



The Northern Star

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Northern Games

Unexpected high kick wins at Night 2!

**By Janice Goudie
The Northern Star**

The Northern Games certainly did not disappoint fans who came out to watch the traditional events at the E.J Broomfield Arena last night. But the fan favourites heading into the one-foot high kick were not the athletes who came out with gold in the event.

Mario Vincent of Hopedale waited until the seal hung at 7 feet 6 inches before he took to the mats. In practice, his all-time best was 8 feet 9 inches - a height he was expecting to surpass last night. But at 7 feet 10 inches, Mario's attempt at a gold medal was over, leaving him embarrassed and disappointed, he said. His coach Boas Mitsuk, said they have three more years to get in a lot more practice.

Cartwright's Neko Brown-Dyson must have practiced hard for the event. At 8 feet, he took first place beating out Jeremy Holwell of Nain and winning the right to cut down the much-coveted seal.

But it wasn't only the men's one-foot high kick that surprised spectators. Chantelle Bursey of Labrador City, and Happy Valley-Goose Bay's Kelly Way, were the women's high kick hopefuls. But it was Grace Tuglavina of North West River that stole the show.

At 14-years-old and standing 5 foot 8, Grace was participating in her second Labrador Winter Games. She beat out her competition (Jessica Campbell of Pinsent's Arm and Chantelle Bursey) at a height of 6 feet one inch, but continued to test her abilities to a height of 6 feet four.

Grace's mother Joyce, at times turned her back to the arena floor as she appeared more nervous than her daughter.

"I could throw up but she did so well!" said Joyce Tuglavina. "She can kick six feet in practice and she went six four. So I'm so, so proud of her."



Cartwright's Neko Brown-Dyson was the men's winner in one-foot high-kick last night at Night 2 of the Northern Games. (Photo by John Graham)

Before the high kick took place, it was the seal crawl that set the stage for the excitement of the evening. While

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Northern Games a crowd pleaser!

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no times were announced at the event, Kelly Way and Chantelle Bursey dominated their heats in the women's competition. Julia Rumbolt of West St. Modeste was disqualified during her heat.

Also disqualified was Jeremy Holwell in the men's seal crawl event. Unofficially, he was said to have touched the floor with his knees which is an automatic ejection from the event.

The winners for the Northern Games with combined points from the two nights of events for the women were Chantelle Bursey of Labrador City for the gold; silver for Cartwright's

Claire Sainsbury, and Kendra Burden of Port Hope Simpson took bronze. Neko Brown-Dyson of Cartwright took gold in the men's category, Josh O'Reilly of Labrador City won silver and Jeremy Holwell of Nain took third place.



Kelly Way of Happy Valley-Goose Bay focuses on nothing but the finish line during the seal crawl at night two of the Northern Games. (Photos by Janice Goudie)



Joyce Tuglavina—mom to Grace Tuglavina—cheers wildly as she watches her daughter win the women's high kick at 6'4". (Photo by Janice Goudie)



Volunteer Clint Clark ensures the seal is hanging correctly prior to the start of the high kick event. (Photo by Janice Goudie)

Twitter: @LabWinterGames



Northern Games Male

Placement	Community	Participant
1	Cartwright	Neko Brown-Dyson
2	Labrador City	Josh O'Reilly
3	Nain	Jeremy Holwell



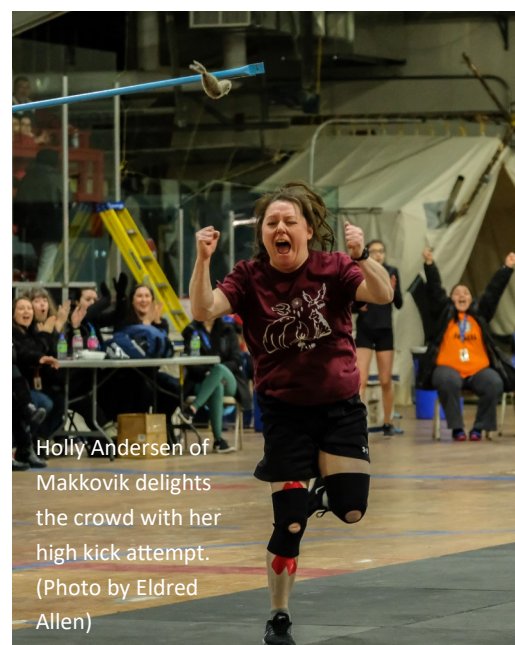
Northern Games Female

Placement	Community	Participant
1	Labrador City	Chantelle Bursey
2	Cartwright	Claire Sainsbury
3	Port Hope Simpson	Kendra Burden



