

# Slo-pitch mixed division crown goes to 18-1 Welding squad

Ashegrove Welding finished as the class of the Georgetown Slo-Pitch League wrapping up the season with only one loss in 18 games to top the mixed division.

D.P. Liquidators were the closest challengers, 11 points back at 10-5-3. T&R Paving (9-6-3) and the Braves (10-7-1) finished tied for third. Major Assets finished at 9-8-1 followed

by Capital Gainers (8-9-1), McGibbon Crew One (7-10-1), Hit 'N Miss (6-11-1), McGibbon Crew Two (3-14-1) and Dragon Slayers (3-15).

The Acton Sox topped the A Division with a 15-2 mark. The Halton Chiefs were just two points back at 14-4, followed by Brackey's and Kinney, both 12-6. Royal Slide (8-10) was fifth, Charley's (4-13) finished sixth,

Pro Shooters (3-14-1) was seventh and White Sox (2-15-1) eighth.

Color Your World won a close race in the B Division finishing 13-5 to beat out the Georgetown Reds (12-6). Coalyard Patty's and George & Dragon finished tied for third with identical 10-7 marks. Paquette Bar (9-9) and Thrifty (9-8) tied for fifth with 18 points. Time Out (5-13) and

Nashville North (2-15) followed.

The closest race saw Curwood (14-3) edge the Mavericks (13-4-1) by a single point in the C Division. The race for third was just as close as Mr. Sub took third with a record of 11-7. One point back was Minute Tune (10-7-1) and Zimmer (10-8) was just two behind. Attrell Toyota (6-11), Brew Jays (2-14-2) and MG (3-15) took sixth through eighth.

Four teams took a run at first in the Over-35 Division. The Terra Cotta Infielders captured first with a record of 15-3.

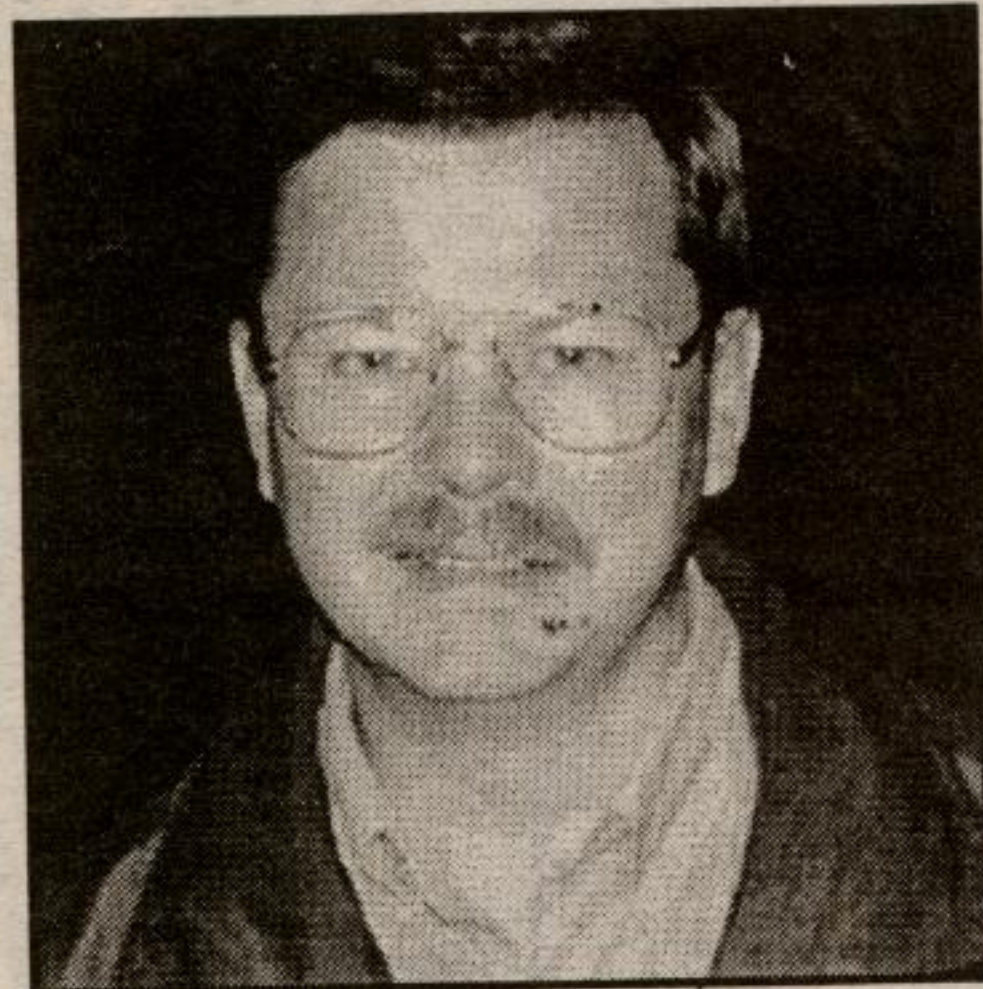
They were followed closely by the Sultans of Swat at 14-4, the Kinsmen (13-5), SOBs (12-6), Touch of Grey (9-9), Old Crows and BFI, (both 8-10), DP Liquidators (5-13), S&R Renovations (3-14) and the Tailgators (3-15).

