

AHS track and field accomplishments could be foundation for local club

By Denis Gibbons

While football, hockey and basketball teams at the school have enjoyed less than mediocre success, Acton High school's reputation for producing outstanding track and field athletes has kept the "Redmen" name in the limelight of Ontario secondary schools athletics right alongside those of schools with triple the enrolment.

Within the last decade AHS athletes have won three individual OFSSA championships, accepted four track and field scholarships to U.S. colleges, won a CWOSSA cross-country title, competed in the British Empire games or Olympic trials three times and generally made it rough for opponents, who many times had written off competition from a school of between three and four hundred students.

Now the man most responsible for the whole story wants to start a track and field club and coaching association in Acton in an effort to encourage area youths to take advantage of the benefits participation in track and field can have.

Bruce Andrews first made sports page headlines, when he ran a 4.19 mile to place seventh in the British Empire Game trials as a skinny kid of 16 in 1958. While less arduous pastimes caught the fancy of his classmates, Bruce kept training hard every day. He made it to the Canadian Olympic trials in 1960 and placed second to Toronto's Bruce Kidd in a memorable mile at the OFSSA championships in Guelph in 1962.

Six months later Bruce was running in Madison Square Garden and receiving an education at Seton Hall University he might otherwise never have been able to obtain. Upon graduation in 1968 he returned to Acton, where he is now head of the AHS athletic department.

Big benefit
"Athletically, receiving the scholarship allowed me to find out what I really was capable of doing," Bruce says. "Scholastically, I can't say enough about it. It's conceivable I might never have got a college education without it."

Bruce is quick to credit coaches of the Guelph Legion track club

and Toronto Olympic Club for instruction he received during his high school years. He feels a club operated locally would attract many more prospects.

"All too often people have to leave town to get the competition they need to become more proficient in what they are doing," he explains. "We would need a sponsor, parents to help transport athletes to meets, secretaries and persons interested in learning to coach. They wouldn't have to be experts, we can teach them."

Summer instruction for such a club could come from two AHS grads Jim Slaven and Steve Van Fleet, who are now attending Miami University in Oxford Ohio on track scholarships or ex-track stars like John Goy and Keith Ranney, who still live in the Acton area.

Prime examples
Slaven and Van Fleet are prime examples of how hard work and perseverance can pay dividends in later years.

No small effort was put into the preparation Slaven gave himself to become the fastest Ontario high school runner over 3,000 metres in 1970. He established a new record of 8.35 in a gutsy performance in Toronto's C.N.E. stadium that year. The previous fall he finished first in a field of 150 runners entered in the OFSSA junior cross-country race. He



Keith Ranney checks the stop watch with coach Ted Franklin.

has run a 4.21 mile and done the 800 metres in 1.58.

In the space of a year and a half Van Fleet progressed from just another entrant in the school field day to one of the province's top juvenile javelin throwers. Last summer he won first place in the Halton-Peel secondary schools meet, placed fifth in a field of 29 at the OFSSA meet and bettered the Canadian juvenile record with a throw of 213 feet at an open meet in Montreal. He has won his first three meets in the winter semester with the Miami University team.

Keith Ranney raised a few eyebrows in the Varsity stadium press box at the 1968 Toronto Police Games, when he chased Olympic half miler Bill Crothers around the track, finishing third behind Crothers and American George Germer at the wire. A versatile runner, Keith recorded top times of 22.6 in the 200, 50.8 in the 440, 1.50 in the half mile and 4.23 in the mile.

Top vaulter
At the age of 15, John Goy cleared the pole vault bar at a height of 10 feet 5 1/2 inches to become the best midget vaulter in all of Ontario's high schools. Three years later he cleared 12 feet two inches at the Eastern Canadian championships. Although the world mark is now over 18 feet, Goy's efforts would still be considered good in high school circles today.

A latecomer to Acton High, Phil Morris was good enough to make it to the OFSSA finals in the 600 and 1800 metre events in 1971, before he accepted a track scholarship to the University of Wyoming.

