



SPORTS

THE CANADIAN CHAMPION

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Nichols sets event record at Kelso triathlon

By STEVE LeBLANC

Special to The Champion

There's nothing like home field advantage to bring out the best in Carrie-Ann Nichols.

The high-endurance teenager shone through an early morning downpour Sunday at Kelso to win the third annual Women's Triathlon Milton.

She tamed the 300-metre swim, 10km bike, 2km run course in championship form — with a record-setting finish of 33 minutes and 41 seconds.

"I feel I have to prove myself at home, so I work a little harder," said 16-year-old Carrie-Ann, who beat the previous mark by 58 seconds.

Placing second at an Olympic distance triathlon in Orillia the day before provided her with ample momentum for her home date appearance.

She added, "The weather conditions were great for me as well. I love it cool and even a little rainy."

"I was only third out of the water, but I really pulled ahead on the bike."

Carrie-Ann's victory highlighted another largely successful Women's Triathlon Milton. The grassroots event drew 126 participants for the triathlon and 49 more for the 2km run, 10km bike, 2km run duathlon.

As always, the competition attracted a number of mother-daughter and sibling teams including — for the first time ever — the entire Sliemers clan.

Joining big sisters Kassie and Stephanie was 10-year-old Yvonne, who just got in under the age restriction this time around.

"It was harder than I thought. It was really cold today (Sunday)," said Yvonne, who completed the race in 53:46.

While Yvonne and Milton's Shannon Johnston were the youngest competitors Sunday, Kalis Rasmussen of Etobicoke made history as the oldest entry in the race's three-year history.

At 72 years of age, she made her triathlon debut amid harsh conditions and still managed to finish in under an hour.

Rasmussen said it was the pure challenge of such an event that appealed to her, and that she'll be back for another go next year.

"That is, if I'm still around," she said.

All 175 participants completed the course, and helped raise roughly \$2,500 for Big Sisters of North Halton.

"One of the claims to fame of this race is that we've never had a non-finisher," said organizer Tina Braam, who'll now seek sponsorship of her own before heading off to the World Triathlon Championships, which are slated for November 2 in Australia.

Top finishers (both triathlon and duathlon combined) in individual categories from Sunday's race are as follows:

Overall - 1st Carrie-Ann Nichols (33:40), 2nd Briana Martin (34:23); 3rd Stephanie Jamieson (35:17).

10-15 Age Group - 1st Carla Binning, 2nd Barby Besharat, 3rd Areielle Martin.

16-19 Age Group - 1st Meaghan MacDonald, 2nd Natasha Hooper, 3rd Karen Carson.

20-29 Age Group - 1st Erin Down, 2nd Margaret Dodge, 3rd Michele Moleta.

30-39 Age Group - 1st Kim Thompson, 2nd Gwen Jarrett, 3rd Rishia Burke.

40-49 Age Group - 1st Maureen Hussey, 2nd Wanda McWilliams, 3rd Kathy Misiti.

50-59 Age Group - 1st Judith Rouse, 2nd Geraldine Fabb, 3rd Susan Sparrow.

Other Milton finishers were Lisa Boehmer, Lisa Brown, Irene Carroll, Karen Carson, Cathie Castrucci, Susan Collard, Laura Creces, Tracy Faulkner, Gloria Hewitt, Natasha Hooper, Cindy Anne Johnston, Rebecca Johnston, Shannon Johnston, Jane Leal, Lynn MacKenzie, Susan MacKenzie, Yvonne Martin, Brenda Mayes, Erynn Mayes, Laura Mayes, Susanne Mikler, Jose Parton, Jennifer Salzer, Tory Handford-Scarf, Mary Schroder, Julie Seeds, Gillian Shepherd, Mary Sojczyński, Joan Whitman and Marsha Zuest.

