

## Tennis championships

The club tournament is slowly winding down as contestants are eliminated in all categories. This year was particularly good as a large field of players participated in the five categories.

**Ladies' Singles**—in one semi-final, Pauline Brand defeated Fran Frampton in two sets 6-0, 6-2, while the other semi saw Anna Sjerps defeat Ann Woolaston 6-4, 6-0.

The final between Brand and Sjerps was a classic lasting 2½ hours with Brand edging out Sjerps 6-2, 3-6, 7-6.

**Men's Singles**—usually this category is the most demanding and shows the ability of the player more so than any other. The semi-finals featured four of the top players of the club as Chuck Alcock faced Mike Rigo and Mike Polvere battled a limping Don Hunt.

When the dust cleared Alcock had outlasted Rigo 6-7, 6-4, 7-5 and Polvere beat Hunt 7-5, 6-1.

In the final, Alcock taking advantage of Younger legs and greater stamina subdued Polvere 6-2, 7-6.

**Men's Doubles**—in one semi, the powerhouse of Alcock and Rigo turned back the pair of Polvere and Larry Gibbs 6-2, 6-1. The second semi featured the winners of the club's intermediate tournament Tony Schaefer and Jon Suzuki against the solid duo of Don Hunt and Bill Morgan. The see-saw battle ended with Morgan and Hunt defeating Schaefer and Suzuki 7-6, 6-4.

In the final the expected happened as Rigo and Alcock easily handled Morgan and Hunt 6-1, 6-2.

**Ladies' Doubles**—in one semi, the pair of Brand and Sjerps had little difficulty putting away the duo of Gallipo and Roberts 6-0, 6-4. The other semi saw the Morgan combo of Mother Maureen and daughter Tracey turn back a determined pair of Fran Frampton and Isobel Hickson 6-4, 6-2.

The final went three sets as Brand and Sjerps lost the first set to the Morgans 2-6 only to come back and win the next two sets 6-2, 6-2.

**Mixed Doubles**—this category has not produced a winner yet. The first semi saw the Morgans take on the Woolastons with the Morgans winning 6-2, 6-3. The other semi was a close match as Alcock and Anna Sjerps had their hands full in subduing Hunt and Brand 6-4, 7-6. The final will be played next week.

I would like to congratulate the winners along with the losers for making this year's tournament a good one. What counts is the participation and the exercise.

Please remember to purchase your dance ticket from any member of the executive. As a reminder, the dinner is at 7.30 p.m. but more importantly, the annual general meeting is going to be held from 6-7 p.m. The date is Saturday Oct. 4 at the Milton Legion on Charles Street.

## Run for Terry

# Springers challenge groups

Sports groups in Milton are being challenged to join Milton Springers Gymnastics Club in a fund-raising "Run for Terry Fox" on Sunday, Oct. 5.

The Springers, about 200 strong, plan to meet at their Main St. headquarters at 2 p.m. and run to Milton Fair Grounds, Robert St. From there they will break up into smaller groups and continue the

run in various sections of the town.

Spokesmen for the Springers said they are challenging all other sports groups to join the effort and see how much they can raise for the

Terry Fox cancer fund. Several groups have expressed an interest so far.

Springers will also contact the schools to get more youths involved.

Sandra Deforest reports the gym club, whose members range in age from five to teenagers, is "very enthusiastic" about the Run for Terry. Pledge sheets are available at the club gym in the old fire hall on Main St. for anyone wanting to sponsor a runner. Mrs. Deforest at 853-2946 and Janet Campbell at 878-6858 can give more information.

## Bowling

### Halton Community Credit Union

Sept. 18

Ladies' High Single, T.O. Vandebroek 218, Ladies' High Triple M. Morton 590, Men's High Single P. Vandeneuvel 276, Men's High Triple J. Vasotto 740.

Other Top Singles: J. Vasotto 273, D. Marchesch 255, G. Tielemans 253, C. Vandebroek 248, L. Marchesch 238.

Other Top Triples: C. Vandebroek 703, T. Vandebroek 610, A. Windmoller 589, E. Posthuma 574, D. Posthuma 573.

B. Villeneuve won 4, for 11, M. Vandebroek won 7, for 11, J. Vasotto won

5, for 10, P. Vandeneuvel won 3 for 8, C. Vandeneuvel won 4 for 6, T. Bousfield won 2 for 5, H. Vandeneuvel won 3 for 3, G. Tielemans won 0 for 2.

**METER GIRLS**  
Sept. 18

Ladies' High Single Kath Coates 240, Ladies' High Triple Ruth Twiss 652.

Other Top Singles: Joan DeForest 230, Kath Coates 229, Ruth Twiss, 227, Ethel Arnold 226, Mary Heidel 224.

Other Top Triples: Ethel Arnold 621, Kath Coates 603, Sadie Daviau 593, Sue Stoddard 579, Joan Deforest 579.

G. Rusk won 5 for 10, S. Steptoe won 7 for 9, K.

Rusk won 3 for 8, R. Twiss won 5 for 6, E. Arnold won 2 for 7, S. Daviau won 4 for 6, M. Heipel won 0 for 5, J. Deforest won 2 for 4.



## Winner again

Bill Gallinger shot an 80 at his home Trafalgar golf course to win his second straight Milton Rotary Club tournament recently.

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### golf tips

by George Tidd  
CPGA Pro Manager  
Lido Golf Centre

**TIMING TIPS**

Sometimes you find yourself completely off your game, but you can't figure out where the fault lies in your swing. You are doing everything the same as last week, but your swing isn't producing the same shots. Usually your timing will be off. In other words the sequence of movements in your swing are out of whack. Here are a few tips to regain your timing:

1. Put your feet together and hit balls with a short iron (6 or 7). This will stop you from jumping at the ball with your legs, and will get your hands and arms swinging smoothly.
  2. Hit practice balls with just your left arm every second shot. This will stop you from hitting from the top with your right hand, and will develop left-side control.
  3. Practice swinging with your eyes closed. This will let you feel the clubhead at every stage of your swing. (Make sure no one is walking by during this exercise).
  4. Hit a few balls while standing on just your left leg. This will improve your balance and make your swing a little slower.
- If none of these tips work well, take a lesson.

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