

**SPORTS: Kooymans and Dovaston travel to England for masters track championship**

# Tracksters seek satisfying effort

BY MIKE HAYAKAWA  
Sports Editor

Jerry Kooymans and Steve Dovaston say the spirit is willing when they make their debut in the Masters World Track and Field Championships in Gateshead, England.

What concerns the two local tracksters though is if they will be able to withstand the physical rigors in their respective endeavours.

Prior to departing on Wednesday, where he was to run the 10,000 metres on Thursday and 5,000m today, Kooymans, 44, was excited with the prospects of lining up at the starting line with some of the top runners from around the world who are between 40 to 44 years of age.

"I'm a competitive person," he noted.



**JERRY KOOYMANS**  
Running in the 5,000m and 10,000m events



**STEVE DOVASTON**  
Hopes to set Canadian high jump mark

"It's one thing to run every day for health. But I like to test myself against other people. There's an incentive to compete against the best Masters runners in the world."

Not knowing who he will run against, Kooymans is not about to predict his fate. But because the meet, which is held every two years, is being staged in Europe, Kooymans anticipates it will be competitive because travel costs are affordable for athletes to attend.

"It's hard to set goals for winning or being in the top five to 10 when you don't know who'll be there," Kooymans said.

However, the Markham resident would like to run a sub 15-minute effort in the 5,000m and a sub 31-minute result in the 10,000m.

A member of the Toronto Olympic Club and a competitive runner since 1971, Kooymans went into the meet with a positive frame of mind after winning his last four masters races. The most recent of which was last week's Rock 'n Roll 5k race in Toronto. Kooymans accomplished this feat while making a slow recovery from a foot injury incurred last month in a 3,000m steeplechase.

Entered in the high jumping event on Aug. 7, the 42-year-old Dovaston also has plenty of momentum on his side after capturing this year's provincial and national masters' titles.

Like Kooymans, Dovaston is unfamiliar with the competition. But the former national track and field team member hopes to set the provincial and Canadian record for 40-year-olds in the high jump with a leap of 1.90m. Since coming out of retirement four months ago, Dovaston's best effort has been 1.85m at the provincial finals.

"I used to high jump as a youngster and was ranked in the top 10 in Canada. I'm not sure what my potential is," Dovaston said of his fate in the 40 to 44 age group class he's entered in. "I've been jumping between 1.80 and 1.85 in practice. At this point I'm still trying to find the feeling that I had when I used to jump 2.20 up until the age of 30," the Unionville resident added.

While the University of Toronto track club performer is looking forward to the meet, he has a little extra incentive to be in Gateshead, located just outside of Newcastle. Turning back the hands of time, it was 20 years ago when Dovaston competed in a dual competition meet at Gateshead.

"I caught food poisoning the day before, but I finished second even though I didn't jump that high," he recalled of that meet.

The Shrewsbury, England native concedes the comeback trail has been a tough, but rewarding one thus far.

"Being out of jumping for 15 years, your body forgets a lot of stuff. I'm still trying to play catch up. I'm saying, come on, mind, remember what your body used to do."

# Raiders finally corral Longhorns

It took seven years to do, but on Saturday the Markham Raiders finally did it.

For the first time in the club's gridiron history, the Raiders defeated the defending Northern Football Conference champion Oakville Longhorns.



The win did not come easy, as evidenced by the final outcome, a 14-13 decision before some 250 onlookers at Centennial Park.

But Raiders' head coach Bill Ptolemy will gladly take the two points over the first-place Longhorns, who lost their first game of the season.

"It got the monkey off our back. We actually beat them," Ptolemy said. "Many times we've outplayed them, but came out short on the scoreboard. That aura (of losing to the Longhorns) is now gone. The guys believe in themselves."

With just under three minutes to go in the game and trailing 13-7, the Raiders began a drive from their own 25-yard line and capped it off when quarterback Dean McLaren threw a five-yard touchdown pass to running back Martin Desmond with 23 seconds remaining.

Sandro Sciortino made his kicking debut with the Raiders and booted the game-winning point and a second-quarter convert. Ptolemy was glad to have the Brother Andre graduate, who will enrol at Boston College in January on a football scholarship, in the lineup as he noted in past games with the Longhorns, the kicking game proved to be a big factor that went in Oakville's favour.

"Sandro made a big difference in our kicking game. For him to play with us is a good learning experience. I told him it's not college ball, but it's a big step up from high school because he'll be up against bigger guys that will be rushing him hard."

The Raiders took a 7-0 lead in the second quarter when wide receiver Gifford Rose hauled in a 40-yard pass from McLaren.

The Longhorns quickly cut into the Raiders' lead with a touchdown on their next possession. But a missed the extra point enabled the Raiders to stay ahead.

Catching the Raiders' defence in a blitz, the Longhorns took their first lead of the game early in the fourth quarter on a long pass-and-run play.

A two-point convert attempt failed. But the Longhorns got one point back on a missed field goal attempt to pad their margin to 13-7 and set the stage for an exciting finish.

Assessing the win, Ptolemy felt his club's ability to maintain its discipline was crucial. In past meetings between the two clubs, Ptolemy noted his club's penchant for taking unnecessary fouls proved costly in the end.

"We only had about 60 yards in penalties. Oakville took a lot of bad penalties."

Ptolemy also praised his club's defence, led by Ian Sutherland. The middle linebacker was named the league's defensive player of the week when he recovered a fumble, made eight tackles and one quarterback sack.

Clinching second place with a 5-2 mark, the Raiders travel to Sudbury today for a game with the 2-5 Spartans.

# Mennos prevail

Ed Burkholder collected two hits and drove in a run to support a four-hit pitching performance by Paul Boynton to propel the Stouffville Mennos to a 4-0 win over the Stouffville midgets in Oshawa City and District Softball League action at Centennial Park in Markham on Tuesday.

The Mennos, now 16-4 on the season, scored an unearned run in the second inning and added single runs in the third, fourth and fifth frames.

Byron Baraniecki, who handled left field duties in the game, contributed a hit and rbi while Ryan Burkholder, Terry Reesor, Kyle Barber, Rob Reesor and Shawn Boadway each had one hit. Boynton went the full seven innings to earn the win.

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**JERRY KOOYMANS**

Jerry Kooymans continued to lead the pack in the Canada Running Series after putting fourth a good effort in a recent race in Toronto.

The 44-year-old Markham resident was the first masters division runner to cross the finish line in the Rock 'n Roll 5K event with a time of 15:29.7.

Overall, Kooymans finished 10th and remains atop the standings in the Canada Running Series.

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