50+ Snowshoe Race Female

Placement	Community	Participant	Time
1	Happy Valley-Goose Bay	Rosemary Roberts	0:22:50.3
2	Port Hope Simpson	Patsy Sooley	0:25:54.7
3	Natuashish	Nympha Byrne	0:27:32.5
4	Cartwright	Lucy Morris	0:28:42.5
5	Makkovik	Charleen Chaulk	0:28:49.6
6	Rigolet	Lorraine Allen	0:29:36.0
DNF	Nain	Peggy Andersen	



50+ Snowshoe Race Male

Placement	Community	Participant	Time
1	Makkovik	Peter Winters	0:35:07.5
2	Happy Valley-Goose Bay	Edward Blake-Rudkowski	0:38:47.0
3	Cartwright	Clyde Morris	0:43:30.3
4	Hopedale	Levi Semigak	0:46:59.9
5	Rigolet	Tony Curtis-Wolfrey	0:58:23.6
DNF	Natuashish	Prote Poker	
DNF	Port Hope Simpson	Denley Ward	



Day on 'da bay!

Labrathon heats keep crowd on their toes!

By Bonnie Learning
The Northern Star

It was a spectacular day to be at Otter Creek yesterday, as the Labrathon heats kept the crowd cheering the athletes on all day long!

The weather was mild and the winds – although they gusted through the day – had died out a bit by the time the women took to their heats.

The men took part in 4 heats, with 6 athletes each, while the women had 3 heats of 5 women each.

Taking part in today's finals for the men are: Rigolet - Guido Rich (17:53:03); Lab City - Jon Davis (18:24:22); Cartwright - Neko Brown Dyson (19:37:62); North West River – Pat Hibbs (19:44: 35); Port Hope Simpson – Charley Curl (23:17:90); and L'anse au Clair - Jamie Cutler (24:05:07).

For the women, it will be: Lab City – Robin Porter (25:38:32); Cartwright – Nikki Brown (25:47:33); Rigolet – Sherri Rich (31:31:07); Pinsent's Arm – Sheryl Martin (33:46:51); Port Hope Simpson – Joyce Clark (34:40:27); and HVGB – Judy Morris (37:31:64).

Today's finals get underway at 9:30 a.m. starting with the men.

Robert Hancock of Forteau put in a good run. And at 68 years of age, he's not ruling out a return in 2022.

"It's hard," he laughed. "Shooting was good, fire was good... I was the first to get a fire going, but I got caught up in the hole over there," indicating the chisel tilt station.

Pat Hibbs from NWR finished first in his heat. This is just his second Games. He also did the Labrathon in the 2016 Games.

I learned a lot just from the fire alone," said Pat. "That's what killed me the last time."



Neko Brown Dyson of Cartwright gives 'er at the log sawing & trap setting tilt yesterday! Nico is in the top six today for the finals (Photos by Bonnie Learning)

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Labrathon finals this morning!

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Brad Rumbolt, originally from Mary's Harbour but now living in Saskatchewan, is back in Labrador specifically to watch the Games. He is the Labrathon record holder from the 2010 Games. He can't quite recall his time, but he knows it was somewhere just over 14 minutes!

"It's beautiful, lots of good competitors here and lots of old competitors from when I was back here and they're still doing it – that's great to see, carry on that spirit."

This was the first Games that women had their own separate Labrathon and they were just as exciting to watch as the men, no doubt!

In the first heat, Lab City's Robin Porter was the first to the fire tilt, followed closely behind by HVGB's Judy Morris. They were both given the green light to put out their fire after their kettles were boild at pretty much the exact same time, and off they ran to the target shooting tilt, followed shortly after by PHS's Joyce Clark. Both Robin and Judy were shooting down their 5 targets at the same time, but Robin got away just a few seconds sooner to the log sawing & trap setting tilt, where Judy's snowshoe got messed up. But she persevered and after catching up to Robin again at the chisel station, she managed to get herself squared away again.

Robin was the first to make it across the finish line in her heat.

"Oh my gosh, it was tough!" said Robin after she crossed the line. "It makes you appreciate everyone that does this, especially on a daily basis and not just for fun."

She said the hardest part was the ice chiseling station, but also running the track.

"But you got people cheering you on, so that helps."

Robin says she will be back in 2022!



The women get their sleds lashed down before setting out for the fire tilt in heat 2 yesterday.



Jamie Cutler of L'anse au Clair gets his fire going.

Out & About...



