

Cook leads strong Jills team at Invitational

Local club hosts five on the weekend

Halton Hills Jill Gait Cook won the overall championship in the Junior 'B' division to lead a strong local team at the club's invitational tournament Sunday at Georgetown District High School.

Cook dominated her class, taking firsts on the beam and floor, and seconds on the bars and in vaulting. Jill teammate Carmen Lamothe strung together a third on the floor, a pair of fourths on the bars and in vaulting, and a fifth on the beam to finish fourth overall in the same division.

Tracey Weekes powered her way to a second overall placing in the Cadet 'A' category, with first on the floor and on the bars. She tied for third on the beam, and took another third in vaulting.

Susan Lamb of Halton Hills managed a fifth in Cadet 'A' vaulting. Jill Jenny Crosby strung together a second on the bars, a third on the beam and a sixth on the floor to take third-place honors overall in the Cadet 'B' grouping.

Teammate Melanie Gans, was fifth on the bars and in vaulting to maintain a sixth place standing overall.

Sara Mulholland of Halton Hills turned in a strong individual performance on the bars in Cadet 'B' competition to take first place in that discipline.

Kim Roy and Heather Dubuc of the Jills finished back-to-back in the Argo 'C' competition, with Roy taking third overall and Dubuc fourth.

Roy garnered a first on the bars and a second on the beam, to match her fifth in vaulting and sixth on the floor. Dubuc was strongest in her floor routine, earning a third, while she stood fourth on the beam and fifth in vaulting.

Faith Richardson of the Jills was fourth overall in the Argo 'B' division, and Sandra Weekes was right behind her in fifth.

Richardson was second for her floor routine, third on the beam and fourth on the bars. Weekes had her best showing on the beam, where she was judged third overall. She added a pair of fifths in vaulting and on the beam to that, as well as a

sixth on the bars. In the Tiny 'A' division, Darby Erler of Halton Hills combined a first on the floor with a sixth in vaulting for a fifth place overall finish. Jill Kim Wilshire nabbed a third place standing for her performance on the beam.

Vickie Hughes tied together a pair of fifths, in vaulting and on the beam, to grab a sixth place overall standing in the Tyro competition. Nina Fear of Halton Hills managed sixth place on the bars and on the floor, while teammate Katie Jennings earned a fifth for her floor routine.

Bethan Evans of the Jills managed a fourth place finish on the bars, competing in the Tiny 'B' division.

Five clubs competed at the annual tournament, including teams from Bramalea, Guelph, Kawartha, Orangeville and the host side.

SECTION B, THE HERALD, Wednesday, May 4, 1983 - Page 1

the HERALD

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Pictured above are the 1983 North Halton girls' gymnastics champs, the Centennial Middle School Chargers. From left to right in the top row, they are Cheryl Hammond, Susan Lamb, Kim Roy and Patty Portelli. The middle row is (L to R) Gini Sweezie,

Ronnie Cook, Sharla Tibbits, Chris Schlrk and Janet Hobbs. The front row (L to R) is Claire Plesse, Sandy Weeks, Julie Ross and Debby Welling. The coach is Susan Williams.

(Herald photo)

Chargers are number one

The Centennial Middle School Chargers racked up 246.67 team points to walk away with the North Halton Girls' Gymnastics championship last week at Brookville School.

Another Georgetown school, Stewarttown, accumulated 155.44 points

to finish second overall. Brookville and Oakville's New Central also competed.

The champion Chargers were strongest in the Elite division, where Julie Ross took a pair of firsts in the beam and floor events, and a third

in vaulting to finish first overall.

Kim Roy of Centennial managed a second-place finish in vaulting, and her consistently high scores earned her second place overall.

Sharla Tibbits had a

big day for Centennial in the 11-and-under group, taking first in vaulting, second on the beam, and third on the floor.

Cheryl Hammond won a second on the floor and a third on the beam, and Janet Hobbs was fourth on the floor.

In the 12-and-older category, Roni Cook of Centennial captured a first on the floor.

Donna Kerby managed a second for Centennial in the same event, and Sharon Clifford came third to make it a sweep. Gini Sweezie took a third on the beam.

Sandy Weeks and Claire Plesse were fourth and fifth respectively for Centennial in the Elite girls' vaulting.

For Stewarttown, Shannon Snyder vaulted her way to a first-place finish. Krista Snyder and Julie Peryment took seconds in the same discipline, while Kelly Sherrard and Lisa Graham both took third-place finishes on the floor.

Trina Mackey was fourth in vaulting and on the beam.

