

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N. B.

"FOOTNOTES"

Here is the list of our executive. They are always available for any questions or problems you might have.

| | | |
|---------------------|----------------|----------|
| CO-CHAIRMAN: | Dick Mawhinney | 454-1721 |
| | Paul Lavoie | 454-7520 |
| REGISTRAR: | Wendy Beggs | 454-6875 |
| SECRETARY: | Ed Tahacs | 454-8567 |
| TREASURER: | Dave Prebble | 455-1450 |
| FUNRUN COMMITTEE: | John Mercer | 455-1880 |
| | Steve Scott | 454-1714 |
| NEWSLETTER EDITORS: | Brenda Tree | |
| | David Tree | 454-6202 |

As you may have noticed the "FOOTNOTES" has new editors and we would appreciate any and all contributions you might make.

The year 1983 draws to a close and so does the CCRR's first year of existence. As you will read the LABATT's SERIES results in this issue you shall see how successful many of our members have been and we offer our congratulations to them. What about our non-racers? Well they were very visible at both of our races (10 km. and 5 mi.). We wish to heartily thank each and every person who contributed their time and energy on these occasions.

During the year we have also had a FAMILY RUN, a softball game, and a carbo-loading night at Dave Prebble's. Now it's a CHRISTMAS PARTY and we want to see you all there.

DATE: SATURDAY, DECEMBER 17

TIME: 7-8 P.M.

WHERE: Tony Little's home

406 Lisgar St. (off York St. behind Priestman Street School)

It's BYOB but snacks will be provided by the CCRR.

(2)

1984 should prove to be bigger and better so we hope you will all continue to run with us on Sundays at the "FUN RUN" or if you can't run why not join us for the post run beer or Coke and conversation?

The "FUN RUNS" will continue to appear in "THE GLEANER" under "Local Sports" in Friday's or Saturday's edition. Our turnouts have been good (around 20 last week) but there is room for more. Last week it was very enjoyable with everyone sticking together for most of the run. With racing season over the old togetherness is back. So come out next Sunday and bring a friend.

Next in this issue you will see an article about running safety and it speaks about retroreflective material. For your own info the vests and legbands are available in Moncton at Kings Sports on Mountain Road.

The club is sending out Christmas cards to our sponsors, guest speakers and supporters of the club. If you can think of a name we might miss, please contact Dick Mawhinney.

This was taken from the magazine "LIVING SAFETY".

Safety on the run

by Maureen Saunders

For six-and-a-half million Canadians, running or jogging is the way to go. The benefit may be the relief of the tensions of a busy work schedule or the satisfaction of beating a personal record. The reasons people run may vary, but one thing all runners should have in common is a concern for safety.

Bill Rogers, top international marathon runner, is just one of many experienced runners who knows the potential hazards of running on North America roads. Rogers strongly advocates 'defensive' running as a strategy for professional and amateur runner alike. His reasoning is selfish, as it should be.

"One thing you'll notice if you ever see me in a group of runners, I'm never at the outside near the street," Rogers confided.

"I always take the inside lane." His respect for oncoming cars is based on experience: one of his college training partners was struck by a teenager in a stolen car. On a separate occasion, another of Rogers running mates was struck from behind by a car. The driver's excuse was: "I had a lot on my mind."

It is not unusual to see Rogers go five or 10 feet to the left as a car approaches. "People try to nail me every winter," he claims. "Running may be booming, but that won't protect you from an accident. I am constantly amazed at runners who have no respect for their own safety, who run right down the middle of the highway as though they owned it."

Aside from the fortunate few who have a park, a running track or a private wooded sanctuary to run through, most

runners do use roads and sidewalks as their track. However, the danger of using the road cannot be overemphasized. How often have you seen a runner run a red light, or attempt to beat a car through an intersection? In spite of the feeling of strength and indestructibility that takes over when you run, never fool yourself into thinking you can come out on top of a tangle with a car. Although the number of runners involved in traffic accidents is not recorded, the runner who shares his track with cars and trucks makes an easy victim. All runners should take these precautions to make their run a safe one:

- Roads and highways are constructed for vehicular traffic. When running on or close to the road, assume nothing

granted that a motorist sees you or knows where you are going. Always run facing traffic. If you want to run defensively, you need to see what's coming. When approaching a blind curve, cross the road well in advance to ensure the motorist sees you.

