

Walker Sets New Standard In Athena 7-Mile Run

More than double last year's total of 48, took part in Saturday's Second Annual Athena Seven-Mile Road Run, held from the Athena Intermediate School. There were 107 entries, of which 103 completed the tough seven-mile course.

Andy Walker of Summerside was the first runner to cross the finish line. Andy did it in record time — thirty-seven minutes, 17.6 seconds. The old record was 43 minutes, 50 seconds — by Colin MacAdam of UPEI.

Finishing second overall was Colin MacAdam of UPEI in a time of 38:16, while third place finisher was Mike Armitage of UPEI (39:15).

Following are the category results:

(Novice Girls— under 12 Years)

1. Dawn Andrews (Elm Street School); 2. Carolyn Schurman (Elm Street); 3. Terri Grady (Elm Street).

(Novice Boys— under 12 Years)

1. Ronald Deighan (Elm Street); 2. Michael Naylor (Athena Intermediate School); 3. Todd Drummond (Athena Elementary).

(Bantam Girls— 12-13 Years)

1. Susan Arsenault (Summerside Intermediate School); 2. Shelley Tracey (Athena Intermediate); 3. Donna Corcoran (Summerside Intermediate).

(Bantam Boys— 12-13 Years)

1. Bobby Burns (Athena Intermediate); 2. John Gallant (Parkside Elementary); 3. David Steele (Athena Intermediate).

(Midget Girls— 14-15 Years)

1. RONALDA MURPHY (Three Oaks Senior High) and SUSAN GRADY (Three Oaks), tied for first; 2. KATHERYN MACDOUGALL (Athena Intermediate); 3. KELLEY BURNS (Three Oaks).

(Midget Boys— 14-15 Years)

1. Tony Irving (Summerside Intermediate); 2. Blair Cousins (Three Oaks); 3. Tommy Banks (Three Oaks).

(Senior Girls— 16-19 Years)

1. Deborah Milton (Three Oaks).

(Senior Boys— 16-19 Years)

1. Mike Armitage (UPEI); 2. Doug Craig (Three Oaks); 3. Charles Postma (Holland College, Summerside).

(Open Women— 20-Over)

1. Nancy Wheatley (Fredericton Track Club); 2. Joyce Burnett (Charlottetown Roadrunners); 3. Anna Pendergast (Kensington).

(Intermediate Men— 20-29 Years)

1. Andy Walker (Summerside); 2. Colin MacAdam (UPEI); 3. Don Davis (Moncton Cavaliers).

(Senior Men— 30-39 Years)

1. Gary Andrus (P.E.I. Roadrunners); 2. Don Mersereau (Moncton Cavaliers); 3. Parker Lund (P.E.I. Roadrunners).

(Masters— 40-Over)

1. Ewen Stewart (P.E.I. Roadrunners); 2. Don Reeves (Wilmot); 3. Ken Ozmon (P.E.I. Roadrunners).



ANDY WALKER of Summerside hits the finish line a new record time of 37 minutes, 17 seconds, in capturing the Second Annual Athena Seven-Mile Road Run Saturday morning. The Race started at Athena Intermediate School, and finished there. The old record was 43:50.

—Photo By Mike Landry

FITNESS FOCUS

By ANDY WALKER

Running and jogging are often labelled by the non-running world as monotonous, dreary and unenjoyable activities in which only masochists or automatons can find self-fulfillment. However, the exploding popularity of running indicates that the appeal of the sport has extended far beyond the purist and athlete to the customarily sedentary middle-aged housewife, busy executive, and healthy senior citizen. What accounts for the tremendous increase in the running and jogging population and how can you become part of it?

It's easy because the physical requirements are so minimal. All you need to start jogging is a pair of running shoes, a pair of legs, a fairly normal set of heart and lungs and some inexpensive running gear consisting of shorts, T-shirt, sweat socks and, perhaps, a sweat suit.



ANDY WALKER

Initially, however, it is important to force yourself to set aside those few minutes every day until you establish a pattern which fits your personality and timetable. Where you can find the energy to run will become obvious after the first three or four days. A controlled running program has a revitalizing effect on most people. You feel better and, consequently, seem to be able to handle the rest of your life in a more efficient and energetic way.

Finally, the antithesis of the popular conception of the long-distance runner is the social aspect of running and jogging. Run with a friend and see how much more enjoyable it is, or participate in the Saturday morning social runs which the P.E.I. Roadrunners Club hold every week. Above all, running should be experienced and enjoyed. RUN FOR FUN.

Sets New Standard In Festival Road Race, Despite Metric Conversion

Joe Fougere of Halifax, N.S., won the Fifth Annual Community Gardens (Kensington) Harvest Festival 25 kilometers Road Race Saturday afternoon, with new record time of one hour, 29 minutes and 13 seconds — despite the approximate one-eighth of a mile distance added due to the metric conversion.

