

## Team PEI – 2023 Canada Winter Games Long Track Athletes



**Andrew Binns**

**Hometown:** Stratford

**Age:** 20

**School:** University of Prince Edward Island

**Previous Canada Games:** Red Deer, 2019

**Languages:** English and French

**Instagram:** @andrew.314

Andrew Binns, like his long track team-mate Carter Bruce, is making his second trip to the Canada Winter Games in 2023. In 2019, Binns was part of P.E.I.'s short track team in Red Deer, where he set personal bests and provincial age group records in every distance he skated. He was also a key player on the PEI relay team that grabbed fifth place in Red Deer, while recording the third-fastest relay time of the Games.

While Binns is new to long track skating, he has jumped in with both skates this season, after injuries put his short-track career on ice. The UPEI business student made the most of his debut Coupe Quebec competition in September, meeting the time standard for Canada Cup level competition after just three long track training sessions. In January, Binns grabbed a pair of wins in sprint distances at the Atlantic Canadian Long Track Championships on the Halifax Oval, showing he is ready for the Canada Winter Games challenge.

The long track oval isn't the only sporting ring that has caught Andrew's interest. A gym and lifting enthusiast away from the ice, Binns attended a track cycling training camp in the summer of 2022 and enjoyed learning his way around a velodrome. For now, however, his sights are set firmly on the long track skating oval and on representing PEI at the 2023 Canada Winter Games.



Andrew Binns. September 2022. Photo courtesy of Tjerk Bartlema / Photographie TB.



**Carter Bruce**

**Hometown:** Stratford

**Age:** 20

**School:** University of Prince Edward Island

**Previous Canada Games:** Red Deer, 2019

**Instagram:** @carter\_361

Carter Bruce has been on skates since he was three years old. His parents signed him up for speed skating at age seven, but, by his own admission, he wasn't particularly interested in the sport until seeing the 2010 Winter Olympics on TV, which helped to ignite his competitive fire. Now, more than a dozen years later, Bruce is a well-travelled competitor, set for his second Canada Winter Games representing PEI. In doing so, he'll become the first Islander to represent PEI on the long track Oval in back-to-back games since Nancy White did so in 1975 and 1979.

While Carter is taking care of business on the Halifax Oval, he'll also be keeping a close eye on the short track competition back in PEI, where his younger siblings, Addison and Jane, will be making their Canada Winter Games debut as part of the Island's short track team. While Carter will be competing in long track, and is coming off an overall podium performance at the recent Atlantic Canadian Long Track Championships, it is safe to say he remains an avid fan of short track, where he still trains and competes regularly. He names Canadian short track star Steven Dubois as his favourite athlete.

Away from the rink or oval, Bruce enjoys spending time on his road bike and playing golf. In 2021, he won the overall male title at Sport PEI's "Future Elites" combine competition, after taking top honours in the sprint and vertical jump events. In 2023, there is no doubt he'll reach "new heights" in his Canada Winter Games long track career.



Carter Bruce, November 2022. Photo courtesy of Darrell Theriault.