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Hadfield heading to Japan with national team

BY DOUG HARRISON

The Acton Tanner

Tim Hadfield had a lot of bad luck during his recent two-month stay in Pine Valley, California, but he made the best of the little he had.

The 22-year-old cyclist won the sprinter's jersey in the Redlands Classic race and then took a criterium event at the University of San Diego that spanned just over a kilometre.

"It was a good week that week," understated the Acton resident on Monday. He competed in 15 races, about 10 more than what he would have had he stayed in Canada for his winter training.

"Racing is a really important part of training. The best way to get fit is to race," Hadfield offered. "Some of the people (in Pine Valley) were just training and weren't getting fit as fast."

There wasn't much chance of

Hadfield not getting into shape, though. Every day he would ride the endless hills in Pine Valley, some 30 miles east of San Diego. Sitting at an elevation of 4,000 feet, Hadfield's legs got the ultimate test doing 2,000 feet of climbing.

Better yet, the personable Hadfield was notified during his stay that he was chosen to be part of the Canadian national team that will be travelling to Japan for two weeks in mid-May.

The shocking announcement came after Hadfield was notified by the national team selection committee in early February that he wouldn't be considered for a spot on the team if he elected to train in California rather than France.

"It's funny," chuckled Hadfield,

"but as soon as they found out I was doing well in California they were interested. There's a large amount of politics involved and once you get results, people become interested no matter what.



TIM HADFIELD

"It's going to be an experience of a lifetime. I can't believe I'm going. I've always wanted to go."

Meanwhile, in the Redlands Classic, several markers were scattered throughout the course that indicated a mini sprint race would commence once they were approached by the cyclist. Points that started at five would be given to the first place finisher, four to the second place racer, etc.

The jersey was then given to the cyclist with the most points at the

end of the race.

"I was really happy with my performance. It's kind of prestigious to win the jersey, but I was a little upset, because it seemed like the organizers ignored its importance," said Hadfield, who was named the 1993 Male Athlete of the Year by the Ontario Cycling Association.

"They kind of waited until everyone was gone and it was like 'here's your jersey.' I guess if I was one of the big name cyclists it would've been a big deal."

In the criterium at the University of San Diego, Hadfield led the Canadian contingent of four from the starting line. With the course containing 14 loops, single file was the rule, so Hadfield made the fast break his strategy for the opening two laps in the fast-paced event.

"I could have lapped the field," Hadfield said, "but I sat back about

five or six seconds, so I wouldn't get caught in the riff-raff. Then with two laps to go, myself and the other Canadians broke for the finish and I won by eight seconds."

In the past, Hadfield has struggled in the spring and last year was hampered by Achilles tendonitis in February and March. But his latest accomplishments have gone far in erasing the spring jinx.

"Hopefully this (California showing) was my slow start," he said of his California outings. "If it is, I will be really happy."

Hadfield's success has continued upon his return home. He was so elated with his second place finish in a 48km criterium at McMaster University in Hamilton on Sunday that he rode for 90 minutes afterwards.

Upon his return from Japan, Hadfield will shuffle off to Pennsylvania and race for a month.



WATER WIZARDS: The McKenzie-Smith Mustang Boys' swimmers fared well at the Halton swim finals last Wednesday at Lord Elgin High in Burlington. Unfortunately, a computer crash following the meet resulted in the loss of all local results. Mustang coach Sheila Eccles did say there were a number of first-place finishes by the local club. (Doug Harrison photo)

Edwards getting back to top form

As much as Brent Edwards thought he was in shape during his recent two-week training session in Florida, he discovered the opposite.

Although some of his exhaustion could be attributed to the sizzling southern heat, the fact is — and the Acton resident openly admits — he wasn't in top form.

The Canadian Junior long jump champion was involved in four hours of physical training each day and got a tough workout running the beaches in Clearwater.

"My greatest learning experience while in training was that nothing was in shape — all my

muscles and my heart," says the 19-year-old. "I didn't get in any competition while I was there, but I did a lot of jumping for strength and felt good when I left."

In his daily training, Edwards also did some running to improve his speed and endurance and lifted weights.

The provincial high jump champ is currently training every night for three-and-a-half hours at either the University of Toronto or York University.

"Before I left for Florida I was doing two or three laps of the 200-metre track at U of T, but now I'm doing eight, which is about a mile,"

stated the 6-foot, 172-pound Edwards.

He hopes to travel to the University of Michigan for a meet in early May.

"I'm looking at going over 7.20m in my first two outdoor competitions," says Edwards, referring to last season's personal best jump. "If I do, it will be a good indication of how I'm going to do this year."

Ideally, Edwards would like to jump over 7.45m twice in the next month in order to qualify for the World Junior Outdoor track championships set for Lisbon, Portugal in June.

Redmen shut out Royals in soccer home opener

BY DOUG HARRISON

The Acton Tanner

Prior to the start of the 1994 high school soccer season, Colin Bain wasn't concerned about defence, but he did have reservations about early offensive punch.

After two games, the Acton Redmen soccer coach needn't worry on either front as his Junior boys downed the Bishop Reding Royals 2-0 on Monday in their home opener in front of a smattering of fans.

With the win, the locals' record sits at 1-1 following a tough 4-1 loss at E.C. Drury on Friday.

At home, the Redmen defence corps of Todd Chumley, Scott McIntyre, Bob McDougall and Mike Morrow was shaky for the opening 10 minutes, but shut the door thereafter by keeping a relentless Royal offence to the perimeter and preventing any difficult shots on goaler Phil McIntyre.

Rarely did the Redmen have to make more than four passes to get the ball across centre to a waiting teammate.

"They (the Royals) were all over us the first 10 minutes," admitted Bain after the game, "but I knew if we got past that all right we would clearly win the game."

The offence, meanwhile, was slow to start in the first half, but turned it up a notch when the back four began to click. The score could have read 5 or 6-0 by game's end, save for the acrobatic netminding by Royal keeper Sean Elliott.

"The boys did exactly what I wanted them to do today — the defence cleared the ball quickly and gave it to the offence," said a pleased Bain.

Chumley, though, decided to take the ball inside the Royal zone himself to set up the first goal.

The third-year Junior booted a perfect pass from just inside the centre line to an open Chris Young on the left side. Young then beat a Royal defender to feed Derrick McIntyre, who stood alone about 20-yards from the Royal net.

McIntyre then let go what appeared to be a harmless shot along the ground directly at Elliott. However, the Royal goaler hadn't been pressed into action in the early going and mishandled the shot, and then watched it trickle through his legs at the 32-minute mark for a 1-0 Redmen lead.

"If you get up a goal you can just hoof the ball out of your end and that breaks up the other team's momentum," Bain explained.

The Royals threatened to tie the match in the first minute of the second half as a scrum of players gathered in front of McIntyre. None of the Redmen could grab possession of the ball, but luckily for the home side it was lifted about a foot over the crossbar.

Late in the game with the Redmen pelting Elliott with hard drives in close, Young eventually made good on a huge rebound served up by the Royal keeper, thanks to a rifling shot by Joel Lucier after some sloppy defensive coverage by the visitors.

Young blasted the ball high to the left side past an outstretched Elliott to put the game away.

NOTES: Lucier scored the lone goal on Friday. The Redmen next see action today (Wednesday) at Milton District High. Game time is 3:30 pm.