Poulstrup sits on committee to amalgamate hockey leagues

By GERRY TIMBERS
Herald Sports Editor
Members of the Georgetown Raiders organization should know by tomorrow what league they will be competing in next year.

Team vice-president Finn Poulstrup will represent the Raiders on a special committee tomorrow night in Kitchener, set up to prepare a final proposal on a new senior hockey league in Ontario.

A general agreement to amalgamate the current senior and intermediate 'A' teams in the province was to be formalized at the Ontario Hockey Association Annual Meeting Saturday in Toronto, but three of the senior clubs balked at the last moment. Representatives from Stratford, Chatham and Cambridge claimed competition against intermediate 'A' teams would hurt their image and destroy their fan appeal.

Poulstrup, who will be joining representatives from Collingwood, Petrolia and Cambridge on the committee for amalgamation, says the Raiders will be competing for the Allan Cup next year.

Possibilities include a 12-team senior league with three four-team divisions, or an eight-team senior league that would play an interlocking schedule with a four-team intermediate loop.

The OHA has set down a May 18 deadline for a final proposal on the situation.

"We want new competitive teams in our building next year," Poulstrup told The Herald. "We want something new for the fans in Georgetown." The OHA also announced at Saturday's general meeting that they want both senior and junior clubs to pay an increased entry fee next year.

For the junior 'B' Gemini, the OHA proposal would mean an annual increase of \$100, plus a \$30 per game gate fee. The Gems paid a \$100 entry fee in 1982, plus up to 15 per cent of their home playoff gates.

The Raiders are looking

at an increase of \$150 in their entry fee this season, from \$150 to \$300.

Gemini executive member Bob Girdwood, who has handled the club's finances for the past seven seasons, says that the team can handle the proposed increase.

"Five years ago, it would have killed us, but we can handle \$1,100 at this point," Girdwood

said, estimating the cost to the Gemini. "It just means another dance, or another 50-50 draw."

Raider president Bob Hooper fully supported the OHA's money demands, saying "it should probably be more than that."

"If they don't up the ante, they are going out of business," Hooper said. "The OHA is our organiz-

ation, and the sooner people realize this, the better."

Another decision affecting the junior Gems was Saturday's move by the OHA to stay with face masks as mandatory equipment.

Girdwood recalled the face mask issue causing a split among the Gemini executive three years ago, before the club final-

ly decided to support the move to cages by the league.

Today, he says, most members of the club are in favor of the wire masks as standard equipment.

"Very few junior 'B' players are headed for the National Hockey League," he said. "It would be foolish to take chances with any parts of their bodies."



The Georgetown Racquet Club held their annual club championships Saturday. Seen here are the winners of their respective categories: (front row, left to right) Ruth Kuchinad, Gloria Sinclair, Jane Fogal,

Penny Monckton, (back row, left to right) Don Bradburn, Lloyd Newman, Boyd Hoddinott, Jim Frank and Barry Butwell.

Racquet club crowns champs

Following are the final results of championship action Friday night and Saturday at the Georgetown Racquet Club.

Mens 'C' - 1. Barry Butwell, 2. Joe Hewitt.
Mens 'D' - 1. Don Bradburn, 2. Bud Craig.
Mens 'B' - 1. Lloyd Newman, 2. Larry Pacholok.

Ladies 'A' - 1. Gloria Sinclair, 2. Wendy Cotton.
Ladies 'B' - 1. Jane Fogal, 2. Carol Passas.
Ladies 'C' - 1. Ruth Kuchinad, 2. Joan Brown.

Ladies 'D' - 1. Penny Monckton, 2. Kyra Irvine.
Ladies Open - Audrey Jans is the present champion and she was unchallenged this year.



FISH TALES

Trout season opened on the weekend, and as always, Herald 'Outdoors' expert Bob Ollivier was somewhere helping someone to land the big one. He's pictured here (he's on the right) at a recent anglers clinic at Canadian Tire, demonstrating the proper rod and reel and line to an attentive student. Bob will feature fishing tips in his column over the next few weeks, regularly found on Page B2 of this section.

(Herald photo by Chris Asgaard)

Caps top Trojans

Anita Stankus scored 14 points to lead the Capricorns to a 44-37 decision over the Trojans in the third and deciding game of their Georgetown Ladies Basketball League championship final series Wednesday night at Centennial Middle School.

Stankus, who was selected as the league's most-improved player this season, combined with Capricorn teammate Corinne Buisman, who chipped in 10 points, as the league's regular-season runners-up upset the first-place club to take the title.

Irene McCauley connected for six points for the winners, Lorraine Brown had five, and Jennifer Reynolds downed four points.

