

Relatively speaking, the MFFL is doing very well

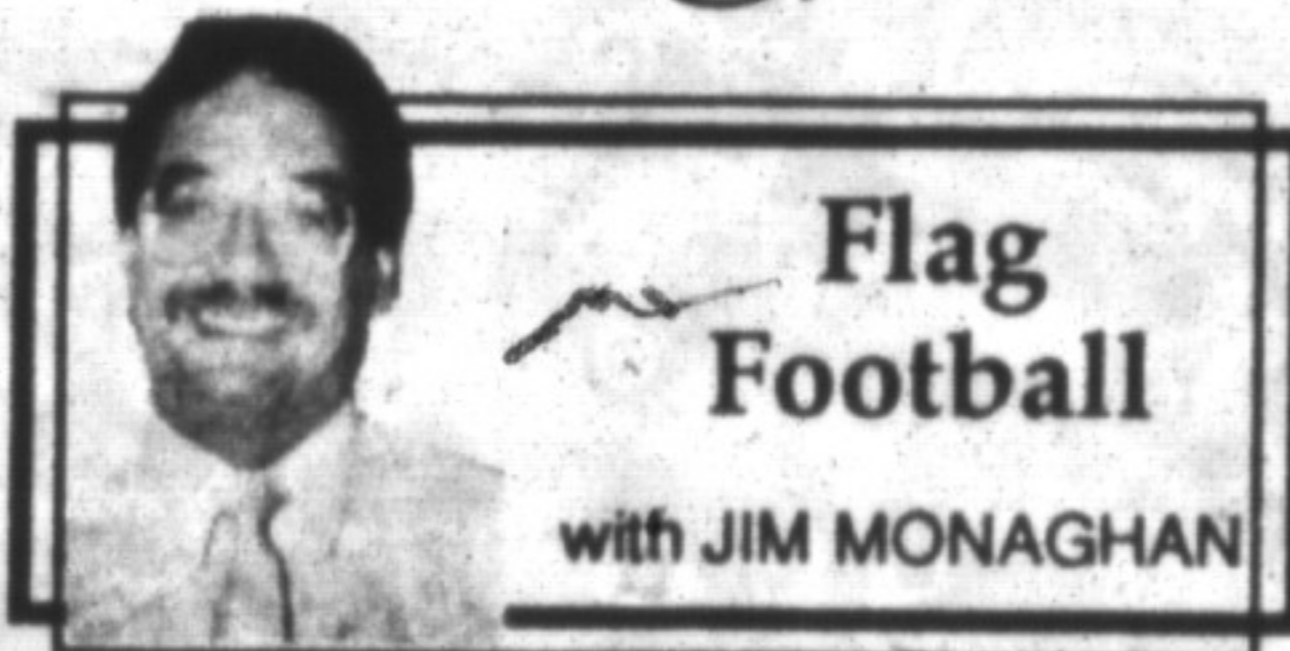
With only two weeks left to go, I've decided to forego the monthly Milton Flag Football League report on stats to present to you your favorite column instead — the Wednesday morning musings.

• Probably more than in any other season, the MFFL is loaded with relatives playing with each other on a team. By now, everyone's heard of the Yorkwood St. Johns and Halton Pool's Monaghans.

• This year Fat Freddy's features the McManus boys, Danny and Bill, the Dickens has the dynamic duo of Kim and Mark Bishop while Bruce Hood's pride and joy are Don, Dave and Hector Campbell. Though Re/max on the surface appears to be shut out in this department, it has come to this reporter's attention that Ken Cordner and Larry Beard were twins separated at birth.

• There were some big upsets on the links last weekend as the 1990 MFFL golf tourney came to a successful close thanks to social director Bruce Roberts. Former MFFL great Ron Flint took low gross honours while veteran Kerry Duggan got credit for the low net. The event also showcased a small farewell for pivot Kevin Prendergast that lasted into the wee hours of Sunday.

• On a final note, it's really great to see that president Hector Campbell has taken steps to ensure that retirees from the league will be secure financially in their golden years. Campbell has instituted a pension plan



Flag Football

with JIM MONAGHAN

whereby each player leaving the league with 10 years service will receive a 6/49 ticket.

Dickens 44, Fat Freddy's 21

It was back to business for the Dickens this week as one of the premier one-two combinations joined forces to double up the struggling Fatmen squad.

QB Ray Deleгарde, fresh from a two week vacation, collaborated with his favorite receiver this year, Tom Silcock to the tune of three touchdowns. For good measure chipped two balls through the uprights to stay in the hunt for the scoring championship. Deleгарde didn't stop there either as he fired another four majors to Anton Burnatowski, Dave Derbyshire and a pair to deep threat Mark Redrup.

