

Teresa Dunn tops eight at McKenzie-Smith meet

McKenzie-Smith School look advantage of fine weather and an intramural track meet to get a view of the talent they will have for the up and coming North Halton Track and Field Championships at Acton High School June 5.

School officials took to the track Thursday as students displayed their talents in different events. The meet was staged as part of the school's continuing intramural league with points being awarded for both participation and over-all placings.

Teresa Dunn dominated athletes of the day as she won all eight events staged in the intermediate girls' division. Mandy Silcock could not find a flaw in Miss Dunn's performances, finishing second in five events.

Sally Briggs was the top performer in the junior girls' category, placing first in three events. Jennifer Kelly had a fine day with two first and a second in the junior competition.

The senior girls' competition pitted Shirley Van Rijk and Judi Vertrieck in battle for the overall honors. Each girl topped three first place ribbons and a pair of seconds.

Top performer in the senior boys' division was Mark Walker. Walker collected three first place triumphs, a pair of seconds and a third and fourth.

George Gidman was Walker's closest rival with two firsts and a second.

Rick Dodds used the sprints to his advantage in the intermediate boys class as he turned in four first place performances and a fourth place finish. Mike Scott scored a pair of firsts and a second.

The junior boys' competition saw two young athletes taking turns snatching top honors. Both Jamie Lawson and Brad Youmans had fine meets as they collected three firsts and three seconds each.

Team scores, when tallied, saw Green team taking first place honors for the day's competition with 391 points. They earned 222 points for participation and 73 from their boys' team and 96 from their girls'. Red team placed second with 339 points, Blue third with 333, Brown fourth with 312, Gold fifth with 292, and Orange sixth with 251 points.

Melanie Johnston, Sooja Amstader, Kelly Burke and Leah Stanbridge (tied); Gail Morgan (brown) 3.96 metres, Tracy Fritzell, Jennifer Kelly, Sarah Homer, Sally Briggs (orange), Susan Kemet, Karen MacEachern, Pam Dubrosky, Susan Hadhazi;

Shot Putt, Sally Briggs (orange); High Jump, Angie Yuk (orange), Susan Kemet, Karen MacEachern, Pam Dubrosky, Susan Hadhazi;

Junior girls:

100 metres, Teresa Dunn (green) 15.06, Mandy Silcock, Lisa DePierri, Louise Jordan, Colleen Dalury;

200 metres, Teresa Dunn (green) 31.35, Shelley Wong, Mandy Silcock, Louise Gordon, Marlene Hoehner;

400 metres, Teresa Dunn (green) 1:15.55, Mandy Silcock, Christine Hoare, Shelley Wong, Marlene Hoehner;

Hurdles, Teresa Dunn (green) 10:72, Kim Walker, Susan Tufford, Lisa McCristal, Lisa DePierri;

Triple Jump, Teresa Dunn (green) 9:25 metres, Mandy Silcock, Connie Soros, Shelley Wong, Brenda Lewis;

Long Jump, Teresa Dunn (green) 4:25 metres, Mandy Silcock, Carrie Curran, Lisa DePierri, Susan Tufford;

High Jump, Teresa Dunn (green), Christine Hoare, Brenda Chale, Monika George, and Connie Soros and Marlene Hoehner (tied);

Shot Putt, Teresa Dunn (green) 9.17 metres, Mandy Silcock, Susan Tufford, Lynn Connor, Monika Musselle;

Senior girls:

100 metres, Lori Epp (gold) 14.73, Shirley Van Rijk, Ilae-Anne Morrell, Lynn Gordon, Judy Vertrieck;

200 metres, Judy Vertrieck (red) 31.11, Tracy MacFarlane, Karen Brill and Alanna Bowen (tied), Susan Wilson;

400 metres, Shirley Van Rijk (red) 1:18.58, Lisa Gillis, Debbie Lumbers, Angie Yuk, Cathy Kolsowari;

Hurdles, Sally Briggs (orange) 11.31, Jennifer Kelly, Barb Melton, Karen Gordon, Gail Morgan;

Triple Jump, Jennifer Kelly (red) 8.5 metres, Angie Yuk,

(red) 8.50 metres, Shirley Van Rijk, Lori Epp, Tracy MacFarlane, Jill Morris;

