

Triathlete continues to shine at Florida meet

By **STEVE LeBLANC**
The Champion

Harry Barnes' sunshine state supremacy continues.

The Campbellville triathlete has made a habit of winning his age class at the season-opening St. Anthony's Meet in St. Petersburg, Florida — and continued to do so with another championship performance on Sunday.

Amid sweltering morning heat, the 55-year-old rural racer tamed the 1.5 kilometre swim, 40 kilometre bike, 10 kilometre run event in a sensational 2:20.17. This overall finish didn't only top his new 55-59 men's division, but would have been enough for first among his previous age loop.

Consequently, Barnes was named the event's grand masters champ.

"It was a good race," he said. "It was like 90 or something and I was actually sweating on the run. I've never sweated like that before."

Barnes finished more than a minute-and-a-half ahead of his stiffest division rival - Florida's Dave Winfield, who had a three-minute advantage getting out of the water.



Harry Barnes

However, Campbellville's star triathlete took over on the bike and then padded his lead with an impressive 41.46-minute run.

"I had to slow down a bit at the start of the run because I was sweating so much, but eventually I got

faster and faster."

Barnes was especially happy with his biking, which in recent years has been a bit of a stumbling block. He said, "My time on the bike was right there with everyone else. It was definitely comparable."

Now he'll switch gears and help coordinate Milton's Subaru Triathlon early next month at Kelso Conservation Area and then re-focus for the provincial championships in late June in Hamilton.

From there, he'll look to medal at the nationals before ending the season at the worlds — which this year will be held in Cancun, Mexico.



Slippin' away

An E.C. Drury High School rugby player coughs up the ball as he's tackled by an Oakville Trafalgar Devils opponent during senior boys action at Drury Tuesday. The Spartans struggled for most of their home opener and were hammered 56-0 by the Devils. Drury looked to rebound from this lopsided defeat when they began a three-game road trip yesterday afternoon at Burlington's Notre Dame.

Photo by **GRAHAM PAINE**



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Milton site: Classroom
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