# Sports & Leisure

Sunday, Sept. 15, 1996

## Georgetown resident named director of OHL scouting

By HERB GARBUTT  
Staff Writer



ROSS AINSWORTH

If there is another Wayne Gretzky on the horizon, chances are Ross Ainsworth will be among the first to know.

After 17 years in the scouting business, Ainsworth has been appointed director of central scouting for the Ontario Hockey League. And while scouting means spending a great deal of time on the road and in arenas, the Georgetown resident is looking forward to his new position.

"You have to really love the game," Ainsworth said. "In some ways it is a long season but really the season goes from mid-September to the beginning of March. You go hard for that period of time."

Ainsworth will co-ordinate a staff of 13 regional scouts, including scouts in Newfoundland and Prince Edward Island. He will also roam the province evaluating players, a task that has become

more difficult in recent years. There are 88 Junior A and B teams in Ontario and Michigan and before the year is over Ainsworth will have seen each of them at least once.

"At one time you would go to midget tournaments," he said. "Now every junior team has a 15 or 16-year-old, some have as many as six or seven."

Ainsworth and his staff will evaluate more than 600 players, of which about half will be drafted. Unlike the NHL, though, a player must be on central scouting's list to be eligible for the draft. That

means making sure no one is missed.

Another difference between the two leagues is that the OHL cannot be as patient because of age restrictions.

"In the NHL you can wait two or three years on a player," he said. "In the OHL they have to come in right away."

Ainsworth has experience with both leagues, having worked part time for NHL central scouting, the Quebec Nordiques and the New York Rangers. He has also worked for the Toronto Marlies, Cornwall Royals and Kingston Frontenacs of the OHL. He is also no stranger to OHL central scouting, where he spent four years as a regional scout in Ottawa.

As for suggestions for the players Ainsworth will be watching, his advice is simple.

"The best thing a player can do is use his God-given abilities and play hard every night. If he makes the NHL, which is the ultimate goal for most of them, that's great. If he doesn't, he can walk away and say, 'I did my best.'"



Photo by Ted Brown

## Acton lacrosse's finest

Acton Minor Lacrosse honored their top players at their annual awards banquet recently at Acton Legion as trophies were handed out in three divisions. In front, Player of the Year recipients included (from left) Braden Artem (Tyke), Matty Wolfer (Pee Wee) and Chad Artem (Novice). Middle row, Most Sportsmanlike players were Ben Williams (Pee Wee), Greg Henry (Tyke), and Brett Manes (Novice). In back, Most Improved Players were Mark Tyler (Pee Wee) and Brady Masters (Novice). Absent was Wade Kuiken-Rodgers (Tyke).

## Sports shorts

### GDHS corn roast

The Georgetown District High School Athletic Association will be hosting a corn roast at the school on Tuesday, Sept. 17.

The corn roast will run from 5-7 p.m. with all proceeds going to the athletic program.

### Records upset

Ball and Chain, co-owned and trained by Joe Stutzman of Campbellville pulled off a big upset to win the Canadian Pacing Derby over favorite Jennas Beach Boy. Ball and Chain, an 11-1 shot, covered the mile in 1:50 2/5 to earn \$133,875.

Elsewhere Beach Ray, owned by John Grant of Hornby, is gearing up for the Little Brown Jug, Sept. 19 in Delaware, Ohio.

## Thanks to hard work and chicken soup

# Local triathlete reaches goal at iron man competition in B.C.

By HERB GARBUTT  
Staff Writer

Courtney Warner reached his ultimate goal thanks to a lot of hard work, dedication and chicken soup.

The Georgetown triathlete recently conquered the Iron Man Canada Triathlon Championship in Penticton, B.C. He finished the grueling race, which consists of a 3.8 km swim, a 180 km bike ride and a 42 km run, in 14 hours and eight minutes. That time placed him 16th out of 30 in the 55-59 age category.

It was Warner's second attempt at the iron man event. His first ended in a bike crash that left him with a broken collarbone, 16 stitches in his elbow and scrapes.

This time around Warner's biggest concern was cramps caused by lack of salt,

in part due to the 32C heat on race day. But Warner replenished his body's salt supply with a stop for four cups of chicken soup during the race.

"It certainly was a life-saver," he said.

But while the chicken soup may have helped, Warner's training played a much larger role in him finishing the race.

To prepare for the iron man event, Warner cut down his competition schedule to focus on the one race. He devoted 600 hours of training each of the last two years to prepare for the event, working up to a maximum of 24 hours per week.

While Warner didn't finish his first attempt, the race gave him an important answer.

"I did my training with a guy from Milton," he said. "He finished the race, so from that I knew the amount of training we were doing was sufficient. With an event

like this, you're never sure if you've done enough."

For now Warner has had enough. Because of the time commitment involved in training, he's going to wait two years before tackling the iron man again. This time he's sure with better training and better eating, he can cut more than an hour off his time.

Warner has been competing in triathlons since 1986 and currently coaches seven other triathletes and duathletes, including his wife, Anita. Although his background is in running, he said swimming has become his strongest event. He also clearly knows where he will have to improve.

"I certainly have to get stronger on the bike," he said. "I have to get more hill training. There are some climbs (on the race course) like Yellow Lake that are 11 km long. We have no climbs like that around here."