

Wachira out-paces field to capture **Glen Tay Block Race**

An African man who now lives in Ottawa was the first runner across the finish line of the **Glen Tay Block Race** here last Thursday, changing the seven-year winning streak of former Perthite Doug Scorrar had been on.

Muya Wachira, a member of the Ottawa Kinsmen Harriers, placed first, Bob Slipp was second to finish, and Scorrar placed third in the historic **Glen Tay race**, which was first run at the start of the century.

A total of five records were set during the day, and also a record number of women runners took part in the 15.5 kilometre race.

Not only were the number of entries up, said one of the race organizers, Tom Graham, but "This was very good quality this year," as nine runners made it through the course in under 50 minutes.

Top three male juniors in the **Glen Tay race** were: Ted Ruiz, East Ottawa Lions, 49.14.1; Peter Debrisay, Ottawa, 54.28.9; and Chris Eltis, 55.24.7. Top three female juniors were: Lynn Warda of Ottawa, 61.22.4; Lynn Farrington, Ottawa, 64.49.1; and Kris Percival of Perth, 67.38.0.

Top senior women were: Helen Cooper of Ottawa, who set a record with her 54.36.4 race;

Bev Eady of Renfrew, 57.44.3; and Ann Wardlaw of Ottawa, 58.07.2.

In Masters, Dave Pedley of Ottawa crossed the finish line at 52.50.8; Jim Howe of Ottawa in 53.58.4; and David Milne of Ottawa in 56.19.1. In the same category, but in women runners, three Ottawa area women gained the top posts: Diane Palmason, who set a record with her 57.57.1 race; Elsie Burns, 69.09.7; and Roseanne Wilson, 74.03.7.

Veteran Jim Howe also set a veterans record because he was over 50 years. He ran the course in 53.58.4. On the distaff side, the winner was Mart Daniels of Ottawa 76.40.9.

Mark Girdwood of Perth set a youngsters record, for runners under 15. The PDCI student crossed the finish in 59.12.2. Lynn Warda did the same for the girls, setting a record of 61.22.4.

Full results of the race were:

1. Muya Wachira, Ottawa K.H., 47.21.0; 2. Bob Slipp, Ottawa, 47.44.6; 3. Doug Scorrar, Wendover, 48.02.3; 4. Tim Murphy, Ottawa, 48.19.3; 5. Bob Tapping, Deep River, 48.24.5; 6. Teodoro Ruiz, Ottawa, 49.14.1; 7. Gary Hutchinson, Ottawa, 49.23.9; 8. Wally Grasmeyer, Ottawa, 49.34.8; 9. Mike Kucharew, Ottawa, 49.58.9; 10. Gord Moat, Ottawa E.O.L., 50.11.5; 11. Brian R. James, Ottawa, 50.37.5; 12. Mike McPherson (1st Perth man), Perth Runners, 50:38.6; 13. Kevin Jones, Ottawa, 51.37.2; 14. Dan Melnik, Toronto, 51:41.2; 15. Dale Friesen, Halifax, 52.25.4; 16. Raleigh Young, Ottawa, 52.38.2; 17. Dave Pedley, Kanata, 52.50.8; 18. Dave Robertson, Lanark, 53.03.0; 19. Mike Clifton, Perth Runners, 53.26.8; 20. Dr. Jim Howe, Ottawa (Record), 53.58.4; 21. Terry O'Hearn, Perth Runners, 54.09.0; 22. Bill Williams, Richmond, 54.19.6; 23. Peter Des Brisay, Ottawa, 54.28.9; 24. Eric Farmer, Kanata, 54.32.8; 25. Helen Cooper; Ottawa A.C. (record), 54.36.4; 26. Gaston Bedard, Ottawa, 54.45.9; 27. Allan Meltzer, Ottawa, 54.52.3; 28. Chris Eltis, Kanata, 55.24.7; 29. Mike Affleck; Almonte, 55.26.8; 30. Dr. Rick Moxon, Perth, 55.27.1; 31. Dave Duncan, McDonald's Corners, 55.27.5; 32. Chris Beahan, Kingston, 55.40.0; 33. Ken Hetherington, Perth Runners, 55.41.7; 34. John Wood, Ottawa, 55.47.0; 35. Bill Vine, Ottawa, 55.55.0; 36. Andrew Moss, Ottawa EOL, 56.06.6; 37. Dave Milne, Scarborough, 56.19.1; 38. Mick Chawner, Ottawa, 56.29.1; 39. Bob MacDonald, Ottawa, 56.35.1; 40. Andy Bethune, Ottawa, 57.15.9; 41. Richard Van Loon, Ottawa, 57.20.8; 42. Chris Boylan,



This year's **Glen Tay Block Race** not only saw five records set, but also a record number of female entries in the event. The 15.5 kilometre course was traversed in very good time, including the nine runners who finished in

under 50 minutes. The Bill Wilson Memorial Trophy was presented to Muya Wachira, an African runner now living in Ottawa. Perth favourite Doug Scorrar, a perennial winner of the race, was third.