There have been others, who if the results they obtained were not as impressive, surely benefitted in some way from the physical conditioning and knowledge of discipline they gained from their participation in track and field. Ed McHugh and Wilson Altonby ran well for the Guelph Legion club during the '50's. Alan Hall, who has since devoted a lot of time to lacrosse and hockey programs in town once ran a 4.29 mile and Alan McKenzie, "the bearded one" was always near the two minute mark in the half mile and the 52 second mark for the quarter. Dan Arbic was a top sprinter.

And there are others on the way up. Roger McEachern, Frank Houston, Cliff Crossway, Rick Near and Kooti Komarville represented the school in the recent Maple Leaf indoor games in Toronto and have been training hard daily for the upcoming outdoor season.

Hockey relation
How do all these results, facts, figures and accomplishments relate to those of hockey or more popular team sports?

"I would equate earning a track and field scholarship to making the Junior 'A' ranks in hockey," Bruce comments. "Winning at the national level, I would say would be equivalent to making the NHL. For the number of kids that have gone through the school, I think the number we've had compete at the national level is remarkable."

Only those who have experienced the daily grind of conditioning the body and mind, know the sweat and toil that goes into it.

"It's a lonely sport, because you have to do the work yourself. It's 99 per cent work and 1 per cent applause, but it always pays off for anyone who is willing to work," says Bruce.

Further opportunities may open up in the sport now that the new professional track and field association has been formed in the U.S. Even at the college level the opportunity for travel is excellent. The Miami U track team will soon be making a swing through the southern states, where there have been others, who if the results they obtained were not as impressive, surely benefitted in some way from the physical conditioning and knowledge of discipline they gained from their participation in track and field.

Ed McHugh and Wilson Altonby ran well for the Guelph Legion club during the '50's. Alan Hall, who has since devoted a lot of time to lacrosse and hockey programs in town once ran a 4.29 mile and Alan McKenzie, "the bearded one" was always near the two minute mark in the half mile and the 52 second mark for the quarter. Dan Arbic was a top sprinter.



Jim Slaven on the run.

Shopping for meets in Tennessee, Florida and Texas.

A local track and field club could be of enormous assistance to youngsters interested in the sport, but volunteer help in coaching, secretarial duties, transportation arrangements or just plain encouraging is badly needed.

A major factor in the improvement Keith Hanney showed, for instance, was the coaching and encouragement provided by former Actonian Ted Franklin, who now lives in Edmonton.

"I feel the amount of time Ted spent with Keith had a lot to do with him running a 1.50 half mile," Bruce says.

Bruce would be interested in hearing from future Ted Franklins. He can be reached at home at 853-1364.



Wearing Seton Hall colors, Andrews runs the relay

The Acton Free Press, Wednesday, February 28, 1973

Spilling the Pins . . .

at ACTON BOWLING LANES

by Ken Hulford



TRIANGULAR MIXED

Feb. 18: Everybody on the Wildcats got into the winning act with either solos or triples, when they won three games from Lucky Seven. John Fabian 74 (304), Rose Genies 89 (281), George Landry 843 (234), Steve Blanchard 200, Cecile Porté 218 and Bud Martin 220-203 had 'em. Top trio in the Lucky Seven efforts were Elton Adams 625 (221), Lydia Harris 603 (273) and Bob Snyder 540 (208). Underdogs took the first canto from Hangovers by 15 pins, then went into a decline and it was a Hangover win for two and totals Bill Guelph 611 (234), Joan Binden 551 (209) and Bert Collett 538 (188) were top trio in the win. Best for Underdogs were Orr Fortie 522 (203), Mike Moore 525 (219) and George Adams 470 (173).

BEARDMORE

Feb. 19: Hot Dogs lost out in the first go to Mifflits, equalized in the second, then hung on to the lead by 11 pins and tucked away the odd point for totals as well. Tripling and singling for the "Dogs" were Lyle Cripps 669 (287), Deanna McDowell 220 (53), Norton 208 and Bill Digians 235. For Mifflits it was Roger Murray 637 (223), Bill Patey 211 and Jake Van Der Kooij 217. Mustangs took the first two cantos from Ding-A-Lings, but were clubbed in the third and almost lost out for totals. Getting the Mustang triples and singles were Bob Woodcock 703 (278), Grenville Masties 673 (251), Arlie White 717. Getting 'em for Ding-A-Lings were Dan McGilloyway 686 (287), Dottie McGilloyway 219 and John Van Der Kooij 219. Ramblers won every game a winning one, Go-Gos not going anywhere and getting the zero count. Heading up the win were Elton Adams 136 (330), Kora 220 (53), Dennis Crooks 375 (212) and Helen LeSueur 311 (207). Best for Go-Gos were Phil LeSueur 531 (182), Joe Richards 515 (185) and Helen Fowler 677 (200).