Janet MacKay racked up 10 points as the Trojans went down to defeat. Lynn Cartwright came through with eight points in a losing cause, and league most-valuable player Sue Tesar hit for seven points. Leslie Ashton downed five points for the Trojans.

In the consolation championship game, league scoring champion Sam Reid did her thing,

connecting for 34 points to lead the Centaurs to a 56-32 romp over the Mustangs.

Leslie Durham had seven points to pad the Centaur margin, while Mary Kelly had six points and Nancy Shortill had five.

Kyra Kristensen-Irvine led the Mustang attack with 10 points, and Alice Ogden bagged six more. Hermania Henderson, Janice Gagne and Sky Sapinski all had four points apiece for the losing side.

Are you in shape?

Mayor's Race six weeks away

By DAVE ROWNEY
Herald Editor

Shape up Halton Hills runners! The fifth annual Mayor's Race is just six weeks away and time is wasting for those contemplating a quick and easy spring training session.

The town recreation department has added some new features that will make the race even more alluring for those not yet committed.

Both the 5 kilometre and 10 kilometre distances will be run as before, but the course has changed. The hundreds of runners who participate each spring will maneuver through a residential section of Georgetown rather than the industrial area of Armstrong Ave.

Starting from Gordon Alcott, the course meanders from Guelph St. to Sinclair and down Duncan, Weber, Raylawn and Delrex Blvd., then returning to Alcott. The 10 kilometre runners do the course twice around.

The June 12 race has two new categories for competitors to enter. The 10 kilometre run has a masters award for the top three men and women over 40 years who cross the finish line.

North Halton Sports has donated a trophy for a team category for five runners belonging to a common club or workplace. Two of the five runners must be female. The times of the top

four are measured.

Application forms are now available at the recreation department offices for \$2 while \$3 covers the cost of a family. Registration is possible up until 8 a.m. the day of the race, but the fees are \$4 per person and \$5 for a family.

A pancake breakfast is again planned for after the race and T-shirts will be sold at the race site. Awards will be given to the top three male and female runners in the following categories for the 5 kilometre race: Junior (12 and under), Teens (13-19 years), Senior (20-29 years), Veterans (30-39 years) and Masters (40 and over).

Race committee member and veteran marathoner Bob Daniell says the new route will be more interesting to the runners because of the scenery. Competitors could be psyched up because of the added crowds along the primarily residential route, Daniell says.

He is confident the size of the field will grow as it has ever since the race began five years ago. The Georgetown Track Club has generated a lot of interest in running in the town and they will be out in full force, he says.

When asked for some pre-race suggestions for the beginner, the former Boston Marathoner warns that even if you're fairly fit, it's almost too late to train to run at your potential

come June 12.

Daniell, whose personal best in a marathon is 2 hours and 30 minutes, says LSD training is helpful. Long, Slow, Distance (LSD) running is appropriate for a runner starting out. If you strain yourself and try too hard, recovery will be slow and you'll be sore before the race, he says.

Start slow and run at a pace that is relaxing. Then build up the mileage, he says. The ideal workout would be to start running every day but not for too long.

A beginner should get used to the idea of running for half an hour in a 5 kilometre race (roughly three miles), he says. Three or four days before a race a runner should taper off from their practice runs and rest up for the race, he says.

As far as instructions for race day, Daniell says he has a tendency to tell runners not to eat anything before they run. Often he will have a cup of coffee, but a competitor should experiment before the race and see if food helps their running performance.

The night before or even two nights before, a runner might want to eat more than their usual share of carbohydrates, a practice most marathoners use, Daniell says.

If on the day of the race the weather is hot, runners should make sure they drink plenty of fluids in

anticipation of what they lose in the race, he says.

As far as course strategy goes, Daniell advises that a beginner try running at a steady pace - pick out a comfortable pace and maintain it. One sign that you're running too hard is when your breathing is labored too early in the race, he says.

Confidence can be increased by running the course a few times beforehand to prove that you can do it, Daniell says.

A good warm-up is helpful before the race. About 10-15 minutes of loosening up and building a "light sweat" is desirable, he says. Gently stretching after the race is also good for the runner, he says.

Although a competitor for about 10 different city marathons, Daniell has never run in the Halton Hills Mayor's Race, preferring to help each year on the sidelines as an organizer. He has run the Scotland, Germany, Winnipeg, Toronto, Boston and Ottawa, to name some.

This year, however, Daniell will run the 5 kilometre race in the father son category with his son Doug. After a winter of relative inactivity on the training circuit (he was cross country skiing instead) Daniell is planning to run in the Toronto Labatts marathon in the fall. For more information about the Mayor's Race call 877-5183.