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Nov 15th, 2004

Former Mustang Star Dies

Joe Sax, a former Western Mustang Cross Country all-star, died of an apparent heart attack at the CIS Cross Country National Championships in Guelph Saturday. He was 53.

Sax, a Mustang star in the mid-1970s, was stricken just before the scheduled start of the women's race and paramedics were unsuccessful in trying to revive him.

Sax was attending the meet as a spectator as some of his club athletes were competing for Guelph.

"Joe was a Cross Country 1st Team All-Canadian for Western in 1975 and in the winter of 1976 he set the Mustang indoor 1500m record of 3:46 that still stands today," says Bob Vigers, head coach of Western's men's and women's cross country teams.

The meet start was rescheduled and Western's women's team placed sixth in the CIS finals.

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