CAROLINE GARDEN CENTRE

Feb. 18: Odd Balls took two games from the league-leading Lucky Thirteen, but the "Luckies" made up with a big middle, catered in and grabbed the singleton for totals. Getting the Odd Balls' tricones and solos were Murray Bates 873 (253), Grace Hartston 645 (234), Bill Mathies 503 (188) and Lynn Punt 494 (181). Best for Headpins were June Bonfield 622 (228), Ron Robinson 576 (252) and Emma Fryters 517 (201). Lucky standing: Lucky Thirteen 27, Hobbies 25, Odd Balls 24, Headpin 22.

BLUE SPRINGS FLOWER SHOP

Feb. 20: Roses took the first chukker from the front-running Peonies by 14 pins, repeated with a 28 pin in the second, then poured it on to win the finale for a clean sweep. Top trio in the win were Sandra Catesy 605 (231), Joan Nellis 490 (179) and Adele Nolan 497 (212). Best in Peonies' efforts were Mariah 578 (225), Norma Thiss 363 (228) and Betty Hardie 352 (206). Tullips moved up for a share of the top rung with a two game win from the Glads, missing the odd point for totals by nine pins, but were clubbed spot all by their own game. Top in Tullips, trundling were Mary Anderson 537 (228), Peg Hardie 532 (243) and Lili Kaiser 521 (187). Best for the Glads were Lydia Harris 610 (234), Jackie Higgins 541 (208) and Carolyn Balough 521 (200). Peonies came up with a two and totals win, Astors making it with a 25 pin win in the middle chukker. Pacing the Peonies' win were Edna Kennedy 497 (188), Winnetta Smith 612 (208) and Peg

LAKEVIEW CENTRE

Feb. 20: Globetrotters took the first go from the league-leading Ding-A-Lings, lost out in the second by 16 pins, then stole the finale by four pins for a two and totals win. Up on the triple and single plateaus for the Globetrotters were Marion Storey 728 (287), John Durr 518 (238), Lucy Synnot 568 (203) and Gloria Galway 521 (221). Best for Ding-A-Lings were Anne McMillan 632 (245), Jake Draycott 612 (300), Archie Sadedley 210-208, Ed Wood 218, Ruth-Ann Moyer 210 and Ted Curtis 221. Cracker-Jacks came up with a two and totals win for Peppers with Garry Ockerton 673 (255), Gord McKinnon 651 (233) and Ken Ingleson 601 (215) being top trio. Top triconers for Peppers were Joe Knight 615 (213), Phil got it right this time: Mario 599 (360) and Wes Storey 472 (201). Ding Bats were a 10 pin winner in the first canto against the "Dogs", but were clubbed in the third and almost lost out for totals. Getting the Mustang triples and singles were Bob Woodcock 703 (278), Grenville Masties 673 (251), Arlie White 717. Getting 'em for Ding-A-Lings were Dan McGilloyway 686 (287), Dottie McGilloyway 219 and John Van Der Kooij 219. Ramblers won every game a winning one, Go-Gos not going anywhere and getting the zero count. Heading up the win were Elton Adams 136 (330), Kora 220 (53), Dennis Crooks 375 (212) and Helen LeSueur 311 (207). Best for Go-Gos were Phil LeSueur 531 (182), Joe Richards 515 (185) and Helen Fowler 677 (200).

INDUSTRIAL-COMMERICAL

Feb. 21: Reliable Snack Bar came up with a two and totals win, Jon Hurst Electric winning the finale to avoid the zero count. Top trio for Reliable were Jim Johnson 684 (308), Bob Woodcock 628 (304) and Bill Williams 600 (251). For the "Electricians" it was Don Harris 821 (290), "Shoory" Owen 607 (336) and Terry Churchill 655 (254). Moss Hardware tucked away a two and totals win at the Oakville Automotive's expense with the "Dogs" 622 (245), Kora 220 (53), and Hec Dalgic 646 (271) heading up the win. Best for the "Dogs" were Bill Shannon 873 (355), "Doc" Post 717 (344), Kora 220 (53) and Kora Vryenhoek 621 (227). John's Texas Service bombed the Home Hardware for a three game win with Keith Andrews 708 (283), Bill Anderson 693 (275) and Fred Lockert 674 (258) being the chief bombers. Top for the Home Hardware were Garry Walker 628 (258) and Dave McMillan 620 (238).

