

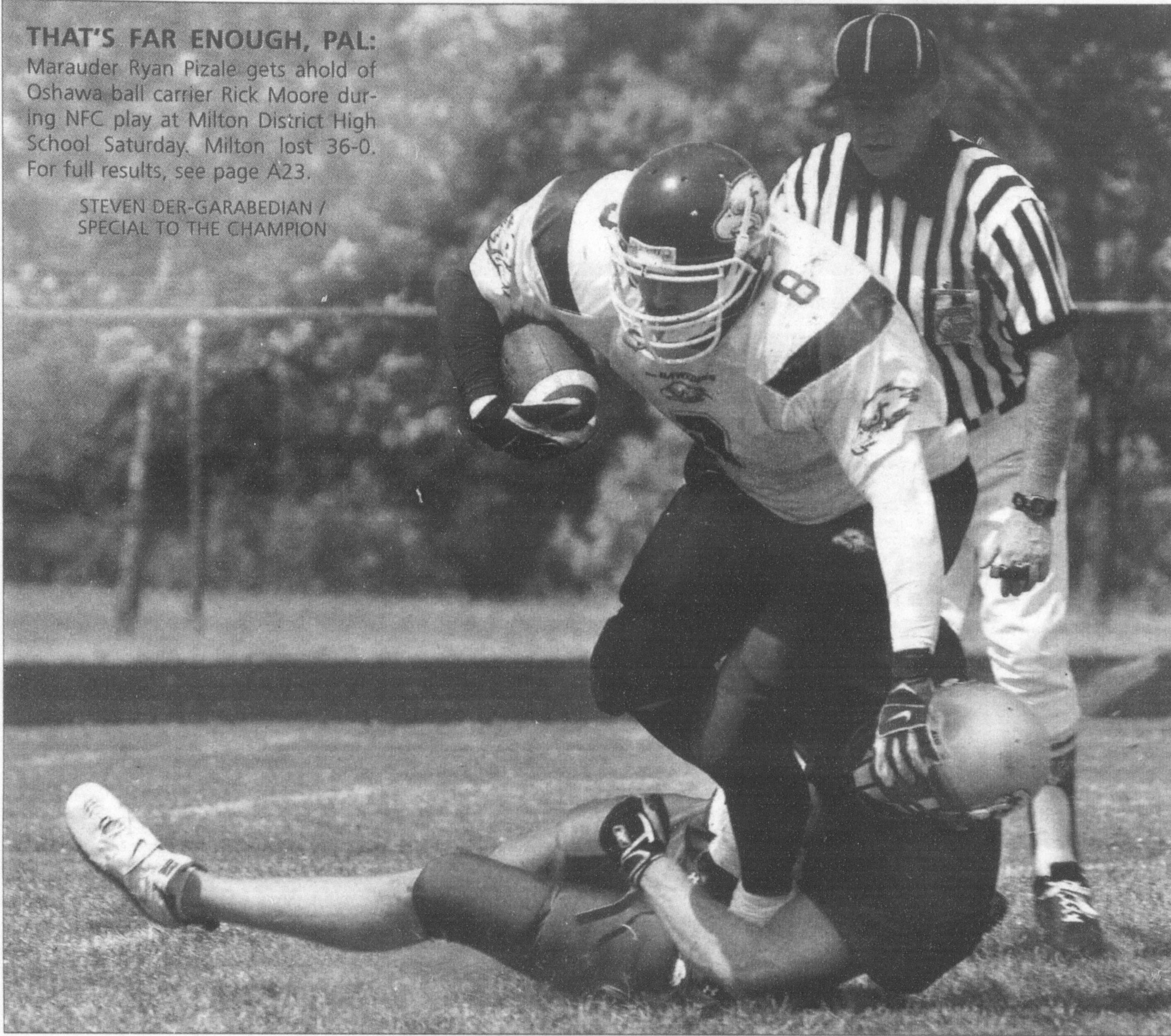
SPORTS

SPORTS EDITOR: STEVE LeBLANC e-mail sleblanc@haltonsearch.com

THAT'S FAR ENOUGH, PAL:

Marauder Ryan Pizale gets ahold of Oshawa ball carrier Rick Moore during NFC play at Milton District High School Saturday. Milton lost 36-0. For full results, see page A23.

STEVEN DER-GARABEDIAN / SPECIAL TO THE CHAMPION



Marlins impressive at jr. provincials

The Marlins enjoyed a solid tune-up for next week's junior national championships with half-a-dozen medal-winning performances at junior provincials last weekend in Ottawa.

Delivering three of those was 14-year-old Brent Burke, who struck silver in both the 100 and 200m breaststroke. His 50m freestyle was good enough for bronze, while he rounded out his efforts with a fourth in the 200m free, fifth in the 100m free and eighth in the 200m individual medley (IM).

Moving up an age group on the first day of competition, 12-year-old Ioana-Maria Negru swam to second-place hon-

ours in the 800m free, was fourth in the 400m free and eighth in the 200m free.

Nadiya Safonova, 11, claimed bronze in the 200m butterfly and cracked the top-10 in her five other events — with a fifth in the 800m free, sixth in the 400m IM, seventh in the 400m free and eighth in both the 200m free and 200m IM.

