Uranich wins 400 second in 800

Acton runner caps provincial indoor title

Bruce Andrews can at least see the light at the end of the tunnel.

Andrews, who coaches Acton half-miler Doreen Uranick, said Uranick's performance at the Provincial Indoor championships held Sunday at York University leaves him optimistic that she can improve further. Uranick won the senior ladies 400-meter event (58.50) and was second in the 800-meter race (2:12.32).

The time in the 800 was better Sunday for Uranick, who also ran in the Canadian Ladies 800-meter event at the Toronto Star Indoor Games Friday. She finished third there with a time of 2:14.26.

Andrews said he was happy with Uranick's performance Sunday in both events.

"This is Doreen's first year in the senior class, and if she can win in that type of competition (the 400-meter race), I'm happy with that. I'm also happy with what she did in the 800. I can see the light at the end of the tunnel."

The 400-meter event is not a usual one for Uranick, but Andrews said that race should help her in the half-mile event.

"If Doreen is going to improve, she is going to have to get faster, not stronger," he said.

Andrews said he was waiting for the results of blood tests taken on Uranick recently. The tests were taken recently after Uranick said after racing her left felt heavy.

Andrews said such a case might be a sign that not enough oxygen is being transported to the muscles, and the tests were taken to find out if everything was running smoothly.

But Uranick said she felt fine after her weekend competitions.

"I ran a better race today (Sunday) and felt better. Everything is coming along now. I'm just getting back into shape.

"I took the 800 meter race out on my own and I felt stronger (Sunday) than I did Friday, so I think my 800 is coming along well. I had enough strength to finish off strong, which I haven't been able to do in the past. Everything is coming along better," she said.

Another student of Andrews', Marla Brillinger, was also busy this weekend. She ran in the high school event at the Friday Games, and shaved 15 seconds off her personal best time in the junior mile, despite being a midget aged runner. At the provincial event Brillinger finished

Continued on page C1

Senior girls still dominating their league

By SUE DUNNING
Herald Correspondent

The Georgetown Senior Girls Order of the Royal Purple hockey team continues to dominate their league. With four games left, the team has a record of 16 wins, a loss and one tie.

Their goalie Joan Gilmer-Osborne had the best goals-against average in the league (0.90 per game). The senior girls are looking forward to qualifying for the provincial championships, providing they finish first in their league.

In their last four outings, the team has won two games, lost one and tied the other.

In Burlington Georgetown shut out their opponents 5-0 as Micky Richmond and Martie Dunning had two points each. Leah Benham, Lisa Allen, Dianne Taylor and Sharon Anderson had singles.

In their next three games Georgetown experienced their first loss of the year. Due to an unfortunate injury to goalie Joan, the team had to invite Barbara Edwards from Milton to play. Although she played well, the senior girls were unable to beat the fast-skating, hard-hitting Oakville team. Denean Jones had the lone goal in the 4-1 loss.

However, the team provided spectators with good, solid hockey as they beat Oakville 5-2, then tied 5-5. Jones had five goals while Carolyn Grasby had two. Singles went to Allen, Taylor and Lauree Sears. Benham, Jodi Engleby, Dale Wolfe and Elaine Taylor had assists.

Hockey league ends season

The regular season for the Georgetown Non Contact Hockey League ended Sunday, with a barrage of goals on two of the three games played.

Northstar Cleaners defeated Halton Hills Rad 11-6, Exchange House thumped Nick Martino Motors 10-2 and Acton ReMax edged O'Tooles 4-3.

Tony Sheppard led the way for the Cleaners team with two goals and three assists. Terry Moustaard had two goals and two assists while Terry Winters and Nole Stoyles had two goals each. Bruce Sheppard, Mario Spiteri and Serge Mazzarato had one goal each. Graham Smart and John Brereton had two goals each for the Rad team while Cal Unterleiter and Shane Lefebvre had the others.

Dave Norton had four goals for Exchange House in their win. Rick Donaldson had two goals and five assists while Kevin Phillips added a goal and four assists. Singles went to Greg Lawr, Daryl Weir, Rick Poot, Tim Fleming and Rob Spiteri had the goals for the Motors team. Spiteri's marker was on a penalty shot.

In the final game Gary Lumbers paced the ReMax win with two goals. Dick Spear and Dave Southerland had singles. Brian Beaumont had two goals for O'Tooles while Doug Penrice had the other.

Exchange House, and Acton ReMax were tied for top spot in the standings, but Exchange House got top spot based on a better record in games between the two. Northstar Cleaners was third (11-4) while O'Tooles was fourth (5-10), and Nick Martino Motors and Halton Hills Rad were tied for fifth (3-12).