43. Lloyd Gallop, Kanata, 57.28.6; 44. Bev Eady, Renfrew, 57.44.3; 45. Diane Palmason, Ottawa (record), 57.57.1; 46. Ron Amos, Ottawa, 58.02.1; 47. Anne Wardlaw, Ottawa A.C., 58.07.2; 48. Dr. Ross McLean, Perth, 58.41.9; 49. Phil Ashcroft, Ottawa; 58.44.1; 50. David Baird, Ottawa, 58.46.8; 51. David Harmer, Portland, 58.47.5; 52. Brian Hetherington, Perth Runners, 58.52.5; 53. Janet Pengrum, Ottawa, 59.01.2; 54. Allan McPherson, Perth, 59.04.5; 55. Mark Girdwood, Perth (record), 59.12.2; 56. Doug McKay, Ottawa, 59.15.3; 57. Eva Sisk, Ottawa, 59.19.1; 58. Paul Sheridan, Ottawa, 59.28.1; 59. Peter Barkhouse, Ottawa, 59.28.5; 60. Frank Jarrett; Kingston, 59.34.6; 61. Did not return tag, —, 59.41.6; 62. Gary Mould, Ottawa, 59.44.9; 63. Terry Lemay; Smiths Falls, 59.45.9; 64. Brian Murphy, Perth Runners, 59.52.7; 65. Peter Sims, Kingston; 59.55.7; 66. George Millar, Ottawa, 60.03.5; 67. Bill Guenther; Kingston, 60.05.1; 68. Don Kilens, Kemptville, 60.21.3; 69. Pat Kane, Ottawa, 60.30.7; 70. Gary Hall, Ottawa, 60.34.6; 71. Gord Guzzo, Kanata NCRA, 60.34.8; 72. Paul Rad-

73. David Pollack, Kingston, 61.13.4; 74. Robert McCaldon, Kingston, 61.17.7; 75. Lynn Warda, Ottawa (record), 61.22.4; 76. Dr. Peter Morgan, Ottawa, 61.25.8; 77. Mario Raposo, Kingston, 61.40.0; 78. Tim Pickering, Ottawa, 61.44.3; 79. Grant MacKay; Ottawa, 61.44.6; 80. Bud Peters, Port Elmsley, 61.45.1; 81. Michael Howarth, Ottawa, 61.45.3; 82. Max Finkelstein, Ottawa, 62.27.9; 83. Colin Hine; Carleton Place, 63.04.1; 84. Ian MacLaine, Ottawa, 63.13.3; 85. B. MacKerachern, —, 63.17.6; 86. Rosella MacNeil, Ottawa, 63.59.0; 87. Paul Lindsay, Ottawa, 63.59.3; 88. Louise Nadorony, Ottawa Queen's Trail, 64.00.1; 89. Rachel Baxter, Nepean Queen's Trail, 64.01.3; 90. Gord Kettle, Smiths Falls, 64.08.9; 91. Brad Kyle, Dewitts Corners, 64.40.1; 92. Joe Panchelo; Ottawa, 64.43.0; 93. Lynn Parrington, Ottawa, 64.49.1; 94. Tom Johnson, Ottawa, 64.51.9; 95. Jeffrey Jackson, Merrickville, 64.49.6; 96. Diane Dodds; Ottawa, 65.08.3; 97. Rick Roach, Perth, 65.08.5; 98. Terry O'Shea Perth, 65.20.8; 99. Bev Code