Respect the rights of the vehicles on the road. Run on the sidewalk, if there is one — even though concrete is harder than asphalt on a runner's legs — or on the shoulder of the road. If you are running with others, run single-file. A driver should not have to swerve out of his/her path to avoid you. If you suspect sun blindness is limiting the motorists' visibility, be sure that they can see you. If that's not possible, get off the road.

- Be ready to bail out. Don't assume a driver will swerve at the last minute to avoid hitting you. Stay alert, save the daydreaming for the shower after your run.
- Don't run on major highways. Avoid high-traffic areas, particularly when you are on the last leg of your course and are too tired to react defensively.

Safety on the roadway requires more than a careful eye for oncoming traffic. Hectic schedules can make the daily jog an early morning or late evening run. But the hours of dusk and semi-darkness harbour a whole gamut of potential dangers. If possible, the runner should take every step to avoid running before dawn or after dark. If this is not possible, runners can improve their chances of

survival in semi-darkness by wearing retro-reflective clothing to alert motorists to their presence.

Most running suits now come equipped with retro-reflective strips and there are retro-reflective vests, headbands, anklebands, wristbands and mittens on the market to heighten visibility. But investment in new running gear may not be necessary. A few minutes is all it takes to customize all your shorts or shoes with adhesive retro-reflective strips. Keep in mind that tape applied to running shoes will create a flickering motion — a very effective method of attracting motorists' attention.

Retro-reflective strips sewn into running suits or taped on to running shoes contain glass beads which reflect light back to its source. These materials can

be seen at up to 137 m [450 feet] at night. Fluorescent material, often thought to be effective in illuminating a runner, is actually of little value at night.

Despite the misconception that fluorescent colors glow in the dark, fluorescent materials only reflect ultraviolet light: available in abundance at dawn or dusk, but only present in extremely small amounts from auto headlights at night. Although fluorescent materials are useful for any runner who wants to be seen in the daytime, at night retro-reflective materials are your best bet.

Once you're certain you can be seen, next consider the type of attention you attract. The threat of personal injury from assault or attack is always present whenever a runner is out on a run. Potential danger levels heighten after dusk. Verbal harassment of women may be a controllable annoyance in daylight, but women have little hope of fending off the attack of someone who jumps from the shadows in the semi-darkness.

For Jacqueline Gareau, Canada's premier female marathon runner, sexual harassment, apart from the verbal harassment all female runners face, has not been a problem. But Gareau is conscious of the danger, and she acknowledges that there are some very simple precautions both men and women can take to avoid becoming the victims of an attack.

"There is always a chance that your personal safety may be threatened. A lot depends on where you run. Take a good look around the park or road where you're running. If it's a very quiet place, don't run there. You shouldn't run alone in a park, especially when it's dark. At least if you run on the road where there's some traffic, you'll have a chance to find help. I wouldn't run alone at night in a park or another quiet place because I know it can be dangerous."

Even though a runner, like a pedestrian, has little real insurance against attack, several simple precautions will reduce the likelihood of the runner becoming a victim. Never assume you can run faster than your attacker. Stay alert. Run with assurance and project the impression that you know where you're going. Avoid "zoning out", the euphoric feeling of false invincibility to which runners often succumb. Just looking attentive may discourage an attacker who intends to take you by surprise.

Other dangers lurk in the semi-darkness. Innocuous irritations on your daily run may be the cause of serious injury where light is poor. Darkness alters our perception of the most familiar routes. It masks cracks in the pavement, broken bottles, toys on the sidewalk. Rough spots on the road are easily camouflaged by fallen leaves which can also cover hazardous patches of ice.

Slick surfaces created by wet leaves, snow and ice, make for shaky footing. Moreover, runners who have smooth strides when they can see, will switch to rough, jarring steps in the dark. Tentative steps replace an even stride in anticipation of a twisted ankle. This kind of running will batter the runner's legs, causing soreness and tightness of muscles.

