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SECTION B, THE HERALD, Wednesday, August 3, 1988 - Page 1

## Dave Paul looks to future after Sudbury debacle

Dave Paul is both brutally honest and totally optimistic when discussing his performance at the World Junior Track and Field Championships last weekend in Sudbury.

"It was one of the worst races I ever ran," said Paul after finishing 11th in his qualifying heat for the men's 3000-metre steeplechase final last Friday. His unofficial nine-minute, 40-second clocking left him out in the cold without a spot in the world final.

The temperature during the qualifying heats was anything but cold, however, and Paul admits the 90-degree heat hurt his performance. "I'm not a good runner in the heat," he said. "It was really hot on Friday and I felt rundown."

But despite his disappointing run, Paul is quick to accentuate the positive aspects of his Sudbury experience. "It was my first taste of international competition and now I know what I'm up against," said an optimistic Paul during an interview with The Herald upon his return from Northern Ontario on Monday. "I learned a lot and met some really interesting people."

The experience also left Paul convinced that the steeplechase is where he should centre his future competitive track energies. "I like doing it," said Paul, who hinted earlier in the summer that he might concentrate on the 1500-metre once his track scholarship at Indiana's Purdue University begins next fall. "I made the world junior standard without any difficulty whereas it may have been difficult to do so in-

the 1500. I think it's an indication of where my talents lie."

The steeplechase may indeed prove to be the natural event for Paul who took up the discipline only last spring. He won every meet he entered including the all-Ontario high school championship final and just weeks prior to the World Junior Games the 18-year old GDHS graduate was crowned the number one junior steeplechaser in Canada. It's that kind of immediate success that had a cheerful Paul bouncing back with confidence following his Sudbury debacle.



Dave Paul

He qualified for Sudbury with a 9:07 at an all-comers meet at York University and followed that up by winning the national junior title with a 9:11 to the wind at Sudbury early in July. Favored to be among the top Canadian challengers in Sudbury, Paul found the heat to be his biggest downfall.

"I felt ready and I didn't think I was that nervous before my heat," said Paul. "I didn't really feel any pressure."

Paul turned in a gutsy finish to complete the 3000-metre distance

despite his difficulties. "I didn't wimp out, I didn't quit," he says. "I felt I gave it my best."

Paul doesn't blame his training schedule prior to the world meet for hindering his effort. "I wasn't training any harder than usual," he stated. "I was in good shape but I had trouble holding onto it."

The men's steeplechase final on Sunday was eventually won by Kenyan runner William Chemitei who topped the field with a blistering time of 8:41.61. The lone Canadian in the final, Rorri Currie of New Brunswick, finished a respectable 10th.

The junior track extravaganza wrapped up on Sunday and Paul admits he was impressed with the world class event. "It was impressive, really overwhelming," he said. "We were walking around with athletes from every country in the world. The security was really tight. Only athletes were allowed in the athlete's village and there were OPP special forces everywhere."

With his first international track exposure under his competitive belt, Paul now plans to devote his training to the upcoming fall cross-country season at Purdue. He's also got an eye sharply focused on an Olympic vision that he'd like to see become a reality in 1992.

"Hopefully in four years I'll have a shot at the Olympics," he said. "I was really proud to represent my country and I'd like the chance to redeem myself."



Brick wall

A Georgetown Falcon presents some formidable opposition to a Chinguacousy United goalkeeper during exhibition soccer action at the Alcott Field last Friday night. Falcons cruised to 5-2 win as they tuned up for the resumption of league play this week. Georgetown visits Brampton tonight (Wednesday, Aug. 3) and takes to the Alcott pitch Friday at 7 p.m. More action on Page 3. (Herald photo)

### World Masters Powerlifting

## Mel Barton places eighth

Georgetown resident Mel Barton marked a return to his native England by placing eighth in his category at the World Masters Powerlifting Championships on July 28.

The local lifter took eighth spot in a field of nine in the 40-49 year-old age division of the 67.5-kilo weight category at the global barbell meet in Yorkshire, England. Barton hoisted a three-lift total of 472.5 kg, or 1039.5 lbs. to round out his performance in a weight division he almost didn't qualify for.

Apparently Barton weighed in two pounds overweight just one day prior to the beginning of the competition and was forced to spend two gruelling hours in a sauna to sweat himself down to the 67.5 kilo limit.

Barton spent the week prior to the competition visiting friends and

relatives in his hometown of Skipton, located about 200 miles north of the world championship site in Milton Keynes. "I guess that's what spending the week in England before the



Mel Barton

meet can do," quipped Barton's wife Elaine in an interview with The Herald on Monday.

