie Learning)



Labrador City's Christopher Gillam competed in the men's 100 m snowshoe race. *(Photo by Bonnie Learning)*

See "Special" next page

Special Olympics athletes have fun at the track!

Con't from previous page

and her competitor, Jody Blake, were helped out by RCMP members, Cpl. Nicole Clannon and Cpl. Christine Soucy of the HVGB RCMP detachment.

"It was good!" said Jeannine, who was cheered on by the spectators.

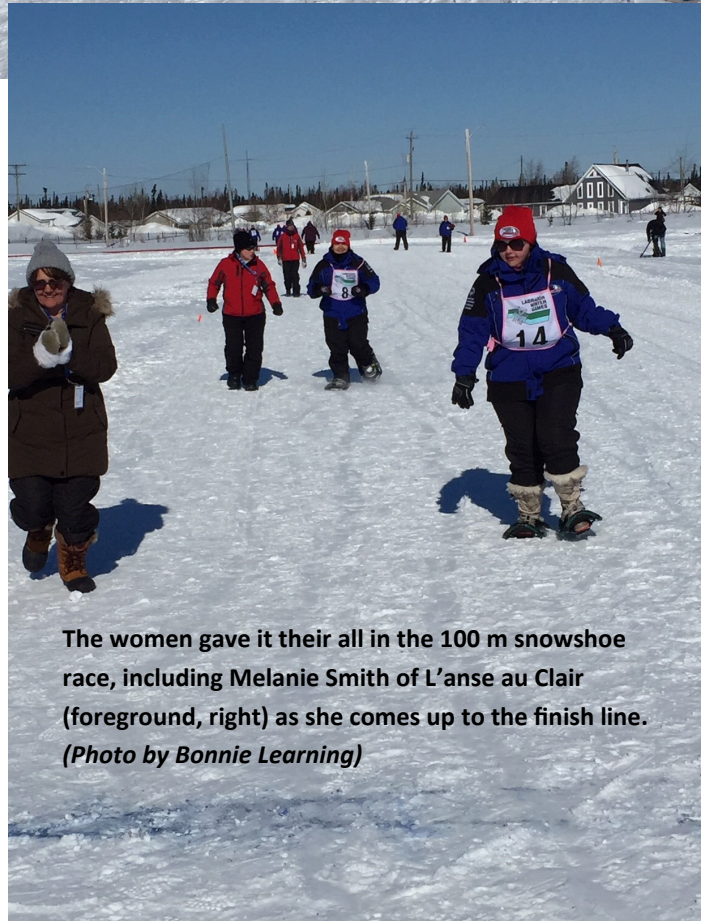
Susan Lomond, one of the organizers of the Special Olympics races and a proud mom of one of the athletes (her son, Micheal), said the event "couldn't have gone any smoother."

"Our athletes had a ball," she exclaimed. "It was also really nice to have the cooperation with the RCMP officers for the snow coach race.

"Two of our athletes will be taking part in the ski race (today), so we'll all be down there cheering them on."



Jody Blake (right) and Alviina Blake took part in the snow walker race. (Photo by Bonnie Learning)



The women gave it their all in the 100 m snowshoe race, including Melanie Smith of L'anse au Clair (foreground, right) as she comes up to the finish line. (Photo by Bonnie Learning)

RioTinto



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Snowshoe Race Community Points

Placement	Community	Male Points	Female Points	Relay Points	Total Points
1	Labrador City	25	30	30	85
2	Cartwright	30	25	25	80
3	Port Hope Simpson	15	17	21	53
4	Happy Valley-Goose Bay	21	21	6	48
5	Charlottetown	12	15	17	44
5	Wabush	17	12	15	44
7	Makkovik	10	14	16	40
8	Pinsent's Arm	14	10	14	38
9	L'Anse au Clair	3	17	13	33
10	Postville	8	8	12	28
11	Mud Lake	14	13		27
12	Nain	6	9	10	25
13	Forteau	9	3	11	23
14	Hopedale	7	7	8	22
15	Rigolet	6	5	9	20
16	North West River	4	6	7	17
17	West St. Modeste	16			16
18	L'Anse au Loup		11		11
18	Natuashish	11			11
20	Sheshatshiu	0	4	0	4



Snowshoe Race Relay

Placement	Community
1	Labrador City
2	Cartwright
3	Port Hope Simpson
4	Charlottetown
5	Makkovik
6	Wabush
7	Pinsent's Arm
8	L'Anse au Clair
9	Postville
10	Forteau
11	Nain
12	Rigolet
13	Hopedale
14	North West River
15	Happy Valley-Goose Bay
16	Sheshatshiu



Quite the racket!