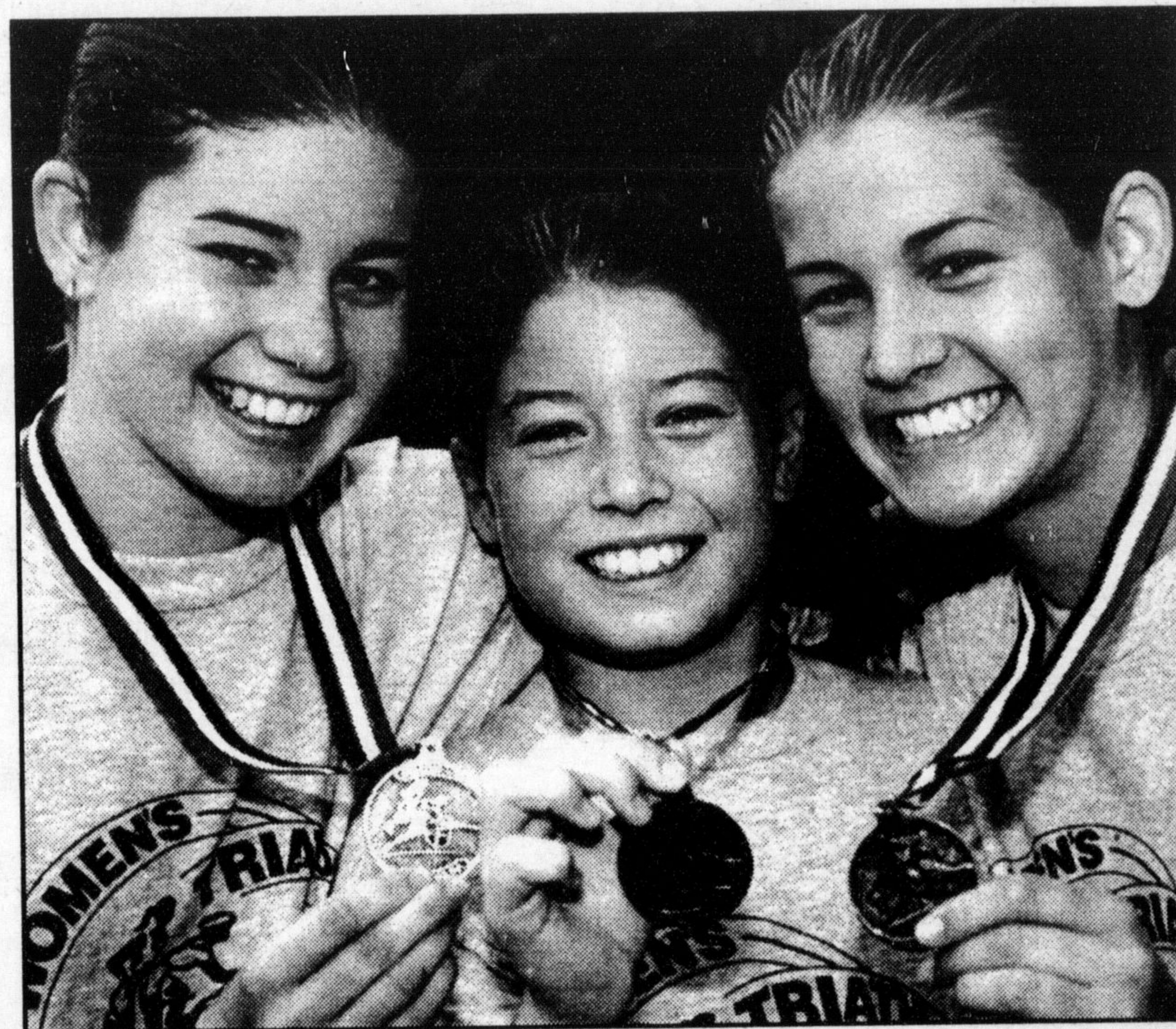


Photo by GRAHAM PAINE

Last Sunday's Women's Triathlon at Kelso marked the first time the three Sliemers sisters had competed together. Above are (l-r) Kassie, 15, Yvonne, 10 and Stephanie, 12. They are from Milton.

Break out the champagne

In a game that had a score resembling the opening weekend of the NFL season, Bruce Hood Travel finally managed to secure their first victory in the Milton Men's Slo-Pitch League.

