

Ballantrae girl black belt champ

By Annegret Lamure

BALLANTRAE — "I can defend myself 100 per cent more than the average girl," stated diminutive Cathy Sheffield matter-of-factly. "I'm strong, and I have the timing and technique."

Cathy is only 5' 1" tall and tips the scales at a mere 118 pounds, but the black belt around her waist adds plenty of weight to her words. Cathy is one of perhaps ten women to have achieved a black belt in judo in Ontario, and is a

top international contender. The 17-year-old judoka recently journeyed to London, England for the British Open and finished a respectable fifth. Competition was tough, with contenders from Germany, Holland and as far away as Australia fighting for the world title.

"The Europeans are very strong," said Cathy. "they lift weights and the girls have tremendous huge arm muscles."

She laughed ruefully. "They take us like King Kong." Nevertheless she managed to win her first fight against a black belt from Holland. "I was still brown belt at the time," explained Cathy. "She was big, so I knew I had to think." The Canadian girl emerged victorious after throwing her opponent, a maneuver that won her a full point or Ippon.

Cathy's next opponent was a British girl. "I threw her; put her in a ground hold and held her for 30 seconds for another Ippon."

However, at this point her luck ran out and she forfeited the next match by a *koka*, which is a very small penalty.

"That made me really mad," said Cathy, and her green eyes flashed, "but I didn't do

any better in the next match." She paused and thought for a moment. "The girls are very strong over there," she continued finally, "so you can't think you're going to muscle them. Technique and conditioning are very important, you have to be in shape."

Her sister, Karen, already a brown belt at 15, agreed but suggested mischievously that in a pinch a judoka might apply a few little tricks and hope the judge wasn't looking.

When asked, the girls gleefully elaborated. "Oh, you can step on your opponent's toe a little bit to make him lift his foot so you can throw him," or perhaps a little choke — use your thumb," they advised with every sign of enjoyment. "You got to learn these little tricks."

More seriously, Cathy talked about what it takes to get a black belt. Apparently, it takes about half a year to get ready for the six-part test in front of a panel of judges, "and if you make just one mistake, you fail," Cathy pointed out. "They really put you through the mill. You can't go in there and hope to get lucky."

The board of examiners, headed by the president of Judo

Canada, requires much more than just good technique, from a potential black belt. Applicants have to accumulate a certain number of tourney points, and are judged on ability to teach judo, attitude towards opponents, and written tests as well.

Another thing that makes it hard to achieve the higher ranks in judo is the fact that each step is twice as hard as the previous one. The process is roughly comparable to climbing a ladder where each rung is spaced twice as far apart as the one before.

"It's a challenge," said Cathy, "you work so hard it's something to look forward to."

"And it's an excuse not to do your homework," added the irrepressible Karen.

The girls admitted that they encountered a lot of misconceptions about judo at school. "They (fellow students) think you're somebody different. But if you're into it deep enough, you learn to ignore those kind of people. They don't realize what judo is," said Cathy.

"There is no such thing as judo chop, for instance," added Karen, "people confuse it with karate, which is quite different."

"Judo is more of a sport, but karate is fighting," explained Cathy.

The girls said they never use judo if they get in a fight. "Me and my sister, and brother fight sometimes, but we don't use judo outside the club. That's the first thing we learned," said Cathy. "We only bite and pull out hair," joked Karen.

Karen and Stephen Sheffield are both brown belts, and they are also quite successful in competition. Stephen, now 14, has won his last seven tournaments and was the Can-Am champ. He will be representing Ontario in the Junior Olympics this year.

Karen was the Ontario champ last year and the Canadian champ the year before.

This makes it very easy for Cathy to find sparring partners and she practised a lot of the black belt techniques with her sister.

"It was very handy," Cathy admits, "but a tourney's a little different. Here you stand around with a very cooperative partner, but at tournaments your opponent is certainly not going to co-operate!"

Cathy started taking lessons at the Ho-Tai Judo Club in Ballantrae when she was nine years old, a few months after her brother and sister got involved in the sport.

"They were against me taking it up," recalls Cathy with a grin, "they didn't think I was up to it. But I think I showed them I wasn't a sissy."