Kevin Phillips' five-point day gave him the scoring title (24-27-51) by two points over Terry Moustaard (31-18-49).

The round-robin playoff setup will begin in two weeks with Acton ReMax taking on Exchange House, O'Tooles will face Northstar Cleaners while Nick Martino Motors faces off against Halton Hills Rad.

SPORTS SCOREBOARD

MAJOR PEEWEE
Carpet Barn 12
Goals: Darren Peel 2, Larry Brunton 2, Marcus Thunich 2, Mark Lorito 4, Mark Mickiethwaite 2.
Assists: Marcus Thunich 2, Mark Rembish, Mark Mickiethwaite, Larry Brunton 4, Mark Lorito 2, Pat Mlodozenc.
Barragers 3
Goals: Sean Pedersen 2, Malhew Moore.
Assists: Scott Dobbins, Mike McLean.
Dairy Queen 8
Goals: Bob Bouskill, Mike Hughes 2, Jeff Hanna 3.
Assists: Greg Socha, Bob Donker, Bob Bouskill 2, Trefor Cocks, Jamie Kelman.
Baz Motors 2
Goals: Jim Lawrence 2.
Assists: Richard Sowery, Mark Atkinson.
Neils Music 6
Goals: Dave Haskins, Craig Burnett, Jamie Tripp 4.
Assists: Brad Thornton, Craig Burnett, Stephen Atherley.
A and S Engraving 2
Goals: Sid Spear 2.
Assists: R.J. Fleming.

MINOR PEEWEE
Robbie Shoes 8
Goals: Rob Emslie 2, Jay Kerslake 3, Eric Bradbury, Alan Fudge 2.
Assists: Chad Davies 2, Wayne Thompson, Alan Fudge, Brent Ballenline, Donnie Raymond, Rob Emslie.
Murray Motors 3
Goals: Jim Ashenhurst 2, Peter Gombez.
Assists: Dave Humphreys, Derek Tibbits, Jamie Flaherty, Grant Domski.
London Life 3
Goals: John Cruise, Trevor Smith, Jason Fitzpatrick.
Assists: Jason Cunningham, John Cruise 2, Paul Lalonde.
Keatners Catering 6

MINOR ATOM
Curwood 1
Goal: Billy Sullivan.
Thruway 10
Goals: Jeremiah Fendley 4, Glen Henderson 2, Ross Thomson, Matt Deruchie 3.
Assists: Steve Trustum, Jeremiah Fendley 3.
Varian Canada 6
Goals: Greg MacLeish 3, Danny King, Kevin Spears, Ryan Brain.
Assists: Greg MacLeish, Ryan Brain, Kevin Spears.
The Herald 6
Goals: Brad Spears, Marc Boucher, David Kalbarski, Scott Teeter.
Assists: Brad Spears 3.

MIDGET
Knights of Columbus 5
Goals: B. Anderson 2, P Smith, B. Williams, C. Giefort.
Assists: B. Williams, C Giefort, M. Campbell 2, P Domingos, T. Chapman.
Shutout: A. Snow.
ReMax 8
Scotia Bank 7
Goals: P. Miller 2, T Grieveson, J. Sholdice 2, R Dowdall, M. Lamb.
Assists: M. Howie 3, P. Miller T. Shepherd, M. Lamb.
Trio Mart 1
Goal: M. Huffman.
Assists: B. Klavkalns.
Bowmans Truck 5
Goals: J. McNiven 2, T Flynn, J. Warnock, S. Fletcher.
Assists: M. Chiovilli 2, S Fletcher, N. White, T. Flynn, D Tate.
Standard Products 2
Goals: W. Samis, G. Hart.
Assists: J. Chartrand, W McNiven.

BANTAM
Choice Air 3
Goals: Rick Jacome 3, Dave Presswood 2.
Assists: Mark Sheppard 3 Kostas Athanassovlis 2, Rick Jacome, Dave Presswood.
Elks 4
Goals: Ted Weatherall 2 Jason Knight 2.
Assists: Stewart Innes, Ted Weatherall, Dave Gardner.
Criterion Carpet 7
Goals: Matt Remedios 3, Ken Woychesko 2, John Wilson 2.
Assists: Martin Barnard 2 Peter Atherly 2, Jeff Edwards John Wilson, Ken Woychesko Matt Remedios.
Mr. Donut 5
Goals: Shaw 2, Venditti, Scott, Baker.
Assists: Scott 2, Howse, Poulstrup, Fullom, Copland, Shaw.
Kinsmen 4
Goals: Gratto, Dickey 2, Lacroix.
Assists: Gratto 2, Engleby, Pasma 2, Lacroix.

