

Our runners dominate regional championship

By HARALD BRANSCH
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After topping last week's Halton champions at the Peel-Halton track and field finals, the GDHS Rebels placed second to T.L. Kennedy, with 145 points. The team qualified 25 competitors in today's Regional meet.

The midget and senior boys' 800m and 1500m

times were dominated by Georgetown runners. Doug Smith running senior won the 1500m with a time of 4:01.69. Later he battled Philip Dew of Milton in the 800m. At the wire Smith had a 13 of a second lead and won with a time of 1:57.61.

In the midget 800m and 1500m events Chris Ferguson won the 1500m with a

time of 4:15.83 and the 800m with a time of 2:07.19.

Also in the 1500m Eric Hopkins placed sixth and fourth in the 3000m. In the senior 1500m Dave Griffiths ran to a fifth place finish.

Setting a new Halton-Peel record in the junior girls' 3000m was Lynn MacPhail with a new time

of 10:36.16. In the same race Susan Kristensen placed second with a time of 11:19.48, nearly a minute ahead of third place.

MacPhail also placed third in the junior girls' 1500m with a time of 4:57.67.

Dave Griffiths in the open boys' 2000m steeplechase ran second with a time of 8:27.73.

Another two first were taken by the hurdlers. George Howie won the midget boys' 100m hurdles with a time of 14.36, followed by teammate Louis DePaoli who placed third with a time of 14.83.

In the midget girls' 80m hurdles, Jody Barwell and Susan Kirby placed first and fifth respectively with times of 12.43 seconds and 14.19 seconds.

In the senior girls' 3000m Sandra Marciniuk and Debbie Newman placed second and fourth respectively, with times of 11:02.12 and 11:45.73. Marciniuk also placed fourth in the 1500m with a time of 5:06.

Also in the senior girls' 1500m was Heather McLaren who placed sixth and later placed fifth in the 800m with a time of 2:31.50. In the midget 800m Kelly Roe qualified with a fifth place and time of 2:38.43.

Sprinters Brian Davis and Brad Ferguson placed third and fifth in the senior 200m, with times of 22.95 and 23.31. Ferguson was fourth in the 400m with a time of 51.63.

For the midget girls' Jody Barwell ran to a third place finish clocking 27.84.

MCCAUGHTRY THIRD
In the field, thirds were attained in the midget boys' and girls' high jump by Glen McCaughtry, jumping 1.72m, and Joanne Bingham with a leap of 1.47m. Kara McGaw threw 31.56m in the junior girls' javelin to place fourth.

Fourths were also obtained by Louis DePaoli in the midget boys' long jump, with a 5.42m jump, and Harald Bransch in the junior boys' pole vault, with 2.79m.

In the relay department, the open boys' 4x400m relay team of Brian Davis, Paul Burroughs, Brad Ferguson, and Doug Smith won with a time of 3:30.78, nearly three seconds ahead of first.

The senior boys' 4x100m relay team of Paul Burroughs and Brad



Paul Burroughs of the Georgetown District High School's senior boys' 4 x 100 relay team charges off the blocks Thursday in Etobicoke during competition at the Peel-Halton finals. Georgetown placed an impressive second overall at the meet. (Herald photo)

Aggiss earns fourth place finish

At the Canadian Gymnastics championships Sunday Sara Aggiss of Georgetown tied for fourth place in the senior women's category.

The grade 13 student at Georgetown District High School accumulated a 69.85 points total at the Halifax-based championships.

Bonnie Wittmeier of Winnipeg was first with

73.35 points in the senior women's category, followed by Leanne Gallant of Mississauga, Mary Lyon of Guelph, Sara Aggiss and Andrea Thomas of Toronto.

Sara's next big event will be in September when the trials begin for Canada's national gymnastics team.



James leads GIFL batters

Brian James leads all GIFL batting leaders, powering his way to a 750 average for his Steel Builders team. Wayne Doell for M and M Pro Sports has a 700 while Allan Densmore for Armstrong Collision has a 666 average, tied with Tom Trevelyan of Peel Steel.

In fifth position in the

batting leadership, is Gary Agnew of Varian with 571. Doug Kelly and Ron Osborne also have 571 for their (respectively) Peel Steel and M and M Pro Sports teams.

Kevin Hotham is eighth with a 555 average while Pete Fendley for Akers and Clark is playing 500 ball. Rod Piukkala is also

at the 500 mark.

The total number of active players in the Georgetown Industrial fastball league is 126.

Last Monday night at the Fairgrounds Hollywood Tavern defeated third place M and M Pro Sports 3-1 while the Merchants powered past Peel Steel 7-0. The Steel Build-

ers edged past Akers-Clark 5-4.

In Wednesday's games, C and S Plumbing downed the Merchants 4-0 while Hollywood Tavern trounced Akers-Clark 9-1.

Peel Steel had several hot bats when they defeated the Steel Builders 11-1. Armstrong Collision and M and M Pro Sports battled to a 6-6 tie.

