



SPORTS

THE CANADIAN CHAMPION

TUESDAY, AUGUST 10, 1999



Harry Barnes

Barnes is banged up

Milton's fastest triathlete couldn't have had worse timing last week.

Not on any competitive course mind you, but on his way home from work.

Harry Barnes, 52, was involved in a motor vehicle accident on the outskirts of town last Tuesday.

Fortunately the evening mishap — in which he said he swerved to avoid another car and wound up slamming into a hydro pole — didn't cause serious injury, though it has left him battered and bruised.

And at the worst possible time, with just a few weeks left before the World Championships in Montreal.

"I'll survive, but my right side and neck are pretty sore," explained the accomplished racer, who earned a berth to the international competition with a national title triumph earlier this summer.

As a result of the accident, Barnes has had to slash his training regimen in half — which this close to the world championships could drastically affect his performance.

He said, "I don't even want to think about that right now."

The Campbellville native has been turning in some of his best showings this year, including a sensational 2:10.23 finish in St. Petersburg, Florida April 25.

He needed just two more minutes to take top spot in his age class at the national championships last month in Edmonton, Alberta — where, unlike many triathletes, he thrived amid sweltering conditions.

Also en route to the world showcase is Milton's Tina Braam, who captured gold at nationals in the women's 55-59 loop with a time of 2:53.53.



File photo by GRAHAM PAINE

Halton Regional Police officer Tracey Derstroff did better than she expected at the World Police and Fire Games in Stockholm. See story at right.

King, Wheller look sharp

It was a double dose of victory for local drivers at Flamboro Speedway July 31.

Milton's Terry King and Andy Wheller took the checkered flags in challenger and street stock racing respectively. King jumped out to a strong start and made a nice inside move to pull out the victory.

He outdistanced Wayne Gummerson and fellow Miltonian Ryan Warris, who

moved up from sixth spot through the early going to offer a serious challenge.

Meanwhile, Wheller took his first feature win in dramatic fashion.

He moved up from 12th spot at the start, surviving a major crash and overtaking the second place car on the final lap.

He claimed top spot when winner Jim Ball was disqualified.

Derstoff wins gold and silver at police games

By STEVE LeBLANC

The Champion

Tracey Derstroff has put a new spin on the term 'highly decorated police officer'.

The Milton constable came home recently decked in gold and silver — rewards for a splendid showing at the World Police and Fire Games in Stockholm, Sweden.

Amid the planet's top female cyclists in the law enforcement and firefighting trades, she finished first overall in mountain biking and took second in her age class in road racing.

"It feels just great. This is a dream come true," remarked the 34-year-old, referring to her medal-winning performances, plus the opportunity to visit her homeland and family.

"This being a world event, it was tough to know what to expect. I'd been training hard and was hoping to peak at the right time, but certainly didn't expect to do this well."

Strong bike event

Derstroff — one of three members of Halton Regional Police to take part in the international competition — was especially surprised at her efforts in the road race.

Armed with only her mountain bike, which she said was like 'bringing a Hyundai to a racetrack', she negotiated the 39.6 km event (six laps of a 6.6 km course) in a sizzling one hour and three minutes.

She was just a few minutes back of the overall winner from New Zealand.

"I took the fat tires off but basically it wasn't an ideal bike for that type of racing. Also, I was alone for a lot of the race and couldn't do much drafting, which really helps. Considering all that, I thought I did pretty well."

The street crime unit officer was even more impressive on the mountain, completing the 28 km event in 1:41 — more than six minutes faster than the runner-up.

Luck follows speed

Good fortune, she admits, had a little something to do with the victory.

"Early in the race my wheel came loose but I didn't notice it right away. When I finally did, you could see it was close to popping off," recalled Derstroff. "Fortunately I stopped when I did. It took just a couple of minutes to tighten it back up and I was on my way again."

She described the mountain as a fair bit more challenging than her hometown training ground of Kelso — with really rugged terrain and very few easy stretches.

Derstroff said, "Consistency is what won it for me. I took the lead early and never looked back."

Her first and second-place finishes, which came within four days of each other, completed her medal sweep in law enforcement competition this year.

In June, she dominated both cycling events at the national championships in Ottawa — highlighting her performance by beating both the men and women in mountain biking.

Next up for the ambitious racer is the Kokanee 24 Hours of Adrenaline, which will be held later this month in Barrie.

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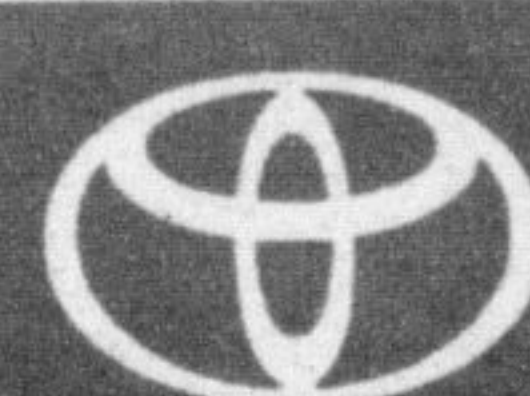
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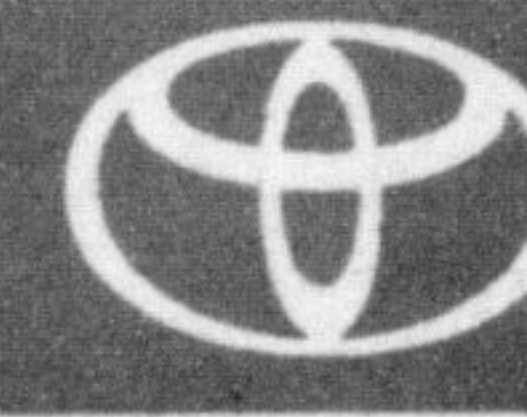
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