

Recreation and Sports

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Bonnell leads Acton Redmen track squad

By Mike Zrostek

The Acton High School Redmen were represented by seven athletes at last Thursday's Midget Track and Field Meet at Burlington Central High School - and they made the most of the appearance.

The meet, that attracted 11 Halton schools, saw Acton's Amanda Bonnell win the ladies overall championship thanks in part to two first-place finishes and one second-place finish in individual competition.

Bonnell finished first in the 200 and 400-metres with times of 28.3 and 63.5 seconds respectively. The second-place finish came in the high jump, with Bonnell recording a 1.40 metre jump

Another strong performance was turned in by Jennifer Goy who was first overall in the 80-metre hurdles

recording a 14.8 time. As well, Goy finished third in the high jump with a 4.03-metre jump.

Bonnell and Goy were also in the ladies 4x100-metre relay along with Jennifer McKay and Shondra Stroud, which finished second with a 58.2 time.

Heather Trotter finished first in the shot put recording a 9.42 metre toss, while Michael Andrews placed 6th in the 1500-metre and seventh in the 400-metre.

In other results, Jennifer Goy finished first in her heat in the 100-metres; Jennifer McKay finished second in her heat in the 100-metres; Shondra Stroud placed third in her 100-metre heat, and Chris Wallis had a time of 5:45 in the 1500-metres.

The Redmen weren't done yet

with track and field action.

Saturday a squad competed at T.A. Blakelock High School in Oakville and had another strong showing. Heather Trotter and Jennifer Goy each picked up a couple of first place finishes.

Goy captured the midget girls 80-metre hurdles and the midget girls triple jump and finished sixth in the girls 100-metre dash. Heather Trotter took the midget girls shot put for the second straight meet and also won the girls discus.

Shelby Daponte had a productive day finishing fourth in the senior girls long jump and javelin and placed fifth in the 100-metre dash. Michael Andrews finished fourth in the boys 1500-metres and fifth in the 800-metres while Chris Wallis placed 12th in the 1500-metres and ninth in the 800-metres.



Jenny Goy of the Acton High School Redmen midget track and field team, flies through the air with the greatest of ease last Thursday meet held at Burlington Central High School. Jenny was third in the long jump but won the 80-metre hurdles. photo by Bruce Andrews

Top Industrial teams still cruising

By Alex Tough

The Industrial League playoffs head to the last week with no change at the top of the first and second divisions, Hustlers and Dream Team leading all challengers respectively. Nine out of 14 points will see Hustlers through, and six of 10 points will see Dream Team through to the winners' circles.

Gasketman, Steeprock and Westenders still follow Hustlers and their challenge fell away somewhat last week. Gasketman dropped a 2-5 decision to Acadian Pools and Steeprock headed Westenders 4-3. Inter-County defaulted to High Rollers. In spite of Gasketman's loss, they still are in second place. Gasketman meet Hustlers in the second match of the final double-headers this evening.

Dream Team were surprised by Independents' 3-2 win, a result which maintains Independents' second place equal with Taxmen. The second division's second surprise is the placing of these two latter-

named sides. Ensigns lie fourth, thereby making no change in the standings so far. All lay in wait for the final night.

In both divisions, only one or two points separate the second, third and fourth place teams, with an outside chance of someone upsetting the two leaders, should the form book hold.

First division high start of the week belongs to Rod Beaumont with 105 (he is still not sure how he did it!). This would have been good, if true. The real high start was struck by Acadian Pools' Dave X with 106, just one point more. Beau Beaumont scored 125 and Dave Scutt hit four tons with Bruce Hope hitting a couple. Mark See's 72 was the high finish of the division.

In the second division, Jim Franks opened with 116 and Stan Rhynold replied with 100. Franks also scored high with 140. Roy Rudiger popped for 133 (57, 57 and 19). 65 was the high finish of the division.

The Dennis Priestley qualifying shoot-out has been put back a week, to the 12th of May. Eight players are sought for a challenge to play for the World #1, and current Masters Champion. The fee of \$10 includes the entry fee for the visit on Saturday, May 29 from 1 p.m. at the George & Dragon.

Tickets are available at the George for the same price and the show should be worth watching.

Darts enthusiasts should not miss this event. The opportunity to view the best does not come too often, particularly so close to hometown.

Hope to see you around, and a final footnote.

Ian McDonald through the Legion, is organizing a Monday night Summer League of darts and entries are being sought. There is a list in the Legion for you to append your name. The teams are to be drafted by appointed captains with more details later as they become available.

Glen minor ball set to go Monday

Spring is here and baseball has arrived at the Glen Williams ball park. This coming Monday is opening day. With over 200 children registered and a high-quality coaching staff, it appears it will be a very exciting baseball season.

Twelve teams will be participating in the Halton Rural League including three Tyke, two Atom boys, Atom girls, squirt boys, squirt girls, pee wee boys, pee wee girls, bantam boys and bantam girls.

Also, on Thursday nights four T-

ball teams will be in action.

The park will be busy every night from Monday to Thursday with two or three games a night. Come see them all or one or two.

Fans are a very important part of the ball game. See you at the ball park!!

Activity Line

Speeding up your metabolism

By Laurie Burns

Increase Your Food Intake, Slowly

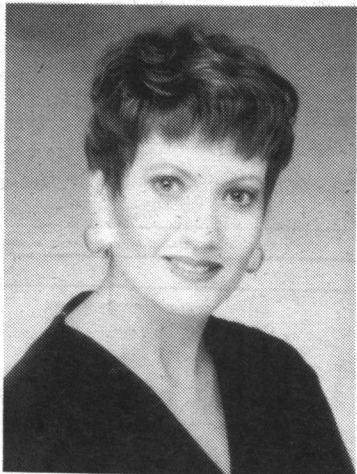
If you have been on a severely restricted diet (less than 800 calories) you may need to add more food to your diet to get your metabolic rate back in working order. The trick is to do it slowly and gradually so you don't "shock" your system into gaining weight. Try to increase your daily calorie intake by about 50-100 calories. Stick with this level for a week, and then add another 100 calories a day during the next week. Repeat this process each week until you're where you need to be.

Eat Frequent Small Meals

Eating 4-6 times a day helps activate your metabolic rate. Eating only once or twice a day encourages fat storage.

Exercise Aerobically 30 Minutes After a Small Meal

Use up some of those calories you have just consumed. Aerobic exercise will keep your metabolic rate elevated even after you stop exercising.



Be Active All Day Long

Learn to fidget. All movement, including small movement, requires calories. (Sorry, for those of you who like to watch TV, flipping the channel changer just doesn't do it).

Exercise Aerobically 4-6 Times Per Week

Exercise burns calories and stimulates your metabolic rate. Exercise helps build muscle tissue and encourages fat metabolism.

HEY SPORTS GROUPS!

Halton Hills This Week wants to publish your team's results.

Drop them off at our office: 232 Guelph St., Unit #9, Georgetown or fax them to (416) 873-3918

IT MUST BE SPRING NEWCOMERS WELCOME

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