

Stouffville Sun-Tribune

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Stouffville Sun-Tribune

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Stouffville triathlon training program already showing positive results

BY HANNELORE VOLPE
Staff Writer

Anyone who's aspired to be an ironman or wants to become more physically fit can begin training without leaving Stouffville.

Triathlete Peter McQuillan leads swimming, biking and running training sessions through the Stouffville Fitness Centre at the Lebovic Centre during the winter, spring and summer.

Triathlons can require competitors to complete a two-kilometre swim, a 90-km bike ride and 21-km run.

Even though the Triathlon Training Program began only a year ago, its

members have had impressive results at events around the province.

McQuillan was sixth overall in the Half Ironman in Parry Sound this summer. Carol May won in her age group at Barry's Bay early in July. Loretta McQuillan was first in her age category at the Parry Sound Half Iron Man event, while her husband, Robin, finished second overall at the Gravenhurst Triathlon.

Adam Conywers came in second at the Parry Sound Spring event. There can be anywhere from 10 to 30 competitors in each age group at triathlon events.

Although the new triathlon train-

ing session doesn't start until the winter, McQuillan wants to encourage more residents to take part, including children who compete in the Kids of Steel competitions.

During the winter, triathletes swim Mondays and Wednesday evenings and do stationary bike training on Sundays at the Lebovic Leisure Centre.

Competing in triathlons since 1986, McQuillan is preparing for the Ironman competition in Germany next year.

For more information about the program, call 905-642-7529, ext. 319 or 328.

SPORTSBOARD

E-MAIL: mhayakawa@yrng.com

HIGH SCHOOLS

Basketball

SENIOR GIRLS NORTH DIVISION

TEAM	AS OF OCT. 4		
	W	L	P
Cardinal Carter	2	0	4
Richmond Hill	1	0	2
Sacred Heart	1	1	2
St. Theresa of Lisieux	1	0	2
Huron Heights	1	0	2
Stouffville DSS	0	2	0
Newmarket	0	2	0
Aurora	0	0	0
Dr. J.M. Denison	0	0	0
Dr. G.W. Williams	0	0	0

JUNIOR GIRLS NORTH DIVISION

TEAM	AS OF OCT. 4		
	W	L	P
Sacred Heart	2	0	4

Aurora	2	0	4
Stouffville DSS	1	1	2
Newmarket	1	1	2
Dr. J.M. Denison	1	0	2
Dr. G.W. Williams	0	2	0
Cardinal Carter	0	2	0
St. Theresa of Lisieux	0	1	0
Huron Heights	0	0	0

Volleyball

SENIOR BOYS TIER ONE EAST DIVISION

TEAM	AS OF OCT. 4			
	MW	ML	GW	GL
Markville	3	1	7	2
Unionville HS	3	0	6	0
Stouffville DSS	2	2	5	5
Father McGivney	1	3	3	7
Milliken Mills	1	1	2	3
Pierre Elliott Trudeau	1	1	2	2
Middlefield	0	3	0	6

JUNIOR BOYS TIER ONE EAST DIVISION

TEAM	AS OF OCT. 4			
	MW	ML	GW	GL
Sacred Heart	2	0	4	

Unionville HS	4	0	8	1	12
Stouffville DSS	3	1	7	3	10
Markville	3	1	7	3	10
Milliken Mills	1	1	2	2	3
Middlefield	1	3	2	6	3
Father McGivney	0	4	1	8	1
St. Robert	0	2	0	4	0

HOCKEY

Provincial Jr. A

NORTH CONFERENCE STANDINGS

TEAM	AS OF OCT. 4			
	W	L	T	OT
Aurora	6	1	2	1
Newmarket	5	2	0	0
Couchiching	5	4	0	0
Collingwood	4	6	0	0
Stouffville	3	2	1	1
Seguin	1	3	3	1
Huntsville	0	5	1	1

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- Financing options
- How to make the right choice
- What each school has to offer your child

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Canadian Scholarship Trust Consultant Inc.	Richland Academy
CCI The Renaissance School	The Country Day School
Exceptional Learning Centre (EXL)	The Giles School
Foundations Private School	Toronto Montessori Schools
Global Educational Marketing Corporation	Town Centre Montessori Private Schools
Holy Trinity School	Trillium School
La Citadelle Academy	Wesley Christian Academy
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