Long Jump, Shirley Van Rijk (green) 4.30 metres, Judy Vertrieck, Lori Epp, Peggy Mooten, Jill Morris;

High Jump, Shirley Van Rijk (green), Lori Epp, Judy Vertrieck, Pauli Nickle, Karen Jackson;

Shot Putt, Karen Jackson (blue) 8.52 metres, Nancy George, Jill Morris, Lynn Gordon, Natalie Bussini;

Junior boys:

60 metres, Jamie Lawson (red) 8.88, Kevin Clow, Stuart Hoy, Alan Ash, David Gilbert and Tony Van Dam (tied);

200 metres, Jamie Lawson (red), Brad Youmans, Jason Stanbridge, Stuart Hoy, John Gardner;

400 metres, Jamie Lawson (red) 1:15.19, Brad Youmans, Anthony Tillet, John Gardner, Jason Stanbridge;

Hurdles, Ian Sawden (blue) 11.11, Jamie Lawson, Kevin Clow, Scott Phelan, Stuart Hoy;

Triple Jump, Brad Youmans (gold) 8.60 metres, Jamie Lawson, David Gilbert, Stuart Hoy, Jason Stanbridge;

Long Jump, Brad Youmans (gold) 4.65 metres, Jamie Lawson, David Thomas and Stuart Hoy (tied), Anthony Tillet;

High Jump, Brad Youmans (gold), Steve Tellefer, David Thomas, David Gilbert, Bart Soder;

Shot Putt, Jim Johnston (blue) 8.98 metres, Brad Youmans, Anthony Tillet, Chris Hoage, Nick Fryers;

Intermediate boys:

100 metres, Walter Murray (blue) 13.43, Rick Dodds, Cliff Nibbs, Richard Kilpatrick, Allan Higgins;

200 metres, Rick Dodds (blue) 27.38, Jim Richard, Mike Scott, Cliff Nibbs, Paul Cargill;

400 metres, Rick Dodds (blue) 1:08.95, Mike Scott, Cliff Nibbs, Scott Allonby, Ian Paul;

Hurdles, Rick Dodds (blue) 12.87, Scott Allonby, Cliff Nibbs, Ian Paul;

Long Jump, Cliff Nibbs (red) and Mike Scott (green) (tied);

Triple Jump, Scott Allonby (gold) 9.20, Cliff Nibbs, Bruce Shannon, Mike Scott, Lorenzo Civierro;

High Jump, Mike Scott (green), Scott Allonby, Mike Valowica, Waller Murray, Mike Crighton;

Shot Putt, Rick Dodds (blue) 11.89 metres, Greg Marka, Paul Cargill, Daryl Vicary, Jim Richard;

Senior boys:

100 metres, Mark Walker (blue) 12.84, George Gidman, Mike Masson, John Kwiatkowski, Terry Cianfrani;

200 metres, George Gidman (gold) 26.20, John Kwiatkowski, Stephen Watzek, Mike Soper and Mark Walker (tied);

400 metres, George Gidman (gold) 1:03.50, Mike Masson, Mark Walker, Randy Schoenfeld, John Kwiatkowski;

Hurdles, John Kwiatkowski, (green) 12.54, Mike Masson, Mark Walker, Wayne McMillan, Greg Spurrell;

Triple Jump, Mark Walker (blue) 10.11 metres, George Gidman, Paul Vermeulen, Terry Cianfrani, Chris Lobinger;

Long Jump, John Kwiatkowski (green) 5.05 metres, Mark Walker, Randy Schoenfeld, Mike Soper, Paul Morrison;

High Jump, Randy Schoenfeld (brown), Mark Walker, John Kwiatkowski, Sandy Munro, Mike Soper;

Shot Putt, Mark Walker (blue) 10.75 metres, Les Dobias, Steve Schompp, Terry Cianfrani, Mike Soper;



Cliff Nibbs crosses the finish line during a heat at the McKenzie-Smith track and field day last Thursday. Nibbs placed third in the 100 metre final and the 400 metre final along with the hurdles.



Karen MacEachern goes over the bar at the McKenzie-Smith track and field championships. Miss MacEachern placed third in the junior girls' event.