The old record was one hour 29 minutes, and 21 seconds, held by John Taiani, also of Halifax, N.S., set last year (1977).

A Harvest Festival Road Race record field of 41 runners competed in the Stanchel to Kensington distance. Thirty-four of the starters finished — including the first female finisher (actually there were two) in the history of the event. The two females to cross the finish line were Nancy Wheatley of North River, P.E.I. (she placed 20th overall, in one hour, 57 minutes, and 24 seconds), and Sarah Maybee of Sackville, N.S. (she finished 31st in a time of two hours, 21 minutes, and 33 seconds).

Placing second overall to Fougere, was Danny Bondeson of New Sweden, Maine, U.S.A. in one hour, 29 minutes and 41 seconds. Third was Tom Conway of Halifax, N.S. in one hour, 31 minutes, 34 seconds.

The Sport P.E.I. Trophy, presented by Cy Yard of Charlottetown, went to the winner, Joe Fougere. The Chesapeake Holding Co. Ltd. Trophy, for the second place finisher, was presented by Gerry MacDonald (Road Race Co-ordinator) to Danny Bondeson, and the P.E.I. Bag Co. Ltd. Trophy was presented by Cletus Dunn (Assistant Co-ordinator of the Road Race) to Tom Conway.

MASTERS WINNER

The Kensington Legion Trophy, presented to the Masters Division (over-40) winner went to 45-year-old Ewen Stewart of Charlottetown. Stewart placed tenth over-all in one hour, 45 minutes, 5 seconds.

The oldest runner was 48-year-old Darrach Murray (formerly from Clinton, P.E.I.), and now stationed at Orleans, Ontario in the Canadian Armed Forces. He finished 22nd over-all in one hour, 58 minutes, and 7 seconds.

Don Davis of Fredericton, N.B., competing in his fifth consecutive Harvest Festival Road Race, placed fourth over-all in a time of one hour, 35 minutes, and 25 seconds.

Following are the results of the race, in order of finish:

1. Joe Fougere (1:29.13); 2. Danny Bondeson (1:29.41); 3. Tom Conway (1:31.34); 4. Don

David (1:35.25); 5. Mike Armitage of Charlottetown (1:38.17); 6. Don Mersereau of Riverview, N.B. (1:38.17); 7. Freeman Churchill of Margate (1:38.40); 8. Norman Savoie of Montreal (1:40.11); 9. Leo Sheehy of Albert Mines, N.B. (1:41.11); 10. Ewen Stewart of Charlottetown (1:42.5).

11. Sterling Boulter of Victoria, P.E.I.; 12. Chris Amiraault of Moncton, N.B.; 13. Ron Bellemar of Greenwood, N.S.; 14. Parker Lund of Ch'town; 15. Bob Simmons of Montague, P.E.I.; 16. Terry Doyle of CFB Summerside; 17. C. Taylor of Westville, N.S.; 18. Kenny Campbell of Ch'town; 19. Carl Phillips of Tyne Valley; 20. Nancy Wheatley of North River, P.E.I.; 21. Gerald Mitchell of Montague; 22. Darrach Murray of Orleans, Ontario; 23. Earl Wilkins of CFB S'side; 24. John Matthews of New Brunswick; 25. Jim Hill of Kingston, Ontario; 26. Tony Miller of Kingston, Ontario; 27. Doug Kear of Mississauga, Ont.; 28. Ken Ozon of Ch'town; 29. Eddie Bernard of Richmond, P.E.I.; 30. Fred Martin of Summerside; 31. Paul Hickey of Ch'town; 32. Ron Gillis of Ch'town; 33. Sarah Maybee of Sackville, N.S., and, 34. Dave Butt of Wilmot, P.E.I.



JOE FOUGERE of Halifax, N.S. hits line in a new record time for the 25 Community Gardens (Kensington) Harvest Festival Road Race — one hour, 29 minutes and 13 seconds. The Fifth Annual Road Race was for the first time this year, changing over from the previous 15-Mile distance. However, the approximate one-eighth mile longer distance Fougere set a new standard. The race started at Stanchel, and finished at the Community Gardens in Kensington.

