

Versatile athlete is headed for U.S.

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By Rick Ellis

Employing a steady pace, Terry Burwell gradually widens the distance between himself and the rest of the field in the county steeplechase race. As the race progressed, it was clear the question was not if the Opeongo High School student would win, but what his time would be.

As it was, Burwell put his footprint on the finish line in six minutes and 10 seconds, smashing the county record. Standing marks also fell in the 1500m and 3000m and, again, it was Terry who did the damage. He left Arnprior as the top senior boy and best male athlete at the meet.

Running three long distance races in the space of a few hours is a good workout for anyone, but Terry's day wasn't quite over yet.

That evening, he took on another role, literally...that of 'Corndoggie', the male lead in 'Rock 'n Roll', Opeongo's musicale. Weeks of preparation led to the three performances, preparation which took up a fair bit of time after school.

The point here is not that Terry Burwell is a versatile guy as much as he was able to attain a level of excellence in both track and the play.

How was he able to pull it off? OHS teacher and track and field coach Tom May said Terry's discipline had a lot to do with it.

"He would come to see me during morning break," Mr. May said, "get the workouts and do them himself."

Terry Burwell: "I had to do the workouts at noon. I'd just go out with a stopwatch."

Self-discipline isn't the only key. Another very important factor in Terry's success is the support he's received from his family, Opeongo students and staff and the community at large.

He has plenty of praise for his parents, Lorna and Mac. "There's not been a meet this year that at least one of them wasn't at," he said.

The actual physical outlay of the Burwell property has also played a significant part in Terry's develop-

ment as not only a top notch distanceman but also a cross-country runner. The farm has some very large hills, superb for training.

"Hill training gives you the endurance and strength you need," Terry said.

He Got Better

The musicale ended, but Terry's exploits on the track continued, notably in the steeplechase in which he remained undefeated despite the escalation of talent he was running against.

In Brockville at the Eastern Ontario meet he ran a 6:17, but in the Eastern Regionals in Ottawa, he trimmed seven seconds off that.

Against the best high school steeplechasers the province had to offer Terry conquered the field with a remarkable run of 5:58.26 which, of course, bettered his own Opeongo record. He modestly said he was surprised he came in first in the regional and provincial meet.

Normal Illinois

Perhaps Terry is surprised, but as Tom May will tell you, this distance

runner has the motivation to be the best.

Obviously the folks who run the athletic program at Illinois State University in Normal agree. They are very interested in having the OHS graduate attend on an athletic scholarship.

If Terry does chose Illinois State, it could rightly be called 'Opeongo South'. Syliva Gould has completed her second year there and is reported to be doing quite well.

This weekend, he's scheduled to be in Normal, but prior to that there's a stop-off in Chicago where he'll compete in an invitational prep meet. (It's not the first time Terry has 'competed' outside of Ontario. He was in Saskatoon two years ago at the Dominion Legion track and field camp).

Going against an international field, his pursuit of excellence continues and his goal is set.

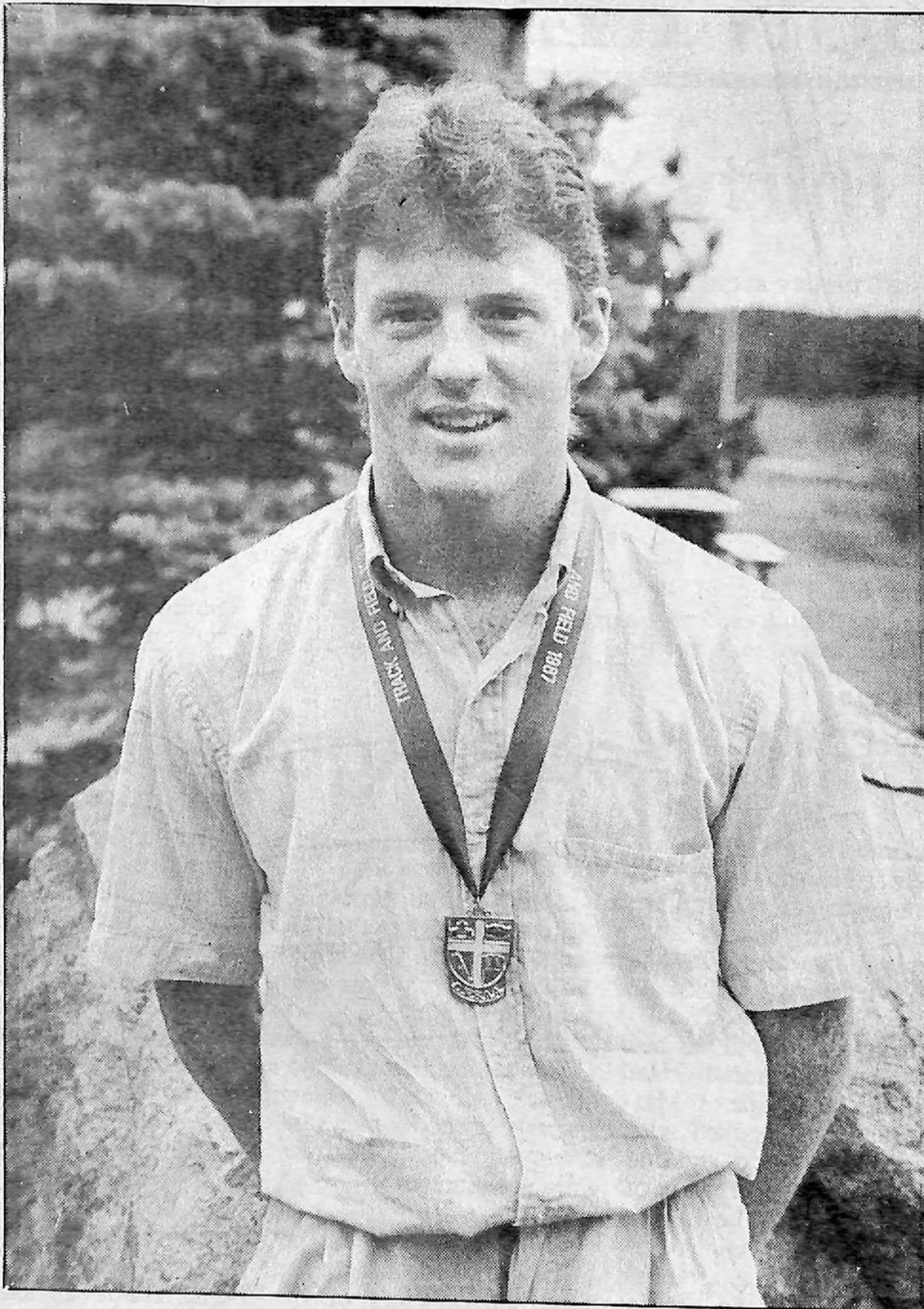
"I want to get under 5:50 this year," said Terry. "With the quicker competition, I should be able to do it."

Later on in the summer, Terry will be in Edmonton for the Junior National Meet, so it's going to be a pretty busy time.

Bright Future

Regardless of whether he attains a 5:50 in Chicago, the future appears to be a bright one for Terry.

As for the prospect of possibly establishing a base in Normal, Illinois (where he will be majoring in History), he's "happy and a bit nervous".



Terry Burwell

On Friday, Terry Burwell (shown wearing his OFSAA Gold Medal) will be one of 10 athletes from Ontario competing at an invitational track and field meet in Chicago. Terry later will tour Illinois State University in Normal.