

# Barnes' dominance in Florida continues

## Triathlete shines at Great Escape

By **STEVE LeBLANC**  
*The Champion*

Harry Barnes just can't help but shine in Florida.

Having already dominated at the St. Anthony's Meet for several years, the local triathlete opted to add Florida's Great Escape to this year's schedule.

With admittedly not in "any real shape" for the recent showcase in Clermont, the 58-year-old's performance was certainly good enough.

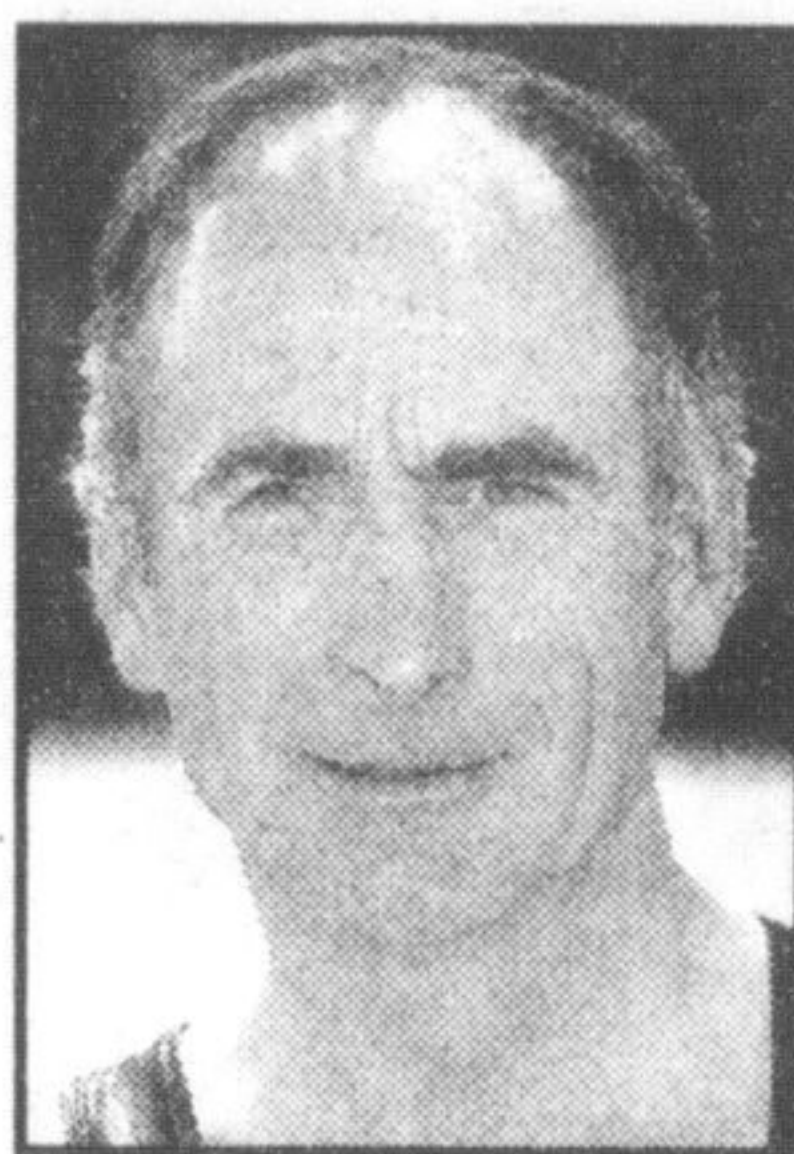
Not only was his 2:28.41 finish tops among 55 to 59-year-old racers, but it would have won him the 50-54 men's division as well — and put him second in the 45-49 loop to boot.

Thriving amid a rather heavy morning downpour, the provincial and national powerhouse led his own age group from start to finish and placed 39th overall in a field of more than 300 male and female competitors.

With the distances slightly longer than usual — including a one-and-a-half mile swim, 18-mile bike and eight mile run — Barnes' effort was certainly among his best in recent years.

"This is definitely the off-season for me. I wasn't really in shape and put no pressure on myself, but afterwards thought, 'God, I had a good race,'" he said.

Negotiating foot-high waves, Barnes was



**Harry Barnes**

first out of the water at 42.16 and was in control the rest of the way — delivering a 1:36 performance on the bike and a 54.24 run, plus transitions of 2:23 and 1:36 respectively.

"I had a good breakfast, put my head down and just raced well the whole way. I should do that more often."

He was the top Canadian at the meet, showing just why he recently got the nod as Canada's Masters Male Triathlete of the Year.

This is the second time he's earned the distinction in the 40-and-up class.

"With the nationals in BC and worlds in Hawaii this year, it's very important for me to win this award again to maximize my opportunities for sponsorship," said Barnes, who recently retired from the Town of Milton's maintenance department.