JUVENILE
Georgetown Rental 4
Goals: Dave Huffman, John Barclay, Dean Paul, Dave Collier.
Assists: Tim Abray 2, Dean Morgan, Dan Gallagher, Ron Vanitem.

Junior Raiders 1
Goal: Bruce Sheppard.
Assist: Dave Reynolds.
Twin Windows 2
Goals: Steve Doucette, Claude Gallant.
Assists: Shawn Dockery, An-
A.E. LePage 2
Goals: Hoss Tassone, Ian Callaway.
Assists: Terry Piercy.
MacPherson's Esso 15
Goals: John Lorito 6, Don Bradley 3, Greg McEachern 2 Derek Pollitt, Keith Ackroyd Kirk Serjeantson, Dino Lipani.
Assists: John Lorito 3, Derek Pollitt 2, Greg McEachern 4, Kirk Serjeantson 2, Brent Barnes 2, Don Bradley 2, Dino Lipani.
ReMax 1
Goal: Gary Cunningham.
Assist: Dave Sliten.
Millere TV 7
Goals: Allan Jonnasen 3, Glynn Pooke 2, Dean Sanvido 2.
Assists: Mark Talbot 2, Glynn Pooke, David Gilkes.
Shaw Trophies 5
Goals: Jim Lowery 4, Ashley Bird.
Assists: Greg Little 2, Greg Kerr, Dean Soucie.

MAJOR ATOM
Firestone 4
Goals: Breedon, Ellard, Johnston, Bodin.
Assists: Hamilton 2, Ellard, Lane, Bodin, Johnston, Breedon
Chicken Villa 3
Goals: Cuthbert 2, McNally.
Assists: Reid, Thompson, Toyne, Gogan.
dreas Hack, Bryan Krafczek.
Jim's Steering 2
Goals: Doug Richardson, Ted Lindsay.
Assists: Nick Fryers 2, Ted Lindsay, Doug Richardson.
TYKE NOVICE
Youngs Pharmacy 1
Goal: Oslan Morgan.
Assist: Andrew Crabb.

Lions Club 3
Goals: Evan Craighead 2, Tom Dembie.
Assists: Tom Dembie, Kieth Tippett, James Burt.
M and M Pro Sports 8
Goals: Craig Blair, Todd Walker, Brad Davies 5, Steven Onoprijenko 2.
Assists: Craig Blair 3, Todd Walker 3, Fraser Thom 3, Spencer Stevenson 2, Brad Davies 4, Steve Onoprijenko 3.
Shutout: Tara Toyne.
Williams Electric 0
Alltrans Comets 5
Goals: Randy Gerts 2, Bradley Socha, Keith Henderson, Brad Friend.
Assists: Scott Yates, Sammy Kent 2, Randy Gerts, Bradley Socha, Jamie Blair.
Tim Bits 3
Goals: Mikey Sikora 2, Jasson Quinn.
Assists: Robert Topping, Terry Harden, Ryan Martin Shannon Morris 2.
Armstrong Insurance 8
Goals: Sam Southworth, Peter Mashinter 7.
Assists: Ricky Clarke 2, Sam Southworth 2, Ryan Gibson, Ronnie Shoebridge, Martin Chaperlin 3.
Continential Service 4
Goals: Glenn Sanderson 3, Andrew Craig.
Assists: Steven Kolff 2, Brian Porter, Glen Sanderson, Andrew Craig 2, Andy Kerslake 2.
Optimist Club 1
Goal: Chris Corney.
Montego Construction 10
Goals: Ken Armstrong 2, Nathan Milne 4, Gary McNiven 4.
Assists: Ken Armstrong 4, Michael Crawford 4, Graham Mann 2, Nathan Milne 3, Stephen Gibbons 3, Gary McNiven 4.

BOWLING

BANTAMS JOIN MASTERS

Georgetown's bantam bowlers will team up with the Masters in the MBA-YBC Regional Finals. Last Saturday the team pairings have been decided at Georgetown Bowl, with a bantam boy and a bantam girl forming a team with a Master Bowler according to the top 7 qualifying standings. Christine Lane (512) and Alastair Kermack (595) will be bowling with Tournament Master Marg Bratkin; Nicole Ferguson (465) and Michael Larocque (531) with Teaching Master Chris Burke; Shannon Albert (435) and Robt. Harrison (486), with Teaching Master Shirley Chaplin; Lori Rivard (423) and Timmy Symons (483) with Teaching Master Wendy Chaplin; Amy Korzack (430) and Lorne Hayes (453) with Teaching Master Andy Parent; Sara Hillman (419) and Brian McCauley (450) with Teaching Master Ralph Miller; Brenda Snow (417) and Alex Bertrand (449) with Teaching Master Gord Lane. The alternate for the girls is Sherri Grieveson (407) and for the boys Ryan Martin (424). The Regional Finals are scheduled for March 17th at a site still to be named. The Provincial Finals will be on March 30th at Albion Bowl.