Nature not only throws obstacles in the path of a runner, it also poses a constant challenge to the runner with each change in temperature. Extremes of temperature, hot or cold, are not new to Canadian runners. Certain precautions can make any temperature suitable for running.

Jacqueline Gareau is one runner who doesn't let cold temperatures prevent her from training. "Some days are so cold that it can be difficult to stand the wind in your face. You might want to run with the wind at your back and come home by bus or some other means. But if it's cold enough that you might freeze your nose, you're just as well off skipping your run." Gareau says.

However, she insists that a good hard run in cold weather can be exhilarating and generally, she wouldn't advise against it provided the runner takes the proper precautions. "The year I began running I was sometimes bothered by the cold air, but I've had no problems since. Now it would take an awfully low temperature to stop me from running. It all depends on your lungs and your resistance.

"Whether you're training or racing, you have to be comfortable with your breathing. If it hurts to inhale, that means the air you breathe doesn't have time to warm before it reached your lungs. In that case, you shouldn't run. Some people are more sensitive to cold air than others."

Of course, clothing is important: long underwear, sweat shirt and pants, nylon pants and a windbreaker usually keep her warm. Mitts and hat come out when the weather really gets cold. Raised grips on the sole of her shoes keep her steady in slippery conditions.

With colder weather, wet leaves on the sidewalks, low sun in the mornings and the early and sudden onset of darkness, the fall can be a particularly dangerous time for the runner.

Some things, however, remain constant for all seasons: run only after consulting your doctor; never over-exert yourself; maintain a healthy and nutritious diet and avoid running in extremely hot or cold temperatures. After all, when it comes to running, personal health and safety should come first.



One evening in early November, some members of the CCRC joined a small group of Frederictonians on the UNB campus to meet Kanchan Stott, the current Canadian female champion for ultra-distance running, who was in the process of becoming the first woman to run across Canada.

Kanchan, a 37-year old music teacher from the Ottawa area, on a leave of absence from her job until January, left Victoria, B.C. on May 6 and arrived in Fredericton the day we met her.

Kanchan grew up in England. She ran in school but had given up the sport for many years, returning to it just six years ago. She is a member of the Sri Chinmoy Marathon Team, an international group founded by her mentor, Sri Chinmoy, with the objective of helping individuals achieve self-transcendence through running.

Kanchan started her competitive career with the marathon, and her PR is a respectable 3:41. Despite a sound training program, she used to consistently 'hit the wall' at 18 or 19 miles. A battery of tests at the Ottawa Civic Hospital prior to starting serious training for her cross-Canada run revealed why: Kanchan's lung capacity is much better suited to ultra-distance running than to the 'shorter' distance of 26 miles.

She entered her first ultra-distance race several years ago "just because it was there" - and was hooked. It was at that race in New York that Kanchan established the Canadian women's record for a 24-hour run - 106 miles, 400 yards. The $\frac{1}{2}$ -hour film "The Inner Runner" which Kanchan and her two companions, Bett McMurchie of Victoria and Sarita Earp of Halifax showed that evening, documents the event.

According to Kanchan, ultra-distance running requires a different approach from any other distance, you have to change your way of thinking altogether. In a 24-hour race you 'hit the wall' many times, you have to accept the ups and downs and push beyond - you never know what you can do until you do it, she stated.

Ultra-distance running is not for the untrained, it requires an adjustment in attitude and some knowledge of what you are doing, although "ignorance can be bliss, sometimes", she said. The biggest danger is hypothermia because of the temperature differences between day and night.

Training methods differ, too. Kanchan's program for a 24-hour event involves minimum training runs of two hours a day and a 50-mile run every two or three weeks. The main thing is endurance, not speed, and although the course of a 24-hour race seldom involves hills, some hill work is recommended.

