

A cheerful group seen here in Manchester England, the Georgetown runners are pleased to meet Brendan Foster (center) the world record holder in the 3,000 metres and two mile runs. From left to right: Lyn Chapman, Cathy Clark, Jon Lancaster, Brendan Foster, Simon Joynes, Chris Deere, Bruce McIntyre and Meredith MacLaren.

Tour a great success

By LAURIE WALLACE Herald staff writer

Home again in Georgetown after a three week trip to England and Scotland, the 18 members of the Scarborough Optimists Track Club feel delighted and very impressed with their trip.

Tartan track surfaces and the overwhelming hospitality of the British people will stick in the minds of all for a long time.

During the three week stay, members of the club competed in over nine different meets, with some excellent results. Travelling around the countryside in two mini-buses, members billeted with native runners. There was plenty of free time including a four-day holiday from competition.

The first race the club entered was held at Rossendale, just outside of Leeds. It was called a Fell race, something new and different for the Canadians. It involves running up and down a steep hill. The race, for those under 18, was entered by Bruce McIntyre, who placed second to the

English cross-country champion, David Lewis.

Ian Clark had the misfortune of making a wrong turn at the top of the hill, causing him to drop to fourth position at the finish after leading the pack on the initial trek up the hill.

Also entered in the Fell race were Jon Lancaster, and John Phelps of Milton, who, combined with Ian Clark won the team title.

The Georgetown runners are a separate part of the Optimists and are coached by Brian Barnes, Lyn MacLaren, an avid track fan from Georgetown, went along with the club as they next journeyed to Manchester.

After their arrival in Manchester, where the club billeted with members of the Sale Harriers Club, the team competed at Stretford. Here Ian Clark ran the 3,000 metres setting a new Canadian Midget record. Numerous personal bests were broken on the tartan track which is like heaven compared to the surfaces available in Canada. So far Canada has only four tracks with a tartan surface, those are in Sudbury, in British Columbia and two in Montreal.

Next the team moved on to

Coatbridge, Scotland, and then to Edinburgh before separating in groups. At that point the team became tourists and visiting relatives from Canada.

Coming together again in Manchester, the Optimists stayed in the residences at the University of Manchester. Two meets were scheduled, one daytime and the other at night.

Bruce McIntyre, the Ontario Midget Bronze medalist in the 3,000 metres ran his first 5,000 metres race and finished second behind club member Dave Peckem. Peckem, incidentally, is the Canadian Cross-Country Champion. The

following evening both Bruce and Dave again ran the 3,000 metres and improved their times. Meredith MacLaren equalled her personal best in the 80 metres hurdles during the same meet.

Making their way back to the starting point in London, several club runners equalled or bettered their personal bests during meets at Stretford and Gateshead.

The only injury suffered throughout the entire trip fell upon Ian Clark during a build up of several weeks. Ian's tendon in his heel finally gave out after being badly bruised. On

stopping training so not to permanently injure the heel. All and all the trip was a total success. Fine weather and good performances followed the group. Members feel they benefited from the trip, both by challenging new and different competition and by witnessing the English clubs. Good organization was the key point noted by the Canadians.

After working to raise funds for their trip, team members feel satisfied and grateful to all, but special thanks must go to coach Brian Barnes and Lyn MacLaren, a super supporter.

Herald Sports

Sluggers stomp Dairy Queen taking 18-9 romp

By THERESA CALLAGHAN SENIORS: GAME OF THE WEEK Magnasons 18 Varian 9 Umpire: J. Ford

Magnasons were ahead 10-5 and then put the game away in the sixth with homers by Cheryl Webster and Lori Worrall. A good try by Varian couldn't match the steady playing of Magnasons. Pitchers were Patty Barber and

Lori Worrall. Game star went to Selina Aldman. Geo. Welder of Radistor 20 Roberts 19 Umpire: Bill Anderson

JUNIORS: GAME OF THE WEEK Keniners 12 Elks 11 Umpire: Bill Anderson

Elks started off with a four run lead in the first inning. In the fourth inning Keniners went all out to bring in six runs and steal the lead from Elks. After that the score was kept low and Keniners came out with a win. Home runs were hit by Kathy Sevenster and Denean Jones. Pitchers were Susan Shearer and Denean Jones. Game stars were Denean Jones for pitching, Shelley Sibbald for a magnificent catch and Kathy Sevenster for batting.

