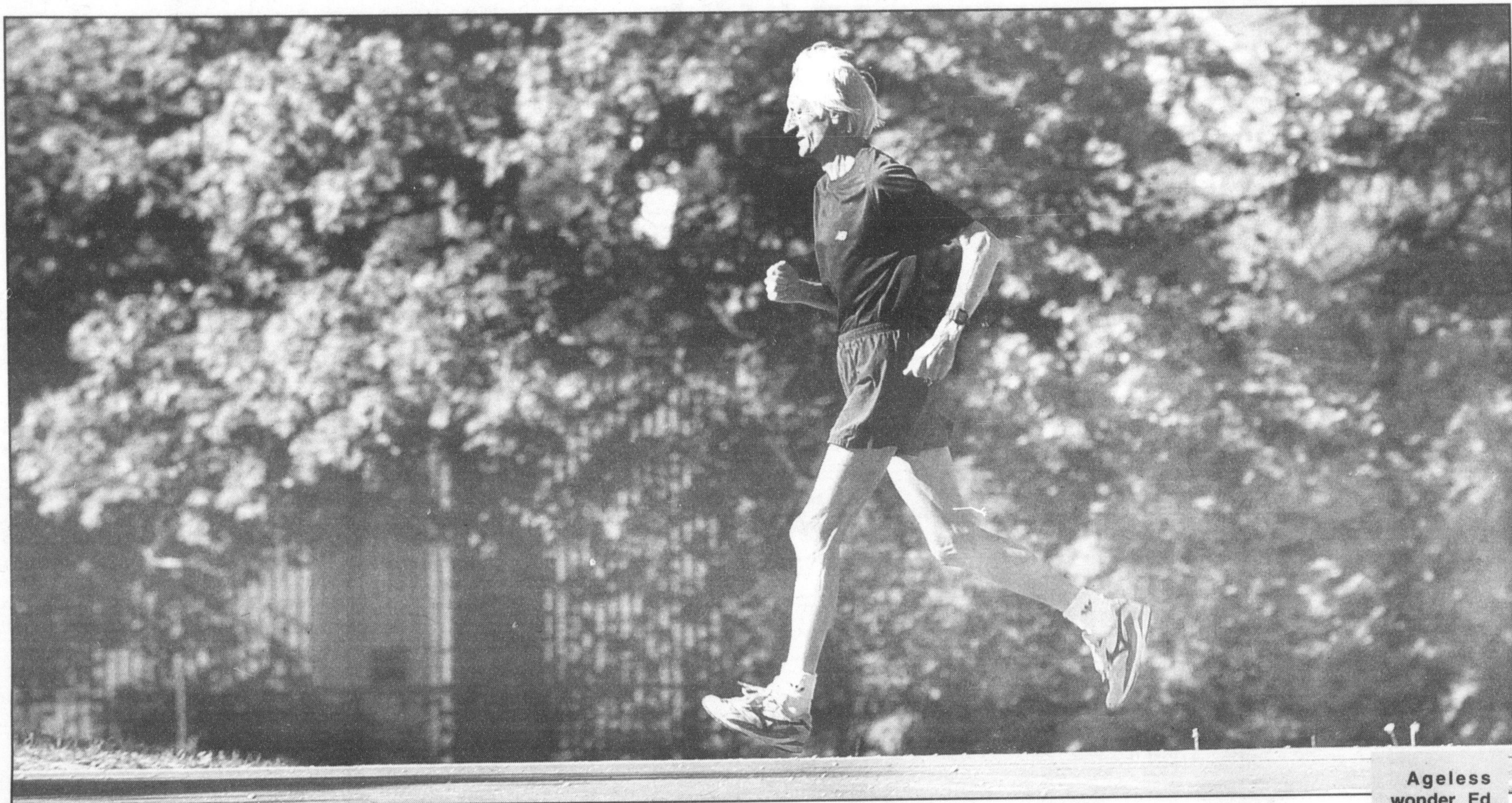


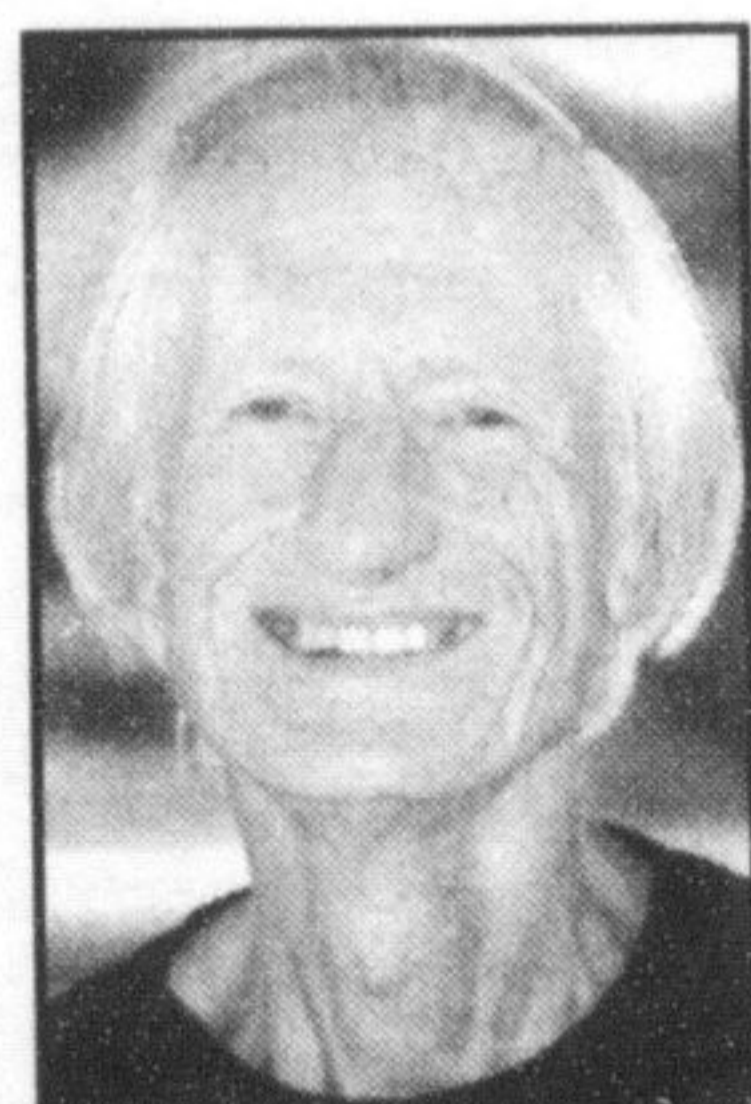
Sports

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Looks to break own world marathon record

Whitlock chasing yet another milestone



Ed Whitlock

By **STEVE LeBLANC**

The Champion

It's encore time.

Last year Ed Whitlock became the world's first 70-plus runner to complete a marathon in under three hours — clocking in at 2:59.10.

Now Milton's racing phenom is aiming to trump that feat with a return trip to the Scotiabank Toronto Waterfront Marathon Sunday.

Recently announcing his intentions to challenge his record time, the soft-spoken senior goes into this month's race with a fair amount of confidence

— and for good reason.