To prepare for her cross-Canada venture, Kanchan followed a similar program, training a minimum of two hours a day and running three to four hours on hard days. She did strengthening exercises and worked on her flexibility, but feels she did not do enough hill work. The roadside camber is very hard on her knees, and despite perfect alignment in her legs (lucky Kanchan) she had developed severe tendinitis by the time she reached Moose Jaw. The ministrations of an excellent

chiropractor restored her to some extent, but even so, it took her three weeks to get back to her previous level.

She was on her eighth pair of running shoes the evening we met her and estimates that she will go through 10 by the time she completes her run - one for each province.

Kanchan is accompanied by three people and two vehicles, one of them a van. She wakes up at 6a.m. to meditate, an important part of her life, which she describes as her "inner nourishment"; she reads a bit "to nourish my mind", breakfasts, has a massage (one of her companions is a masseuse) and starts to run about 11 a.m. She does no warmup exercises, but walks, jogs and gradually works into running for a six-hour stretch, covering approximately 30 miles a day.

Kanchan, a vegetarian, consumes no sugar and very little salt. Bread does not agree with her, she eats lots of potatoes, fresh vegetables, rice occasionally and such things as tofy, yogurt and cheese.

When we met Kanchan she said she was in constant pain, even when she was not running, especially in her knees, but "it's like anything else, you get used to it. You know it will go away eventually."

She expects the remainder of her run to be fairly difficult, as the bad weather is causing her a lot of problems, but Kanchan radiates a quiet serenity and self-confidence and the people who were fortunate enough to meet her that night have no doubt at all that she will achieve her objective.

We will try and provide a progress report in the next edition of the newsletter.



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For anyone who might like to try aerobics there is a program on TV that is a real workout. It is called "THE 20 MINUTE WORKOUT" and is on in the mornings at 10:00 on channel 7 and at 11:30 on Saint John.

There is a clock in the corner of the screen telling you how long you have lasted. It may look easy but believe me it IS a workout.

For you men the camera shots are quite good and for you people who already watch it: Let's do 3 more and 2 more.....

Running for gold—Jacqueline Gareau

WHEN she was 21-years-old, Jacqueline Gareau was a stranger to organized sport. Like so many others, she first began a program of regular physical exercise with a modest aim to improve her physical stamina. "I just began everything," she recalls, "swimming, cycling and running." She didn't know it then, but she had started on something that would change her whole life.

Today, almost a decade later, this petite 30-year-old powerhouse from St. Bruno, Quebec, is ranked the number one female marathon runner in Canada. In 1984, she will join the growing number of Canadian medal hopefuls at the 32nd Olympiad in Los Angeles. What's more Jacqueline Gareau will be a real contender for the Olympic gold medal.

"When I started running regularly, I think I surprised everybody, including myself," says Gareau. "I think the ability was there, I was born with something. After only one year of consistent effort, I knew I was good. I was running with experienced male runners and they were always behind me. Within three years of starting my

running program, I was running my first marathon."

Two years later, Gareau was to win her best race ever, joining the ranks of the world champions after winning the 1980 Boston Marathon.

"I decided after my victory at Boston to work full-time at being a runner," Gareau confides, "because it can be very demanding. There are so many things you have to do with your time when you reach this level of running." The Montreal hospital where Gareau worked as a respiratory technician granted her a leave-of-absence. "I now have two years to think about making running my full-time activity," she says.

Between the intensive training and a travel schedule that takes her to marathons all over the world, Gareau keeps herself busy. "I run; I stretch; I train; I do promotions; I give clinics. I go to schools to talk to the kids. This is what I want to continue to do. I want to work for health with people who are healthy."

Through her own company, Jacqueline Gareau Inc., a diversified enterprise established by Gareau and a

fellow runner, she translates her experience into endorsements for clothing and shoes. Safety is an important element of promotion, whether she is emphasizing the importance of the retro-reflective strips on the line of clothing she promotes, or informing people about the right type of shoes a runner should wear to prevent injury.