Kruisers 18 Dairy Queen 9 Umpire: Bill Hall

The Kruisers had two big innings each bringing in seven runs. Patty Horroby, Vicky Soco, Raylene Campbell and Connie Hay each had a homer for the Kruisers. Susan Kelly had the only home run for Dairy Queen. Pitchers were Gail Doucette, Lisa Switzer and Connie Hay. Game stars were Vicky Soco and Monica Kirchmayr for her good overall play.

Fred Harrison 14 Paulines 10 Umpire: Debbie Scarborough

Paulines had a strong start taking a seven run lead over Freds. After the second inning Paulines only put one run across the plate while Fred kept putting them across. Pitchers were Donna Sedore and Rosemary Hartley. Home run hitters were Penny Patterson and Donna Sedore. Game star was Rosemary Hartley. Larrad Construction won by default over Kinmen.

Youngs Pharmacy 15 Standards 5 Umpire: A. Dickson

It wasn't 'till the fifth inning that Youngs really pulled out in front. Clare Carter had a four for four night at bat to help being in some of Youngs runs. Pitchers were Ginny Welks, Carol Hogg and Donna Reed. Stars went to Sherri Marshall and Donna Reed.

SENIOR STANDINGS

	W	L	T	Pts
Youngs	6	-	12	
Nelsons	6	1	12	
Magnasons	5	1	10	
Standards	4	3	8	
Welders	2	4	5	
Giants	2	4	4	
Varian	1	6	3	
Jelis	1	6	2	
Foberts	-	6	0	

JUNIOR STANDINGS

	W	L	T	Pts
Freds	6	-	12	
Delrex	5	1	10	
Paulines	5	1	10	
Elks	3	4	5	
Kinnettes	3	4	5	
Dairy Queen	2	4	4	
Larrad	2	4	4	
Keniners	2	4	4	
Kinmen	0	6	0	

Out for FUN



By LAURIE WALLACE Herald sports editor

Sports are FUN! Recreation, enjoyment, pleasure. Aren't those the key elements in sports? Winning is great too, but I think fun is the starting point for any sport. Nowadays it isn't a rare thing to find many involved in sports with one goal in mind: Money. Sure we all like money. But how many youngsters start off with money in mind? Coaching on the amateur level is almost always meant to be a type of recreation. It's great to help someone have fun and learn at the same time. Participation is exciting and challenging. It is also an excellent form of self discipline both for the mind and the body.

Parents should let a child participate and they should encourage their children to strive for good play. Why then do so many kids get turned off when they get older. Is it because of some parent or coach who pushes them just a bit too far to achieve what may be beyond them?

Perhaps that athlete just wants to have fun and prove something to himself. Everyone doesn't want to be a star.

Sports activities should be well organized groups that can provide recreation for all. If they are well organized, the athlete should have room for advancement upon improvement. But, I do not think they should limit activities to those who show above average talents.

For the person who enjoys athletics, but has no desire to be one of the 'greats', there should be a place for him. If he or she so desires to move ahead, there too should be a place, but leave the choice to the athlete.

Too many youngsters get bumped out of a league or club because they didn't reach high enough standards, usually someone else's standards. These youngsters walk away discouraged and bitter towards the system.

The set up for most sports these days works on age and merit. Starting off in the youngest age groups, one works his way up as he grows. Then comes a point where you only move on because of skill and this is usually where the money steps in. From that point on it's Go, Go, Go.

I don't object at all to professional sports. Why not have fun and get paid for it? It's a hard life being pro, but basically didn't it all start by having fun?

What I would like to see, is more recreational sports. A place for all to participate. Give those who want perfection the room to move, but don't kill the pleasure in sports by making all athletes strive for the success they may not want.

Competitive question raised at meeting

By HIBBEE

Judging by the sparse attendance the president remarked that the vast majority of soccer participants and parents must be well satisfied with the first half of the season.

The quality of discussion was high following the initial executive report. I reported that I believe we have done a reasonable job; that the leagues are almost all up to schedule and of a higher playing standard than last year; that the refereeing system this year is a vast improvement on prior years and only upon an isolated occasion were matches without an appointed referee.

I also noted that our match reports to the press are better organized this year in spite of a lack of information from coaches and managers from time to time.

The discussion opened on the imbalance between top and bottom sides in the spirit division. Jim Stoddart suggested a pool of better players be formed and teams with a .500 average may, upon request, use on player from the pool when facing a higher than .500 placed team.