Competition was keen in all divi-

sions of the Masters meet which Mrs. Barton said her husband described as, "a truly world class competition." In a telephone conversation with his wife after the event, Barton reported his division title was won by a Finnish lifter with an impressive squat poundage of 240 kg. (528 lbs.).

Barton himself was slightly down in his overall total from the cumulative score he posted to win the Canadian Masters title in April at Kitchener-Waterloo. His total at the nationals stood at 487 kg. (1071.4 lbs.) or about 30 kg. more than his three-lift score at the worlds.

But Mrs. Barton said her husband was pleased with his performance. "He wasn't too disappointed," she said. "He enjoyed the competition and he attempted some heavy lifts."

After hoisting 107.5 kg. (236.51 lbs.) in the bench press Barton attempted to lift 117 kg. after mistakenly eschewing the usual five-kilo increase in favor of a 10-kilo jump. "He thought he may have jumped up a bit too much too soon," reported Mrs. Barton.

While both his bench press and squat—177.5 kg. kg. or 390.5 lbs.—were down from his Canadian championship lifts, Barton did improve markedly in the deadlift where he pulled 187.5 kg. (417.5 lbs.), an increase of a full half-kilo over his national weight.

The only other Canadian lifter in Barton's division placed ninth. Barton returns to Georgetown from the United Kingdom later this week.

## Raiders golf tourney

Golf balls will be flying in anticipation of pucks at the Georgetown Golf and Country Club on Aug. 22 at the annual Georgetown Gemini golf tournament.

The annual fundraiser for the Raiders, who beginning with the upcoming 1988-89 season will be known as the Raiders, will tee-off on Monday morning, Aug. 22 with a dinner banquet planned for the same evening.

Tickets come at a cost of \$50 and are currently available from Raiders' president Dave Kentner and GMHA executive member Wayne Pries. Anyone lucky enough to sink a hole-in-one will win a trip with Air Canada.

Raider supporters participating in the annual golf classic will be counting the days toward the Central Jr. "B" League's opening faceoff for the '88-89 campaign. With ice-making scheduled to begin next weekend at Alcott Arena the Jr. B squad is poised to open rookie camp on Aug. 22.

Regular training camp is penned in for an Aug. 27 start with league action ticketed for a September start.

## GMHA Bingo gets reprieve

The Georgetown Minor Hockey Association Monster Bingo is back in business.

Local bingo fans will get a crack at a total of \$10,000 in prize money and will be helping the GMHA pay its 1988-89 bills tomorrow night (Aug. 4) at the Alcott Arena.

Bingo action kicks off at 7 p.m. with a pair of Jackpot games highlighting the evening. Midway through the night a \$1200 prize will be up for grabs with the final game of the evening worth a tidy \$3000 to the winner.

The Aug. 4 Monster Bingo marks the first such event for the GMHA

since Aug. 6 of last year. An earlier scheduled date of May 19 was

scrapped after the Ministry of Consumer and Commercial Relations declared the Georgetown date was submitted too late and was in violation of a ministry directive that prohibits more than two Monster Bingos per month in a 50-mile radius of each other.

The GMHA appealed to the ministry to investigate the situation after it learned two Monster events had already been approved in the area, one in Etobicoke and one in Hamilton. North Halton MPP Walt Elliot was also called

upon by the association for his aid in straightening out the matter.

A second submission for a Monster event was subsequently approved for the GMHA and it's now all systems go for tomorrow night. GMHA executive member Wayne Pries was elated with the Aug. 4 approval as the big Bingo remains the association's major fundraiser for the year.

"We certainly hope to match or beat the proceeds from last year's event," said Pries on Monday. "We made about \$10,000 in 1987."

Doors open at the Alcott Arena tomorrow night at 6 p.m. with the first game slated for a 7 p.m. call.

## Norths nipped by league leaders

The old adage, "close but no cigar," applied to the North Halton Rugby Club last week as they dropped a tough two-point decision to the Burlington Centaurs II in Niagara Rugby Union "B" division play at Neilson's Field.

Burlington maintained its undefeated record atop the NRU's B standings by recording a 16-14 win over North Halton on July 26. Brian Collier, Tim Quinn and James Paul scored tries for North Halton with Mike Howie executing a two-point convert kick.

"We could have won the game, we had a couple of missed chances," said coach Sandy Mackenzie. "We were much improved in the set scrums but they beat us with experience in the centres."

North Halton came out strong off the opening kickoff to score first with James Paul touching the ball down in the Centaurs' try zone. Burlington came back to establish an 8-4 lead at the half.