Last year he was able to overcome both a lack of preparation time and a nasty fall on his way to the grocery store just a few days before competing to break the three-hour barrier.

So barring another ill-timed spill, Whitlock will head to Toronto in significantly better shape this year.

"I might fall over again, you never know," quipped the 73-year-old racer, who looked like he'd been through a meat grinder upon crossing the finish line last September. "Training's been

going better this year as well. Last year I really could have used another month."

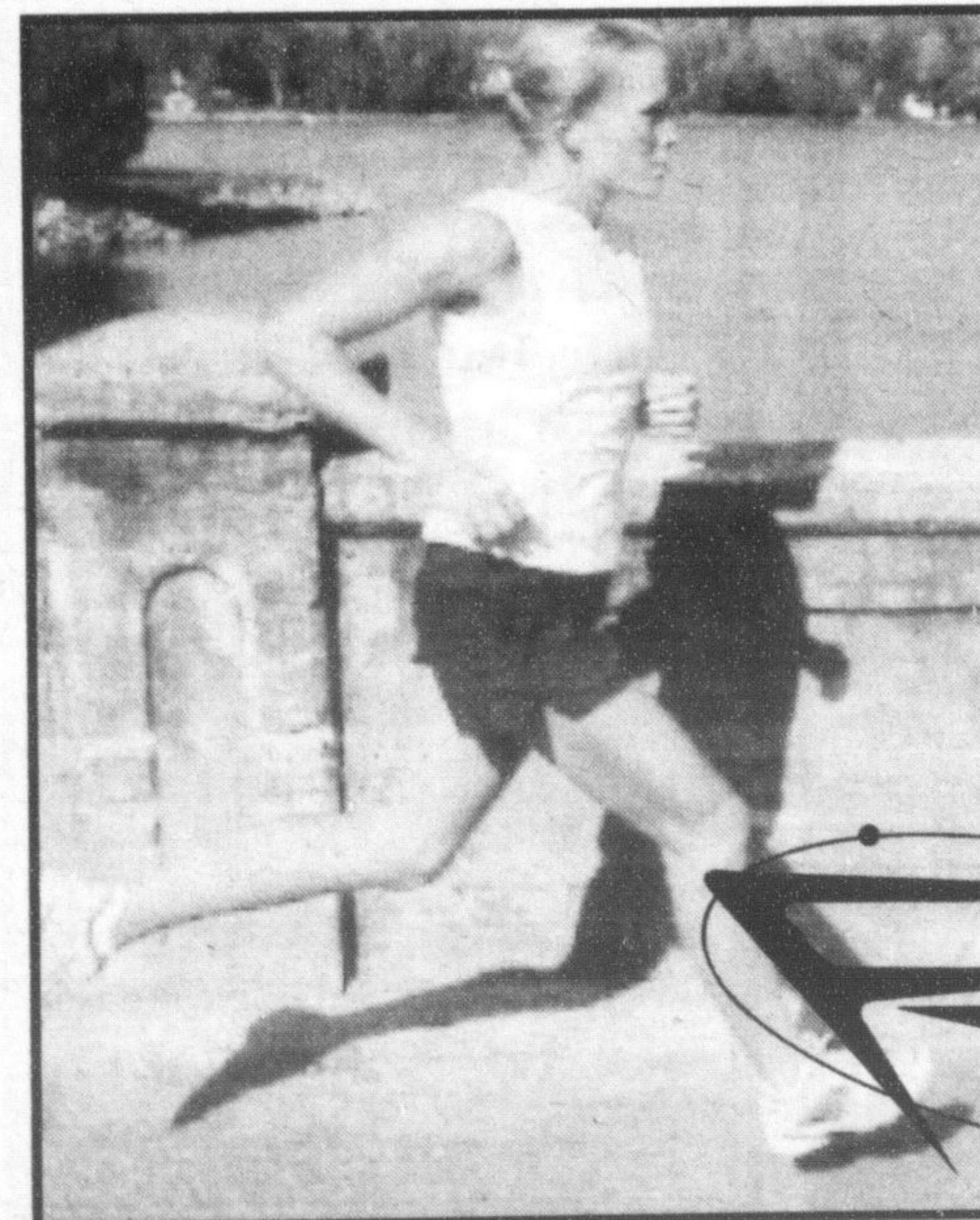
Whitlock feels he's got a solid shot at hitting the 2:58 mark, though admits that'll have a lot to do with weather conditions that day.

