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SPORTS

Runner saves her best for last

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By: Dave Winer

November 5, 2007 - After finishing a distant second at the Peel high school cross-country championships last week, few eyes were focused on Mississauga's Keesha Danso-Dapaah during Saturday's provincial finals. That was a mistake.

Competing at Firemen's Park in Niagara Falls, the St. Aloysius Gonzaga Grade 12 student sprinted to the finish line 10 seconds ahead of her nearest competitor in winning the 5,000-metre senior girls race to claim her first Ontario title.

A fifth- and sixth-place finisher her previous two years, Danso-Dapaah put it all together in her final year, crossing in a time of 17 minutes, 38.9 seconds.

"She was mentally in it this time," said coach Jamie Webster. "She's always had the skills and the talent, and this time the mental part clicked. She was mentally there." Danso-Dapaah stuck to her pre-race plan of staying with the leaders until it was time to break away on the fairly flat course that is highlighted by one enormous hill.

"She was third with one kilometre to go when she took the lead," said Webster.

Mount Carmel's Kaitlyn Rennie, who won at the Peel championships, was eighth in 18:18.4. Erindale's Laura Twidle placed 40th (19:00.4).

John Cabot's Luca Geiser was Mississauga's only other top-10 finisher on the day, placing eighth in the junior boys 6,000-metre race.

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Mississauga's Keesha Danso-Dapaah is an Ontario champion after winning the 5,000-metre senior girls race at the provincial high school cross-country championships.

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