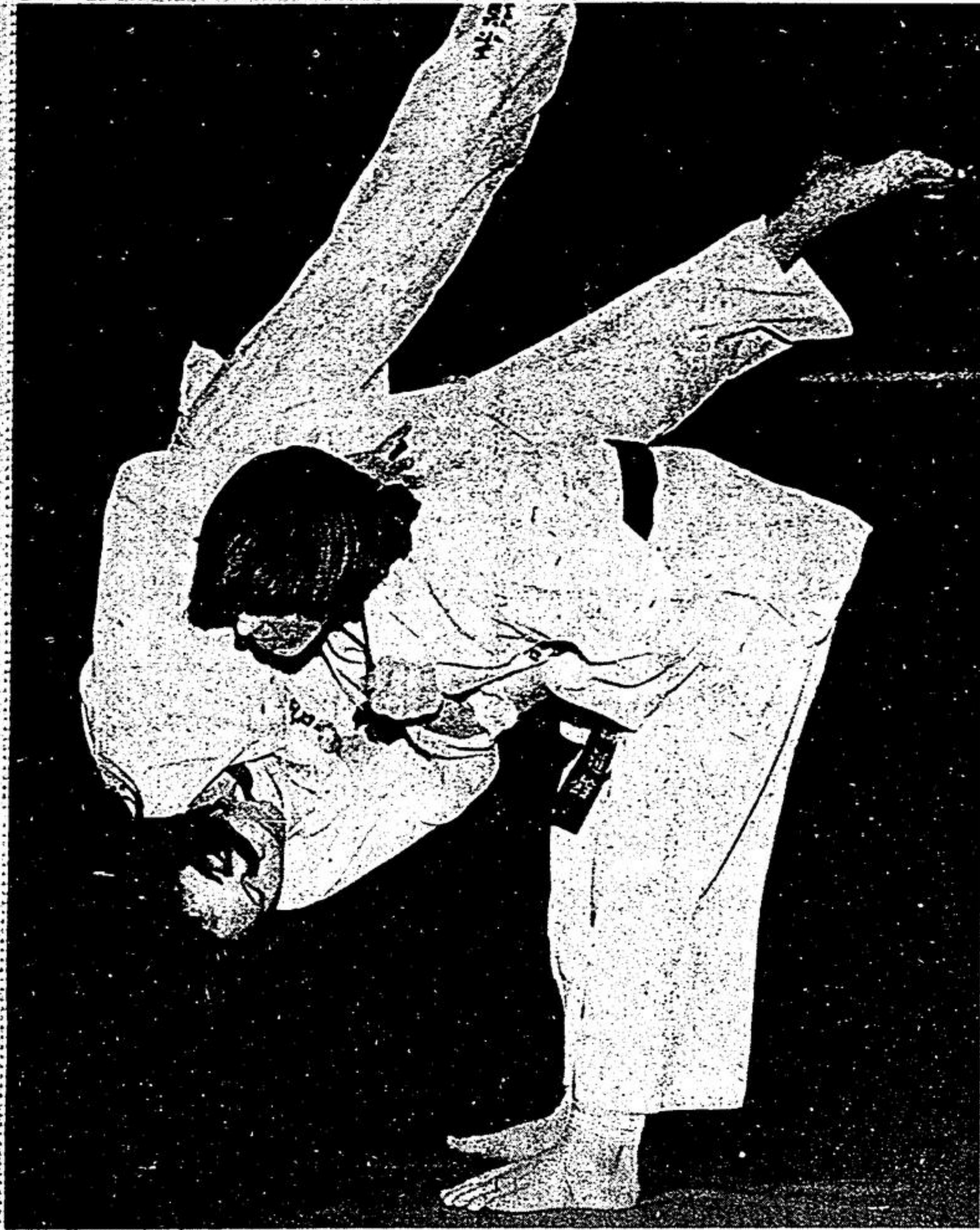
Skaters win gold medals at Olympics

STOUFFVILLE — Two local women have really put Stouffville on the map as far as speed skating is concerned.

Betty Acton and Blanche Cook competed in the Senior Olympics last weekend and came home with six gold and two silver medals.

