

## Future looks good

Rudy Wolf may not have made the provincial qualifying times first time around, but if last weekend's Central Region meet is any indication, he'll get faster in the future.

Wolf finished first in the 400 metre freestyle and placed second in both the 100 metre and 200 metre backstrokes in a meet at the Olympium held for those who did not qualify for the provincial championship. Competing in the boys 11-12 division, Wolf led a contingent of TOMAC swimmers to sixth place of 18 clubs attending the meet.

Judy Bindon managed a first in the girls 13-14 100 metre breaststroke (1:29.10) and finished eighth in the 100 metre freestyle. Tia Ruukholm placed first in the 10 and under girls 100 metre backstroke (1:30.92) while her brother, Hillar, placed first in the boys 11-12 100-metre freestyle (1:08.86) and fifth in the 200-metre freestyle and 200-metre backstroke.

J. Bhethena placed first in the 200-metre individual medley (3:13.14), third in the 200-metre backstroke and fourth in the 100-metre butterfly.

Larissa Gedak, often overshadowed by teammates in the senior division at the Etobicoke Swim Club, placed first in the 400 metre individual medley (5:59.10), second in the 200-metre individual medley and 100-metre butterfly, third in the 200-metre freestyle and sixth in the 100-metre freestyle.

Keith Smout of TOMAC placed third in the 200-metre butterfly, fourth in the 100-metre butterfly and eighth in the 200-metre freestyle while competing in the boys 13-14 division.

Blair Hicken of ESC placed second in the 13-14 100-metre backstroke, fourth in the 200-metre butterfly, fifth in the 200-metre freestyle, sixth in the 100-metre butterfly and seventh in both the 100-metre freestyle and

400-metre individual medley.

Nancy Page finished first in the 200-metre 11-12 freestyle at the Eagle Beaver meet in Ottawa in a time of 2:22.7. Along with placing third in the 200-metre backstroke and 400-metre freestyle, she combined with the TOMAC relay team for two bronze medals.

Carolyn Day, Carolina Sognzoni, Carolyn Taylor and Page placed third in the 400-metre freestyle relay and 200-metre relay. The TOMAC team also placed fourth in the 200-metre freestyle relay.

## 20th Mississauga regatta results

**RESULTS**  
Code: Balmly Beach Canoe Club — BB; Island Canoe Club — ICC; Mississauga Canoe Club — MCC; Mohawk Canoe Club — MOH; North Bay Canoe Club — NB; Oakville Racing Canoe Club — ORC; Sudbury Canoe Club — SCC; West Rouge Canoe Club — WRC.

**BANTAM**  
K-1 "A": 1. Mark Holmes, MCC; 2. Chris Kautzky, MCC; 3. Clark McMillan, MCC.  
K-1 "B": 1. Eric Smith, MCC; 2. Mark Irish, MOH; 3. Craig Fretwell, MOH.  
C-1 "B": 1. Rob Stott,

MCC; 2. Chris Stringer, MCC; 3. David Tutty, MCC.  
K-2: 1. Holmes, Kautzky, MCC; 2. Chris McMillan, Ed Ramazki, MCC; 3. Marty McKinen, Terry Hamilton, MOH.  
C-2 "A": 1. Eric Smith, Holmes, MCC; 2. Mark Irish, Craig Fretwell, MOH; 3. Rob Stott, Jon Abbott, MCC.  
C-2 "B": 1. Ed Ramazki, David Tutty, MCC; 2. Toby Collins, Bob Lilholt, ORC.  
Mini K "B": 1. Ramazki, MCC; 2. Toby Collins, ORC; 3. Dave Sillars, MCC.  
C-4: 1. Holmes, Chilton, Kautzky, Johnson, MCC; 2.

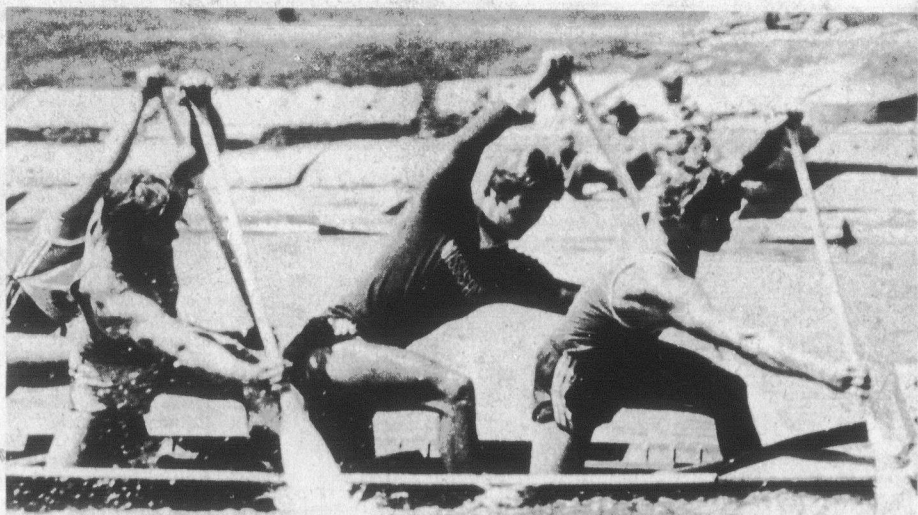
Abbott, Stott, Smith, Egerton, MCC; 3. Collins, Hausen, Lilholt, Sturgess, ORC.  
**Open War Canoe:** 1. Stamper, MCC; 2. Yeo, MCC; 3. Hamilton, MOH.  
**MIDGET**  
K-1: 1. Cam Sturgess, ORC; 2. Brian Morrow, BB; 3. Mark Holmes, MCC.  
C-1: 1. Kevin Stott, MCC; 2. Larry Cain, ORC; 3. Richard Helyar, WRC.  
C-2: 1. Stott, Pat Hurley, MCC; 2. Larry Cain, Tony Sturgess, ORC; 3. Ron Handy, Ted Barker, ICC.  
K-2: 1. Mike Garvey, Paul

