Sportsmen remain unbeaten, Station –Vans' lose

J and T Sports continued to dominate the early part of the 1979 Acton industrial Softball League recording a pair of wins over the last week to run their record to three wins against no defeats and give them first place in league standings.

Last Wednesday evening the Sportsmen handed Family Cleaners a 12-4 setback and then in the Sunday opener topped Station Hotel 17-9 as their bats continued to boom.

In other Sunday action Halton Hills Electric edged Unisal Construction 11-7 for their first win against one loss. Family Cleaners nipped Van's Welding in the day's other match-up.

J and T had little trouble topping their Wednesday night match with Family Cleaners as five third inning runs gave them a commanding lead they would never relinquish.

The Sportsmen scored three times in the first inning. A couple of walks and singles by Dave Allen and Ray Graham produced the runs.

Family Cleaners pulled close in the second inning as a pair of walks and singles by Ron Schmidt and Robin Inscoe brought the runs across the plate.

In the third J and T exploded. Ten batters came to the plate in the inning with six singles being recorded. Fred Archibald started things off for J and T with his single and before the dust had cleared Ray Graham, Dave Mills, Ken Hurren, Bruce MacPherson, and Larry King had hit single baggers to score five runs.

The Sportsmen continued to dominate over the fourth inning, adding three more runs on three more singles by MacPherson, Mills and Brian Canary.

Family got a pair of runs back in the sixth as both Ron Schmidt and Fred Crawford reached after being hit by pitches. An error and a double by Al Avery brought the runs to the plate.

Another Sportsmen run in the top of the eight on singles by Fred Archibald and Larry King produced the final and kept J and T in the ranks of the unbeaten.

J and T 17
Station 9

The winning streak remained intact Sunday as J and T topped the Station Hotel 17-9 in what was the first game of the year for Station. Last week the final game between Station and Van's Welding had been rained out.

The Sportsmen scored runs in every inning of the contest except the last as their bats continued to swing big.

Two first inning runs from Bruce MacPherson and Larry King set the stage for the game as J and T picked away at the scoreboard.

J and T added a third run in the second inning as Bruce MacPherson found the fence with a home run before Station came to life. Three second inning runs pulled the score close as Terry Curlew, George Garton and Rick Bonnette crossed the plate.

The Sportsmen regained their three run lead for a short time as a pair of errors and a Fred Archibald triple allowed Larry King, Dave Mills and Archibald to cross the plate.

Station returned the favor in the bottom half of the inning as Floyd Hillier, James Morris and Joe Richards crossed home.

A big fourth and fifth innings for J and T proved to be the margin of victory as they scored nine times over the two, giving them a commanding lead. Single runs in each of the sixth and seventh rounded out the Sportsmen scoring while the Station Hotel team was struggling to add one in the fifth and a pair in the sixth.

Electric 11
Unisal 7

It was a battle of the first week losers as Electric and Unisal met. Both teams were zero and one on the season and hoping to get on the winning side.

It wasn't until the bottom of the third inning that any scoring took place in the match. Electric drew first blood as Gary Masters was hit by a pitch and Stan Kruk singled. Both scored on a Denis Lefebvre double to give the Electricians the lead.

Five more fifth inning runs extended the Halton Hills lead as singles by Ken Keene, Lyle Preuter, Bill Boyd, Stan Kruk and Denis Lefebvre and a double by Steve Kruk helped the cause.

In the sixth inning Unisal got to Electric pitcher Steve Kruk as he allowed the Construction team on the sheet with three runs. Singles by Al Bousfield, Wally Holbiski, Alex Ward, Armand Steeves and Dave Piper and a double by Rick Coe accounted for the runs.

Four more Electric runs in the seventh put the game out of reach for Unisal as a single by Ken Keene and doubles by Lyle Prueter, Gary Masters, and Stan Kruk brought runs home.

Unisal tried in vain to get the runs back in the bottom of seven, managing to cross the plate three times as Rick Coe, Wally Holbiski, Armand Steeves and Dave Piper found holes and hit singles.

Al Bousfield and Rick Coe found the grass once each in the final frame to give Unisal one more run, producing an 11-7 final.

Family 5
Van's 2

Van's Welding scored the game's first run in the second inning but could manage only one more over the entire contest as Family Cleaners grabbed a 5-2 win.

A Wally Ella walk, wild throw and single by Daryl Whitten accounted for the first Van's run.

Family came back in the third inning, scoring three times as Frank Oudesluys and Gary Wilson crossed the plate as Al Avery doubled and Chuck Peavoy tripled.

Vans pulled to within one in the fifth inning as Charlie Harrison reached the plate on a Bill McGrath hit.

Family extended their lead to three in the seventh inning as a Karl Killingbeck walk and doubles by Chuck Peavoy and Robin Inscoe brought runs to the plate.