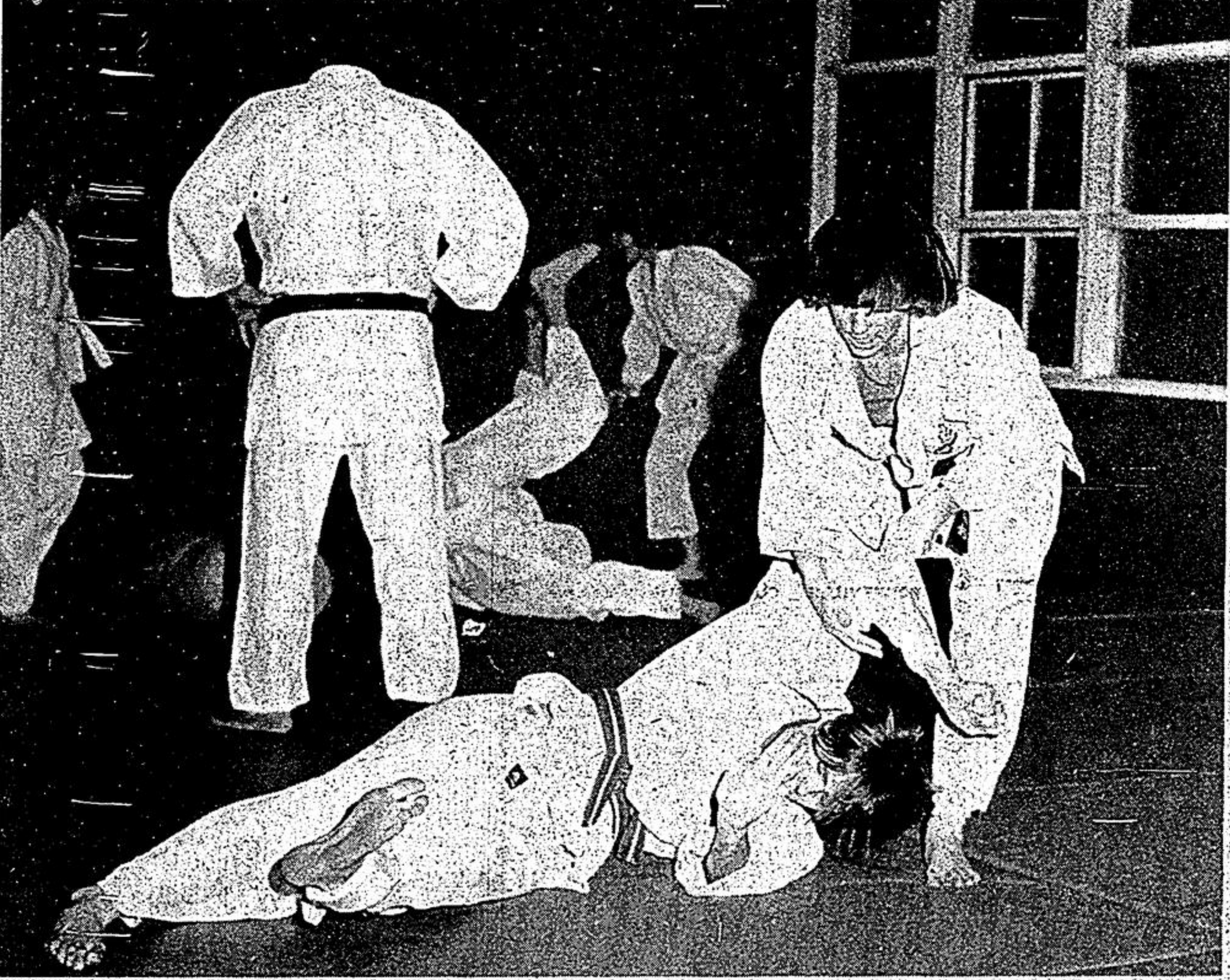
The Senior Olympics, held at Lake Placid, N.Y., are designed to give older persons a chance to compete. Participants have to be at least 25 years old and competitors are divided into different age groups for the various events.

