



For immediate release

**Media Release**

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## **University cross country racer named October Athlete of the Month**

A silver-medal finish at the Canada West Cross Country Championships led Saskatoon's **Courtney Hufsmith** to be named **Sask Sport Inc.'s October Athlete of the Month**.

Hufsmith, a fourth-year athlete for the University of Saskatchewan Huskies, finished the 10-kilometre race in a time of 30:35 to capture second place in the conference. Her time helped the Huskies to a team bronze medal, the best team finish since 2012. She was also named a Canada West First Team All-Star and qualified for the U SPORTS National Cross Country Championship in November, where she finished 15<sup>th</sup> in the country.

In October, Hufsmith was also named Huskie Athletics Athlete of the Week and won the Saskatchewan Athletics Senior Female Athlete of the Year award at the annual Bob Adams Awards banquet.

Hufsmith was nominated by Saskatchewan Athletics.

For information regarding the Athlete of the Month Awards program, including previous nominees and recipients, visit [www.sasksport.sk.ca/awards.php](http://www.sasksport.sk.ca/awards.php)

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