

Runners finish ninth overall

By TIM UUKUSLAINEN

Top varsity runners from across Ontario gathered at Western University last Saturday, for the OUA cross-country championship.

Both the men's 10 kilometer and the women's 4 kilometer races were contested over a rough and demanding 4 kilometer loop which the women covered once and the men two and a half times.

The women's race proved to be the closer of the two as the first four women all broke the course record of 16 minutes, 57 seconds.

Donna Valaitis of Guelph proved to be the quickest, winning in a time of 14.54. Placing second was Kathy Prosser of Brock in 15.02 followed by Sally Beach of the University of Toronto.

Finishing a strong fourth was York's Brenda Reid, clocking a fine 15.51. Reid was disappointed with herself for allowing the leaders to build up too much of an early lead instead of staying close in the early going, but was pleased with her fourth place finish.

Later this month Reid will represent the Ontario team at the Canadian Championships in Halifax. She will also journey to Florida for the American AAU

cross-country championship.

Also coming up with solid performances for York were Karen Merrick, showing some improvement as she placed 7th, followed by Margot Wallace in 16th, Candy Millar in 21st, and Nancy Hamilton in 23rd place enabling the Yeowomen to finish a commendable third with 71 points.

Only Western with 65 points and the winner, University of Toronto with 52 points could top their performance.

The women's race was held unofficially but the good turnout was significant according to coach Dave Smith, who felt that the race might receive OWIAA sanction next year in light of the rising interest.

The men's race was open to speculation as to who the winner might be, with many of the top calibre runners in contention. However Bryan Strike of Brock University left no doubt in anyone's mind as he ran away from the field at the half-way mark and easily powered to a new course record of 32.22, shearing 40 seconds off the 1975 mark set by Grant McLaren.

The real race seemed to be for the runner-up position, claimed eventually by Adam Shoemaker of

Queen's. Mike Dyon of the University of Toronto nailed down third followed by John Millar of Western with 33.40 in fourth narrowly edging out Nil Lavallée of Laurentian who finished fifth in 33.42.

The Yeomen gave it a real team effort as they took to heart that old adage of "the team that trains together, stays together".

However they could have afforded to be a little more spread out, as Derrick Jones led the York contingent finishing in 42nd place, followed respectively by Tim Uuksulainen in 43rd, Desmond McHenry 45th, Fraser Mckinnon 46th, Steve Caws 56th and Steve Karpick in 57th position in the 75 man field.

The team is optimistic about next year due to the fact that they will remain together for the next few seasons.

Overall, Western was first with 56 points, the University of Toronto finished second with 76 points and Queen's was third with 81 points. York finished 9th in a field of ten. As coach Smith pointed, "We need at least two top competitors before we can be a real threat for the championship".

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