



Trophy winners in the Georgetown Racquet club competition for the ladies were: Brenda Sineet, Irene Soal, Janet Schandelmeyer, Dinah Presswood, Martha Jack, Pauline Newman, Sheena McColl, Doreen Thompson, Anita Warner, Wendy Cotton and Christine Kogon.



Trophy winners in the Georgetown Racquet club competition for the men were: Kevin Fitzgerald, Rob Allison, Bill Lightowers, Steve Robbins, Dick Howitt, Ben Lindberg, Jim Morwick, Brian O'Connor, Allan Kogon, Boyd Hoddinott, Andy Deruchie, Gerry Purdy, Tony Marshall and Harold Catling. (Herald photo)

Weekend squash club finalists

Continued from page B1
 Between two top professionals Murray Lillay and Roy Ollier from Australia, Ollier teach-

es at the Georgetown racquet club and is ranked 16th in the world.
 Murray Lillay, formerly of

New Zealand, beat Ollier in the fifth game in competition that went down to the wire.

GDHS team takes 'Rebel Relays'

Georgetown wins against ten schools, places well in sprints

By HARALD BRANSCH
 Herald Correspondent
 At the annual Rebel relays, held last Wednesday which Georgetown GDHS track and field team organizes, the Georgetown won the overall team title of the ten teams competing with a combined total of 223 points, 61 points ahead of second place White Oaks.

Also at the prestigious Cornelius relays last Saturday at McMaster University Georgetown placed five of the eight teams against the best relay competition in the province.
 The total strength of the track team at the Rebel relays could be seen by the way they won the midjet, junior and senior girls' 4x800 relays, and all three boys' 4x800 relays. In the longer 4x1600 m relay the girls' and boys' "A" and "B" teams placed first and third respectively in the girls' and boys' races.

In the sprint relays, a traditional weak point the midjet boys' 4x100 m team placed first followed by the senior boys' second place finish in the same race. The midjet boys also won the 4x400 with the midjet girls placing third.

In the 4x200 m relays the midjet and senior boys placed first and second respectively. The midjet girls ran the fifth finish and the junior

girls came fourth. An event of sorts took place at the Cornelius relays when the senior boys' team of Stacey Wheeler, Jim MacIntyre, Dale McGregor and Doug Smith clocked a time of 8:11.7 to be the first male team to win a first place at this meet. The D distance medley team of Dale McGregor, Brian Davis, Jim MacIntyre and Doug Smith ran to a third place finish.

The midjet boys 4x400 team of Ken Hesse, George Howie, Chris Ferguson and Gary Hulbert placed second with a time of 3:47. This same team also came third in the 4x200 relay. The midjet sprint medley team composed of Ken Hesse, George Howie, Rich Fontanna and Chris Ferguson established another second.

In all the midjet events, the teams set school records in their races.
 The midjet girls team of Teres Panella, Karen Edgar, Kim Sommerville and Lynda Chadwick placed sixth and tenth respectively in the 4x200 and 4x100. The open girls sprint medley team of Karen Edgar, Kim Sommerville, Lynda Chadwick and Heather McLaren placed ninth with a time of 4:32.

The track and field team will be beginning their series of elimination meets starting with Haltons to build up for OFSAA.

McGibbon's dart league is a total team effort

Summer darts unusual but Georgetown league thrives with chance of a Rep team

Summer is not a traditional time for darts in Georgetown but the interest of the McGibbon Hotel's Dart League proves that the enthusiasm is there.

Bob Landry, president of the dart league says the league started last year for the first time at Sir Georges Tavern, but with expanding facilities required, the summer contingent moved to the McGibbon Hotel's sports room.

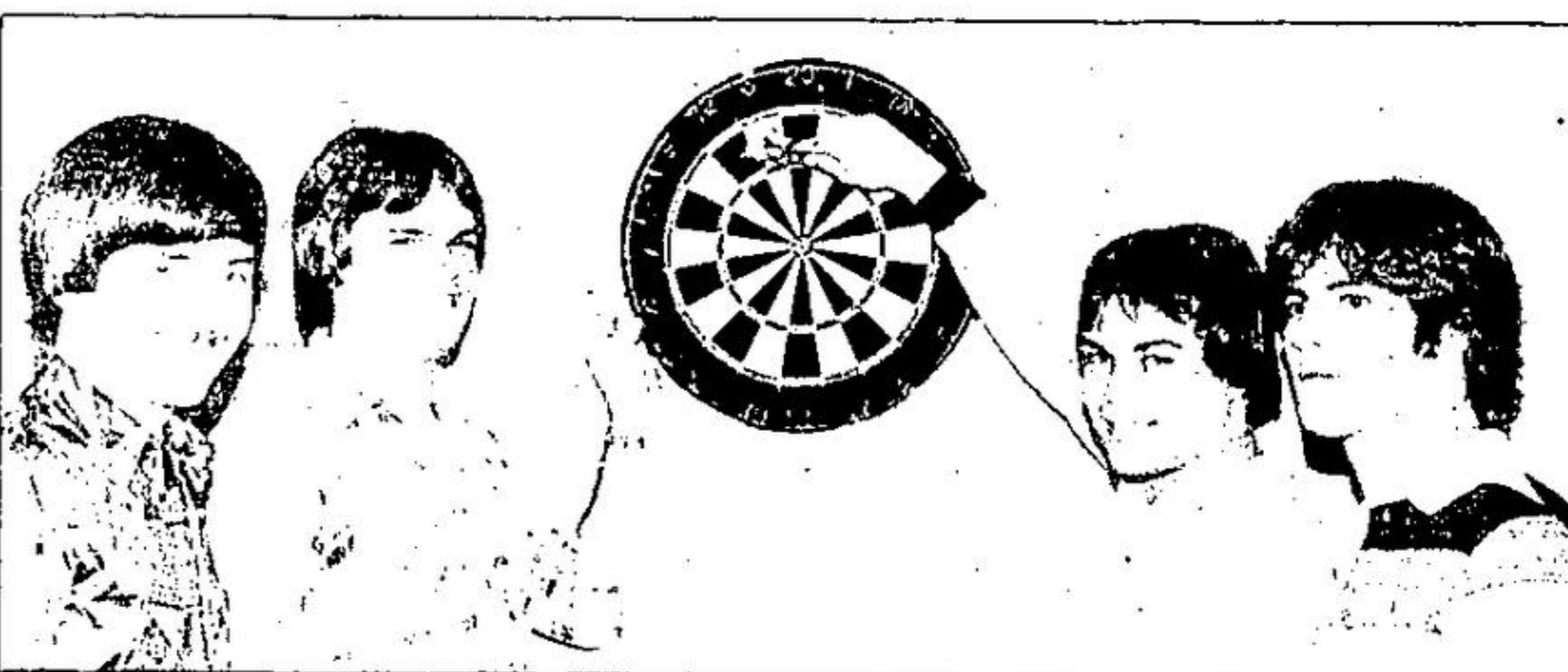
Deep within the confines of the McGibbon complex, owners Nick and George Markou offered and refurbished a small room with three dart boards and lounge chairs. With the added space, the Dart League was able to expand from four teams to six teams and six persons can play a board at a time.