The two teams played scoreless ball over the final inning and a half, giving the Cleaners a 5-2 win.

Next week league games will be played on Monday evening because of the long weekend. At 4 p.m. Van's Welding will tangle with Halton Hills Electric. At 6 p.m. Family Cleaners meets Station Hotel and at 8 p.m. Unisal will attempt to topple J and T Sports. Tonight (Wednesday) Van's meets Unisal in an 8.30 p.m. match.

Industrial standings

	W	L	T	P
J and T Sports	3	0	0	6
Family Cleaners	2	1	0	4
Halton Hills Electric	1	1	0	2
Vans' Welding	0	1	0	0
Station Hotel	0	1	0	0
Unisal Construction	0	2	0	0

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Merchants win . . . *(continued from page B1)*

plate.

Neither team could manage a run in the third but in the fourth Acton exploded. Steve Marshall reached base for the third time in the contest with a double, Steve Townsley singled and both he and Marshall came home on Dick Spear's homer. The Merchants continued to hit Rexway pitcher Rod Mills, scoring two more runs on a walk to Don Richards, and singles to Chris Tennant and Dave Black.

Rexway replied to the Acton runs with four of their own in the top of the sixth and a single in the seventh to round out the scoring.

Pitcher Dick Spear and catcher Don Richard were voted the players of the game for Acton. The player of the game award is a new innovation in the Georgetown league. Each team will select two players from the opposite side as players of the game. At all-star time the votes will help in the selection.

Second win

Their second win of the season came off the powerful Georgetown Chryslers.

Georgetown scored the game's first run off Acton pitcher Frank Daley in the fourth inning but after that it was all Merchants.

Acton got the run they had lost back in the fifth inning as Bruce Macpherson singled and scored on Dick Spears' double. Spears replaced Daley on the mound over the last three innings holding Chrysler scoreless.

In the sixth inning the Merchant bats came to life as they scored three times to put the game away. Don Richard singled to start the inning off. A walk, a single by Joey Deforest and a double by Terry Masales brought one run to the plate and a Bob Jarrett single scored two more.

Merchants threatened again in the last inning but came up empty.

Don Richard was voted one of Acton's players of the game for the second straight time. Bruce MacPherson received the other MVP award.

Jolly jogging

by Heather Leslie

Running, when done properly, should be a fluid movement - a flowing action. Improper foot placement and running form may lead to injury, fatique and decreased efficiency. The heel of your foot should first contact the ground on the outside then gently roll forward and inward to the ball of the foot then gently upward and outward to the toe-off. This "rocking" action has a cushioning effect. The point where your foot contacts the ground should be directly in line with your knee.

You should run with your back as straight as is comfortably possible. A forward lean places stress on the leg muscles and leads to back and shin pain. Your shoulders should hang in a relaxed manner.

Proper arm carry is important in balance and energy conservation. Arms should be bent at right angles frorp the elbows, and carried low between the waist and the chest. Shoulders, elbows, wrists and fists should swing slightly in front of the body in a relaxed manner.

Breathing during running should be relaxed. When done properly your abdomen should expand as you breathe in, and flatten as you breathe out thereby allowing for a more efficient intake of oxygen.

Begin by walking slowly along your jogging route - run, then walk, then run again. Start jogging slowly then settle into a comfortable pace. If you cannot talk and run at the same time then you are going too fast - slow down or walk for awhile. Gradually replace the walking with running.

Teams taking turns winning in industrial

It is a matter of anyone beating anyone in the opening weeks of the Georgetown Industrial League season.

As of yet no team has distinguished themselves as the team to beat. Last week Philps Publishing topped Acton Merchants 2-0 but then dropped a pair of decisions, 4-2 to Akers-Clark Real Estate and Crichton Brothers Sports.

Akers-Clark, who proved to be too much for Philps, could not handle Acton, falling on the short end of a 4-1 decision. The Merchants were double winners this week asthey topped Rexway Towing 9-7.

Rexway was the only double loser of the week dropping a match to Hornby Greenhouses 9-6 along with the Acton game. Hornby was the only team to go through the week without a loss as they edged Peel Police 3-0 in their second game in three days.

After falling to Hornby, Peel Police rallied to tie C and S Plumbing 1-1 after extra innings. C and S had, earlier in the week, trounced Curwood Packaging 12-0 in a game called after five innings.

Sunday night Curwood revenged their 12-0 beating by outscoring D.R.G. Stationery 11-4. D.R.G. had gotten on the winning trail earlier in the week as they toppled Crichton Brothers Sports 10-7.

Games continue tonight (Wednesday) at the Fairgrounds with Rexway Towing meeting Philps and Crichton Brothers tangling with D.R.G. at 6.30 p.m. At 8.30 p.m. Peel Police swing against the Acton Merchants and Curwood Packaging host C and S Plumbing.

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