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Chepstow athlete wins three medals at national competition

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A Chepstow youth returned from a national track and field event in Calgary with three medals in distance running events.

Kurt Benninger, took gold medals in the 1,500 and 3,000-metre events and ran the anchor leg (800 metres) on Ontario's silver-medal winning medley relay team at the recent National Legion Championships.

The 15-year-old WDSS student qualified for the Legion-sponsored event at by advancing from District C championships to the provincial meet in New Liskeard, last month.

Benninger began running seriously only one year ago, when he joined the Saugeen Track Club. Prior to that, he had competed only at the local high school level.

"It's really an amazing story," said Saugeen Track Club coach Randy Miller of Benninger's rapid progression to national competition.

For Benninger, the decision to go into long-distance running was a natural one.

'I'm not too much of a sprinter, but I love running so for me, it makes the most

it while you're running. But, when I was done, I noticed my



sense."

Despite running in the higher-altitude environment in Calgary, Benninger posted a personal best in the 3,000-metre event.

The higher altitude, he said, takes it's toll on a runner.

"You don't really notice

throat was sore and it seemed like I had less oxygen."

In addition to organizing the track meets the Royal Canadian Legion covered expenses for the trip for the athletes.

"They did a lot for us," Benninger commented.