Betty Acton swept the 200, 500, 1000, and 1500 meter events in the 50-54 year old category for four gold medals and Blanche Cook, skating in the 66-70 year old division, collected two gold and two silver medals for the same events.



In Ballantrae the name Sheffield is almost synonymous with judo, and small wonder — all three Sheffield teenagers are noted for their skill in the art. Above and to the right, seventeen-year-old Cathy, a black belt and Canadian champion, is throwing her younger sister Karen (ponytails). Although seeming to get the worst of it, Karen is well able to look after herself. Both she and brother Stephen 14, will be competing in the Junior Olympics this winter. Cathy, who recently represented Canada at an international match in England, is rated fifth in the world in her weight division.

— John Montgomery



May Clippers demolish Dominion Autos but wilt against tough Bowmanville Eagles

By Pete Sanderson

The Ken-May Clippers can be thankful for two things after this past week of action — firstly, the duo of Kevin Barrick and Ted Assinck and, secondly, the Uxbridge Dominion Autos. Barrick

and Assinck have returned to their mid-season form and during the past week provided most of the Clipper's offensive power. As for the Dominion Autos, they furnished the Clippers with win sixteen last Saturday night. The

Autos did little more than get in the way of the Clipper skaters who pumped nine goals past the Uxbridge netminder for a 9-2 victory.

Two nights earlier, the May crew had blown a 4-2 lead in Port Hope and ended up on the short end of an 8-5 score. Sunday night, they once again wilted in the third period as the league-leading Bowmanville Eagles

humiliated them by a score of 10-4. Kevin Barrick has been the leading scorer for the Clippers all season and is truly an outstanding goal scorer. He found the net four times against Bowmanville and effectively saved the hapless Clippers from total disgrace. For his efforts, Barrick was named the game's third star.

With four league games remaining (one played on Tuesday past), the May crew find themselves in third spot, one point up on Lindsay. Bowmanville has completed its schedule and is in first place with 51 points. Port Hope has 41 points, then come the Clippers with 33 points. This Saturday night, the May squad once again hosts their rivals from Uxbridge. Game time is 8 p.m. Tomorrow night, the Clippers head to Frankford for an 8:30 p.m. contest and they finish up their schedule at home against Port Hope on Saturday, February 5. One week later, the May club takes on the N.H.L. Oldtimers in a special contest organized for the centennial year.

Atoms wipe Uxbridge

STOUFFVILLE — Uxbridge atom B's received a real drubbing at the hands of the local boys recently, when the teams met in Stouffville.

Uxbridge got on the scoreboard early in the game when it appeared the B's were sleeping.

Before long the Stouffville boys were flying and hammered in six unanswered goals.

Scorers were: Billy Blundell (2); Stephen Small (2); Scott Mellor and Kevin Urquhart.

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Spartans win exhibition

STOUFFVILLE — The SDSS Spartans used a fine scoring effort by Eugene Reesor to record a close 4-1 exhibition victory over Toronto's Brekeuf Redmen.

Reesor scored a total of 23 points to lead the Spartans and Russ Davidson added six. Bill Kingsley, John Christie and Jim Desmarchais each tallied four points.

The Redmen coached by Stouffville grad Jim Hill, kept the game close with aggressive checking and good inside shooting. For the Spartans, Russ Harrison and Dave Heirtl both got into the game in the second half and both played strong games on defence.

In a game against Dr. G. W. Williams, the Spartans made a much poorer showing. Dr. G. W. Williams entered the game with a no-win three loss record and the Spartans came to the match with a great degree of overconfidence. The result was a close 6-0 victory for Williams and a dramatic lessening of the Spartans' chances for first place.

