

GDHS London cross country race results

RESULTS OF THE LAURIER INVITATIONAL MEET
OCTOBER 4, 1980
3200 m

MIDGET GIRLS - 41, Georgetown, 96, Michael Power, 109 Leaside.

2	Lynn Macphail	13:00
7	Barb Gage	14:10
17	Leanne Grady	14:33
20	Karen Edgar	14:36
66	Marg Zebede	16:25
72	Martie Dunning	16:32
73	Diane Bransch	16:35
76	Kathy Soal	16:46
80	Lynda Chadwick	16:53
85	Anne Ramsay	17:00
106	Janel Ramsay	18:54

JUNIOR GIRLS - 3400 m
Team winners - 31, Georgetown, 59, Thornlea, 124, Waterloo Blue vale

6	Sherry Finucan	13:24
7	Sandra Marcinluk	13:27
8	Susan Kristensen	13:37
10	Liz Ramsay	13:40
14	Debbie Newman	13:54
20	Kim Newcombe	14:25
28	Cheryl Thompson	14:52

SENIOR GIRLS - 4890 m
Team winners - 16, Paul Dwyer, 67, Eastwood, 78, Georgetown

17	Heather McLaren	19:44
18	Heather Reed	19:51
20	Diane Jones	19:55
23	Robin Dodokin	20:13
30	Andrea Stapleton	21:19
39	Susan McLaren	21:59
44	Michelle Fisher	22:25

MIDGET BOYS - 4060 m
Team winners - 41, Georgetown, 82, Westdale, 122, Bantling

2	Paul Watts	16:44
9	Chris Ferguson	17:28
10	Gary Hulbert	17:32
20	George Howie	18:07
25	Doug Gillespie	18:15
27	Dave Banks	18:23
42	Ken Hesse	18:59
67	Rick Sedore	19:42
138	Dan Gallagher	31:00

JUNIOR BOYS - 6185 m
Team winners - 68, Westdale, 82, Georgetown, 88, Michael Power

5	Dave Griffiths	22:23
10	Mark Ezzard	22:45
22	Scott Harris	23:59
44	Jack Harlow	24:57
62	Devin Baines	26:06
72	Dalton Newcombe	27:04

SENIOR BOYS - 7565 m
Team winners - 50, Bishop Ryan, 54, Leaside, 79 Georgetown

3	Doug Smith	26:18
13	Jim McIntyre	27:41
26	John Warnock	28:30
37	Glenn Britton	29:29
47	Dale McGregor	30:39
48	Al Varney	30:40
63	Dean Scallen	31:54
79	George Farrow	34:13



Gary Thompson in Gem action

A Father's wish

Bill Richmond, regional co-ordinator for hockey Ontario, sent this letter along.
Mr. Editor:

Another hockey season is upon us and the ever controversial national sport causes great concern over parental participation, coaching, refereeing etc.

The following is an excerpt from Readers Digest from the October 1979 issue. You may find it interesting.

Dear Coach:

Tomorrow morning my son starts hockey. He's going to step out on the ice and his great adventure that will probably include joys and disappointment begins.

So I wish you would take him by his young hand and teach him the things he will have to know. Teach him to respect the referee and that his judgment is final. Teach him not to hate his competitors, but to admire their skill. Teach him it is just as important to be a playmaker and get an assist as it is to score a goal. Teach him to play as a team and never to be selfish. Teach him never to blame his goaltender when a goal is scored against him, because five mistakes were made before the puck got to the goalie. Teach him that winning is not everything, but trying to win is. Teach him it is far more honorable to lose than it is to cheat. Teach him to be a competitor. Teach him to close his ears to the howling mob and to stand up for himself if he thinks he is right. Teach him gently but don't coddle him, because only the test of fire makes fine steel.

This is a big order, Coach, and I place my son in your hands. See what you can do for him. He is such a nice little fellow.

