



The face tells it all...An exhausted Chris Medland, a first year Osgoode student, looks to the finish line in her debut as a Yeowoman.

Rooks misses her spikes...Ruegger loves the mud

Jules Xavier

The 15th annual York University cross-country meet resembled a mud wrestling contest as most athletes fought their way through the treacherous course made slick in places due to an early afternoon shower.

Yeowoman Nancy Rooks placed second with a 18:57 time but probably wished she had followed her own better judgement prior to the race. She should have worn spikes. "It makes a big difference with spikes. I struggled a bit and almost fell a few times," she said explaining that with spikes it like the difference between night and day.

Though the course affected her performance somewhat, Rooks felt the adverse conditions make it a challenge for the runners. "It's like a real

cross-country run."

The winner of the race, Guelph's Silvia Ruegger, broke her 1980 record of 18:26 by running the 5600 metre course in a time of 18:17.2.

While Rooks fought her way through the mud, Ruegger found the conditions to her liking.

"I love the mud. It slows the race down and makes it more of an endurance test than an all-out run," she said.

Ruegger has been hampered by various injuries since the summer but feels she'll be ready once she gets her speed back.

The Yeowomen team finished second with 81 points. Guelph was first with 55.

Laurentian's Ray Paulins (32:34.7) and Bruce Wainman finished the men's 10,000 metre run one-two.

Sis boom bah...

Pretysoon sports fans on campus are going to notice something different at York home games. Cheerleaders! You heard right, cheerleaders.

Second year music student, Brenda Robb, and first year Physical Education student, Michelle Arbour, are the masterminds behind this plan.

"We won't be doing little cheers by the sidelines. We're going to perform dance routines at half time and during the game we're going to cheer for York just like the rest of the fans," they explained.

serious and determined

Both Robb and Arbour seem quite serious about their project and both are determined to make a go of it.

"We have a choreographer, Zelma Badu, a second year dance student. She's already put a routine together for us."

Robb and Arbour want to start the "cheering season" at the Guelph-York football game being played during the Homecoming weekend. Needless to say, time is of the essence.

They will hold a meeting on Monday, October 5 at 7:00 p.m. in Sylvester's (in Stong College). Attendance at this meeting is mandatory; it will be the only prerequisite for the auditions, which will be held the following day.

Seventeen to twenty girls are needed for the squad. Anyone who is even remotely interested in being a cheerleader for York University, is urged to at least attend the information meeting on October 5.

Excel Sports needs writers and photographers. If you are interested, contact Rose or Jules at 667-3201.

Yeomen lose more than a game

Mike Leonetti

York Yeomen host the Windsor Lancers this Saturday to open the home season and they are hoping that home turf will be friendlier than opposing grounds.

The Yeomen record dropped to 0-2 last Friday night with a 28-10 loss to the Wilfrid Laurier Golden Hawks. It was the Yeomen's second consecutive loss on the road this season.

The Yeomen were once again slow in starting and as a result found themselves down 16-0 within the first five minutes of the contest. Laurier scored the first time they touched the ball driving down the field for the touchdown and quickly scored again on a punt return after York held the ball for only one series of downs. York's only scoring in the first half came on a safety touch. Following that, York's Joe Pariselli returned the kickoff all the way back, only to have it nullified by an illegal block.

As it turned out York's only

touchdown was scored by rookie George Ganas on a short run. Quarterback Tino Iacono ran the ball over the goal line for a two point convert.

York's main problem is the lack of a consistent offence which in this game produced a total 156 yards. York produced no first downs during the first quarter and had a total of only nine during the entire game.

still optimistic

Despite these uninspiring totals, Yeomen coach Dave Pickett is still optimistic about the offence.

"The offence is making progress. They played well in the second half but we are still not where we want to be. We have many young people in the backfield and it will take time for them to mature. But there is no doubt in my mind that these players will play good football. The potential is there."

Laurier Golden Hawks were able to grind out a total of 368

yards on offence, 264 of them along the ground out of their traditional wishbone formation.

Even though the Yeomen did give up a fair amount of yardage, the York defence was bending, but not breaking. The yeomen actually held the Hawks to two offensive touchdowns. The other Laurier scoring came on a long punt return, one field goal, four singles and three converts. With Laurier's ball control on offence and a lack of a sustained Yeomen attack, the York defence was on the field for much of the game.