100. Friesen, Halifax, 65.50.3; 101. Clarence Murphy, Perth Runners, 66.17.0; 102. Sidney Arnold, —, 66.32.4; 103. Ian Balfour, Ottawa, 66.55.9; 104. Drummond Hudson, Orleans, 67.03.9; 105. Clare Gillespie, Ottawa Stryders, 67.14.5; 106. Gabriella Logan, Ottawa NCRA; 67.21.8; 107. Rick St. Dennis, Smiths Falls, 67.37.0; 108. Kris Percival (1st Perth woman) Perth Runners, 67.38.0; 109. Ric Hyslop, Orleans, 67.38.78; 110. Arthur Vibert, Renfrew, 68.24.5; 111. Jim Gaysler, Ottawa, 68.27.9; 112. Marie Carriere, Ottawa, 68.31.6; 113. Michael Birch; 114. John Forster, Ottawa, 68.46.8; 115. Nicole Frechette, Ottawa NCRA; 68.52.9; 116. Ian Webster, Nepean, 68.59.2; 117. Pat Butler; Oakville, 69.06.3; 118. Elsie Burns, Ottawa, 69.09.7; 119. Mike Koeller, Ottawa, 69.19.6; 120. Bev Kelson, Ottawa Stryders, 69.59.2; 121. Geoffrey Conley, Smiths Falls, 70.23.5; 122. Bob Peskett, Perth Runners, 70.23.8; 123. Rick De Faw, Ottawa, 70.51.6; 124. Gerry Gilroy, Kingston, 71.09.6; 125. Graham Hall, Smiths Falls, 71.21.8; 126. Evelyn McSheffrey, Orleans, 71.25.4; 127. Finchas Pleet, —, 71.51.3; 128. Did not return tag, —, 71.54.0; 129. Janis Anderson, Wendover, 72.25.8; 130. Trevor Wickham, Waterloo, 72.42.4; 131. David Ross, Merrickville, 72.46.0; 132. Elizabeth Ruddick, Ottawa, 72.49.1; 133. Janet Legault, Nepean, 73.01.9; 134. Dave Gatehouse, Perth Runners, 73.52.7; 135. Roseanne Wilson, Nepean NCRA, 74.03.7; 136. Gord Whitney, Whitby, 75.18.5; 137. Sabina Jurgens, Ottawa, 75.27.2; 138. Kent Herox, Merrickville, 75.30.4; 139. David Stevens, Perth Runners, 75.31.7; 140. Bob Sak, New York City, 75.41.8; 141. Ian Tennant, Ottawa, 76.08.7; 142. John Howard, Columbus, Ohio, 76.16.6; 143. Penny Grand, Maberly, 76.16.8; 144. Bill Sexsmith, Perth, 76.19.8; 145. Mary Hetherington, Perth Runners, 76.31.3; 146. Marj. Daniels, Ottawa NCRA, 76.40.9; 147. Mary Ann Connell, Kingston EOCOC, 77.43.5; 148. Richard Leir, Ottawa, 80.41.9; 149. Jamie Duncan, Kanata O.K.H.; 80.46.7; 150. Lise Peskett, Perth Runners, 80.49.3; 151. John Smart, —, 81.57.6; 152. William Farrington, Ottawa, 83.45.3; 153. Reta Currie; Ottawa, 84.13.7; 154. Sharon McClemond, Perth, 84.14.0; 155. Hugh Brown, Athens, 90.32.1; 156. Richard Agler, Watertown Penn., 93.14.8; 157. Jane Hogan, Toronto, 96.10.7; 158. Bonnie Johnson, Ottawa, 100.32.3; 159. Tammy Hogan (age 9), Toronto, 106.25.4; 160. Betty Ball, Renfrew, 109.26.8; 161. Paula Gilbert, Ottawa, 114.16.2.

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Lombard Glen hosting 200 for Colonel By golf tourney

By Jack Thomas
There is great activity at the Lombard Glen Golf and Country Club these days as preparations go forward for the hosting of some 200 golfers at the upcoming Colonel By Tri-Course Golf Tournament to be played on August 21st.
This unique tournament is to celebrate the 150th anniversary of the opening of the Rideau Canal Waterway, and to honour the memory of Col. By.
Fifteen teams of four players will tee off at each of three clubs. "Links O'Tay", Perth, is the oldest course in Canada; Rideau Lakes course at Westport is famous for its scenic beauty; and Lombard Glen, near Lombardy, is one of the newer and more challenging courses.
As each team completes nine holes it will move on to another course, and so on until 27 holes have been played. The day will wind up with a dinner at each club for the group who complete their 27 holes at that club. They will all then proceed to Lombard Glen Golf and Country Club for a reception and presentation of prizes.
The total value of the prizes will approximate \$5,000 and each participant will hold a ticket for a grand prize draw, which will be air transport for two to London, England, presented by Air Canada.
One team should have no problem with rules as they will have Max Jackson as their captain. Mr. Jackson is a retired sports director of CKWS-TV who will be remembered for his