His Dad

Zellers SUPER BONUS BUYS 3 DAYS ONLY

Sale Dates:
Thurs. - Sat.,
Oct. 9-11,
Or While
Quantities Last

<p>247 ea.</p> <p>"Body On Tap" Shampoo Normal, oily or dry. 450 ml + 100 ml bonus</p>	<p>187 ea.</p> <p>"Final Net" Hair Spray Non-aerosol. Unscented. 225 ml + 50% bonus</p>	<p>127 ea.</p> <p>"Crest" Toothpaste Regular or mint. 100 ml + 50 ml bonus</p>	<p>157 ea.</p> <p>"Listerine" Mouthwash Antiseptic. 500 ml + 125 ml bonus</p>	<p>157 ea.</p> <p>Zellers Mini Pads Bottless. Box of 30.</p>	<p>197 ea.</p> <p>Zellers Maxi Pads Bottless. Box of 30.</p>
<p>127 ea.</p> <p>Make-Up Mirrors Tortoiseshell-look frames In square, oval or shell shapes.</p>	<p>21.97</p> <p>"Cutex" Nail Polish Remover With cuticle conditioner. 85 ml.</p>	<p>21.97</p> <p>"Chap Stick" Lip Balm Assorted flavours.</p>	<p>.88 pack</p> <p>"Zellers II" Razor Blades Fits all twin II razors. Pack of 5.</p>	<p>.77 pack</p> <p>"Zest" Deodorant Beauty Bars Bath size. Pack of 2.</p>	<p>.97 ea.</p> <p>"Nature Scents" Bath Beads Assorted types. 454 g.</p>
<p>147 ea.</p> <p>"Aspergum" Tablets For sore throat relief. Orange or cherry flavours. Box of 24.</p>	<p>127 ea.</p> <p>"Ex-Lax" Pills Unflavoured. Relieves constipation. 30 tablets + 20% bonus.</p>	<p>.97 ea.</p> <p>"Rolaids" Antacid Tablets Regular or mint. 80 tablets.</p>	<p>427 ea.</p> <p>"Flintstones" Plus Iron Chewable multiple vitamins. 100 tablets.</p>	<p>257 ea.</p> <p>"One A Day" Multiple Vitamins 100 tablets.</p>	<p>.88 pack</p> <p>"Vicks" or "Victors" Cough Drops Assorted flavours. Bag of 4 packs. Your Choice</p>

Zellers Pharmacy

Items Advertised Here Sold Only Where Zellers Operates Drugstores.

<p>137 ea.</p> <p>"Mentholatum" Deep Heating Rub Pain relieving rub. 50 ml.</p>	<p>397 ea.</p> <p>"Geritol" Multiple Vitamin Iron Tonic 80 tablets + 20 bonus.</p>	<p>.88 pack</p> <p>"Hot Lemon" Cold Medicine With vitamin C. Pack of 12 servings.</p>	<p>137 pack</p> <p>"Contact-C" Capsules For colds, hay fever and sinusitis. 10 capsules.</p>	<p>339 ea.</p> <p>"Metamucil" Natural Source Laxative For gentle relief of constipation. 340 g.</p>	<p>227 ea.</p> <p>"Diovol" Liquid Or Tablet Antacids Regular or fresh fruit. 341 ml liquid or 50 tablets.</p>
<p>297 ea.</p> <p>"Paramettes" Chewable Vitamins With iron. 100 tablets.</p>	<p>497 ea.</p> <p>"Super Plenamins" Multiple Vitamins With minerals. 100 tablets.</p>	<p>157 ea.</p> <p>"Benlylin-DM" Cough Syrup With cough suppressant. 100 ml.</p>	<p>297 ea.</p> <p>"Pardec" Chocolate Chewable Vitamins With iron. 100 tablets.</p>	<p>397 pack</p> <p>"Stimula" Condoms Specially textured surface. Pack of 12.</p>	<p>297 pack</p> <p>"Ramses" Non-lubricated Bonus Pack Condoms Pack of 12 + 2 bonus condoms.</p> <p>357 pack</p> <p>Lubricated Ramses Condoms</p>



New! Low, Low everyday prices at Zellers beauty boutique on 101 top brand name health and beauty aids.



Take charge with your Zellers credit card!

IN THE GEORGETOWN MARKET PLACE

MON. thru FRI. 10:00-9:00 - SAT. 9:30-6:00