

Foley, Michelle.



Michelle Foley, 15, received a plaque from the Belleville Honors and Awards Committee last week for her accomplishments in 1985.

(Photo by Brian O'Meara)

Michelle started running with the Kingston Track and Field Club under the guidance of coach Jim Leonard from grades five through eight.

Father Peter admits there was some doubt when the family moved back to Belleville.

"We were fortunate when we came back. We didn't know if there would be a coach."

The Foleys were relieved, though, and Michelle joined the Quinte Knights Track Club and has been under the coaching of Bruce Faulds, himself an avid runner and father of three excellent runners in Allan, Scott and Michael Faulds.

"He's an excellent coach," Michelle said of the elder Faulds, "just an excellent coach."

Michelle intends on concentrating on the longer distances this year, the 1,500m and 3,000m, for-

saking the 800m - "there are just too many running the 800," she said.

Foley's decision to tackle the longer distances seems to have paid off - last Friday at the OFSAA indoor championships as part of the Toronto Star Indoor Games, she came second in the Open girls 3,000m to Brenda Steenhof, a former OFSAA senior champion - and this all as a first year junior. Her time of 10:11.9 was also a personal best, having never been under 10:30 before indoors.

Wednesday night Michelle and Scott Faulds, 17, leave along with

coach Bruce Faulds for the National Individual junior Cross Country Championships and World Trials in Victoria, B.C.

Athletes who finish in the top five junior boys in Victoria will comprise the Canadian world junior team and travel to the world championships in Switzerland in March.

A junior girls team was also to have been selected for the worlds, but the world junior girls race "has been cancelled by the IAAF," according to Bruce Faulds.

That means the junior girls in Victoria will not be seeking spots on the national team - of her competition in Victoria, Michelle said, "I don't know how many will be there now that there is no (national) team (being chosen)."

NOTES: ...the ROBINSON-KELLEHER MEMORIAL TROPHY was to have been presented Wednesday night at the Sports Centre but Foley's departure for B.C. forced postponement of the trophy until Wed. Feb. 12 when the Bulls face Cornwall ...Michelle's accomplishments in 1985 could have been even greater but an INJURED ACHILLES TENDON kept her sidelined during the Ontario and Canadian Legion track championships. Scott Faulds was healthy for the Legion meets and came home with a Canadian championship this past summer...while there are many indoor meets coming up, the outdoor season is not that far off leading to the OFSAA championships in June...the trip to B.C. will cost almost \$1,700 and financial support has been obtained from the OSSTF District 19, Moira Student Government, Centennial Student Government, Centennial Athletic Association and new Quinte Knights Track Club sponsor KENRON ESTATES

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