Holmes, MCC; 2. Mark Vaillancourt, Howie Glase, NB; 3. Darragh Meagher, John MacDonald, MCC.  
K-4: 1. Morrow, Millward, Fothergill, Pencha, BB; 2. Meagher, Moore, MacDonald, Holmes, MCC.  
C-4: 1. Stott, Yeo, Hurley, Holmes, MCC; 2. Cassidy, Glase, Vaillancourt, David, NB; 3. Cain, Sturgess, Shelley, Rouse, ORC.

**LADIES' MIDGET**  
K-1: 1. Ingrid Mehlnhorn, MCC; 2. Susan Smith, ICC; 3. Penny Dinmore, MOH.  
K-2: 1. Ingrid Mehlnhorn, Lauren Hoyle, MCC; 2. Cathy Miner, Jocelyn Bush, NB; 3. Holly Frank, Penny Dinmore, MOH.  
K-4: 1. Mehlnhorn, Hoyle, McGown, McMillan, MCC; 2. Jones, Patterson, Sneddon, Ward, BB; 3. Shannon, Jackson, Shultz, Hoyle, MCC.  
**Open War Canoe:** 1. English, ICC; 2. Furlong, MOH; 3. Bruce, MCC.

**LADIES' JUVENILE**  
K-1: 1. Massingham, MCC; 2. Holly Frank, MOH; 3. Lauren Hoyle, MCC.  
K-2: 1. Kelly Massingham, Ingrid Mehlnhorn, MCC; 2. Lynn Sullivan, Leslie Birmingham, ICC; 3. Kathy McGown, Stacey McMillan, MCC.  
Mini K "B": 1. Kelly Hoyle, MCC; 2. Trixie Shultz, MCC.

**Dig in**  
Mississauga C-4 team strokes to victory in junior event at 20th Mississauga kicked off western division season by easily winning regatta. Martin Fraser, Bill Yeo, Archie Chase and Brian Burton are the paddlers.



## Barber eighth nationally

Lorne Park Secondary School student Wendy Barber placed eighth in Figure competition in a field of 80 top athletes at the Junior Canadian Synchronized Swimming Championships June 21-24 in Regina.

Barber also placed 12th (74.20) in the Solo Event, resulting in an aggregate placing of 9th (solo and figure marks combined). Barber scored 93.14 in Figures.

The Olympium Synchro Club placed sixth in the meet. Top six teams were chosen to swim in the Figures event and all 10 swimmers placed in the top half of the results.

Olympium swimmer Shelagh Croxon, swimming with Andrea Whiteacre, placed 7th

(76.20) while Donna Best, swimming with Shelagh Carroll, placed 8th (74.00).

For the first time in six years Ontario jumped from third to second place in the Interprovincial Trophy standings because of the strength of Hamilton and Mississauga swimmers, including Robbie Bay.

## Blues blue

Polonia scored four goals in the last 20 minutes to defeat Mississauga Blues in National Soccer League Cup action Sunday.

Polonia took a 5-1 lead in the two game home and away series.

## Bailey second at Colgate

Sprinter Faye Blackwood and Etobicoke Centennial Stadium is a combination that doesn't agree with Angela Bailey.

For the second Saturday in a row, Blackwood beat Bailey over 100 metres on the Centennial track. Bailey was also second to Stephanie Brown of the Texas Women's University in the 200-metre final at the Colgate Women's Games.

Bailey's time in the 100

was 12.38 and in the 200

24.68. Patti Parco of Mississauga Striders finished sixth in the 800 metres at the massive track meet. Parco's time was 2:15.9.

Debbie Schulte was sixth in the 1500 metres with a good time of 4:35. Gale Grant was sixth in the 3000 metres with a time of 10:48.

Alison Webb had a personal best time of 5:03 in the 1500 metres.

## Disappointment in '76

Continued from Page 1

cross-country skis and does endurance weight-lifting.

"It's possible to go to university and train as a national athlete," he says. "But, it is easier to let one interfere with the other."

With financial support from Sport Canada, Abbott and colleague Smith are able to train daily.

"I run 20 to 30 minutes per day. Afterwards, I paddle about 1.5 kilometres, doing six 1,000 metre sprints, at about 80 per cent speed."

Every Tuesday and Thursday the Fitness Institute here opens its doors to the two Mississauga athletes and they do weight training and calisthenics there. They have 10 practices per week, usually split between mornings and afternoons.

Abbott says his diet is important and his is very careful about his daily intake.

"I tend to eat much more than I ever

did, but I weigh much less than I used to," says Abbott, who is well-muscled and tanned. "I'm a meat-and-potatoes man; I stay away from junk food."

Abbott and Smith are training for the World Championships in Yugoslavia. They leave for Europe in two weeks. They will stay in England for a couple weeks to climatize themselves, then head to Yugoslavia for a week of strenuous competition.

"The field is much tougher in Europe than here. You face two Russians, two Rumanians and two Hungarians, instead of one of each as at the Olympics. Coming back to Canada for the Canadian championships will be anti-climatic."

Abbott recently returned from England after competing in the Nottinghamshire International Canoe Regatta, where he finished ninth in the 1,000-metre event and eighth in the 500-metre event.

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