

# Lee Pongs run to a pair of golds

Talk about a couple that does everything together. Noella and David Lee Pong both went into the CIAU nationals ranked number one in their respective 60 metre events.

Both, however, had suffered slight injuries just a week previous.

In fact, they each incurred injuries to their left thigh, and were both doubtful about competing for the U of A relay teams.

Getting ridiculous? Well, as fate would have it, the husband and wife team of David and Noella both walked away with gold medals after running away from the field in the 60m sprints.

"That made it for me, when I heard that Noella had won her event," said an elated husband and coach. "To see the fruits of my labour and my influence was just... How can you describe it?"

David, who receives his own coaching from Jack Finstad, actually had the most serious injury of the two, a pulled hamstring that kept him out of all action other than the sprints.

"Around 40 metres I felt a slight spasm in my thigh, but I was in the lead by then so I just said to myself 'Just go for it', and that's what I did." He won the race in 6.88 seconds.

Lee Pong won his heat on Friday, but had the third best time overall. Noella also won her heat, but won it in fine style, running a 7.60 to claim top heat time despite a quadricep pull of her own to deal with.

"It was a big confidence builder to win on Friday," admitted the 25 year old Medicine student. "I felt so good coming in this (Saturday) morning." Good enough to post a time of 7.61 seconds.

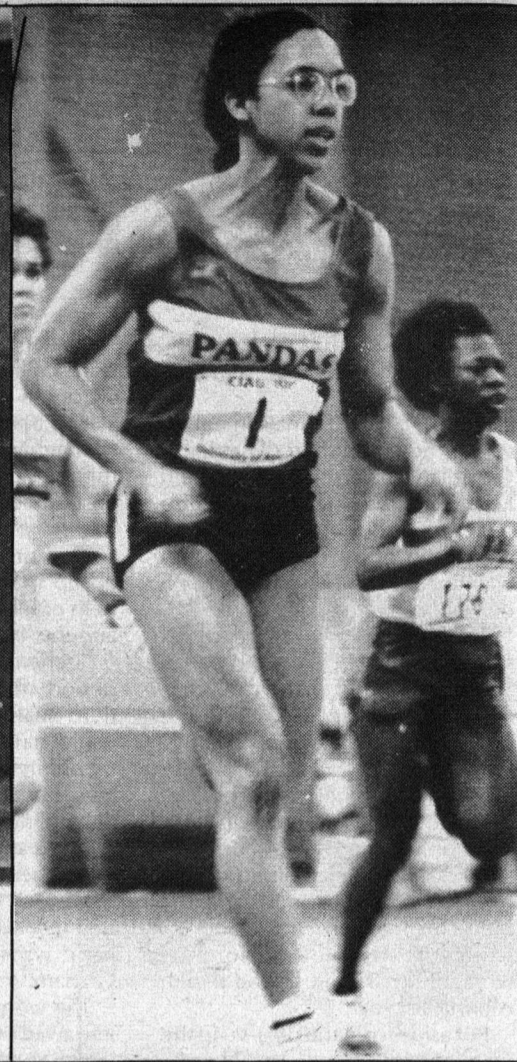
"There was an awful lot of pressure before this meet. In the past I was never the favorite so people were surprised when I did well. Now they expect it."

She was entered in the 300 metres but withdrew, and almost had to scratch herself from the 4x200 metre relay as well.

"The coaches weren't even going to ask me to run in the relay until we found out that we had the outside lane. I couldn't run corners at all, but in the outside lane I only had to run one corner (because she ran the first leg off of the stagger)."

So, like her husband, she said to herself 'Go for it.'

And like her husband she now has a CIAU gold medal.



Noella and David Lee Pong both struck gold on Saturday. The husband and wife team took no prisoners in the 60m sprints at the CIAU finals.

## Gillis and Lanovaz jump into first

Nancy Gillis and Danny Lanovaz would both like to forget the high jump competition at the CIAU Track and Field championships this past weekend.

And if they can keep their minds on the gold medals that they earned in the long jump and triple jump respectively, that shouldn't be too much of a problem.

Gillis, who entered the meet ranked third in the high jump, dropped out with the bar at 1.65 metres, good for a tie at seventh place. Her previous personal best was 1.72.

Lanovaz, on the other hand, was forced to drop out of the men's high jump event because he was too busy winning the gold medal in the triple jump.

"Yes, I'm a little surprised that they don't schedule the two events on different days, because there's a few of us that compete in both events."

The 22 year old out of Grande Centre High School has always been a specialist in the triple jump, and coming off a serious foot injury last year, he reacted incredibly well.

"I was jumping on the wrong kind of spikes last year at the first meet of the year, the Sled Dog (at the U of Saskatchewan). That won't happen again." Lanovaz has made great strides this year, however, earning top male athlete honours two weeks ago at the Canada West championships, and now a gold at the CIAU's.

In Nancy Gillis' case, the long jump event was simply an exercise in confidence.

"I was ranked number three going in, but the two girls ahead of me had personal bests that were the same as mine, and I had beaten them both twice before. So I knew that I could do it."

And as for her winning jump of 5.87 metres, "I knew that it was a good one right away." In fact, it was two centimetres over her personal best and nine better than her second best effort of the meet.

Gillis also copped a silver medal with the Pandas 4x200m relay team. "We've had bad exchanges all year, but everyone just hogged the inside lane for the whole race and things went really well."

Nancy Gillis and Danny Lanovaz will both not soon forget the high jump events at the 1986 nationals, and with a pair of gold medals between them, it's no surprise.

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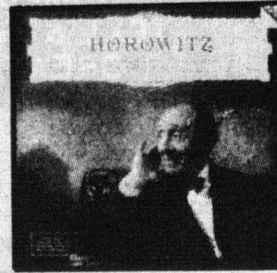
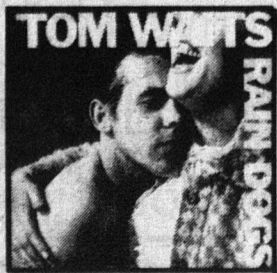
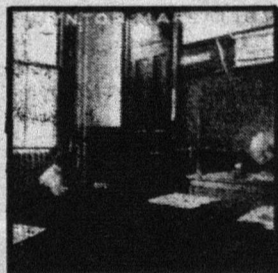
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