SOCCER DAYS ARE HERE AGAIN

The Atom girls opened their soccer season last Saturday at Cedarvale Park in fine style. Despite the wet and humid conditions, the youngsters displayed some good dribbling skills which can attest to their pre-season training.

(Herald photo by Karen Fokkens)



Gordon Alcott 'C' team

Ladies off to solid tennis debut

The Gordon Alcott "C" Ladies tennis team got off to a good start May 12 against Springfield on home courts.

Margo Prior and Carol MacLeod won their match along with Paddy Brown and Karen Wilson. On the losing end were Pat McCarthy and Mary Hughes; Trudy Roy and Norma Maynard.

The "C" team travelled to Swansea, a good hour drive despite forecasts of rain, on May 19. Margo Prior and Carol MacLeod lost their matches 7-6 and 6-3. Lois Fraser and Pat McCarthy won 6-4, 8-4 and Paddy Brown and Diane Delroy won 6-3, 6-4. Trudy Roy and

Norma Maynard played for two hours, three sets and finally won.

The first set was a tie breaker going 13-11 for the win of 7-8 to Trudy and Norma. The second set went 7-5 for a loss and the third set 6-4 gave them the well earned point for playing 25 games - a tough match to win or lose.

May 26 the "C" team has a Bye and it is planned to have a Round Robin among the members on home courts with the usual fun and refreshments.

The schools will be using courts on Mon, Tues and Thurs, mornings 8:55 - 10 a.m. until June 14.

Join Mayor's Race, marathoner urges

Boston Marathon qualifier Anita Warner of Georgetown says she hopes everyone who is planning to enter the Sunday, June 13 Mayor's Race has been doing their training.

Warner, with her husband Courtney, a member of the Mayor's Race committee, ran the prestigious National Capital Marathon in Ottawa last year.

Her advice for running a good race is to pace yourself and save some reserve for the end of the race. "From my experience, it is so easy to go too fast at the beginning of the race."

"Runners should hold back and just run their own race, rather than finish the race hobbling. Everyone tends to go too fast for the first mile, then they're burnt out," she says.

Warner says she was pleased with her first marathon because her proper training and pace enabled her to walk away from the finish line unaided.

NO DIET CHANGE
She wouldn't recommend changing one's diet to run in the Mayor's Race, but Warner says many marathon

runners live off pasta foods such as spaghetti for the three days before a race.

Warner doesn't eat in the morning before the race, but she says it depends on the runner.

Water is recommended for those passing the half-way mark for the 11 k race, Warner says.

Heat symptoms such as headache, dizziness, nausea, pale cold skin and a decrease in sweat rate dictates that runners try to get into some shade and contact a race marshal along the route, she says.

A lot of stretching exercises are recommended by Warner before the race.

The Town of Halton Hills Recreation Department-sponsored Mayor's Race requires a \$2 entry fee if registered before June 4 or \$4 per participant after that date.

Entry forms can be picked up at 24 James St. in Georgetown or 40 Mill Street in Acton.

Local girl's big success in Minnesota

Stacey Hurley, a native of Georgetown, is having a successful freshman season as a member of the University of Minnesota varsity women's tennis team.

Her strong backhand and serve led her to a 4-1 record at the number three doubles position in the fall 1981 season, her first taste of collegiate competition.

Since the start of the longer spring season, she has put together impressive 12-8 singles and 12-4 doubles records.

The Minnesota Gopher team is very competitive as they compete in the "Big Ten" university circuit because they are the Region Six champions.



Success is nothing new to Stacey. A graduate of Georgetown District High School, Hurley plays not only tennis, but extended her love of racquet sports to badminton and squash.

Stacey's biggest achievements have come on the tennis court. In 1979 she was ranked the number two singles player in Ontario, the number four singles and number one doubles player in Canada. That year she won the Ontario Open and the Canadian National Doubles tournaments.

In 1980, she won the Ontario Grand Prix circuit and the Quebec Open Sportmanship Award.

Stacey's father, Don Hurley, says she started off the season well at the University of Minnesota until she was

injured for six weeks from November until January.

Stacey spent the beginning of the spring season getting back in shape which meant she wasn't at peak form early in the longer spring season.

Her father says Stacey works five days per week at least two hours per session with the 10 member girls team.

Overall the university circuit is much tougher than competition Stacey has been used to in Ontario, her father says.

One difference in how they play university tennis in the States is that a coach can speak to their players during a match, a practice that is not allowed in Ontario, Don Hurley says.

The emphasis is on the team because total points decide the victor.



Holly Hulme of North Halton Sports helps Mayor Pete Pomeroy try one of the many selections of running shoes the Mayor hopes will lead him to a good showing in the fourth annual Mayor's Race Sunday June 13. For race strategy and running tips, Halton Hills recreation coordinator and Mayor's Race director Joy Gwilliam hands over a copy of Canadian Runner for the Mayor's perusal. (Herald photo)