Trailing 14-1 as late as the fifth inning, Stumper's squad fought back to grab a seven-run eighth and shut out Spencer's Engineers in the ninth to win 21-20.

Dave Dupuis' single scored the aforementioned Bob Davidson to cap the rally, and the whole contingent of Travellers has to be commended for their persistence in a tough season.

Now, look out for the post-season.

In another meaningful tilt, the Legion maintained their slim lead over Halton Pool and Wally's Meats, as they easily handled The Poolsters 13-3, while Wally's kept pace by beating The BayHof (gamesheets unaccounted for).

Primus Print, with two ties on the week (a fog-out with The Dickens and a 20-20



Slo Pitch

with PAT GRANT

sawoff with Aim Lock), continue to chase The Waltzing Weasel for second place in Division B.

The Key Centre, (no stats supplied) managed a split with a win over Aim Lock and then a loss to Spencer's, and clearly are the play-off favourites based on seasonal play.

Remax Realty, with a 9-9 tie against The Waltzing Weasel and a 20-9 victory against the Hood squad, have leader Gary Thomas talking proud heading down the stretch.

Big BMX event here

Top BMX riders from across the province and abroad will descend on Milton's Track 2000 soon for the Ontario Grand Nationals.

The annual showcase will be held Saturday, Sept. 20 and Sunday, Sept. 21.

Up to 150 participants — some as young as six, others 45-years-old and over — will vie for top honors in 20 races.

Scheduled to represent their home track are super class star Bob Rowley, expert class rider Dave Goodale and local female favorite Lee Rickman.

A barbecue, corn roast and possible fireworks display will round out the weekend's activities.

For more information, call event coordinator Brian Mills at 878-4424.

Tryouts soon for Springers

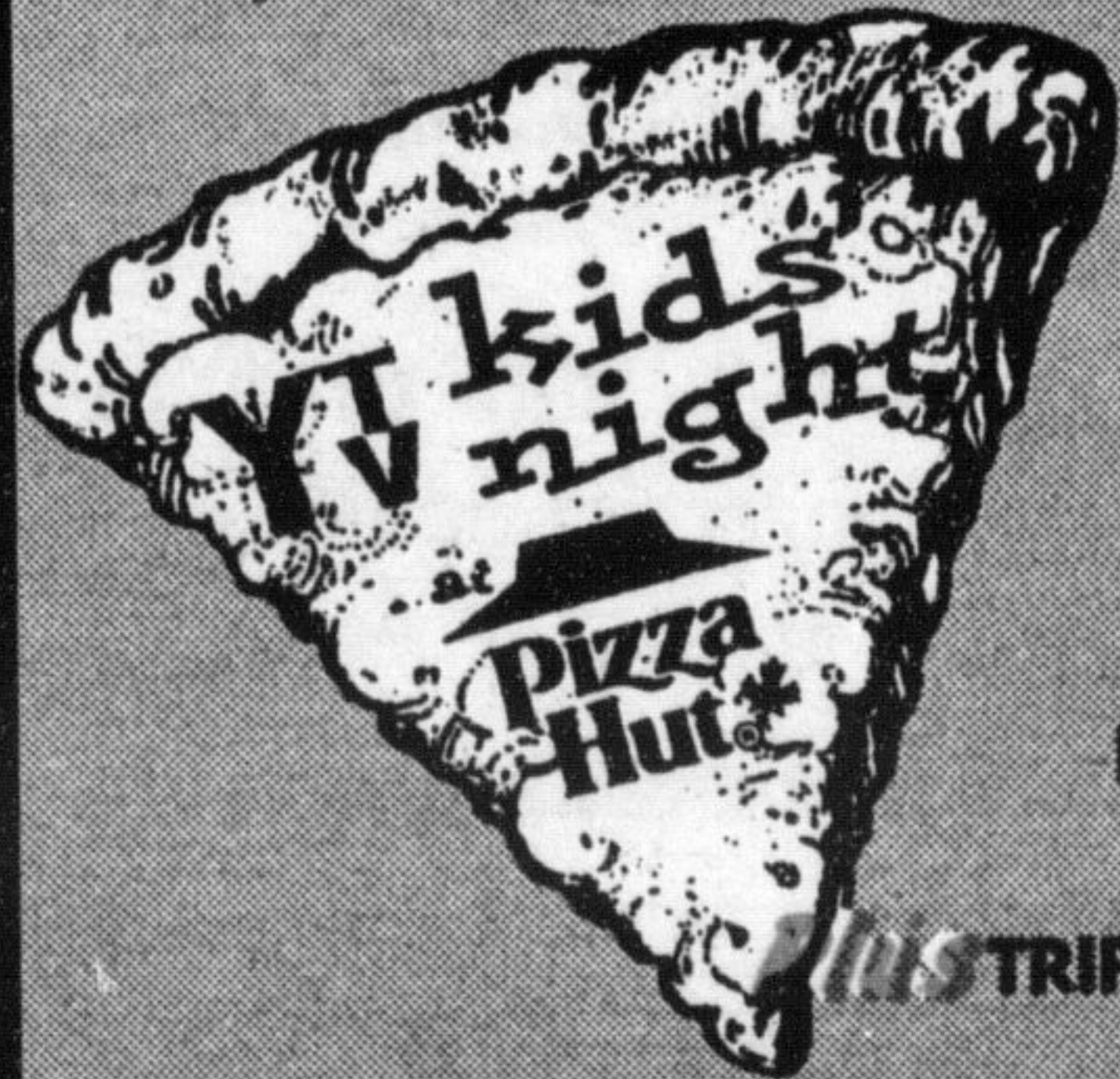
The Milton Springers Gymnastics Club will hold tryouts for their competitive team next Thursday, September 11 from 7 to 9 p.m.