Gareau is no stranger to injury. She warns runners not to be too ambitious when they run and to avoid the type of stress injuries involving tiny foot bones that she has fallen victim to. "You have to know yourself, and when you have to stop," she says. She advises runners interested in marathon running to wait until they are sure they are ready. "That way, you won't be discouraged; you won't say 'I won't run again because it's too hard.' Also, you'll be less likely to overdo it and injure yourself." Gareau suggests one complete year of consistent long distance training before you attempt a marathon race.

Diet is another contributing factor to a safe and successful run, and Gareau eats well. "I really pay a lot of attention to my diet" she says. "I eat good foods, lots of fruit, vegetables, potatoes, unrefined breads, and not too much meat. It's better to take your energy in a baked potato or pasta rather than in fatty meats. I do eat some lean meats for iron, and dairy products."

Maintaining her health and avoiding the safety hazards that can cause injury are foremost in Gareau's mind as she prepares for the 1984 Olympics. Apart from the World Championship marathon race ran in Finland in August, Gareau is not planning any races for the fall of 1983, normally a busy time in a marathon runner's schedule.

Success in the 1984 Olympics has special significance for all women in the competition. This is a new event, and one winner will have a place in history as the first female champion in a race previously thought by the Olympic committee to be too gruelling for the female frame.

At age 30, Gareau is now setting record times for women of her age group every time she runs. She plans to continue running as long as she has a feel for it, at least until she's 45 years old. "If running competitively fits into my life, I'll do it. If it doesn't fit, I'll just run for my health. Maybe I'll stop and have children and start again. One thing for sure, I have the experience behind me to run safely and successfully for many years."



A RUNNERS GLOSSARY

ATHLETIC SUPPORTER: A fat friend who drags you off the jogging track when you collapse.

Beer: A universal beverage that cancels out the calories you lose when you run but it sure beats the hell out of Gatorade.

BLISTERS: The foot's natural allergic reaction to running.

BLOOD PRESSURE: A measure of how red your face gets after a marathon. Running has been known to decrease the blood pressure, sometimes stopping it altogether.

Calories: Something you don't have to count anymore once you begin training 150 miles per week.

CARBO LOADING: A great excuse for a binge on your favorite junk foods before a long race.

CIGARETTES: A habit looked down on as unhealthy by stoned runners.

COLLAPSE POINT: One step beyond the finish line.

Dogs: Man's best friend; jogger's worst enemy.

Fartlek: An embarrassing condition that effects runners after they eat beans.

HAMSTRINGS: An excuse that frequently works even after shinsplints and runner's knee have failed.

HITTING THE WALL: The feeling a marathoner gets at 20 miles and a jogger gets at 1 mile.

JOGGER: Any clod who runs slower than you, weighs more than you, or who just took up the sport.

LSD: Running a Long Slow Distance can produce a Natural high for some people, or for others mere exhaustion.

MARATHON: A 26.2 mile race widely believed to provide permanente insurance against heart attacks to those who finish. Unfortunately, there's no guarantee that you won't drop dead from any variety of other ailments while trying to finish.

PAIN TOLERANCE: A capability necessary for even beginning runners. Successful distance runners rank second in pain tolerance behind Hindus who walk on hot coals, and just ahead Hindus who sleep on a bed of nails.

PULSE CHECKING: A terrific excuse for taking a rest that no one will question.

RUNNER: Any fanatic who runs faster than you do, weighs less than you do, or who has actually run in a marathon.

SECOND WIND: An elusive, almost mystical condition sought by runners. The only way to make sure you'll catch it is to lie down and rest for awhile.

SHIN SPLINTS: A mystical leg ailment that flares up when it's too hot, too cold or when you just want a good excuse not to run.

SWEAT SUITS: Passe attire worn only by weekend joggers, football linemen, and handball players.

TREADMILL: A running surface supposed to be better than cinder or asphalt. It is preferred by white mice and other lab animals.

WARM UP EXERCISES: A tortuous and sometimes terminal series of bending and stretching ordeals. If you can survive them, you probably don't need to run.

WEIGHT LOSS: A condition experienced only by joggers who stop eating.

RACE
RESULTS

Our LADIES ONLY 5 MILE race was held on Oct. 22 and it again proved what good organizers the Capital City Road Runners are.