The Fatmen meanwhile, kept themselves in the game up to the half time whistle. It was after they resumed play that the Double F couldn't put a dent in the Dickens' slim 26-21 lead. Rick Barnett returned to the helm of the

Green Machine but could only muster a trio of first half majors to Dave Mann, Mark Lafleur and Kerry Duggan. Duggan was a perfect three for three in the PAT department in the losing effort.

Halton Pool 47, Bruce Hood 22

Call out the Milton Fire Department! If you thought the duo of Deleгарde and Silcock was hot then check out the BTU's radiating from the Halton Pool pair of pivot Scott MacCallum and receiver Jeff Corey. The two combined for a nifty five touchdowns and 30 points as the Poolmen rolled over the Travellers last Wednesday.

In fact, the only Corey-less touchdown offensively was a Chris Black effort in the first quarter. Rookie James Grahsaul scored Halton's other six pointer on a fumble return which complemented his earlier interception. Other highlights for the third place Poolmen were MacCallum's five converts and a late pickoff by, who else — Jeff Corey.

The Travellers were once again done in by a poor first quarter as they gave up a quick 19 points to Halton. When they weren't shooting themselves in the foot, Bruce Hood's pivot managed to locate rookie sensation Paul Tarc, mighty mite Dom Lepre and veteran Mike Barbetta in the Pool end zone.

Closing out the scoring for the Travellers — a weird nickname for a team that hasn't moved in the standings for weeks — were Rick Good-

ings with two PATs and Mike Nevins with a two-point convert.

Yorkwood Motors 33, Re/max 25

I'm sure that Kevin Prendergast wished he was in Edmonton last week as Yorkwood squeezed out a victory over the red, white and blue. The win leaves the Motormen in a tie for first place with the Restaurateurs while the Realtors are knotted in third with Halton Pool.

The game, as with almost every Prendergast effort, was close until the fourth quarter. Up to that point the Pretz had tossed four touchdowns, with solo shots going to Kirk Honey and Gary Butler while Guy Girard had a pair of majors.

Girard's 12 points ties him with the streaking Jeff Corey for the most points with two weeks to go. Defensively, Larry Beard made his league leading ninth interception while John Carroll broke his three year shutout with a third quarter pickoff. I guess a trip to Scotland can do wonders for a person.

But let's give credit where it's due — the Motormen are for real. They've been playing solid ball under the guiding hand of the Span-dex kid, Rob Scott. Besides running in one himself, Scott threw two majors each to Dale Hollingsworth and Mike St. John, the latter's effort being the difference in the game. Keith 'Pops' Sommerville's interception and Barry Turnball's three conversions also contributed to their 11th victory.

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Milton pilot to fly in national Ironman

By BRAD REAUME

Ever watch TV and figure you could do as well as the guys you saw?

Well, Ken Russell did. About four years ago he saw a broadcast of a triathlon, a race with swimming, cycling and running combined into one event, and he figured it wouldn't be too tough.

The 31-year-old Air Canada pilot has found triathlons to be a tough challenge. And it's been the challenge that has kept him at it ever since.

Russell, a Milton resident for five years who grew up in Mississauga, has competed in local triathlons, including the Royal LePage Milton Triathlon at Kelso recently. "Very few people are there who expect to win," he said. "It's just the competition and the challenge to yourself."

Russell has decided to enter the Budweiser Ironman Triathlon on Aug. 26 in British Columbia's Okanagan Valley. Ironman competitions offer the same events as other triathlons, but they're tougher, involving longer distances. The standard triathlon includes a 1.5-km swim, a 40-km bike ride and a 10-km run.

An Ironman competition demands a four-km swim, a 179.2-km bike event and a marathon (41.9 km). The Ironman championship is held annually on the big island of Hawaii and broadcast around the world. The British Columbia Ironman is a qualifier for the Hawaiian event.



Ken Russell

The former senior A hockey player has been training since January for the event. He says his job gives him the time necessary to train. He swims about six kilometres each week in addition to cycling at least 225 kilometres and running between 35-40 kilometres.

"I've found the hardest thing to do is to hold back on the cycling," Russell says. "It's my best segment. You can make up a lot of time on the bike because of the speeds and the fact that it's the longest segment. But you have to be careful, there's still a marathon to run."

The British Columbia Ironman is going to cost Russell "a few thousand dollars" at least, in that he has to put himself, his wife and two children up in hotels, pay the \$260 entrance fee, and get his family to the west coast.

"The timing seemed right to do it this year," he said. "It'll probably be the only Ironman I'll ever do, though I will definitely continue in the sport."

According to Russell, people between the ages of 25 and 35 excel in the endurance sports. He figures that curious fact is due to the inability of less mature bodies to handle the stresses of endurance.

"Young people are still developing," he says. "It also takes a while to build up the training base to get yourself into the kind of shape necessary to compete."

Russell says the idea for the Ironman competition and its evolution into the less demanding triathlons emerged in Hawaii and California.

