

Tinkham leads Tigers in Cross-country

orman Tinkham set a new course record at the University of Moncton Invitational on Saturday (Sept. 29) to lead the Dalhousie Tigers Men's Cross Country team to victory in the first AUAA meet of the season.

Tinkham's time of 31:43 was 1 1/3 minutes faster than the time of second place finisher Craig Parsons, also of Dalhousie.

David Layton of Dalhousie placed third as the Tigers accumulated a total of 23 points. UNB Number One team as second at 34 while UNB Number Two and UDM tied for third spot with 98 points each.

In the women's division, the University of New Brunswick placed first with a point total of 22. Dalhousie was second with 42 while UDM finished third at 66.

Margaret MacDonald of UNB was the top female finisher while Annick deGooyer was the best Dal finisher, placing third.

The Moncton course will be again used for the AUAA Championships on Oct. 27.

High school volleyball tournament

By JEAN JAMES

alhousie will be hosting the Dalhousie Schweppes Junior and Senior volleyball tournament October 12th and

It is the largest junior and senior highschool tournament in Canada, featuring 72 teams from around the Maritimes.

Action will commence Friday in three different locations. The boys' and girls' senior high divisions will be played entirely at the Dalplex. On Friday, the junior boys' division will play at Grosvenor-Wentworth Junior High, with the junior high school girls' division playing at Fairview Junior High. On Saturday, all junior high matches will take place at Dalplex.

The weekend action marks the 14th annual senior boys' and third annual junior high school competition hosted by Dalhousie.

Last year, the Prince Andrew

senior boys' team from Dartmouth and the Saint Vincent senior girls' team from Saint John, New Brunswick successfully retainedtheir championship titles with finalround victories.

In the junior high school section, Cornwallis posted a 15-4, 15-6 win over Oxford in the boys' section, while Bridgewater chalked up a 15-9, 15-12 victory in the girls'

then menenenenenenenenenenen de TRAVEL CUTS **Christmas Charters**

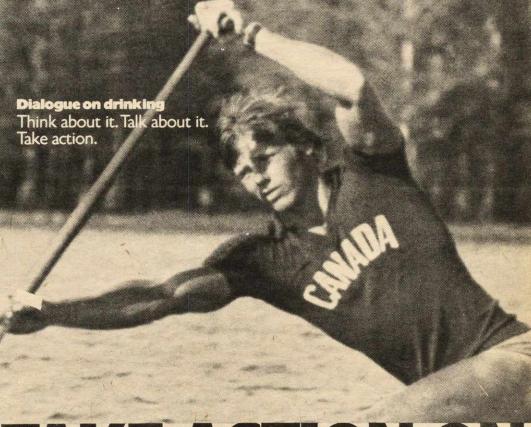
Halifax -**Toronto**

The travel company of CFS TRAVEL CUTS HALIFAX 902 424-2054 902 424-2054



is a superb spot for early morning muffins, hearty lunches and tempting afternoon desserts

> Spring Garden Rd., Halifax (next to Mills Bros.) 8 am - 5 pm



AKE ACTION ON "I like the taste of a cold beer on a hot day, but I certainly don't think you have to get the gang

together with a couple of cases of beer just to celebrate the fact you've had a bit of exercise."

Canadä



Sante et and Welfare Bien-ètre social Canada Canada





- *SELF-CONFIDENCE
- *SELF-DEFENCE *WEIGHT CONTROL
- LADIES FIGURE CONTROL
- *SELF CONTROL

Classes:

Mon. to Fri. 12:30 - 2pm and 5:00 - 10pm Sat & Sun 12:30 - 2pm

*SPECIAL INSTRUCTION FOR WOMEN

MASTER: KWANG KIM - 6th Degree Black Belt (INTERNATIONAL TAE KWON-DO INSTRUCTOR)

PHONE 423-8401

KWANG KIM INSTITUTE OF TAE KWON-DO 1252 HOLLIS ST., HALIFAX, N. S.