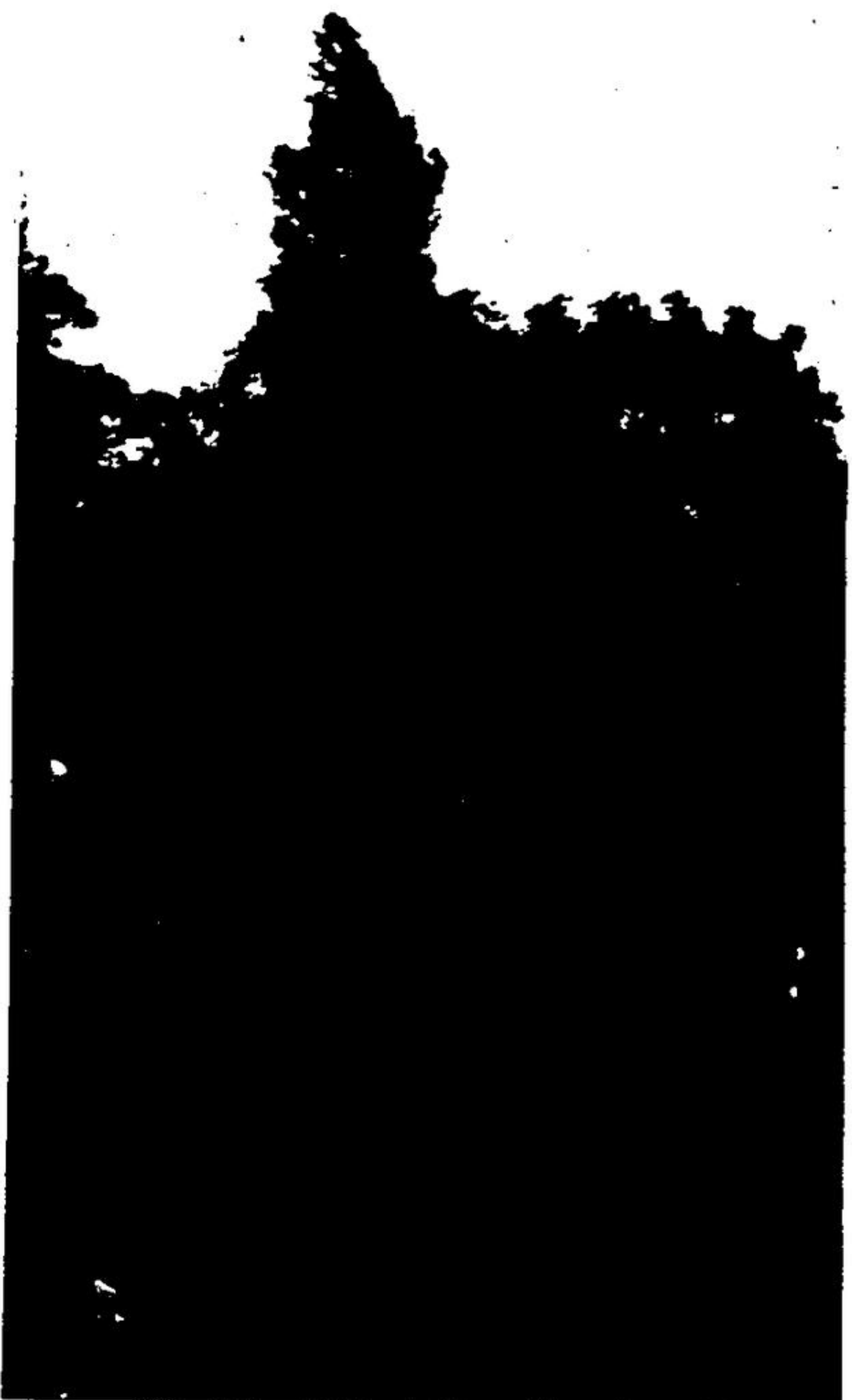
Most coaches gave their prior agreement to this suggestion. It was also suggested by Carol McMurray that perhaps the competitiveness at squirt age was detrimental to the progress of the child and should we not remove the competition system.

Worth thinking about?

The matter of poor playing field conditions was again raised and particularly in relation to Centennial, small Cedarvale and Joseph Gibbons, the first two names being at almost dangerous levels to players. The distinct lack of changing facilities was another topic of discussion.

I said that these items were placed on a priority list of required facilities to the recreation department shortly after taking office last year and have not been forgotten by the executive.

I also strongly suggested that people as taxpayers have the remedy by taking these



On the first lap of the 1,500 metre run Jon Lancaster (E3) and Fergus Barnes (E27) follow close behind before Jon Lancaster made his move putting him in second place at the wire.

WHAT A THRILL!