Jolly jogging

by Heather Leslie
Warm Up/Warm Down

The main reason for a warm up is injury prevention. Gradually warming up the muscles, increasing the heart rate and activating the circulatory system prepares the body for vigorous exercise. The warm up should be at least five minutes long and consist mainly of stretching, flexibility and strengthening exercises.

Relaxation exercises will help warm up muscles that are tense and difficult to stretch, which might otherwise result in muscle strains. Stretching exercises to lengthen your calf muscles and muscles in the back of your legs will reduce stiffness and prevent muscles from becoming shortened and inflexible. Stretching must be done slowly—no bouncing. A muscle works best at its maximum length. Do each exercise slowly and smoothly—stretch the muscle, feel the pulling sensation, hold the stretch, then relax and rest.

Strengthening exercises are in order for arms, legs, and abdomen and aid in preventing low back pain and in improving posture. Try the following exercises before each run:

- 1. TIGHT STRETCH:** grasping your foot behind you gently press it towards your seat. Hold 10 seconds. Change legs. Repeat.
- 2. DOUBLE KNEE FLEX:** lie on back, both knees flexed. Pull both knees up to chest—return to flexed position. Repeat.
- 3. HAMSTRING STRETCH:** take crouch position. Slowly raise your hips until legs are straight and heels flat on floor. Repeat 5X. Do same with legs crossed.
- 4. SITTING STRETCH:** sit with legs apart, arms outstretched. Slide fingers down one leg as far as possible and hold. Return to sitting position. Repeat on other leg. Keep knees on ground.
- 5. SIT-UPS:** lie on back, knees flexed, arms at side. Tuck chin to chest and roll up slowly to sitting position. Roll down—Repeat.
- 6. FEET AND ANKLE FLEXING:** with shoes on roll up on ball of foot then roll heel down. Alternate feet.

The warm down is the warm up in reverse. After running, slowly jog then walk for five minutes. Follow this by slow, rhythmic stretching exercises and relaxation. The warm down prevents muscle tightness and returns your heart rate back to normal.

Ball hockey

Foberts triumph

Bill Allison sparked Fobert's attack in their conquest of Safeco with a trio of scores and two assists. Steve Crossman and Ray Peacock each tallied once and helped out on three others for the winners. Bill Fournier Fobert throttled Safeco 12-0 in a Halton Hills ball hockey league match last week.

In other games Delrex Tavern tied Fobert 4-4. Peter Fournier's Lakers downed the Acton Dukes 9-5 and Lakers sank Safeco 5-2 and Delrex Tavern blanked McGibbon 6-0. Acton defaulted again to McGibbon.

Soap box derby June 16

Acton Optimist Club has received municipal permission to stage a soap box derby on Agnes St. June 16.

The club, by way of a letter to Halton Hills General Committee requested the street be closed the entire day. Residents living on the street will be allowed to come to and from their homes during the derby.

The Optimists are responsible for the barricading and signing of Agnes St. and the clean up of litter and materials immediately following the event.

had three aids and Bob McLean, Rob Hamilton, Greg Nix and Kyle Harkins one apiece.

Peacock had a pair, as well as an assist, and Crossman and Timpson also scored for Foberts in their draw with Delrex. Turner counted two assists, Bill Allison, Bill Fournier and Paul Allison one each. Chris Milne had a goal and two assists, for Delrex with Larry Peterson, Doug Pemberton and Hal Hulme also scoring. Rick Tomkinson, Craig Johnston and Gary Pemberton assisted.

In their win over Dukes, Lakers got three goals from Wayne Doyle and a pair each from Rick Rodgers and Tim McLeod. Ian Narey and Steve Breen also scored for the winners. Nancy, Rodgers and Herb Hulme picked up single assists and Lewis Humphries, Peter Fournier two each. Dave Braida scored twice, Bill Field, Gary Moore, and Lorne Gordon once each for Dukes. Ted Saitz, Al White and Kent Kentner assisted.

In their victory over Safeco Lakers got goals from Hulme, Rodgers, Breen, Don Rea and Wayne Doel. Assistants went to Breen, Fournier, MacLeod, Narey and Rob Hodskins. Steve Shambarger and Mark Brill tallied for Safeco with Mike McLelland, Ken Pemberton and Mitch O'Brien assisting.

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