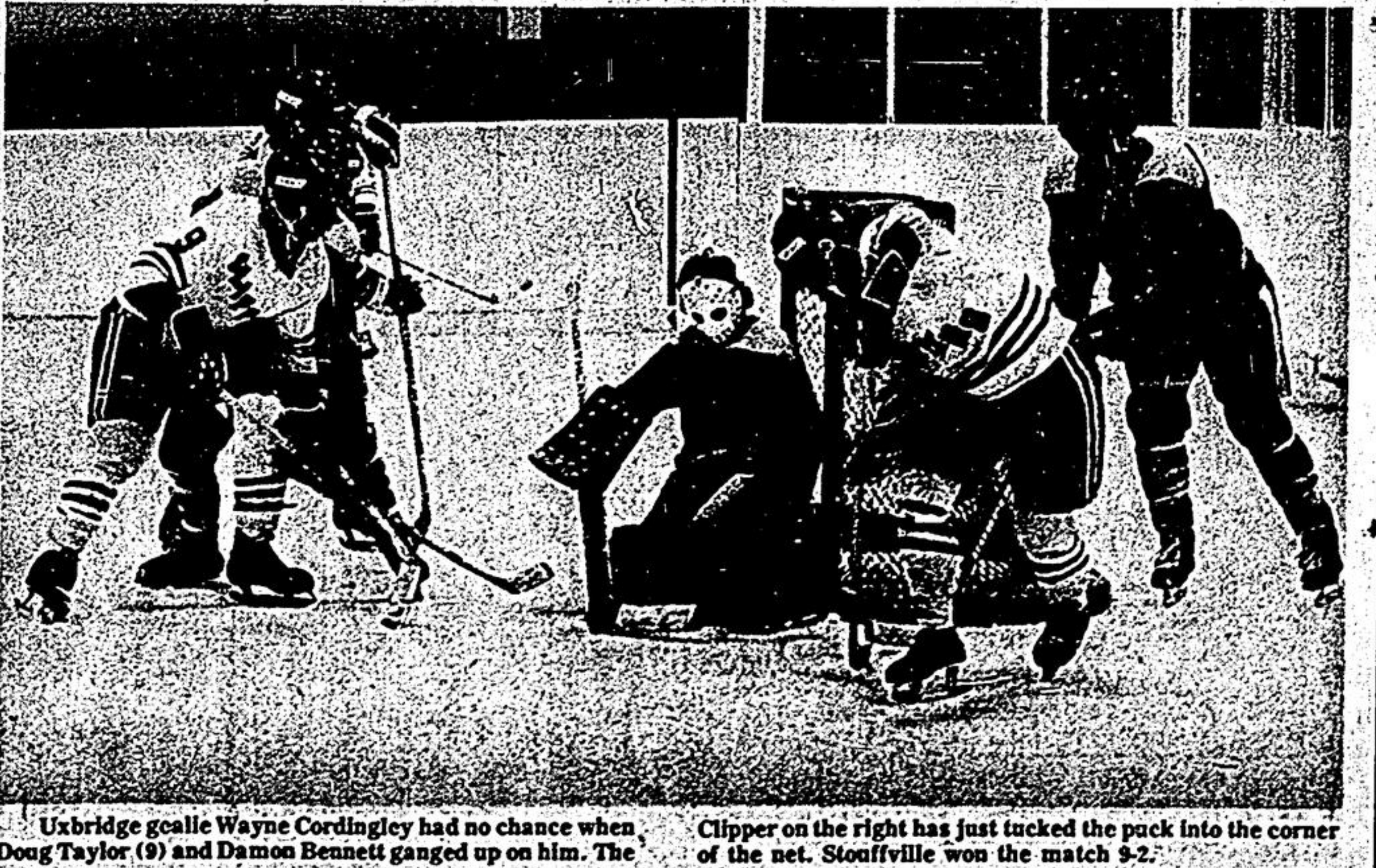
Snow-a-rama

OAK RIDGES — Stouffville snowmobilers are invited to participate in the Whipper Watson Snow-a-rama, staged in Bradford to raise money for the Society for Crippled Children.

The Snow-a-rama is sponsored by the Society in co-operation with local snowmobile clubs, and the Cross Country Riders of Oak Ridges would be happy to have any individuals ride with them.

A 100 mile course is planned from Bradford to Orillia and back, and food and gas will be made available along the way.

Anyone interested in participating in this worthwhile event is asked to call 895-7190 for further information.



Uxbridge goalie Wayne Cordingley had no chance when Doug Taylor (9) and Damon Bennett ganged up on him. The Clipper on the right has just tucked the puck into the corner of the net. Stouffville won the match 9-2.