Pottle claims seventh gold medal in badminton!

By Bonnie Learning
The Northern Star

Trent Pottle has claimed his 7th consecutive gold medal in badminton!

"It's been a good run," said Trent in the understatement of the Games thus far.

"A couple more points and he would have had me," he noted, referring to silver medallist Chris Attwood who put up a heck of a fight.

The event for men's, women's and mixed was set up as a single round robin, with one game of 15, due to the extremely tight schedule. Once the round robin was complete, it went to cross overs then the medal rounds, with a single game to 21.

Trent said he was ashamed to say he hadn't trained more, but whatever he did do leading up to the Games certainly paid off yet again!

He added he's not in the shape he wanted to be in at this point.

"There's a lot of good players coming up now," he said.

Chris Attwood of Goose Bay put up a fight, getting in 13-hard fought points against an exhausted Trent.

"If it were best two of three, he said I would have had him," grinned Chris, noting his opponent's fatigue. Chris said he is looking forward to a re-match in 2022!

Rory Blake of North West River claimed the bronze medal in men's singles.

In the women's division, the gold medal was claimed by Andrea Andersen of Makkovik; Taylor Jacque of Postville; and Alissa Byrne of Goose Bay.

In mixed double action, Trent, along with partner Andrea Andersen, claimed the gold; Rory and Kelly Butt took home silver; and Chris and Alissa took the bronze.



The badminton finals were an exciting match up, with high caliber play from each athlete! From left, Taylor Jacque, Postville, women's singles silver; Rory Blake, NWR, men's singles bronze & mixed double silver; Trent Pottle, Makkovik, men's singles gold & mixed double gold; Andrea Andersen, Makkovik, women's singles gold & mixed double gold; Chris Attwood, HVGB, men's singles silver & mixed doubles bronze; and Alissa Byrne, HVGB, women's singles bronze & mixed doubles silver.
(Brad Keats photo)

See "Badminton" on next page

Sharpshooters!

Gatehouse, Morris, claim gold on the range!

By Friededrike Eybe
The Northern Star

Lab City's Victoria Gatehouse and Cartwright's Sam Morris have earned bragging rights as the top sharpshooters in the LWG.

The men's and women's target shooting competition finished up yesterday with the sitting and standing positions.

The females took to the range first, with Victoria scoring a total of 828 points over the two-day competition. She had placed 10th in the 2016



It was a great day for target shooting event yesterday, with ideal conditions. Taking home medals from the competition were, from left: Bronze - Alfred Parsons (Lab City) & Ann Morris (HVGB); Gold - Victoria Gatehouse (Lab City) & Sam Morris (Cartwright); Silver - Audrey Pardy (Cartwright) & Harris Morris Jr (Cartwright). (Photo by Friededrike Eybe)

See "Tight" on next page

Badminton event a success

Con't from previous page

The silver medal was a great win for Kelly, as this was her first-ever LWG!

"I play for (Lake Melville School) at regionals and provincials, but this level is way harder, more stressful," said Kelly.

This is 7th LWG for Rory and not his first time playing Trent.

"It's a good rivalry and I'm sure we'll see each other again!"

Rodney Roberts, chair of badminton, said the event went off without a hitch after a grueling 12 hours of play.

"Everybody did well, it was a fun event and everyone was really excited."



Twitter: @LabWinterGames

Tight competition at target shoot

Con't from previous page

LWG.

"After coming out first in (Monday's) competition, I felt a lot of pressure today (Tuesday)," said Victoria. "I did not expect to do so well so I was nervous about the final day of the competition."

She said she spent the last months practicing more, especially her weaker positions. The practice paid off with a gold medal.

"It was a tight competition till the last round", said Victoria.