Regional Nutritionist for Labrador Grenfell Health, Lynn Blackwood, along with LWG mascot, Snoff, visited the Labrathon venue yesterday with a purpose: to spread the good news about an earlier commitment from the Town of HVGB to “Space for Everyone: Communities Supporting Breastfeeding”, a project developed by the Baby Friendly Council of NL to normalize breastfeeding. Mayor Wally Andersen signed a proclamation that commits to all Town facilities having designated spaces for breastfeeding families should they request it. (Photo by Bonnie Learning)



Road Race Male

Placement	Community	Participant
1	Cartwright	Michael Scott
2	Happy Valley-Goose Bay	Stephan Pike
3	Labrador City	Devon Ryan



Road Race Female

Placement	Community	Participant
1	Happy Valley-Goose Bay	Deanna Lushman
2	Port Hope Simpson	Jennifer Curl
3	Labrador City	Amanda Daniels

Take it to the dartboard!

Cartwright claims gold, 3-way tiebreaker determines other medals!

By Desmond Montague

The Northern Star

The Royal Canadian Legion was full of excitement early Friday morning as 11 Labrador communities faced off to determine who would come out on top in the darts event at the Labrador Winter Games.

Each community was represented by a co-ed team of 2 men and 2 women playing a round robin format of "701" straight in-double out darts.

The quality of darts was second to none as you could constantly hear the referees calling out scores of "100" and "140". The teams were very evenly matched throughout the day with most matches coming right down to the double.

As the tournament entered the final matches of the round robin, it was still too close to call in terms of medal placings. You could feel the tension in the air as the top ranked teams knew how important it was to hit that final double.

After the final results were tallied, Cartwright emerged victorious with a win-loss record of 8-2. Right on their tails were 3 teams with an identical 7-3 record: Pinsent's Arm, West St. Modeste, and Postville. In order to determine placings the first tie-breaking rule was used: direct head-to-head results between the tied teams (i.e. "rollback"). Based on this, Pinsent's Arm took the silver medal, West St. Modeste was awarded the bronze, and Postville finished in 4th position.

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Taking medals in darts were, from left: Pinsent's Arm; Cartwright, gold; and West St. Modeste, bronze (Photo by Andrew Finlay)



Father and son, Terry Gear Sr. and Terry Jr. played against each other at darts yesterday. (Desmond Montague photo)

A good day at darts!

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This was an amazing experience for bronze medal winner Julia Rumbolt of West St. Modeste. Just 18 years old and in her first year of university, this was her first time participating in darts at the Games. She had very little experience playing darts before Friday's tournament but being from a very small community that didn't have a lot of players to pick from, Julia eagerly joined up to represent her hometown.

The last round robin match of the day turned out to be a very special for two players in particular. Terry Gear of Postville played off against his son, Terry Jr., representing Cartwright. "We were teammates, both representing Postville at the 2016 Winter Games" said Terry Sr. "But it was at those games that young Terry met his woman, who is from Cartwright. I guess that's why we're playing against each other today!"



Pinsent's Arm dart player Chad Clarke concentrates as he throws a dart. (Photo by Andrew Finlay)



Darts

Placement	Community	
1	Cartwright	Sheila Morris/Terry Ford/Carrie Dyson/Barry Dyson
2	Pinsent's Arm	Dorcas Campbell/Chad Clarke/Bernice Stokes/Sid Morris
3	West St. Modeste	Julia Rumbolt/Gus Rumbolt/Vandale Lee/Kyle O'Dale

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Cartwright, HVGB, claim gold in inaugural Labrador Run!

By Kathleen Simms
The Northern Star

Micheal Scott of Cartwright and Deanna Lushman of HVGB can now claim bragging rights as the first gold medal winners of an inaugural sport at the LWG – the Labrador Run!

The inaugural road races for males and females were held at 5 Wing Goose Bay on Friday morning.

The morning started off with excellent weather for the race – a mild 4 ° C with little wind. The race was a distance of 7.5 km and the athletes had dry road conditions which made it great for running.

Michael Scott of Cartwright crossed the finish line first for the men with an unofficial time of 26:26. This is Michael's second individual gold in these games (his first was in the snowshoe race).

Claiming silver was Stephan Pike of HVGB, followed by Jayden Davis of Forteau for a bronze.

Michael began running in Grade 10 but it wasn't until he attended Memorial University that he began to competing. He was part of Memorials' cross country team for five years, and for the last two years, he was captain of the team. Michael says that he began training for the games in January however running is an everyday activity for him. He says that adding the road race to the games is awesome.

"There is a lot of interest in Labrador in running, as demonstrated in the Trapline Marathon, and it was great decision to add this event to the LWG," he said.