remarks at the close of each program, "If you can't play a sport, be a good one." Other members of the team are, Jim Morrison, retired chief of NHL referees, Judge Blair of Kingston and Bob Clair, long associated with the Ontario Golf Association.
Full details of the entry requirements for the tournament have been sent to all district clubs. To date, 34 teams have entered. In the unlikely event of the field not being filled, post entries will be accepted. However, it is recommended that entries, in teams of four, be made as soon as possible.
A great deal of thought and planning has gone into the organization of this tournament, to make its success assured. Why not make this an annual event?

Alex Lang Memorial

By Jack Thomas
On Saturday, July 24, Senior members of Lombard Glen Golf and Country Club, discarded their crutches and walking sticks to compete in the Alex Lang Memorial Trophy. This is a low net competition and was won by Bob Hanna with a score of 68. Combined with this competition was play-for the Maurice Joynt Memorial Trophy. Ian Wright was declared the winner, with a low gross score of 88.
Activities for the month of August started on Sunday, August 1, when club members competed for the Stapleford Cup. This new trophy was presented to the club by Jim Baxter. Points are awarded on the basis of Bogie, 1 pt. Par, 2 pts. Birdie 3 pts., Eagle 4 pts.
After handicap adjustments, Ian Wright's 43 points led the field, followed by Ed Menagh with 40 points.
The club match play Handicap Championships, both for the ladies and the men, are

well advanced, and it is anticipated that there will be some interesting finishes.
Ladies' Captain, Nan Thomas, is busy with her committee making plans for the Ladies Invitational, to be played on Friday, September 10. Last year, wet suits were the order of the day, but that in no way limited the large field of enthusiastic ladies.
We hope for better weather this year.

Men's fastball

Mon. July 26
Parkside 2 vs. Kelford's 3
Home run by Paul Clark - 1, Joe Mitchell, 1.
Legion 0 vs. Chaloa Acres 7
Shut out to George Ennis, also a grand slam home run for George in the bottom of the fifth inning to end the game.
Wed. July 28 - games rained out - Legion vs. Parkside and Kelford's vs. Tay Bulldall.

Mon. Aug. 2
Chaloa Acres 3 vs. Kelford's 1
Home run by Jim Craig.
Parkside 2 vs. Tay Bulldall 2
Wed. Aug. 4
Tay Bulldall 0 vs. Chaloa Ac. 10

Shut out to George Ennis. Grand slam by Gary Noonan for the Acres team.
Legion 6 vs. Kelford's 14
Home run by Jim Buchanan (Legion) and home run by Gary McParlan for the Kelford's team in the bottom of the fifth (a grand slam) to end the game.

STANDINGS

	P	W	L	P
Chaloa Acres	17	13	4	26
Parkside	17	11	5	23
Kelford's	18	10	7	21
Tay Bulldall	18	5	11	12
Legion	16	2	14	4

Q: Ever see a fat jogger?
A: Not for long.

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No. 3 How to Apply Asphalt Shingles
A few handy guidelines to help you to begin to apply asphalt shingles.

1. **BE CAREFUL** Be sure to take all necessary precautions for safety. A fall from a roof or a tool dropped on someone could result in severe injury. Wear soft rubber soled laced shoes for safety and to avoid scuffing the shingles.
2. **TOOLS** Sturdy Ladder, Chalk Line, Hammer, Utility Knife, Tape Measure, Carpenter Apron (Optional), Putty Knife, Straight Edge.
3. **MATERIALS** Shingles, Underlayment Felt, Mineral or Smooth Surface Roll Roofing (for valleys and eave protection), Roofing Nails, Plastic Roof Cement, Drip Edge and Metal Flashings, Rope (to secure ladder).
4. **GENERAL** Roof Slope Minimum 1:3 (4 to 12). For matching colour, bundles used on any one roof section should carry same code number. When climate, weather or job conditions are such that the factory applied asphaltic adhesive on the shingles may not be effective, wind safety should be ensured by sealing down each tab with a 1" spot of Plastic Roof Cement.
5. **VENTILATION** Every roof space or attic above an insulated ceiling must be ventilated. Allow 1 square inch of ventilation for every 2 square feet of insulated ceiling area. Should you require any further help, we'll be glad to assist you.

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