



Grice great at triathlon for fourth year in a row

Lesley Grice of Georgetown crosses the finish line after placing first in the Sprint Triathlon during the 12th annual Women's Triathlon Milton at Kelso Conservation Area. Grice won the overall crown for the

fourth straight year, topping the 105-women field in 1:12.31. The sprint triathlon included a 750-metre swim, 20km bike race and 5km run.

Photo by Ashley Camara

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Cousens asks critics to 'get involved'

Continued from pg. 20

successful," said George Black, the CFL's director of officiating.

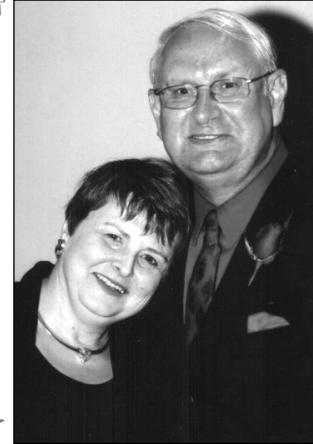
"You could see right away when he started with us that he had the aptitude for it and the feel. Officiating is a combination of art and science. You can teach the science—the rules and the mechanics. But there's also an art and having an understanding. It's all about the co-operation between all seven guys on the field."

After de-briefing the refereeing crew from the Hamilton game in a dressing room that had all the charm of a Bill Parcells' press conference, Black explained that there is an ongoing performance evaluation of the officials and the best will be selected to work the Grey Cup each year.

Like most on-field staff, Cousens would really prefer that the fans at the games or watching at home just know him as number 35 with the white cap (who just celebrated his 25th wedding anniversary with wife Sandra on an Alaskan cruise). But he'd like to see some of those arm-chair quarterbacks—who like Cousens may have played in high school—become involved with the game.

"I belong to the Lakeshore Referees' Association, which covers this area, and they're dying for new officials," he said. "We encourage anyone interested to get involved even if they're not from a football-playing background. Once you get out on the field, whether it's high school or the CFL, it's a really exhilarating experience."

(Eamonn Maher can be reached at emaher@independentfreepress.com)



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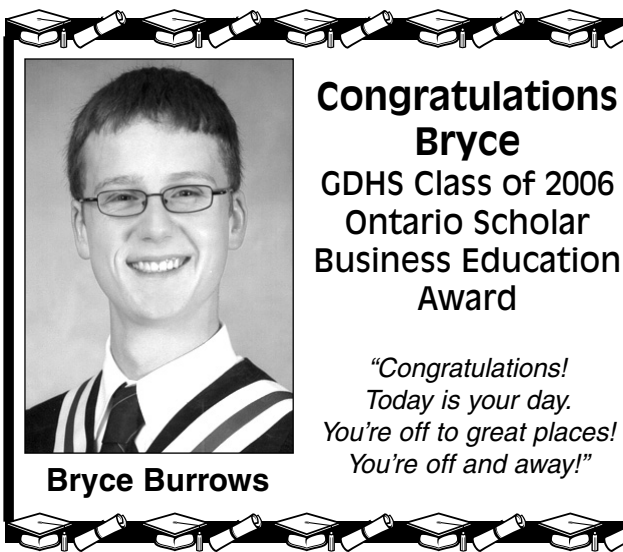
50!

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