"Three friends in Hawaii, each a proponent of a different endurance sport, began talking about which sport is the toughest, and the Ironman was born. At the same time there were a number of competitions involving two different sports that were growing in popularity in California. The two things kind of merged and the growth has been phenomenal."

Russell says the ultimate challenge is to see what his personal limits are. "Of course, by holding back on the bike I may never know what my limits are, but I don't want to have to walk during the marathon run. I'd lose too much time."

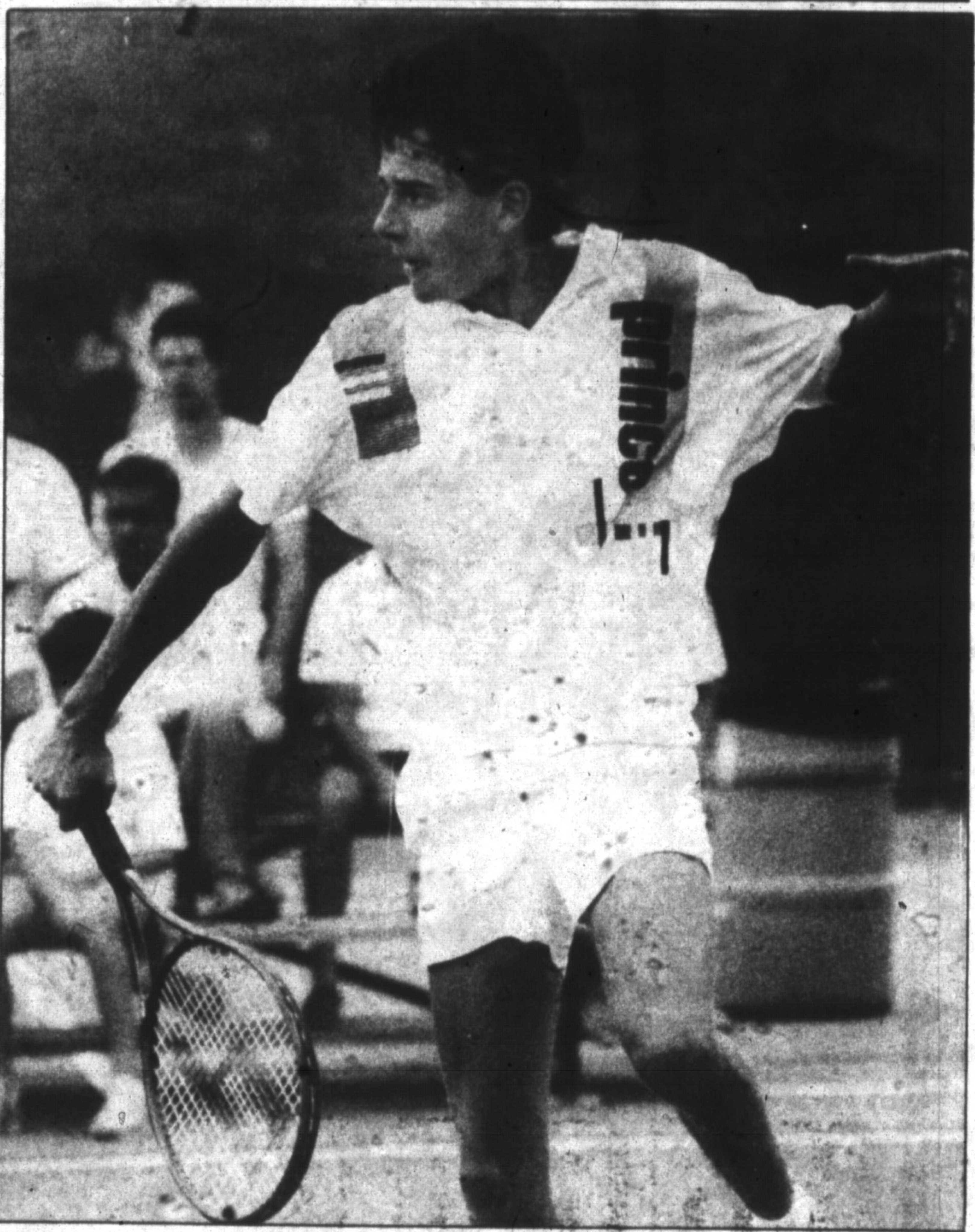


Photo by JOHN WARREN

Catch a rising star

Steve Deakin, of Port Moody, British Columbia entered the Phillips Junior Nationals under 16 tennis championships with the label of first seed. He proved the choice was justified when he defeated second seeded Jamie Laschinger of London, Ontario 7-6, 4-6, 6-1, despite a 70 minute rain delay two games into the final set. On the girls side, second seeded Melanie Bernard of Jonquiere, Quebec defeated the first seed Sonya Jeyaseelan of North Vancouver, 6-4, 7-5 to claim the title.