In the women's division, Deanna Lushman of HVGB, crossed the finish line first with an unofficial time of 32:17. Deanna dominated the race, finishing just over a 5-minute faster finish time than the second place runner. Deanna's pace was 4.22 min/km. When asked if this was her personal best, she replied, "I don't really know. I gave up wearing a watch when competing as I

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The inaugural Labrador Run took place from the Base gym yesterday, and Lake Melville MHA Perry Trimper handed out the medals to the winners, which included, from left: Stephan Pike, silver; Jennifer Curl, silver; Deanna Lushman, gold; Michael Scott, gold; Amanda Daniels, bronze; Jayden Davis, bronze. (Photo by Kathleen Simms)

Devon Ryan found the Lab Run a tad bit on the warm side yesterday....he placed third in men's Lab run.

(Photo by Kathleen Simms)



Roberts, Winters, claim victory in 50+ snowshoe!

By Arlene Michelin-Pittman
The Northern Star

The 50+ Snowshoe Race was a first time event held during the 2019 Labrador Winter Games, and with it came great energy, endurance, and fast paced times that could challenge any younger generation!

Lorna Clark, co-committee chair for the event, was beyond thrilled with the chance to have a new event during the games.

"This is a great step forward to include different generations and ages for all activities," said Lorna. "We hope it is a success and will become a mandatory sport /event at the next Labrador Winter Games."

The 50+ Snowshoe Race had 8 communities represented and a total of 12 participants, 6 Female and 6 Male. The female race consisted of a 3.1km race, while the men had to trek for 5.0 k



Medal winners include, from left: Patsy Sooley & Edward Blake Rudkowski, silvers; Rosemary Roberts & Peter Winters, golds; Nympha Byrne & Clyde Morris, bronze. (Photo by Arlene Michelin Pittman)

See "Inaugural" on next page

Great race at new event!

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found it stressed me out...and it has worked well for me."

Taking the silver for the women was Jennifer Curl of Port Hope Simpson with an unofficial time of 37:33, and Amanda Daniels with a time of 38:35 for Lab City.

Deanna began running 10-15 years ago and has competed in marathons, half marathons, and 10ks throughout Canada

Congrats to all the winners of the first inaugural road races for the Labrador Winter Games!



The men take off from the start line at the inaugural Lab Run (Kathleen Simms photo)

Inaugural snowshoe race a huge success!

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With the excitement and anticipation of a first time event, there was a thrill of excitement and nerves as everyone was a little “concerned” of what was expected.

“I’m aiming for second-last place”, chuckled Patsy Sooley of Port Hope Simpson. Little did she know she would take home silver in the 50+ female division, just a few minutes behind first place winner - HVGB’s Rosemary Roberts.

Nympha Byrne - representing Natuashish - placed 3rd in the race with all competitors giving it their all, with all racers coming in under 30 minutes.

After the female race ended there was another “new addition” to the 2019 LWG - the Dignitary Race. There were approximately 20 dignitaries representing a variety of sponsors, board members, provincial MHAs, 5 Wing Goose Bay and community organizations. These representatives ran a total of 1 km. HVGB 5 Wing Major Andrew Vandor, Commanding Officer Mission Support Squadron came first, followed closely by Andrew Battcock. It was a fun, great, active way to get sponsors and support teams involved in the LWG at the competition level.

The 50+ men’s heat was the last event of the day. Six men, representing six different communities, had to run a total of 5 km. Peter Winters, 60, of Makkovik had absolutely no issue in flying through the 5 km course in less than 36 minutes. He was followed in second place by Edward Blake-Rudkowski, and coming in third, orange colours flying, was Clyde Morris from Cartwright. It was an event to watch as Peter crossed the finish line - the crowd was cheering extremely loud and his support network were soon at his side hugging and congratulating him on his quick fast finish. Edward was overheard saying to Peter as he crossed the finish line: “Man, oh man - you were flying!”

The first time event for the 50+ snowshoe race was a wonderful suc-



LWG 2019 assistant games director, Craig Wallace (left) gets into spirit of the Games by taking part in the 50+ snowshoe race “Dignitary Race”. (Photo by Arlene Michelin Pittman)



RIGHT: Men’s 50+ snowshoe race winner, Peter Winters of Makkovik, held onto a little green dinosaur his grandson gave him for good luck in the race— it must have worked! (Photo by Arlene Michelin Pittman)

Busy bunny!

The LWG mascot, Snoff, has been popping up in different places all over Happy Valley-Goose Bay this week to drum up excitement for the Games! If you see him around town, be sure to say hi!

You never know where he will show up next!



Hanging out with
Greg Pike of Pike's
Home Hardware!



Uh uh! Watch out, Snoff!

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Banking? No
prob! Snoff is
there to help!



Making sure things are running smooth at the Town of HV-GB!