"Clearly you should always keep striving to improve," said the holder of several 70-plus world records, including the 5,000m (18:33.38) and 10,000m (38:04.13).

"Nothing's ever for certain, but realistically I think I've got a good chance (to beat last year's time)."

Ageless wonder Ed Whitlock does his daily run through the Evergreen Cemetery Wednesday in preparation for Sunday's bid to break his own world marathon record.

Photo by GRAHAM PAINE



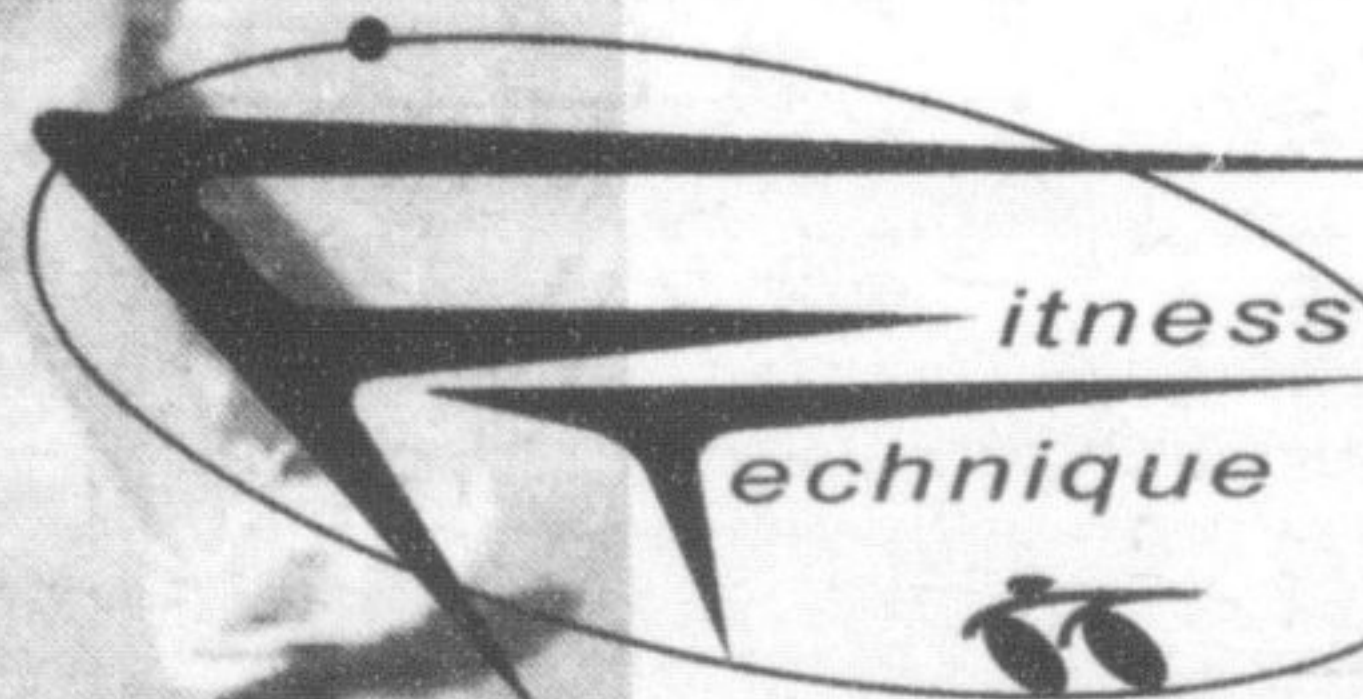
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