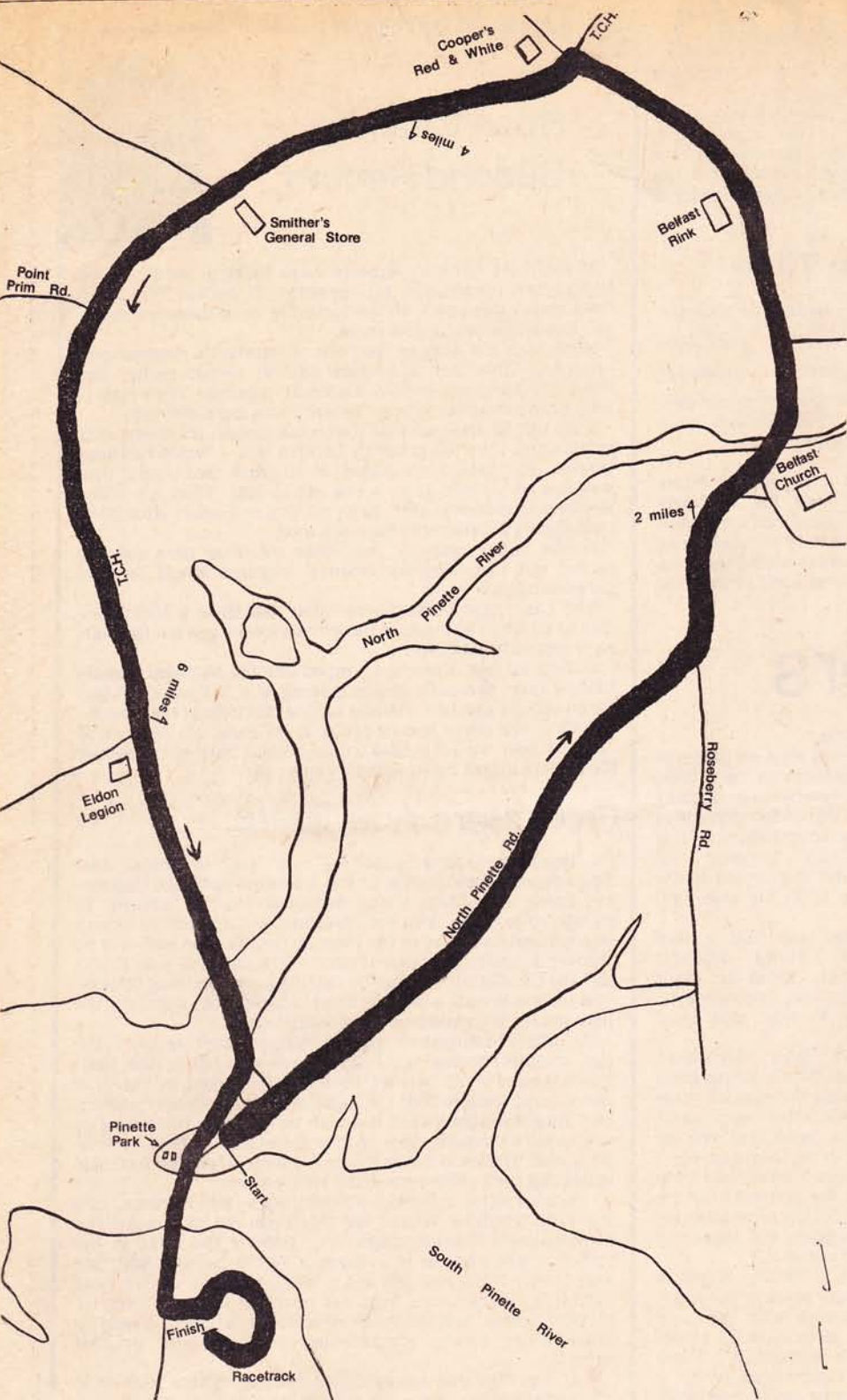
—Photo By M



HARVEST FESTIVAL RUNNERS RECEIVE AWARDS

Cy Yard, SECOND FROM LEFT, public relations co-ordinator with Sport P.E.I. presents the first place trophy to Joe Fougere of Halifax who captured the annual Kensington Community Harvest Festival 25-kilometer road race Saturday. Fougere's time of 89:13 knocked eight seconds off the old mark set last year and the course was about one-eighth of a mile longer this year. Other trophy winners were Nancy Wheatley of North River, first female finisher, timed at 117:24 and eighteenth place; Danny Bondason, LEFT, of New Sweden, Maine, second place in a time of 89:41; Ewen Stewart, RIGHT, of Charlottetown, recipient of the Aster's trophy as the oldest entrant and Tom Conway of Halifax, third place finisher. His time was 91:34 and Stewart made the run in 102:05. Forty-three runners competed in the race.

(August 19, 1978)



Ed Fraser was the first runner to cross the finish line in the Belfast Lions Pace mid-summer jaunt last Saturday. Ed's time was 46:47 for the eight mile distance that was run in hot humid temperatures.

BELFAST JAUNT SET FOR SATURDAY

The first annual Belfast Mid-Summer Jaunt, being held in conjunction with Lions Pace Day, will be staged Saturday beginning at 11:00 a.m. The eight mile course begins at Pinette Park and concludes at Pinette Raceway. There is no registration deadline and

entrants can register up to 10:00 a.m. Saturday morning. There is a \$1 fee. There are six classifications with females competing in under 25 and over 25 while males will be competing under 20, 20-29, 30-39 and over 40. Trophies will be awarded to

the top three finishers, first female, first Belfast finisher, with ribbons to be presented to the top three finishers in each classification. A certificate will be presented to the runners who complete two, four, six or eight miles of the event. The course for the race appears above.