The loss was not the only sad note for the Yeomen. Injuries to three key veteran players has cast further shadows on the Yeomen's future. Lost to injury are linebacker Ron McIntyre (knee), lineman Charles Lains (knee), and Steve Shubert (ankle). All three are expected to miss at least two weeks, perhaps more. This leaves Pickett with no choice but to use more young and inexperienced players in the lineup which is already loaded with rookies.

It's WAR!

A short while ago, CYSF President Greg Gaudet, received a nasty and somewhat childish letter from Matt Holland, President of U. of T.'s Student Administrative Council.

What follows are the contents of that supercilious communique:

The only reason you went to York is because you didn't have the marks to get into U. of T.

Let's face it: the admission requirements for York are \$1,000 and a heartbeat. And some of you had trouble scrapping them up.

Now if you think those are fightin' words, your dum tootin'. So come on down to the U. of T., the home of the brave, and try and make us eat our words. Be it power lifting or pie throwing, we'll whip your butts any day of the week and have enough energy left over to climb Scarborough bluffs with your carcasses in our teeth.

Not that we think you'll take the challenge. Most of you won't cross Keele Street without your mothers. But if you do want to be humiliated make tracks for U. of T.'s beautiful n'brawny St. George Campus. It's located in Toronto. You know, that city due south of the York cow pastures. See ya later, sucker.

So there you have it, the challenge is on!

The friendly folks in the CYSF office are standing by to register all your ideas for challenge stunts. Anything from beer drinking to greased-pole climbing will be accepted.

A schedule of the stunts will be posted on the CYSF bulletin board on Monday, October 5; so get moving and get those great ideas in!

There will be a trophy awarded to the winning school (space prevents us from outlining the extremely complex point system). All the York students who win any contest, will be awarded prizes by the CYSF.

York already has a 4-0 lead. Our courageous leader, Greg Gaudet and a friend beat Matt Holland and a friend of his at a tug-of-war contest.

It's time for Dinning to start worrying

Jim "Basher" Russell

The York Yeomen rugby team learned a simple, but important lesson Saturday afternoon in their match against the Queen's Golden Gaels: If you want to score points you must have the ball.

The Gaels played as if the ball was their exclusive property on the way to embarrassing the Yeomen 37 to 0. They out-pushed the Yeomen in the scrums, out-jumped them in the line-outs and out-fought them in the rucks and mauls. It didn't matter who put the ball into play, Queen's always ended up with control. Even if hooker Mike Leahaey managed to win the ball in a scrum, the Gaels would somehow come up with it before it could reach the backs.

The first half was definitely the

most painful part for Yeomen fans. Queen's totally dominated play scoring five tries, all of which were converted, to lead by thirty points at the half. During the first forty minutes the ball rarely left the York end of the field. The times when it did, it was quickly brought back by the Gaels.

The second half did have signs of promise. Perhaps, with a thirty point lead Queen's relaxed a little, or perhaps the Yeomen figured enough was enough and began to play more seriously. At any rate, the action was much closer. York threatened to score on two occasions, moving within yards of the Queen's goal-line. But both times they lacked the aggressiveness to score.

As if to add insult to injury, Queen's second team also shut out the Yeomen, 16 to 0.

Shortstops

Waterpolo Yeomen at Western

Yeomen waterpolo coach Kevin Jones has some good news and some bad news.

First the bad news. In last weekend's University of Western Ontario Invitational, the York Yeomen lost both games they played.

The first loss came against the McMaster Marauders; an 18-7 setback. The second was a 15-9 defeat at the hands of the Waterloo Warriors.

The Yeomen were without the services of Trevor Man, Stefan Micaleff and Dave Fairman.

Now the good news. National team member, Trevor Man, will definitely be coming back to York and will be in the line-up next Saturday when the Yeomen will square off against the University of Toronto and Western at the U. of Waterloo Invitational.

Jones' predictions: "We will win both of those matches."

P.S. Despite the overwhelming confidence Jones has in his team, he is still looking for additional players. Anyone with any waterpolo experience is more than welcome to try out for the Yeomen team. Further information can be obtained from Kevin Jones at 667-3270.

This weekend on campus...The football Yeomen square off against the Windsor Lancers in their third league game. The Yeomen are still looking for their first win. Game time is 2 pm on the York field...York's soccer Yeomen host back to back league games this weekend. They'll face the U. of Western Ontario on Saturday, October 3 at 1:00 pm and U. of Toronto on Sunday, October 4 at 1:00 pm. The Yeomen have a 1-2 OUAA league record to date...the rugby Yeomen host the McMaster Marauders on Saturday, October 3 at 2:00 pm in their fourth league game.