



Harry Barnes

Harry Barnes can take the heat

Milton's high endurance athletes went the distance — and then some — last weekend at the Guelph Lake Triathlon.

An area foursome competed at the near-by event and three won their respective divisions.

Harry Barnes — the local flag bearer in terms of triathlon competition, who was recently honoured for his outstanding efforts on the national scene — led the way with another decisive victory in the men's 50-54 age class.

In Saturday's sprint triathlon he covered the 750m swim, 20km bike, 5km run course in a cool 1:08.02. This during a particularly hot and humid day, conditions in which the lean racer thrives.

The 45-49 women's class featured an intense clash between Milton's Anna Morris and Sue Trerise, who finished first and second respectively with times of 1:23.17 and 1:25.10.

Morris held a comfortable lead after the swimming portion but lost ground to her

local rival as the event wore on and needed a spirited effort to pull out the win.

The following day saw Tina Braam persevere through rain, wind and poor visibility to take first in the women's 55-59 Olympic Triathlon.

Leading throughout the course — which consisted of a 1.5km swim, 40km bike and 10km run — she handily won in 2:48.27.

The female trio will compete locally at Women's Triathlon Milton September 5 at Kelso Conservation Area.

Fax your sports reports to Steve LeBlanc at 878-4943.

Run to the title solid, offence carries the day in showdown

Milton's Nadalin Electric bantam girls had a handful of reasons to smile last weekend at the Burlington Tournament.

The local ladies engineered five consecutive hard-ball victories and captured the title, but not before a legitimate scare in the championship finals.

They committed five errors in the gold medal match, more than in the four previous games combined, which nearly spelled defeat against opposing Mississauga.

Fortunately, Milton's offensive efforts would not falter and allowed them to hang on for an 11-8 triumph.

The victors scored three runs in the bottom of the sixth to seal the deal while in the top of that inning Lori Wollaston snagged a line drive that would have surely equaled two runs against and could have easily turned the tables.

Natasha Tennant also made a big catch in the championship while swinging the hot sticks were Ashley Beehoo and Stacie Haringa.

Semifinal play saw the local club destroy North Bay 12-1 — thanks largely to expert pitching by Richelle Hannah and Lindsay Cook. They enjoyed near flawless fielding that time, with just one miscue that led to the opposition's lone run.

Milton enjoyed an embarrassment of riches, at least

from an offensive standpoint, in round robin play. They outscored their three opponents a whopping 47-15.

The widest margin of victory came against Simcoe, whom they humbled 25-2. Nicole Gooding highlighted the blowout with four singles and a double.

Milton's other victims were host Burlington (11-8) and Mississauga (11-5).

Against Mississauga, Chantale Desroches delivered solid pitching plus two hits. Meanwhile, Haringa stood out with three hits and three RBI against Burlington.

Wilson second

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fourth in weapons.

Ken Wilson finished second in men's forms to complete a strong adult showing while seven-year-old Thomas Provis and eight-year-old Weston Gwilt managed third and sixth respectively in forms.

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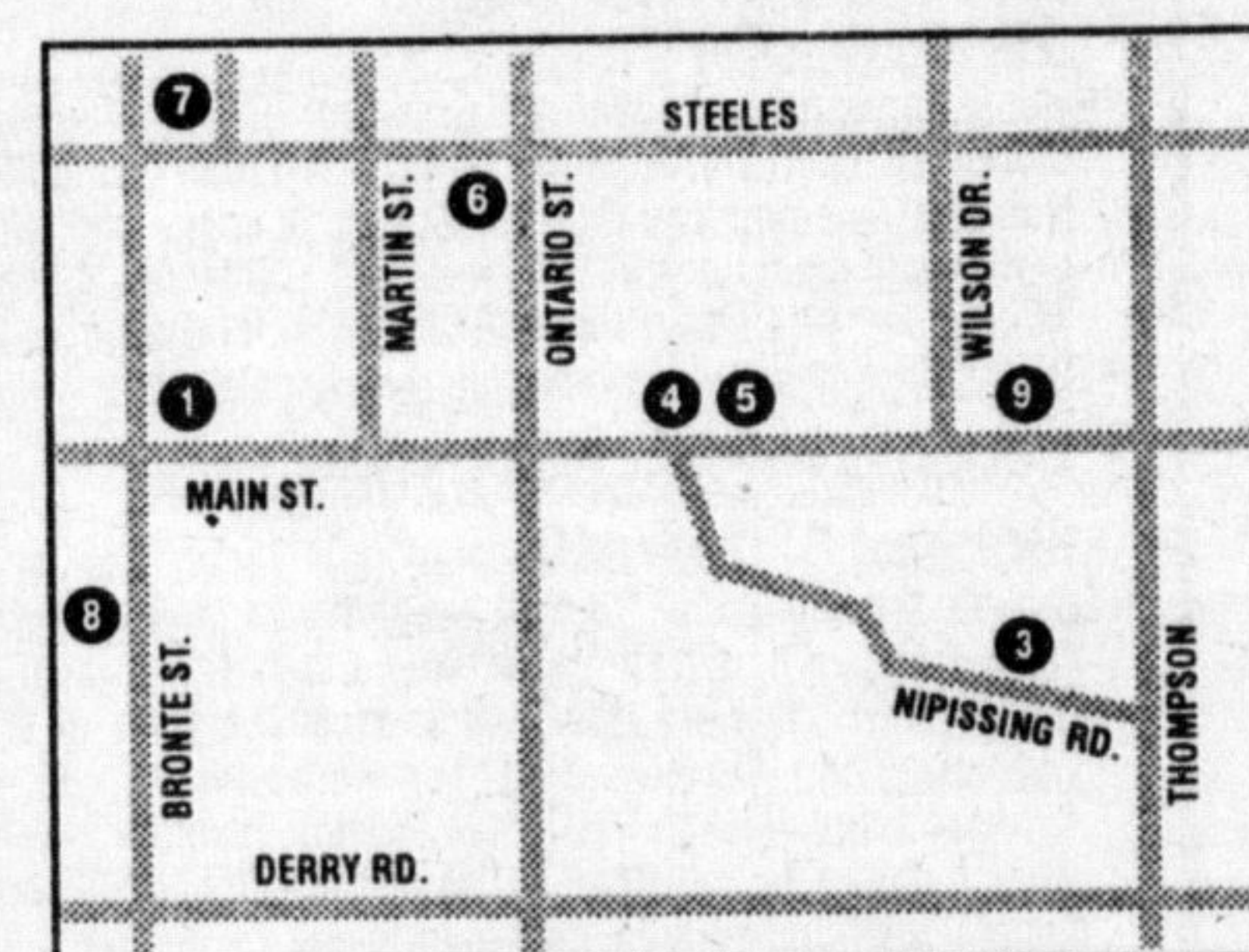
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