Last year's gold medal winner, Audrey Morris-Pardy of Cartwright, won the silver medal with 816 points while bronze went to Ann Morris of Happy Valley-Goose Bay, who scored 797 points.



Victoria gets a hug from a fan after her gold medal performance in target shooting. (Photo by Friededrike Eybe)

"I am pleased with my results and I actually scored more points than last time," said Audrey.

Audrey has been competing in the target shooting event since the very beginning of the LWG in 1983. The Cartwright athlete has not missed a single LWG and says she enjoys the competition and the friendliness of the Games. She notes her family has a close connection to the games: she had two brothers, one sister and one nephew in the competition. Now she is excited to watch the Labrathon at the end of the week where women will be competing for the first time.

Sam Morris of Happy Valley-Goose Bay won the gold medal for the men with 880 points. Sam started competing at the yearly competition in Cartwright and used to compete in the LWG for Cartwright since the first games. He won silver in the last games and gold the Games before.

"The LWG are a special time and there are always a lot of familiar faces," noted Sam. Now that the pressure is off, he says is looking forward to watching the Northern Games and the Labrathon.

The men's silver medal went to Harris Morris Jr. of Cartwright with 864 points - Harris scored an almost perfect 98 points the first round! Bronze went to Alfred Parsons of Labrador City with 844 points. It was a tight competition for the bronze medal: Sheldon Morris of Rigolet - son of gold winner Sam Morris - scored 842 points and Jamie Cutler of L'anse au Clair came 5th with 841 points.





Badminton Female

Placement	Community	Participant
1	Makkovik	Andrea Anderson
2	Postville	Tayler Jacque
3	Happy Valley-Goose Bay	Alissa Byrne
4	North West River	Kelly Butt
5	Wabush	Nicole Bell
6	Sheshatshiu	Laila Andrew
7	Labrador City	Robin Porter
8	Rigolet	Samantha Williams
9	Hopedale	Kendra Winters
10	Charlottetown	Hannah Russell
11	Forteau	Chloe Roberts
12	L'Anse au Loup	Nicole Cabot
13	L'Anse au Clair	Gaye Jones
14	Natuashish	Diane Rich
15	Port Hope Simpson	Hilary Burden



Badminton Male

Placement	Community	Participant
1	Makkovik	Trent Pottle
2	Happy Valley-Goose Bay	Chris Attwood
3	North West River	Rory Blake
4	Postville	Trevor Gear
5	Rigolet	Dennis Shiwak
6	Labrador City	Aaron Pinksen
7	Hopedale	Boas Mitsuk
8	Natuashish	Philip Rich
9	Charlottetown	Ryan Green
10	Wabush	Dylan Morris
11	Sheshatshiu	Nick Gregoire
12	L'Anse au Loup	Sagar Seataram
13	Forteau	Scott Hancock
14	L'Anse au Clair	Wilfred Butt
15	West St. Modeste	Ryan Butt
16	Port Hope Simpson	William Russell





Badminton Mixed Doubles

Placement	Community	Participants
1	Makkovik	Trent Pottle / Andrea Anderson
2	North West River	Rory Blake / Kelly Butt
3	Happy Valley-Goose Bay	Chris Attwood / Alissa Byrne
4	Hopedale	Boas Mitsuk / Kendra Winters
5	Postville	Trevor Gear / Tayler Jacque
6	Rigolet	Dennis Shiwak / Samantha Williams
7	Labrador City	Aaron Pinksen / Robin Porter
9	Wabush	Ryan Green / Nicole Bell
10	L'Anse au Loup	Sagar Seataram / Nicole Cabot
11	Sheshatshiu	Nick Gregoire / Laila Andrew
12	Forteau	Scott Hancock / Chloe Roberts
13	Charlottetown	Ryan Green / Hannah Russell
13	L'Anse au Clair	Wilfred Butt / Gaye Jones
14	Port Hope Simpson	William Russell / Hilary Burden
15	Natuashish	Philip Rich / Diane Rich



Badminton Community Points

Placement	Community
1	Makkovik
2	Happy Valley-Goose Bay
3	North West River
4	Postville
5	Rigolet
6	Hopedale
7	Labrador City
8	Wabush
9	Sheshatshiu
9	Charlottetown
11	L'Anse au Loup
12	Forteau
13	L'Anse au Clair
14	Natuashish
15	Port Hope Simpson
16	West St. Modeste



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**BUILDING TRADES OF
NEWFOUNDLAND & LABRADOR**

NORTHERN GAMES NOTE!