PROVINCIAL HI-LOW CHAMPIONSHIPS - Friday and Saturday, Feb. 1 and 2 in Orillia, the local doubles team of Diane St. John and Nelson Seeler of the D.H.G. league just missed winning a holiday vacation in Florida by only placing second in their division. In the provincial standings of the playdowns they placed 10th overall.

GOLDEN AGE NATIONAL CHAMPIONSHIPS - Georgetown's senior citizens will be starting their own campaign for national honors on Friday, Feb. 8 at Georgetown Bowl. The Golden Age Bowling Club will begin their 6 game league qualifying round. The top 3 men will form one team and the top 3 women will also form another team based on the most pins-over-average format.

O.V. SUN BOWL CHAMPIONSHIPS - The Zone Finals are at Sportsmans Bowlerama Guelph on Sunday, Feb. 17 at 10:30 a.m. Georgetown has a large contingent qualified for this round. There are 8 men and 7 ladies - Joe Drake, Don Smith, Aurello Garcia, Craig Siegfried, Tom Prouse, Don Davis, Bob DeCoste, Dan Booth, Peggy Rawlins, Joyce DeCoste, Ruth McNaughton, Diane Leonard, Victoria Ball, Dodie McCartney and Jean Foster.

Y.B.C. NATIONAL CHAMPIONSHIPS - Georgetown's youth bowling representatives will be competing in the zone finals for 2 consecutive weeks in February. On Saturday the 16th the junior boys' team will be bowling at Park Royal at 2:30 p.m. The junior girls' team are also scheduled for 2:30 p.m. but at their home lanes at Georgetown Bowl. On Sunday Feb. 17th the senior boys' team is at Applewood Lanes at 9:30 a.m. The senior girls team will be at Brampton Bowl at 12 noon. There will be 16 centre teams involved in this competition.

BOWLING SCOREBOARD

SENIORS: Julie McCorry 737 (266), Kelly McCorry 697 (278), Cindy Kavanagh 637 (246), Teresa Maslach 625 (235), Jim Carpenter 679 (281).

JUNIORS: Brian Bell 737 (265), Chris Somers 734 (289), Barry McLean 687 (298), Scott Smith 571 (223), Kelly Bailey 599 (202), Judy Alton 599 (244), Teri Korzack 559 (208), Sandra Weeks 556 (238), Tracy Ball 552 (240).

BANTAMS: Alastair Kermack 595 (230), Michael Larocque 531 (230), Glen Onatchuk 512 (178), Robt. Harrison 486 (220), Timmy Symons 483 (208), Lorne Hayes 453 (196), Brian McCauley 450 (186).

PEEWEES: Alain Larocque 382 (149), Ryan Martin 327 (120), Geoffrey Beauparlant 308 (109), Dalmon Ferguson 270 (94).

Golden Agers Bowling

GOLDEN AGE BOWLING RESULTS FRIDAY FEB. 1
HIGH SINGLE FLAT: Friede Zander 206, Maisie Wilson 201, Del Wallace 235, George Burt 214.
HIGH SINGLE WITH HANDICAP: Maisie Wilson 251, Friede Zander 246, Del Wallace 271, George Hunter 268.
HIGH TRIPLE FLAT: Friede Zander 552, Anne Nicholson 507, Del Wallace 582, Bob Harris 512.
HIGH TRIPLE WITH HANDICAP: Friede Zander 672, Zoe Jackson 665, Del Wallace 687, George Hunter 662.

TEAM STANDINGS

Pin Ups	96
Cardinals	87
Optimists	81
Orioles	75
Raiders	73
Winners	72
Has Beens	71
Blue Jays	66
The Girls	65
Pinseekers	63
Happy Gang	49
Half and Half	44

Georgetown Track Club

Running hints

In these so called "dog days" of running (when cold, wind and snow make one wonder if it's worth it), it can be hard to imagine running in a marathon. Even New Zealand's John Walker, who was in Toronto for the Toronto Star Maple Leaf Indoor Games, said he sympathized with Canadian runners who have to train outside.

Walker, one of the world's premier milers for more than a decade, has been training in 80 degree plus weather all year. Sounds nice.

