November 23, 1978, Excalibur 11

Rooks wins gold in track

By Andy Buckstein

VANCOUVER - York's Nancy Rooks continued her rise to National prominence when she claimed her first ever gold medal in a National Championship event last Saturday at Stanley Park by taking top spot in the Canadian Cross Country Championships.

The exciting battle that was expected to develop between Chris Lavallee of Sudbury and Rooks lasted for just the first third of the race as Lavallee faded badly to finish seventh. The top eight finishers qualified to represent Canada at the American World Trials meet to be held next March. The top six Canadians in that race

Canada at the World Championships in Limerick, Ireland, also next March.

By virtue of her strong eighteen second victory over Victoria's Debbie Scott over the 5000-metre course in a time of 17:16.4, Rooks has to rate as a strong favorite to be the top Canadian again in the spring. Last year, while still a high school student, Rooks finished a surprising 38th in the World Championships in Glasgow, Scotland against more than 100 of the world's top female cross country runners.

Prior to Saturday's victory, Rooks had finished second in the

will then advance to represent National Junior 1500 metres in 1977, third in the National Cross Country Championships in 1977. and had 1978 National Senior placings of fourth in the indoor 1500 metres, and second in the indoor 3000 metres.

In August, while respresenting Canada at the Commonwealth Games, the nineteen year old Rooks placed fifth over 3000 metres.

This coming weekend Rooks will travel to Raleigh, North Carolina to represent Ontario at the AAU Cross Country Championships, a meet in which she placed 17th a year ago.

York gymnastics

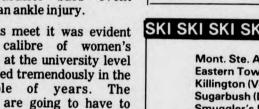
The 1978-79 season for the Yeowomen gymnastics team got under way this past weekend at the University of Western Ontario Invitational senior Competition. Six Ontario universities participated providing exciting competition for all involved.

York had three gymnasts in this category, but due to a ligament injury, one of them, Lynn English was unable to compete. Laurie McGibbon, a first year student, was entered in all four events winning the vault competition. The other York competitor was Cathy Corns who was only entered in the uneven parallel bars event because of an ankle injury.

From this meet it was evident that the calibre of women's gymnastics at the university level has increased tremendously in the last couple of years. The Yeowomen are going to have to work very hard if they wish to continue their ten-year domination of Ontario universities gymnastics. The junior Yeowomen will

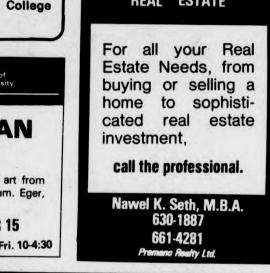
travel to McMaster this coming

weekend for their first competition



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York's volleyballers trounced Western Ontario three games to zero

Queens's scored late in the game to come back to defeat the University

gain a 4-4 tie with York Yeomen in of Wilfrid Laurier Hawks 46-41. It

men's hockey last Friday. In was York's second consecutive

Sports in brief

TYPING

women's basketball, York win.

Yeowomen displayed a strong

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