Night 1 (Thursday) - Hurdles & Over the Rope

Night 2 (Friday) - Seal Crawl & High Kick

LOST TEAM HAT!!

Cassandra Campbell of Team Charlottetown is missing her red team hat (with ear flaps & fur lining). If anyone finds it, please contact her or one of her teammates! Thanks!

COFFEE HUT

Wednesday, March 20, 6:00 – 8:00pm
Saturday, March 23, 10:00am – 2:00pm

College of the North Atlantic,
 Happy Valley Goose Bay Campus



Learn about programs & Services
 View old yearbooks
 Tour the campus

Drop by for a coffee, snack, & a chance to win prizes



Official 2019 Labrador Winter Games Schedule Revised- January 28, 2019																	
Monday, March 18			Tuesday, March 19			Wednesday, March 20			Thursday, March 21			Friday, March 22			Saturday, March 23		
Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place	Time	Event	Place
8:30am	Volley Ball	MMC	8:30am	Target Shooting Day 2	R&G Club	8:30am	Arena Ball Hockey	EJB	9:00am	Table Tennis	LTC	8:30am	Darts	RCL	9:00 am	Dog Team Race	TB
8:30am	Target Shooting Day 1	R&G Club	8:30am	Badminton	LTC				9:00am	X-Country Skit 10K Relay	BB	8:30am	Labrathon Heats Females & Males	TB	9:30 am	Labrathon	TB
			8:30am	Snowshoe Races - Finals, Relays & Special Olympics	MSP							9:00am	Labrador Run 50+ Snowshoe Race	Base Gym			Finals Females and Males
8:30am	Snowshoe Races- Female and Male Heats	MSP				9:00am	X-Country Skit Women's 10K & Men's 10K	BB	11:30am	Medal Presentation: X-Country Skiing	BB	11:30pm	Medal Presentation: Labrador Run	Base Gym	11:00 am	Medal Presentation: Labrathon	TB
												11:30pm	Medal Presentation 50+ Snowshoe Race	BB			
4:00pm	Medal Presentation Volleyball	MMC	11:30PM	Medal Presentation Snowshoe Races	MSP				1:00pm	Snowshoe Biathlon	BB	4:00pm	Medal Presentation: Darts	RCL	11:45 am	Trophy Presentation: Dog Team Race	TB
7:00pm	Athletes and Special Guests Movie Night Tentative	AT	3:00pm	Medal Presentation: Target Shooting	R&G Club	7:30pm	Medal Presentation: Arena Ball Hockey	EJB	4:00pm	Medal Presentation: Table Tennis	LTC	6:00pm	Northern Games Night 2	EJB	12:00 pm	Northern Duathlon	BB
			4:00pm	Medal Presentation: Badminton	LTC				6:00pm	Northern Games (Night 1)	EJB	10:30pm	Medal Presentation: Northern Games	EJB	1:30 pm	Medal Presentation: Northern Duathlon	BB
			8:00pm	Athletes Special Guests Labrador Concert Tentative	OBAC				7:30pm	Medal Presentation: Snowshoe Biathlon	EJB				5:00 pm	Athlete's Banquet	SMH
															7:00 pm	Closing Ceremonies	EJB

PLEASE NOTE: All Medal Presentations Times Are Approximate



Opening Ceremonies
 Sunday, March 17, 2019 @ 7:00pm
 EJ Broomfield Memorial Arena

LTC – Labrador Training Centre
 R&G – Rod & Gun Club
 MSP – MMC Sportsplex
 AT – Arcturus Theatre

OBAC – O'Brien Arts Centre
 RT – Race Tracks
 BB – Birch Brook
 EJB – EJ Broomfield Arena

MMC – Mealy Mountain Collegiate
 RCL – Royal Canadian Legion
 TB – Terrington Basin
 SMH – Sodexo Mess Hall