



SPORTS

THE CANADIAN CHAMPION

TUESDAY SEPTEMBER 30, 2003



✓ Demo derby dominator

Milton's Brian Gibbs (at left) stands on top of his #269 car in celebration of his Sunday afternoon feature victory in the fall fair's demolition derby. He overcame a few anxious moments — including being sandwiched (above) between Rick Clarke and fellow Miltonian Mike Stokes — to take top honours. Stokes finished second in the Saturday evening feature, as well as the one on Sunday. Other noteworthy efforts by local drivers were delivered by Chris Bugala, Mike Catalano, Jason MacPhail, Meridith Mayhew, George Nisbitt, Paul Plant, Steve Rupert, Chris Sytsma and Jeff Walker — all of whom placed top-three in heat competition to qualify for the weekend's three feature events.

Photos by GRAHAM PAINE

Whitlock establishes marathon milestone

First 70-plus runner to break three-hour barrier in 42.2 km

By **STEVE LeBLANC**

The Champion

Milton's ageless wonder strikes again.

Already boasting several world records upon taking to the streets of Toronto Sunday, Ed Whitlock added a crowning jewel to his highly-decorated racing career — becoming the planet's first 70-plus runner to complete a marathon in under three hours.

His 2:59.10 feat — delivered at the Scotiabank Toronto Waterfront Marathon — eclipsed a May 2001 attempt that was less than half-a-minute off the mark.

"It's a feeling of relief, and happiness too I suppose, to finally do it," said the soft-spoken 72-year-old. "I'm pretty happy."

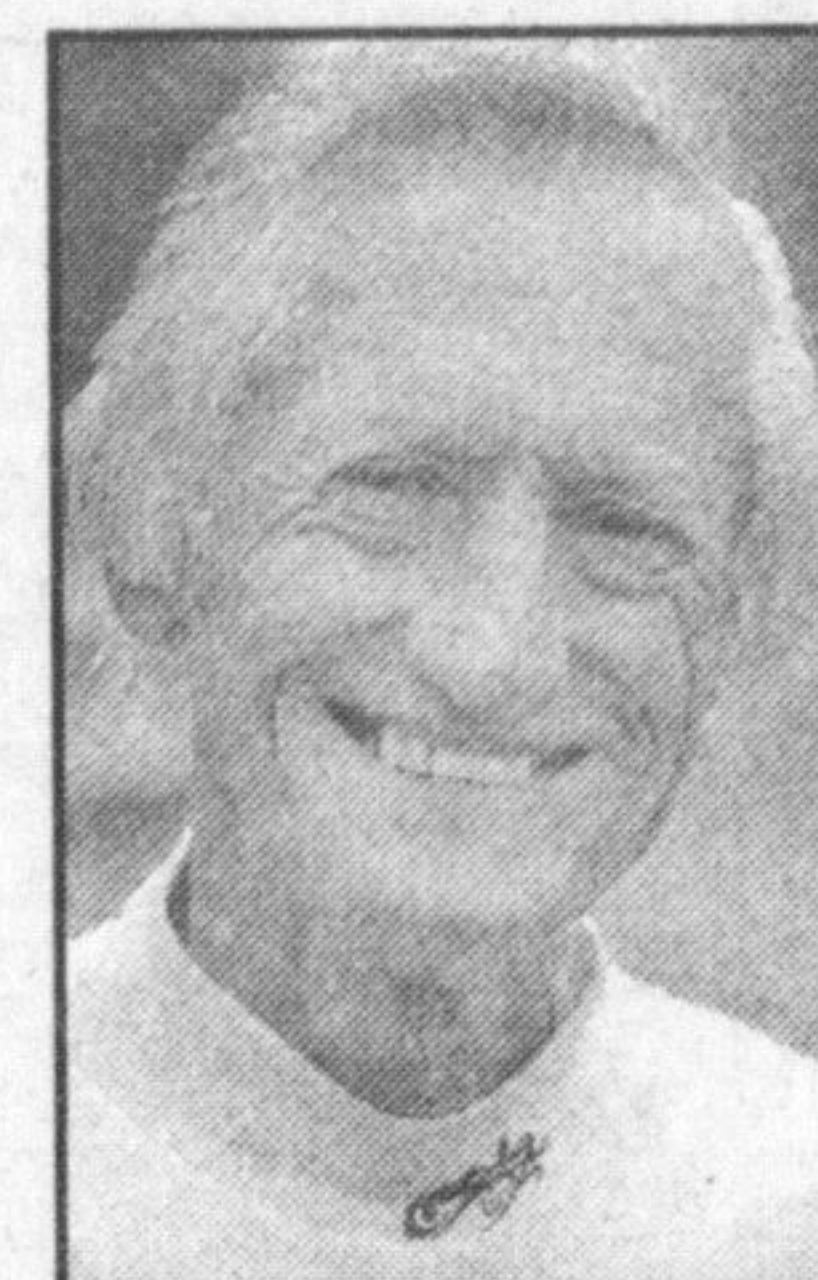
The local racing phenom looked like he'd been put through the proverbial ringer upon crossing the finish line — sporting yellowish bruises on his face as well as cuts over much of his body — and admits he felt every bit as bad as his unsightly appearance would indicate.

"I was in pretty bad shape at the end. I'd had enough, and I don't think I could have gone much further. I started to develop leg cramps with about a kilometre to go, but I managed to hold it together."

Amid what he described as ideal weather conditions in downtown Toronto, Whitlock was slightly off schedule through the first quarter of his 42.2-km milestone run — but gradually stepped things up, thanks in part to healthy group pace.

Recalled Milton's world record holder, "All of a sudden there were some short kilometres and I was back on schedule."

While that 'in-the-zone' feeling eventually gave way to exhaustion, Whitlock soldiered on — fueled by the notion that his opportunities for breaking the three-hour barrier were on the decline.



Ed Whitlock

"Realistically, I think this was my last year to try this," he said.

The Milton runner was in pretty elite company Sunday. Sharing the spotlight was 92-year-old Fauja Singh, who became the first 90-and-up runner to break the six-hour

marathon mark.

So what's next for Whitlock?

"I don't have any great ambitions right now, but there's always more mountains to conquer. I'll keep running and see what comes forth."

Steve LeBlanc can be reached at slblanc@haltonsearch.com.

Costly day for 'Stangs

Milton District's senior football team suffered a double whammy in Oakville Wednesday.

First fullback Todd Arruda — one of the key weapons in last season's run to the tier two finals — went down with a broken left leg late in the third quarter.

Then when it looked like the Mustangs had locked up a second straight victory, they surrendered two fourth-quarter touchdowns — including an end-zone pass as time expired — and were eclipsed by the Oakville Trafalgar Devils 24-21.

"It was a game we let slip away, one we definitely should have won," said head coach Keith Pearce.

Scoring touchdowns in the week-two defeat were two-way standouts Tim Anderson and Lee Frittenburg, as well as Daryl Meinen. Kicker Ryan Mitchell converted two majors and added a single.

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