ACTON LANES

Feb. 21: Jim's Variety knocked Spherill Farms off the top rung, when they took 'em for the week's Top Scoring for the Variety Gals were Ina Nelson 622 (213), Lois Norton 589 (209), Marie Gillis 561 (208) and Fran McNight 528 (204). Making it with the most for the "Farmerettes" were May Swachhammer 610 (220), Fran Ferce 587 (233) and Jean Smith 542 (206). Moss Hardware came up with a win. Top trio for the I.G.A. were Barb Wilson 556 (204), Lil Hereenberger 485 (180) and Grace Robertson 481 (187). Nielsen's Clothing won the first two from Cameo Boutique, then got shellacked in the third and lost out for total, but the two game win put them up on the top rung. Sparking the Nielsen win were Pat Dawson 560 (200), Betty Elliott 493 (215) and Jeanette Greenley 667 (170). League standing: Nielsen's Clothing 80, Cameo Boutique 59, Spherill

FARMS 57, MOSS HARDWARE 55, JIM'S VARIETY 33, I.G.A. 32.

THURSDAY TOPPERS

Feb. 22: Alley Cats took over the top spot with a two and totals win from the Sexy Six, who won the first game by seven pins. Top trio in the win were Pat Wood 848 (253), Lucy Synnot 568 (203) and Gloria Galway 521 (221). Best for the "Six" were Isabel Gallant 423 (168), Minnie Johnston 408 (162) and Eleanor Landry 408 (150). Ding Bats lost the top spot, when Sloppy Joe took 'em for the works with Donna Sava 589 (215), Wendy Fabian 565 (225) and Joyce Adams 534 (229) leading the parade. Top in Ding Bats' trundling were Ruth Archibald 643 (177), Shirley Thomson 456 (165) and Val Schepannek 452 (178). It was a two act total win for Heatheads, after losing out in the first chukker to the Bowling Stones. Audrey Blanchard 541 (188), Colleen Robb 540 (200) and Gloria Galway 521 (221) headed up the win. Best in Bowling Stones' efforts were Lynn Smith 628 (245), Edna Payne 605 (233) and Elaine Clifton 590 (210).

MAJOR

Feb. 22: Acton Meadows dropped the first go to Dominion Hotel, but were on the team to annex the next two. Top trio in the win were Mac Herrington 767 (293), Jim Bullough 696 (258) and Ray Tuth 667 (249). Top triconers for Dominion were Bill Anderson 716 (250), Jack Gould 702 (271) and Bob Woodcock 690 (249). Reliable Taxi took the first two games from Acton Lanes and were gunning for the third, but a last frame rally by the "Lanes" got them the decision by one pin. Pacing the Reliable roll were Pete Homer 607 (308-118), Bill Shultz 609 (284) and Jeff Fryer 758 (260). Top for Acton Lanes were Tom Browning 719 (311), Dee DeForest 710 (260) and Jim Pich 710 (285). Hinton Store crew rolled roughshod over the Acton Meadows' Bees for a triple win with "Doc" Post 717 (344), Ken Rigo 690 (236) and Garry Tullis 624 (221) heading up the win. Elmer Lucas with a 624 (228) was a loner for the "Bees". League standing: Acton Meadows 38.

HEADPIN HI-LITES

Wendy Mason was the lucky winner in the Thursday Toppers' weekly draw—well the big news this week is that the Bowling Stones team of the Thursday Toppers league qualified to advance to the regional playoffs in the Daytime Lady Bowlers tournament.

BASEBALL MEET

The Acton Minor Baseball Association will hold a general meeting in the Centennial library, Tuesday, March 6 at 7 p.m.

