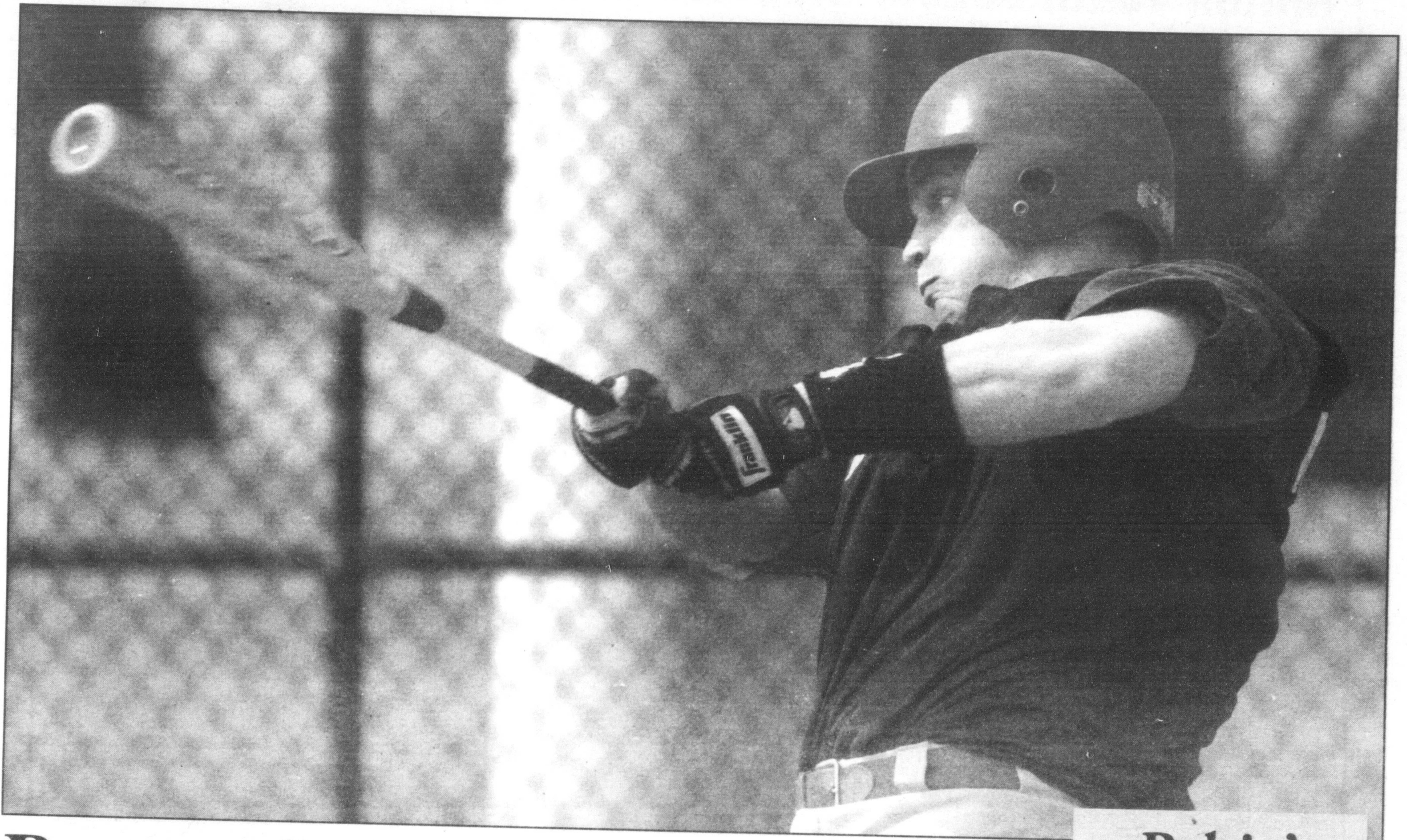


Sports

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Barnes finishes fifth at worlds

By **STEVE LeBLANC**
The Champion

Harry Barnes has two schools of thought when judging his most recent effort at the world triathlon championships.

On the one hand he did beat last year's finish by nearly six minutes and finally managed to beat American Gary Hackney — upstaging the former world champ by a full two minutes.