Summer dart leagues are a rarity so the McGibbon Tuesday game night is unique. The Royal Canadian Legion's dart league just recently completed their winter schedule which left a void for avid darters.

COME FROM AFAR
 Players in the dart league come from as far as Brampton and Bramalea to join Georgetown's dart league. "Some guys dropped in last year from out of town and they have nothing in their area in the summer so they joined our league," Landry says. The 30-member league now has a waiting list.

Most of the league members take their game seriously and can be very competitive, according to Landry. He says that many of the players come one hour before game-time to sharpen up their skills. But the game cannot be won on individual skills. "It's a total team effort, one good shooter can't carry the team, Landry says.

Players will use anything from \$5 to \$60 sets of darts which are strictly for their personal use. Getting used to the weight is one of the difficult adaptations new shooters must get used to, Landry says. "Throwing is a feeling you have to get used to. The girls at the start weren't all that good, but



Not quite hitting the double they need to start them off on their game of '501', Brian and Bill and their teammates will undoubtedly advance undaunted and hit with a winner

shot next round. Seen here are (left to right) Bill Hall, Brian Beaumont, Brian Hunzinger, Bill Fournier. (Herald photo)

they improved and are quite good now. It takes a lot of practice. You have to learn to get the dart in all the time and know what to shoot for."

DOUBLES TO BEAT '501' SCORE
 The league plays a team game called '501'. Each team starts at the 501 point. You need to score a double on a number to start your team off and a double to get out of the game. Each score is subtracted from 501 and when the team is getting close to zero, the shooters try for a double to finish the game.

The game according to Landry is simple but the people involved have fun at it, Landry says. It takes a few weeks to know one another, but the social benefits are certainly a part of the dart league. For some of the girls it's

a night out, Landry says. The league asks each member for \$1 per night which goes to a barbeque and a pool party at the end of the year.

The league started their 25 week schedule two weeks ago and then they end their regular season play August 25. Then the playoffs begin. There are individual trophies as well as team trophies presented at the end of the year. Usually three trophies are awarded to females and three trophies for the males. Labbatts last year sponsored their trophies.

The future looks bright for this recent sports addition to Halton Hills. The league could expand and Nick Markou co-owner of the McGibbon says there is a possibility of sponsoring a rep team from the Hotel to play other hotels in the area.

Report says fitness is contagious

TORONTO - Fitness, it seems, is like eating peanuts. Once you start, you can't stop.

That's what's indicated in a research report on fitness patterns that was made public today by the Ontario Ministry of Culture and Recreation.

The report states that the fastest-growing group of fit-

ness buffs are men and women who exercise three times a week or more.

And it contains other suggestions that fitness is taking firmer hold in the province. One in every two adults in Ontario, it states, is getting some form of physical activity every week.

And even people who are not active at all, are saying they should be getting more exercise that they do.

The report, called "Physical Activity Patterns in Ontario", is based on a series of interviews with more than 1,000 adults across Ontario.

Ontario's fitness minister, Reuben Baetz says, "I am delighted with the report's clear indication that fitness is not a fad and that it will continue to grow in the 1980's."

"We saw a massive increase in fitness interest and participation in the mid-70's. Over the last two years that interest has increased by an

additional seven per cent.

"Now all of us who are interested in fitness face a three-pronged challenge. First, we have to encourage people who are involved to pursue activities which produce the very best fitness results.

"Second, we've got to help encourage people who are just starting out to stay with it. Third, we've got to turn people who are thinking about fitness into people who are doing something about it."

The 44-page report is based on data which have been collected by the Canadian Gallup Poll over the past two years.

Here are some of the highlights of the report:

The five most popular year-round activities, in order are: walking, general exercise, jogging, running,

swimming and bicycling. Seasons affect the popularity of activities.

The support of family and friends is identified as the most important factor in getting a person to start, or stay, with a fitness program. The availability of facilities is listed as second.

Continued on page B3

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'Rebel Relays'

Dale MacGregor (far left) holds the torch for Georgetown in one of the relay races held last week at the GDHS Rebel Relays.

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