Also recording top-10 performances were Will Wright (4th in 100m fly and 7th in 50m free), Alex Davis (sixth in 50 and 100m free and 10th in 200m free), Scott Davis (seventh in 100m breaststroke and ninth in 50m free) and Tam Kilbourn (10th in 100m breaststroke).

Next week's nationals will be held in Montreal.



Triathletes net national titles

Cole and Barnes golden

By Herb Garbutt
CANADIAN CHAMPION STAFF

Milton's Nancy Cole earned her fifth Canadian title and the one triathlon championship missing from her resumé at the National Age Group Sprint Triathlon championships in Brampton.

Cole won the women's 50-54 division, completing the 750-m swim, 20-km bike ride and 5.2 km run in one hour, 23 minutes and 37 seconds. That gave her more than a two minute edge on her nearest rival, who finished in 1:25:56.

Campbellville native Harry Barnes also won his age group, taking the men's 60-64 division in 1:12:17. Barnes also won by a comfortable margin, two minutes and two seconds ahead of the runner-up.

Cole had previously won two national duathlon titles, as well as triathlon championships in the Olympic distance and Olympic long-distance events. However, the sprint triathlons were a new experience for her. And one she enjoyed.

"It was a lot fun," she said. "You go out hard and you stay at your hardest the entire race."

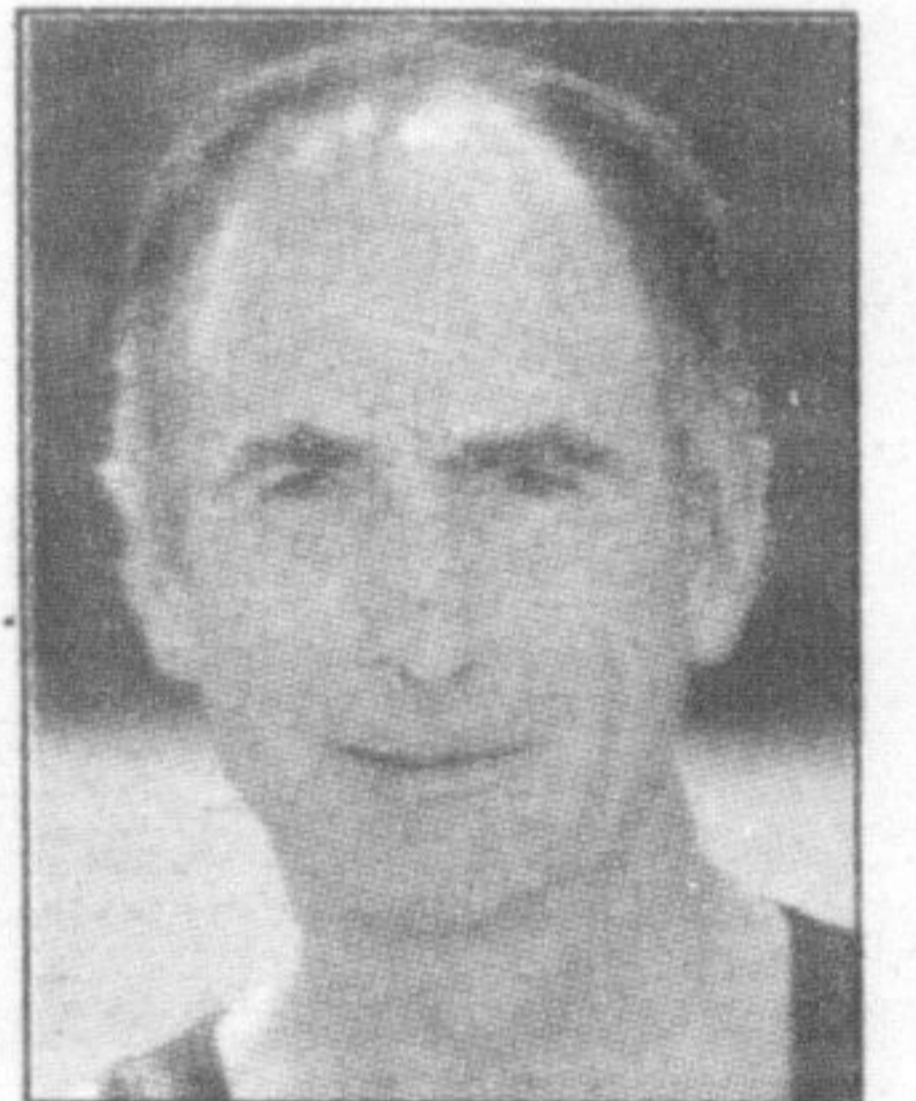
That strategy helped in the swim — the event Cole considers her weakest of the three. She came out of the water in under 16 minutes and in second place, just 39 seconds out of the lead. By the end of the bike course, she was in front by 17 seconds. Cole left the field behind in the run, stretching her lead by more than two minutes.

Cole will be looking to add another Canadian Olympic distance triathlon title when she competes at nationals in Drummondville in August.

Although Barnes led his division wire-to-wire, he also needed a strong run to pull away from the field. Barnes had a 31-second advantage over his closest challenger, but that had been narrowed to just three seconds after the bike. Barnes would post the fastest run time, though. He finished the run in under 22 minutes, adding almost two minutes to his lead.



Nancy Cole



Harry Barnes

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