

'Black Lungs' dominate, deliver clean sweep of top-10 finishers

Whitlock got out to a slower than expected start, but picked things up around the five-kilometre mark.

He lost a little steam down the stretch, but still managed to cross the wire in fairly strong form.

With so many world-record runs under his proverbial belt, one has to wonder just how Whitlock stays motivated after so many years.

To that he points to the age graded tables the international running community established years ago, which he believes have provided a lot of added incentive for older runners.

"As long as I can still run well, I'll keep running," he said. "I just want to be able to put on a reasonable show."

Rivaling Whitlock's individual success story Sunday was the absolute dominance of the Toronto-based 'Black Lungs', who pulled off a clean-sweep of the half-marathon's top-10.

Given their incredible showing, no one in



attendance mistook their name to mean a group of heavy smokers.

"It's (name) a tribute to the mining industry in Cape Breton," explained overall winner Dan Way, who clocked in at 1:12.58 to beat last year's top finish — by teammate Michael Doyle — by almost three-and-a-half minutes. "We chose the name before going into the Cabot Trail Relay (near 300km race in late May) three years ago. We usually do pretty well there."

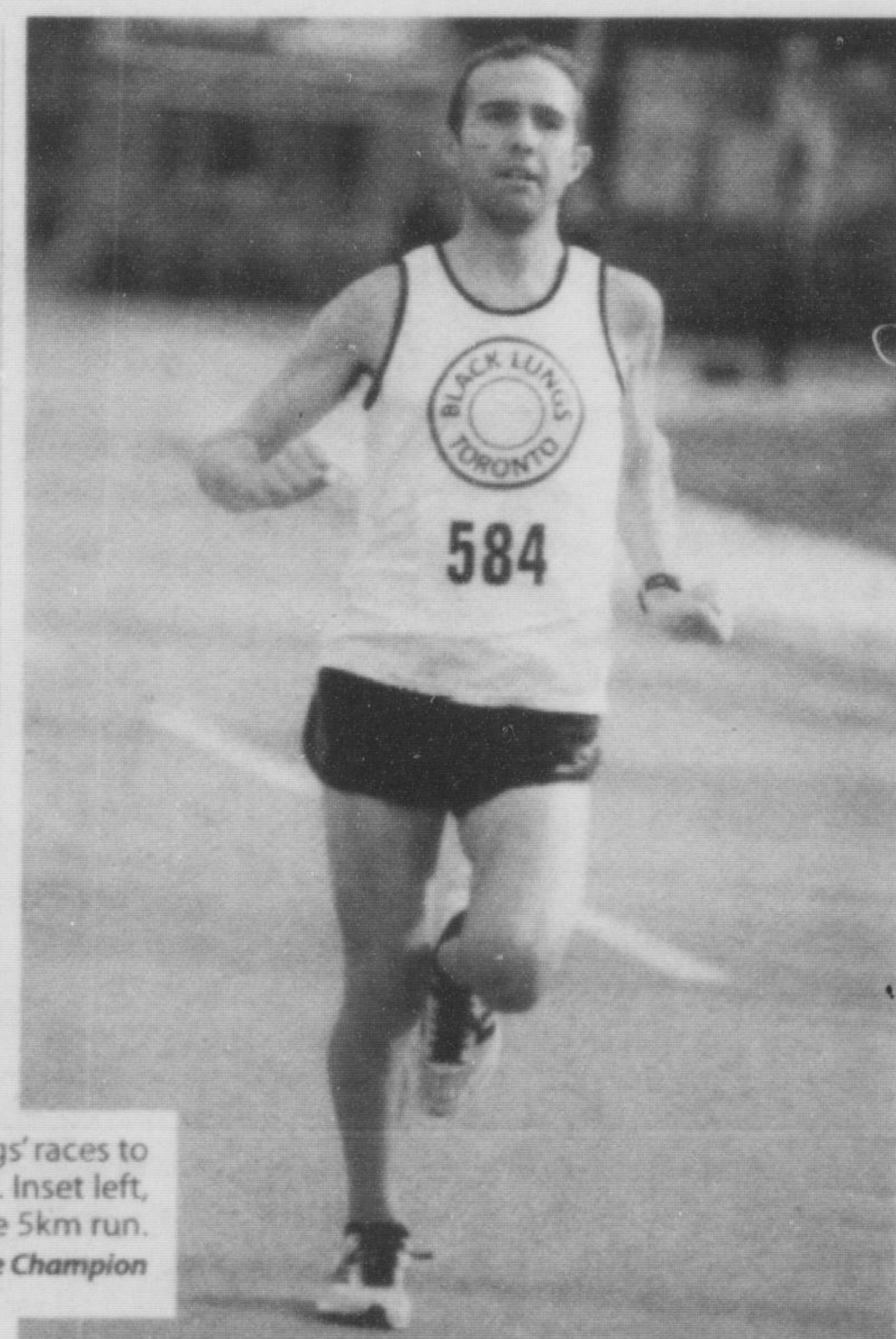
To say they also did well in town Sunday would be a staggering understatement. Along with sweeping the top-10, the 'Black Lungs' had the top women finisher in Lyndsay Tessier, whose 1:24.11 showing was good enough for 12th.

Campbellville's Desta Ayenew was the top local finisher, placing 19th in 1:30.36.

In the event's five-kilometre race, Milton had four of the top-10 finishers, including overall winner Morgan McNichol, who hit the wire at 17:55. Thirteen-year-old Callum McGregor placed third in 18.37, while fellow Campbellville's Jeffrey Cunningham and Miltonian Joey Ditoro took seventh and ninth respectively in 20:41 and 20:56.

This year's event, put on once again by Running Free, drew roughly 500 participants overall, including a number of families in the one-kilometre fun run/walk.

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At right, Dan Way of the 'Black Lungs' races to first overall in the half-marathon. Inset left, Milton's Morgan McNichol wins the 5km run.
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