He'll travel to Calgary early next month to officially receive his Canadian Masters Male Triathlete of the Year award from Triathlon Canada, and then return to Florida to defend his St. Anthony's title April 24 in St. Petersburg.

After that Barnes will continue training for the nationals, which will be back in Kelowna, BC this summer after being cancelled last year because of a torrential downpour.

# Bertoli closing in on pair of Trenton scoring records

A late-season tear has put long-time ECHLer Scott Bertoli within striking distance of a couple of Trenton Titan records — both his own.

With nine games remaining, Milton's 27-year-old left winger has a legitimate shot at breaking both his single-season assist and total points marks of 46 and 71 — needing nine helpers and 10 points respectively to do so.

That's thanks to a recent uprising which has seen him amass 15 points in his last eight games, including his second hat-trick of the season in Friday's 5-3 loss to Toledo.

Bertoli's seven-game point scoring streak came to an end Sunday evening, when the Titans eclipsed Reading 2-1 in overtime to improve to 34-20-9.



**Scott Bertoli**

His 24 goals and 38 assists in 61 games puts him atop Trenton's scoring and has him tied for eighth in the overall league points race.

One of the original Titans — when the club was first established in 1999 — Bertoli has been either first or second in team scoring for all six years of his professional career.

He holds a handful of other team records, including the longest point scoring streak — set early in 2003 with an incredible 18-game run.

Bertoli will look to inch closer to his assist and total points marks Friday night when Trenton returns home to take on heated New Jersey rival Atlantic City.

# Canada Fit intro set for April 9

A training regiment for racers of all types and skill levels begins next month.

The Canada Fit program is set to hold orientation sessions in various locations — including at Glen Abbey United Church in Oakville — April 9. The two-hour introduction will look at training for both triathlon and duathlon competition, as well as for marathons and half-marathons.

A 24-week program for either marathon, duathlon or triathlon competition will follow for those interested, with Saturday morning sessions taking place in Oakville and a Sunday morning program available at

nearby Erin Mills Town Centre.

In addition to weekly sessions, the group has target marathon outings planned for Toronto and Chicago in the fall.

The cost for marathon or duathlon training is \$168 for adults and \$105 for students and seniors, while triathlon training costs \$200 for adults and \$145 for students and seniors.

For more information, visit the group's Web site at [www.canada-fit.com](http://www.canada-fit.com), or call Rikki McCarthy at (905) 337-9883.

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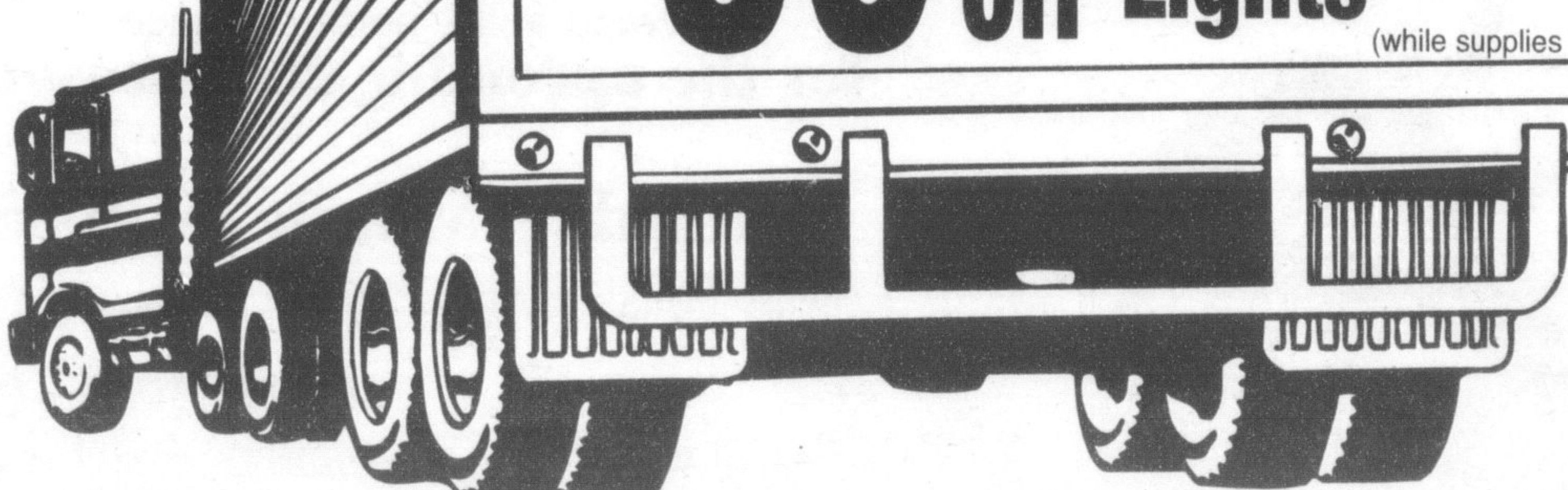
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