



Ian Clark and John Lancaster

Lancaster chases Clark to the wire

By BILL HUMPHREYS
 Jon Lancaster, one of the finest runners in Ontario, has not had the ecstasy of breaking the winning string too often in his young career because in many races he is pitted against teammate Ian Clark, a Canadian champion.

However, Lancaster, 17, and in grade 12 at GDHS does not mind following his teammate to the line, because he thinks in the long run it will make him a better competitor.

"Having Ian in the same race always gives me something to aim for," Lancaster said. "Every race, catching Ian is something to aim for."

BIG LEADS
 In the recent Halton and Peel-Halton championships, Clark was a clear-cut winner of both the 1,500 and 3,000 metre races. However, his advantage over Lancaster, second in the races, was not nearly as clear as the leads Lancaster had on the competitors who finished third.

The closest Lancaster has come to catching Clark this year was in the 1,500 metre race in the Peel-Haltons. In that race Clark won in a time of four minutes flat, while Lancaster was approximately two seconds behind him.

In both the 1,500 and 3,000 races Lancaster's strategy was to stay with Clark for the majority of the race. The two runners have a tendency of starting slowly and then

pulling away from the rest of the field with quick middle laps. So far no other runs have been able to stay close to them. The result has been excellent times for Lancaster. Had he been entered in the senior boys' events for either of the races he would have been an easy winner.

"Ian is a good friend, it's like a goal to shoot for every race, he's a great runner and I'm happy to be on the same team as he is," Lancaster said.

At any other school in Peel-Halton, and the majority of the ones in the province, Lancaster would be the number one middle distance runner there.

Lancaster still receives recognition from the coaches and friends however.

EVERYONE A WINNER
 "The coaches, (Donna Metcalfe and Karen Cosgrove) give everyone the same amount of recognition and treat everyone as a winner" Lancaster said.

"Some nights, three or four times a week, Ian and I run together. I personally try to run 70 to 80 miles a week," Lancaster said.

Lancaster has been running competitively now for 2 and a half years and his major immediate goal is to try to make the Canadian Junior Cross country team, a team that Clark was on this year.

Lancaster will continue his pursuit of Clark tomorrow in the OFSAA Qualifying meet at Niagara Falls.

Ian Clark runner to beat

Georgetown district high school's best chance of winning a championship crown at the OFSAA track and field championships this year definitely lie with junior runner Ian Clark.

Clark will lead a contingent of 15 Rebels to the OFSAA Regional Qualifying meet to be held in Niagara Falls tomorrow.

In checking winning times of other meets across southern Ontario Clark, who did not have sparkling times at either the Haltons or Peel-Haltons, should be a tough runner to beat in the junior division.

NOT WORRIED

Clark said he is not worried about his times. "Times have not really mattered at all so far," Clark, who has not been seriously challenged in either the 1,500 or 3,000 metres events so far, said.

Clark said he still expects Dennis Stark of Belleville to be among his main challengers by the time OFSAA rolls around.

Another junior runner who has recorded very good times and been an easy winner so far this year is Dave Reid of West Humber. So far this year Reid has set new Metropolitan Toronto records in the 1,500 and 3,000.

He won the Metro 1,500 in a time of 8:29.7. Clark's best time for that event in the school season so far came in the Peel-Haltons where he was clocked at 8:41.

However, Clark has faster times than that this year. In the senior indoor championships he had a time of 8:04 which stands as a junior mark in the event.

"In the senior championships (in which Clark finished fifth behind four senior-aged runners) the pace was unreal," Clark said. "The winning time strictly depends on what the pace is set...that is why times haven't really meant anything so far."

Clark has faced Reid, who is a first year junior, three

times and come out ahead of him on all three occasions. However, Clark said he expects the West Humber runner to be somewhere near the top at OFSAA.

GREAT RACES

Clark has had several great races with his Stark in the past. Last year at OFSAA when they were both first year juniors, Stark beat Clark in the 3,000, but Clark was ahead of Stark in the 1,500. Both duels were classics. Stark has not defeated Clark since that 3,000-metres race.

Another Georgetown runner who should be somewhere near the top at OFSAA is junior Doug Smith in the 800 metres. As a midget last year Smith won the event at OFSAA the only Rebel to take a title there.

Smith won the 800 metres race at the Peel-Haltons in a time of 2:02.9.

In the Metropolitan Toronto championships North Toronto's Dave

Russell took the event in a time of 1:58.4.

Smith and Clark are among five GDHS runners, still competing for the school, who are also members of track clubs. The others are Jon Lancaster, Arnold Brakel, and Dale McGregor. The athletes' affiliation with the track club, has been a bit of a problem because of rules set by OFSAA.

The rules state that an athlete competing for a school cannot run for a club or be coached by a track club coach until the competitive school season comes to a close.

All five athletes will however of course run at OFSAA and join their clubs when that meet is over.

Other Rebels competing in Niagara Falls tomorrow are Mickey Richmond, Sherry Finucan, Andrew Brakel, John Warnock, Fergus Barnes, Heather Clark, Val Williams, Susan Kristenson and Diane Jones.

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