Gymnasts tour Romanian school

Three Acton high school gymnasts returned last night from a 16-day tour of Romania where they met that country's most famous citizen, Nadia Comaneci, while at the same time building their own competitive skills.

Jocelyn McMillan, 16, and Zonya Baker, 17, are currently holidaying in Northern Ontario, but their travelling companion for the past month, 16-year old Kathy Barber, this week relived the girls' visit behind the iron curtain.

The well organized tour, set up especially for young North American gymnasts, cost each participant slightly more than \$1,000. Zonya, Jocelyn and Kathy, however, were assisted by grants from the Acton Rotary and Y's Mens Clubs and from the Acton high students and departments heads associations. Their own involvement in the excursion plan came courtesy of Bruce Andrews, physical education instructor at the high school.

Kathy reported that the trip took the students to and from Romania. Their brief visit to the Bucharest city, she said, provided glimpses of the royal palace and the famous fairy tale mermaid in the harbor, but was nevertheless far overshadowed by their two weeks in Bucharest and Con-

stanta. The objective of the tour, sponsored by Montreal's Concordia University, was to give North American students some first-hand experience inside the training schools that have, in the past few years, produced some of the finest young gymnasts in the sport's history.

The gymnasts themselves were a delight for the Acton girls. Well-illuminated through huge glass windows despite their immense size, the gyms offer everything needed to train the very young Romanian children who aspire to join the national team. As well as a complete collection of the modern gymnastics equipment familiar to the western visitors, Kathy said, there was a five-foot deep practice pit filled with rubber foam which the North Americans found a great help as they practised their somersaults.

At the gyms in Bucharest, Romania's capital, and in Constanta, some 150 miles away the visitors trained alongside members of the highly-respected national team and benefited from the innovative advice of their coaches.

As well as swimming with the Romanian gymnasts, and even visiting local nightspots with them, the westerners practised conditioning and warm-up exercises and choreographed routines which they agreed

would help them develop their gymnastic skills to new heights.

Highlighting Kathy's visit to the Bucharest gym was a brief but exciting meeting with Nadia Comaneci, who, it has been said, captured the hearts of the world's olympic-watching last year in Montreal. Kathy described Nadia as quiet but full of smiles. The language barrier prevented an open conversation, but through an interpreter and some communicative hand gestures, Nadia expressed regret at having just missed the visitors' performances at a group competition. She was, however, in time to congratulate each of the North American participants with a diploma and to pose with them for some snapshots.

Kathy noticed that Nadia was accompanied to the gym by four men whom she thought may have been security guards, but aside from the armed police patrolling the Bucharest airport, she said, there was little evidence of unusual security measures. As a government-endorsed excursion, the students' visit proceeded without mishap or state intervention.

Constanta, a city on the Black Sea less than 100 miles from the Russian border, did however present the visitors with an unusual type of 'curfew' situation. The students, Kathy

recalled, were advised to remain in their hotel rooms after 10 p.m. To venture outside after that hour, they were told, could lead to their capture and kidnapping by gypsies.

Just the same, the hotel room held its own assets, Kathy said, with a view of the "beautiful" Black Sea and a shoe shoreline beach that, in some ways, resembles Ontario's own Wasaga Beach and teems with swimmers and sunbathers for 12 hours each day.

Both Constanta and Bucharest provided a variety of entertainment to fill the visitors' evenings. Divided into three groups, the westerners, who came from such places as California, Tennessee and Colorado, enjoyed cultural events and sampled local discotheques, which Kathy was surprised to learn played English music songs popular in the west.

During the day, there was the extensive and unusual training sessions that Kathy said "used every part of the body" and the competitions, some among the three groups and some among the Canadians, Americans and Romanians. Zonya and Jocelyn, in particular, did well in the competitive events, Kathy said.

On July 5, the three girls left Constanta for the return trip to Toronto via Copenhagen.

DIAMOND GETS A NEW GLOW

After twelve hot years of bright shining, the lights at the diamond in Glen Park have been replaced. Two new light bulbs have been placed on four of the six poles at the diamond. Each new light runs a cost of \$65, each. The old fixtures were blowing new bulbs almost as soon as they were installed, so the money is well worth the purpose.

The two poles in the outfield hold five bulbs each, and although no new bulbs were placed, the old, but still good bulbs will be used. Players, coaches and spectators can thank the handywork of six energetic men, who worked over the weekend despite the raging heat. Ike Ingels, Pete Pomeroy, Neil Best, Fred Hammer, Bob Heaton and his son Rob Heaton worked Saturday installing the lights and Sunday aiming the lights, so that all can enjoy the games to their fullest.