

## THE MISSISSAUGA NEWS

### Club mines medals

**The Mississauga News**  
Jul 20, 2005

Mississauga athletes left a golden mark at the 2005 Canadian Track and Field Championships in Winnipeg over the weekend. Led by the sprint teams, the Mississauga Track and Field Club (MTFC) finished first overall in the team standings at the national championships, which concluded Sunday.

Montreal's Saint-Laurent placed second and the University of Toronto Track and Field Club was third.

"Our athletes were well prepared and they performed," said MTFC head coach Marc Christie, whose charges earned four gold medals, five silver and a bronze at the three-day competition.

This year's event marked the first time team standings were officially recorded, in addition to individual performances.

Christie said the Mississauga club has done extremely well at the Canadian championships in recent years, "...but this is the best, for sure, in terms of overall performance and medals."

Mississauga club members collecting gold medals were Pierre Browne, 25, in the men's 100-metre race (10.67 seconds), Alice Falaiye, 27, in women's long jump (6.54 metres), Anson Henry, 26, in the men's 200-metre race (21.05 seconds) and Toyin Olupona, 22, in the women's 100-metre event (11.35 seconds).

Henry also raced to silver in the 100-metre (10.73 seconds).

Mississauga's Althea Williams, who is not affiliated with any club, won gold in the women's triple jump (12.99 metres).

Other MTFC members to earn medals were:

- Erica Broomfield, 28, picked up two silver medals in the 100-metre race (11.50 seconds) and 200-metre event (23.60 seconds);
- Nicole Forrester, 27, took home silver in the women's high jump (1.79 metres);
- Charles Allen, 28, grabbed silver in the men's 110-metre hurdles (13.89 seconds); and
- Emmanuel Parris, 23, earned bronze in the men's 200-metre race (21.21 seconds). He also placed fourth in the 100-metre race (10.83 seconds).

Henry, Browne, Olupona and Allen were selected by Athletics Canada on Monday to the national team that will compete at the World Track and Field Championships Aug. 5-15 in Helsinki, Finland.

Olupona, an MTFC member for five years, had two main goals heading to the championships in Winnipeg.

"I wanted to perform well enough to go to the worlds (world championships) and I wanted to run a personal best," Olupona told The News yesterday from the University of Tennessee, where she's completing her senior year.

Mission accomplished on both fronts for Olupona, who beat her previous 100-metre mark by two one-hundredths of a second.

Olupona figures she's going to Helsinki -- her first senior world championships -- in top shape.

"I've been really consistent (in my races) this year. I'm going to Helsinki to do my best and see how many (personal bests) I can run," she said. "I've competed at the world junior championships before, but this is my first time at this level. I'm really excited."

After winning gold in the men's 110-metre hurdles at the 2004 Canadian championships and placing sixth in the same event at the Olympic Games in Athens one year ago, Allen has been hampered this year by a leg injury.

Racing to gold -- Mississauga Track and Field Clubs' Toyin Olupona, shown here running for the University of Tennessee, won a gold medal in the 100-metre race at the 2005 Canadian Track and Field Championships in Winnipeg this past weekend.

THE MISSISSAUGA NEWS