ACTON MIXED

Feb. 23: Hobos racked up a two and totals win in the Wanderers' expense. They almost got gunned, but Wanderers snuffed the finale by 8 pins. Top trio in Hobos' win were Shorty Lowin 745 (303), Arlie White 560 (211) and Bill Boyd 540 (190). Best in Wanderers' efforts with triples and singles were Annmarie Moore 629 (258), Peg Hurdie (243), Ken Billings 240 and Peter LeBlanc 252. Hi-Lites squeezed out a 15 pin win over the Tinklers in the first, then made no mistake in wrapping up the next two for a triple win. Heading up the win were Gerlie McMullen 608 (244), Doug Hilton 591 (215) and Harry Middleton 539 (206). Top for the Tinklers were Rufe Harter 681 (277), Jerry Buchanan 523 (221) and Bryan Billings 521 (219). Snails were a two game winner from Hot Shots, but they lost the singleton for totals, when the Hot Shots got hot in the middle canto. Making with the most for Snails were Bill McMullen 651 (233), Joan Porty 375 (210), Gerry Patey 352 (179) and Elaine Clifton 343 (206). Best for Hot Shots were Laura Treble 714 (281), Elsie Edmondson 677 (257) and Alvin Moore 499 (189). League standing: Hobos 81, Hi-Lites 60, Tinklers 60, Snails 38, Wanderers 54, Hot Shots 33.

BIG FOUR

Feb. 23: The front-running Mifflits came up with a two and totals win in the Thursday Toppers league. Top trio in the win were Mac Herrington 767 (293), Jim Bullough 696 (258) and Ray Tuth 667 (249). Top triconers for Dominion were Bill Anderson 716 (250), Jack Gould 702 (271) and Bob Woodcock 690 (249). Reliable Taxi took the first two games from Acton Lanes and were gunning for the third, but a last frame rally by the "Lanes" got them the decision by one pin. Pacing the Reliable roll were Pete Homer 607 (308-118), Bill Shultz 609 (284) and Jeff Fryer 758 (260). Top for Acton Lanes were Tom Browning 719 (311), Dee DeForest 710 (260) and Jim Pich 710 (285). Hinton Store crew rolled roughshod over the Acton Meadows' Bees for a triple win with "Doc" Post 717 (344), Ken Rigo 690 (236) and Garry Tullis 624 (221) heading up the win. Elmer Lucas with a 624 (228) was a loner for the "Bees". League standing: Acton Meadows 38.

BASEBALL MEET

The Acton Minor Baseball Association will hold a general meeting in the Centennial library, Tuesday, March 6 at 7 p.m.



Steve Van Fleet AHS grad now at Miami U.

Close game

Acton High junior Redman lost 47-40 to Milton in the closest HCAC basketball game they've had this year last Wednesday. Dave Galbraith scored 16 of the Acton points. Bob Vinski and Terry Davidson netted nine each. Dan McTavish, Rick Baginski and Jan Stachyra had two apiece. Burlington Nelson defeated the Redmen 67-39 in Burlington Thursday.

The AHS girls volleyball team lost their match at Burlington Lord Elgin in straight games.

H. S. HOLDEN
OPTOMETRIST
36 Cork St. East
GUELPH
Phone TA 2-7150

POLLOCK AND CAMPBELL
Manufacturers of
High Grade Memorials
Memorial Engraving
Telephone
621-7580
GALT
62 Water St. North

BOWL for the fun of it... BOWL for Pleasure BOWL for Health

THE ENTIRE FAMILY CAN BOWL TOGETHER

It's the "IN" Thing to do.

GO BOWLING ACTON BOWLING LANES
10 Main St. N. Member B.P.A.C. 853-0170

VOLKSWAGEN OWNERS

Repairs are still available in Milton by factory trained mechanics at

MILTON CHRYSLER DODGE

Formerly Plaza Motors
88 Ontario St. Milton 878-2962

We stock and sell a full line of

MASTER FEEDS

FULLY PROVEN AT MASTER FEEDS FARM

ALWAYS IN GOOD SUPPLY

- Corn and Scratch Feed
- Salt of All Kinds
- Mixed Feeds
- Bread & Pastry Flour (25 and 100 lb. Bags)

Acton Flour Mills

Wholesale and Retail
62 Mill St. W. - ACTON - 853-2850