The results were as follows. A W indicates a walker.

- | | |
|-----------------------------|------------------------------------|
| 1. Julie Todd 31:03 | 29. Liz Ballantyne 39:39 |
| 2. Jill Blois 31:28 | 30. Carmel White 39:59 |
| 3. Suzanne Stalder 31:48 | 31. Jean Denning 40:04 |
| 4. Jackie Blois 32:28 | 32. June Clink 40:09 |
| 5. Wendy Mathers 33:14 | 33. Wendy Beggs 40:41 |
| 6. Veronica Foley 33:24 | 34. Mary Lu Llambias 40:42 |
| 7. Rayma Palmer 33:29 | 35. Mary Robinson 41:11 |
| 8. Claudette Maltais 34:12 | 36. Donna LeBlanc 41:13 |
| 9. Edna Johnson 34:21 | 37. Jean Glendenning 43:12 |
| 10. Ginette McGuire 34:26 | 37. Lucie LeJune 47:04 |
| 11. Trinda Olkier 34:44 | 38. Anna Van Wart 47:54 oldest |
| 12. Laurie Poole 34:57 | 40. Judy Adams 47:54 |
| 13. Barb Ramsay 35:00 | 41. Marilyn Steele 49:59 |
| 14. Sheila Andrew 35:02 | 42. Lisa Todd 61:22 |
| 15. Jenny Reid 35:08 | 43. Phyllis Goodlad 63:56W |
| 16. Kim Malcolm 35:37 | 44. Pat Todd 64:28 |
| 17. Diane MacDougall 35:54 | 45. Leitha Turnbull 66:40 youngest |
| 18. Heather Neilson 36:30 | 46. Carolyn Digiacinto 67:10W |
| 19. Jennifer Addicott 36:41 | 47. Linda Taylor 67:16W |
| 20. Marg Clark 36:44 | 48. Connie Draper 67:18W |
| 21. Kathryn Chittick 36:48 | 49. Renate Bennett 67:36W |
| 22. Diane Stevenson 36:54 | 50. Carol Scott 68:39W |
| 23. Flo LeDrew 37:24 | 51. Chris Scott 68:39W |
| 24. Linda Davis 37:54 | 52. Nancy Brisban 68:40W |
| 25. Ann Urquhart 38:51 | 53. Sheryl Mercer 76:56W |
| 26. Anne Ingram 39:02 | 54. Ruth Lavoie 76:57W |
| 27. Ann Smith 39:10 | |
| 28. Rosalie Wood 39:15 | |

The last race of the LABATT'S SERIES was held amid wind and cold in Saint John on November 5. There were two distances to run, a 4 mile and an 8 mile event. The 8 mile counted for points.

There were 35 entrants in the hilly (as usual) 4 mile course.

CCRR members were:

- 3. George Hubbard in 23:53
- 34. Jason Tree in 74:40
- 35. David Tree in 74:54

In the 8 mile (equally hilly) race there were 67 entrants.

CCRR members were:

- 4. Dave Wallace in 48:09
- 6. Bill LeDrew in 48:26
- 18. Tony Little in 52:50 1st Master
- 40. Crys Nash in 61:05 4th Female
- 56. Brenda Tree in 68:34 9th Female

McGuire Top Runner In Series

To nobody's surprise, well known long distance runner Joe McGuire of Woodstock captured the men's open title during the 1983 Labatt Lite Series of Road Racing which concluded recently in Saint John.

McGuire finished with 250 total points, well ahead of Kevin Hooper of Saint John's total of 231. Leo Sheehy of Albert Mines was third followed by Fredericton's P.J. Meagher, who had 220 points. Butch Gallant of Shediac, Tony Noble, Roly McSorley, Dave Tree and Bill Ledrew, all of Fredericton, and Ed Boudreau of Memramcook round out the top ten.

In the women's division, Terri Lee Damon of Saint John ran away with top spot, with 260 points. Second was Jacqueline Maillet of Richibucto. Top Frederictonian was ~~Sheila Andrew~~ who was seventh with 164 points.