Despite outscoring the visitors by a 10-8 margin in the second half

North Halton was unable to penetrate for a run at the lead. Prop forward Brian Collier recorded his first try for North Halton in the final 40 minutes with Tim Quinn also notching a try. Mike Howie connected on one convert attempt but a pair of missed convert kicks by James Paul came back to haunt the locals in the end.

But Mackenzie said the responsibility for winning rugby lies squarely on 15 shoulders. "We should be playing better," he said. "The guys aren't as fit as they should be. Our training needs to be more serious."

In that vein, Mackenzie said North Halton's Tuesday and Thursday training sessions have been pushed back to 7:30 p.m. at GDHS. He also hopes the move will help to accommodate players who have to work late. "We've got to get prepared for the Tonbridge game," said Mackenzie.

Tonbridge RFC, a touring side from Great Britain, will invade Georgetown on Aug. 24 for a twilight

contest with North Halton at Neilson's Field. Upcoming tune-ups for the international contest have North Halton II visiting Niagara Wasps on Aug. 13 and North Halton I travelling to Burlington for a rematch with the Centaurs on Aug. 20.

**NORTH NOTES:** Veteran scrumhalf Rob Paul returned to action for North Halton last week after suffering a damaged rib in a win over Brampton Beavers two weeks ago.

## United meet Sudbury

Georgetown United Soccer Club will put its Ontario Cup winning streak on the line on Sunday as the locals host Sudbury United at Alcott Field for a 6 p.m. kickoff.

Georgetown qualified for the quarter-final berth by downing Hamilton Star 2-1.

## Argos prove good value for the buck

**Paul's call**  
 By PAUL SVORODA  
 Herald Sports Editor

Last week I did my bit for the CFL. I went to an Argo game and spent 70 bucks.

Well, let me set the record straight. I went to the game -- Argos versus B.C. Lions -- with my girlfriend Michelle and our esteemed editor Mike Turner. While I can't vouch for Mike's expenditure (I owe him money so I'm not asking) Michelle and I ended up spending \$70 between us. For you math whizzes, that's \$35 apiece.

Now don't get me wrong. I'm not begrudging the payout. We thoroughly enjoyed ourselves and the game was both entertaining and exciting. Argos won 26-21 with B.C. threatening right up until the last second.

The regular fan no doubt spends considerably less at an Argo game. But for occasional visitors to CNE Stadium, like myself, the allure of ballpark treats is just too tempting.

The last time I viewed a football game in person at the Ex was in 1976. I spent a shivering cold afternoon in end zone seats with my little brother while Ron Lancaster sang his swan song and an upstart kid from Notre Dame named Tom Clements showed flashes of brilliance.

So as you can readily understand, 11 years between stadium hot dogs was just too much for me to bear.

After dropping four bills for parking -- we arrived late and thus could not afford the time to park along the take for free -- we picked up pretty decent grandstand seats for \$14 each.

Wasting little time, Michelle and I soon emptied the collective coffers on the requisite beer (\$21.60 total, and that's only four beers each), hot dogs (a must, even at \$2.70 a shot) and pizza (\$11 for a big four-slicer).

Just some tips in case you haven't been to an Argo game in a while. The beer sales close promptly at the end of the third quarter, or with three minutes remaining in the third quarter, whatever comes first.

The beer is very light so unless you want to double your payout, sip it slowly -- even if you have to force yourself.

The hot dogs still feature those big juicy Shopsy's Wieners, but buy them early on in the game -- by the fourth quarter the buns are a bit stale.

The pizza's not a bad deal, even at 11 bucks. It's fresh and hot and will keep you relatively full for at least two sets of downs.

All in all, not a bad night out for \$35 apiece. When you consider movies and a couple of beers at your local watering hole probably runs you the same then the Argos aren't a bad alternative.

However, there were only about 21,997 other people at last Thursday's game despite the fact the Argos and Lions are playing the best football in the CFL right now. More fans turned out last weekend to watch the Blue-Than-Blue Jays drop two-out-of-three to the Yanks.

Perhaps Bob O'Billovich should get into a nasty shouting match with Gilbert Renfroe.

**INSIDE THIS SECTION**

**SPORTS**  
 Filly finds form ... B2  
 Soccer report .... B2  
 Birds take wing .. B2

**SPORTS**  
 Teen Camp fun ... B3  
 T-Ball playoffs ... B3  
 Legion girls win .. B3

**Ontario Cup Soccer**  
 Sunday at 6:00 p.m.  
 Alcott Field