Children of all ages and skill levels will be evaluated, with recommendations made as to the best program for their abilities.

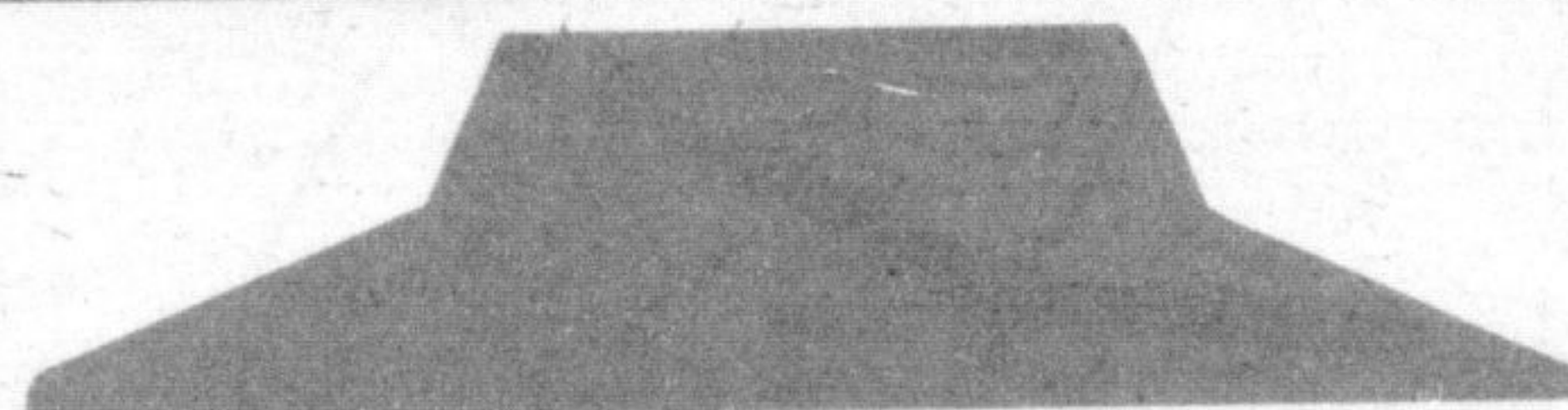
Tryouts will be held at the club, located at 180 Nipissing Road. For more information, call 878-5030.

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