In the men's masters (40-49 years of age), Bill Best of Minto finished first with 250 points. Top Frederictonian was Andre Chartrand, who was fourth with 180 points.

Tops in the senior men's category (50 and over) was George Gallant of Cap Pele with 270 points. Oromocto's Terry Goodlad was runner-up with 245 points. Top Frederictonian was Fred Turnbull, fourth with 191 points.

A total of 882 athletes competed in the 1983 series. Broken down, 616 were in men's open, 163 women, 75 in masters' men and 28 senior men.

1983 LABATT'S LITE SERIES OF ROAD-RUNNING Final Point Standings (All Qualifiers)

MEN'S OPEN (Under 40)

Joe McGuire, Woodstock, 250; Kevin Hooper, Saint John, 231; Leo Sheehy, Albert Mines, 220; P. J. Meagher, Fredericton, 220; Butch Gallant, Shediac, 191;

Tony Noble, Fredericton, 188; Roly McSorley, Fredericton, 173; Dave Tree, Fredericton, 160; Bill Ledrew, Fredericton, 156; Ed Boudreau, Memramcook, 150;

Bill Arsenault, Saint John, 139; Bill Cummings, Saint John, 135; George Hubbard, Fredericton, 131; Scott Hare, Newcastle, 127; Benny Poirier, Balmoral, 126;

Ray Maltais, Balmoral, 112; Joe Grondin, Moncton, 109; Mike Simmons, Fredericton, 105; Terry Edgett, Dieppe, 102; John Cathcart, Fredericton, 99;

Walter McKinley, Albert Mines, 97; Dave Wallace, Fredericton, 94; Ray Holland, Oromocto, 90; Rick Flanagan, Moncton, 90; Tim Boyle, Fredericton, 85; Ray Gallant, Plaster Rock, 80;

John Mercar, Fredericton, 79; Joe Lehmann, Fredericton, 79; Perry Beckwith, Oromocto, 77; Aldo Rioux, Grand Falls, 75; Paul Leaman, Dieppe, 74; James Tucker, Fredericton, 69;

Paul Lavole, Fredericton, 64; Steve Scott, Fredericton, 67; Luc Lepape, Balmoral, 67; Carol Langlois, Campbellton, 65; Gerald Bernard, Dalhousie, 61; Paul Leroux, Oromocto, 61;

Gres Grandin, Fredericton, 60; Cyrille Robichaud, Bathurst, 59; Andre LeBlanc, Fredericton, 55; James McCurdy, Dalhousie, 54; Gary Eitman, Saint John, 52; Jacques Roussel, Tracadie, 46;

Louis Parent, Campbellton, 45; Ed Takacs, Fredericton, 41; Tom Stewart, St. Stephen, 41; Ed Lutes, Saint John, 40; Pete Peters, Saint John, 39; Michel Carrier, Dalhousie, 39;

Dan O'Connor, Oromocto, 38; Marco Poirier, Campbellton, 35; Keith Trevors, Chatham, 33; Mohammed Bellhooia, Moncton, 31; Gary Soucoup, Moncton, 29; Oscar Arsenault, Fairvale, 29; Mike Carey, Fredericton, 29;

Michel Pelletier, Dundee, 27; Andrew Duffy, Saint John, 26; David Roy, Chatham, 26; Ray Griffin, Saint John, 24; Dan Leger, Moncton, 23; O'Neill Arseneau, Campbellton, 22;

Dick Mawhinney, Fredericton, 21; Tim Maillet, Fredericton, 20; Derek Lapointe, Dalhousie, 20; Paul Gionet, Dieppe, 20; Wayne Little, Saint John, 19; Aldo Mallet, Shippagan, 19;

Brian Tingley, Moncton, 18; Wayne Harquail, Dalhousie, 17; Luc Bernard, Charlo, 16; Rick Fawcett, Saint John, 15; John Fromont, Moncton, 15; Ken Taylor, Nackawic, 15;

Leon LeBlanc, Memramcook, 14; Phil Cleghorn, Fredericton, 13; Dan LeBlanc, Dieppe, 13; Brian Rosborough, Fredericton, 13; Yvon LeBlanc, Campbellton, 12; Larry Robinsen, Fredericton, 12; David Rice, Sussex, 12;