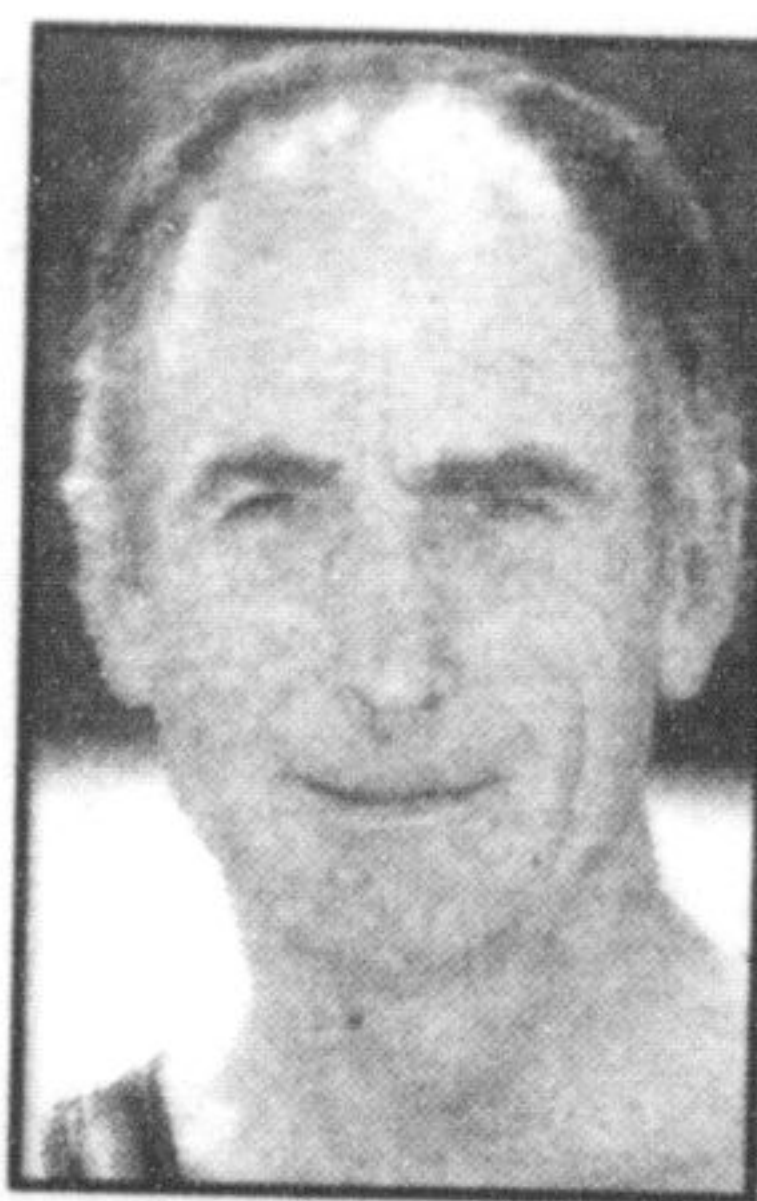
However, these feats came as mere consolation to the rural racer, who failed to retain a spot on the podium in the men's 55-59 division — losing his top-three status by a lousy 33 seconds.

"There were three long loops on the run and I tried conserving my energy on the first two like I did last year in New Zealand," explained Barnes, who after back-to-back bronze medal

performances took fifth in his age group in Madera, Portugal Saturday. "I should have been going more full out from the start. I guess you pay for your mistakes."

Falling short of a bronze three-peat was also due in part to a somewhat slow transition between the bike and run events. Otherwise, the 57-year-old triathlete delivered what he felt was a rock-solid showing — particularly on the steep bike course.

"We went on a tour of the hills we'd be cycling and they looked so intimidating driving up and down them, especially with the sharp corners," he recalled. "But once we got out there it was completely different. I only wish I had more gears because I was really flying."



Harry Barnes

And besting Hackney — a newcomer to the 55-59 loop who was expected to challenge for a medal — made surrendering his medal a little easier to swallow. Said Barnes, "I've been trying to beat him since 1992. To me that was a big accomplishment."

Despite rather chilly race conditions, the long-time national champ turned in a strong 24:37 effort in the swim and rounded things out with a run of 34:58.

Barnes will now turn his attention to training for the Canadian championships late this summer in Kelowna, B.C. A victory out west would give him five national age-class titles in six years, and three in a row since joining the 55-59 division.

Before that he'll once again help organize the Milton Subaru Triathlon at Kelso Conservation Area. Those interested in volunteering at the event can call Barnes at (519) 823-2173.

'Belting' one out

Bishop Reding catcher Nick Mazzorato belts out a hit during Monday's 6-0 victory over cross-town rival Milton District. BR went on to win both games on Wednesday afternoon — turning back challenges from Q.E. Park and White Oaks — to cap an undefeated 4-0-2 regular season and earn a first-round bye. Meanwhile, Milton District finished 3-3 — losing all three games this past week after a big week-one showing — and will begin the playoffs Monday afternoon in Oakville.

Photo by **GRAHAM PAINE**

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