But wouldn't you want to run a marathon anyway, let alone train in this awful weather? The history of the marathon is almost as old as history itself. Pheidippides was the court runner for the city of Athens in 490 BC, and it was in grave danger. Persian armies were growing stronger and had already captured many of the Greek Islands. The Athenian generals sent Pheidippides to Sparta in search of aid for their fight with Persia.

After running for most of two days and nights, Pheidippides arrived in Sparta - 150 miles away. Even though Sparta refused assistance, he was able to find transportation for his tired legs and returned to Athens. Eventually he made his way to the coastal city of Marathon where the Athenian army had dug in. After watching the great battle from a hillside (where the outnumbered Athenians defeated the Persians and only suffered 192 casualties), Pheidippides was asked to run to Athens - a distance of 25 miles - to inform the city of the victory. He had not recovered from the run to Sparta, yet he completed the mission.

In a state of near starvation and dehydration he delivered the message to the court, collapsed and died. He became a hero for eternity.

The distance of 25 miles became the basis for the first Olympic marathon. The distance was increased to 26 miles, 385 yards at the London Games so the King could see the race from Windsor Castle. This is the base distance for all marathons and to be a certified course it must be exactly this distance.

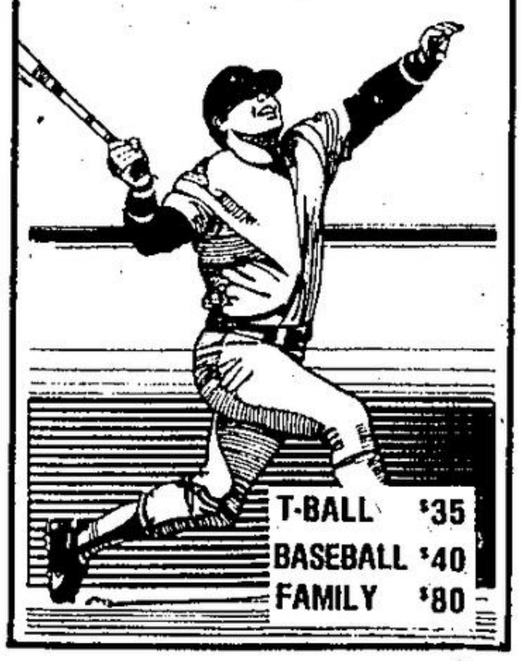
The terrain does not matter.

If you have been putting the base mileage of 25-30 miles in, you can follow the chart at the end to guide you over the next 13 weeks and end up running the National Capital Marathon in Ottawa May 12.

The schedule is quite simple. Each day shows a time in minutes you should run. These add up to increasing weekly totals. There is a plateau phase and then a tapering phase. I'll get into the theory a little more next week, but for now just try to cover the first week running and we will see you in Ottawa.

WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13
MON	30	30	30	30	30	30	35	40	40	40	40	40	35
TUES	45	50	60	75	90	90	90	90	90	90	90	90	40
WED	30	30	30	30	30	30	35	40	40	40	40	40	35
THURS	45	50	60	75	90	90	90	90	90	90	90	90	40
FRID	30	40	40	40	40	45	45	45	45	45	45	45	35
SAT	OFF	OFF	40	40	40	45	45	45	45	OFF	OFF	45	OFF
SUN	70	80	90	100	110	120	120	120	120	150	120	100	RACE

GEORGETOWN BASEBALL ASSOCIATION
BASEBALL REGISTRATION
AT
HOLY CROSS SCHOOL
Sat. Feb. 16/85
9 a.m. - 4 p.m.



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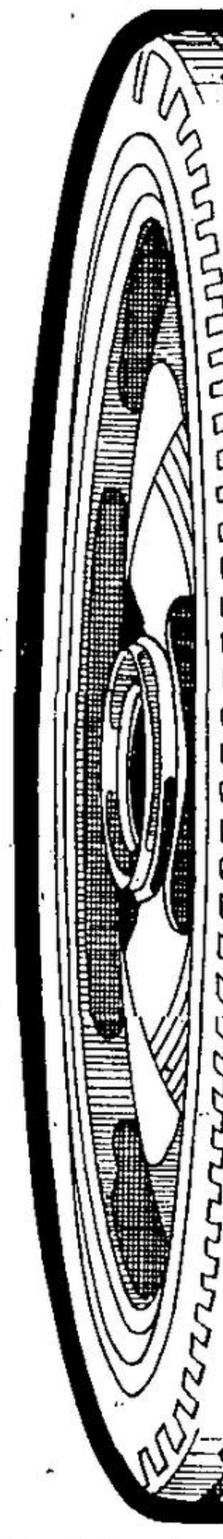

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