Rick Doucet, Moncton, 11; Paul-Emile Daigle, Moncton, 11; Brian Spencer, Fredericton, 11; Clem Tremblay, Dalhousie, 11; Joel Bourgeois, Grande Digue, 10; Lloyd Sutherland, Nackawic, 10; James Definney, Moncton, 9; Doug Holland, Saint John;

Bruce Meyer, Fredericton, 9; Ed Bourque, Moncton, 8; Roger Mazerolle, St. Antoine, 8; Chris Barr, Fredericton, 7; Omer Dupuis, Memramcook, 7; John Kelley, Saint John, 7; Gerry Lushington, Campbellton, 7;

Darin Steeves, Hillsborough, 7; Fernand Richard, Moncton, 6; Darryl Jardine, Nackawic, 5; John Martin, Plaster Rock, 5; Lionel Sautinier, Dieppe, 5.

WOMEN

Terri Lee Damon, Saint John, 260; Jacqueline Maillet, Richibucto, 240; Alexia Leaman, Moncton, 193; Danyse Pelletier, Moncton, 183; Lili Harris, Riverview, 179;

Julie Todd, Rothesay, 179; Sheila Andrew, Fredericton, 164; Claudette Maltais, Balmoral, 163; Crystal Nash, Fredericton, 153; Ginette McGuire, Woodstock, 152;

Brenda Tree, Fredericton, 148; Gertrude Mooney, Saint John, 135; Jocelyn Parent, Campbellton, 122; Sandra Millican, Saint John, 119; Margaret MacDonald, Fredericton, 95;

Lucette Chartrand, Fredericton, 80; Jennifer Addkott, Oromocto, 71;

Rayna Palmer, Woodstock, 68; Janet Logan, Saint John, 68; Soni Daudlin, Moncton, 67;

Hanna Bangert, Hopewell Cape, 62; Corralee English, Saint John, 61; Faye Horgan, Saint John, 59; Flo Ledrew, Fredericton, 59; Micheline Michaud, Moncton, 54;

Maia Lushington, Campbellton, 53; Margaret Currie, Moncton, 41; Judy Driscoll, Saint John, 36; Heather Stevens, Moncton, 35; Susan Andrew, Fredericton, 32.

MEN'S SENIORS (Age 50+)

George Gallant, Cap Pele, 270; Terry Goodlad, Oromocto, 245; Colin McCabe, Sackville, 210; Fred Turnbull, Fredericton, 191; George Demerchant, Plaster Rock, 103; Roger Richard, Campbellton, 73; Ed Harris, Moncton, 64; Don Cullingham, Nackawic, 60.

MEN'S MASTERS (Age 40-49)

Bill Best, Minto, 250; Paul Bourgeois, Grande Digue, 240; Mike Lushington, Balmoral, 215; Andre Chartrand, Fredericton, 180; Bill Todd, Rothesay, 179; Jim Burns, Oromocto, 178; Tim Andrew, Fredericton, 159; Jan Truka, Newcastle, 144; Leandre Bourque, Dieppe, 140; Alphonse Doiron, Shediac, 131.

Bill MacDonald, Moncton, 127; Alex Fancy, Sackville, 109; Phil Fuerstack, Moncton, 107; Rosaire LeBlanc, Fredericton, 105; Leo Desjardins, Bathurst, 101;

Virgil Hammock, Sackville, 97; Bunny Dempsey, Chatham, 87; Rick Duffy, Saint John, 81; Peter Cashion, Fredericton, 73; Vince Rourke, Saint John, 73;

David Jory, Saint John, 69; Floyd Kelly, Shediac, 60; Byron Meredith, Nackawic, 59; Bill Richards, Saint John, 53; Marco Fogliada, Saint John, 50; Paul Pellerin, Shediac, 47; Don LeBlanc, Moncton, 34.

MEIRIRY
CHRISTMAS
AND
A HAPPY
NEW YEAR