

Runner conquers Boston... again

By PAUL SVOBODA
Herald Sports Editor

At the ripe old age of 30, Georgetown's Judy Makhyoun could be considered something of a whiz kid.

After taking up competitive distance running only two short years ago, she's already accomplished feats that some joggers take lifetimes to complete.

On Apr. 17, Makhyoun ran her fourth marathon and second Boston Marathon, the acknowledged "granddaddy" of the sport, and she's now preparing full steam ahead for a June 3 marathon in Stockholm, Sweden.

"People tell me I'm a natural," said the ebullient runner as she relaxed at her Marilyn Crescent home on Monday. "But I run for fun, I love to run."

Makhyoun ran the 26-mile, 385-yard distance at Boston for the second time last week in a time of three hours, 24-minutes and 40-seconds, sawing a full four minutes off her first run at the New England classic in 1988. The personal best Boston time placed her 195th out of a crowded field of 860 women and 2632nd out of a total of over 8000 runners.

Her best marathon time stands at 3:07, recorded last year at the Wang Toronto International where she placed second in her age category and that bested her first marathon run in 1987, also at Toronto, by over a full 13 minutes.

All of this running success comes closely on the heels of a rather modest high school career in England as a cross-country competitor. Makhyoun got away from the game as she entered the working world but returned to become a recreational jogger about five years ago.

"I missed it," she said of her hiatus from running. "I started back to get in shape and I felt great. I tried a few 10-kilometre races and did well. Then I began looking for bigger challenges."

Makhyoun found her challenge in the marathon, the ultimate test for endurance runners everywhere, and Boston is considered the ultimate of the ultimate.

After running well at the 19-mile Hamilton Around the Bay run on Apr. 2, Makhyoun headed to Boston for her second crack at the legendary course.

Despite warmer temperatures than last year, Makhyoun improv-



Judy Makhyoun, Georgetown's "Queen of the Marathon," cut four minutes off her previous best time in the famed Boston Marathon on Apr. 17 as she ran the New England classic for the second time in three hours, 24-minutes and 20 seconds. (Herald photo)

ed her time and not even infamous Heartbreak Hill could stifle her. "I train on much harder hills here, but Heartbreak Hill comes at the 19-mile mark when the body is starting to feel it," explained Makhyoun. "You really have to push it at that point. The heat this year was a factor and some people walked up the hill, but I told myself there was no way I was walking so I just pulled up and did it."

Makhyoun, who works in Mississauga for Delphax Systems, said the support of co-workers from the company's sister bureau in Boston also helped her along and the traditionally packed Boston crowds on the course also provided a psychological lift.

"It's a great feeling," Makhyoun said of finishing Boston. "I came in strong, it was all downhill to the finish and I really don't remember the crowd then but just the banner saying, FINISH. My legs just went and it felt great."

Contrary to co-workers' pre-race jibes that they'd need a stretcher to collect her after the run, Makhyoun said she was, "ready to go," after a shower and some liquids. "I felt great," she beamed.

Makhyoun runs about 50 miles a week in training for a marathon, starting her day at 5:30 a.m. with a five-mile jaunt. Off to work by 7:30 a.m., she finds her early morning

runs give her more energy than a cup of coffee. "I can walk into work at 7:15 and I'm chirpy," she says. "I don't need my morning coffee. Running gives me an energy boost. In fact, I'm more tired if I don't run."

A lightweight at 5-foot-1 and 98 pounds, Makhyoun says her running allows her to, "eat anything and everything all year round."

"I have no problems with stamina," she said. "People are always amazed at what I can eat." That kind of fast metabolism combined with a resting heart rate of around 50 beats per minute, finds Makhyoun, "hardly breathing heavy during a run."

Makhyoun says she's learned not to over-train after having had an arthroscopy on her left knee two years ago, just before ignoring doctor's orders and running her first marathon in Toronto. "They say you've got to listen to your knees," she quips.

So call her a whiz kid, or call her a natural. But Makhyoun will tell you the mind is the determining factor in running marathons.

"It's a challenge," she said. "You have to enjoy running and you have to want to do it."



Villa-fied

An Acton Villa defender managed to block this attempt at penetration by a Duchess of Oakville shooter in Milton Indoor Soccer League semi-final play at Milton last Sunday, but Villa couldn't find the range as they ended their indoor season with a 3-0 playoff loss. (Herald photo)

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Golden Agers take silver

Senior bowlers from Georgetown Bowl made their mark at the provincial Golden Age Championships last week at Cornwall.

The women's team of Gertrude Shorthill, Mabel Brownlow and Joyce Tilson finished just pins shy of winning the gold medal and qualifying for the Nationals as they rolled to a strong second place finish at the Ontarios.

Georgetown's men's team finished a respectable fourth in its division led by Len Walker, Trevor Williams and Ernie Pearce.

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