Fill-in Hawks capture novice gold

Getting a last-minute invitation to play in Softball Canada's under-14 girls' Fast Pitch Jamboree in the Montreal area, the Halton novice Hawks made the most of the opportunity, earning gold medals in their division.

After finishing fourth at the provincial championships in Pickering, the Hawks thought their hopes of a national title were dashed, but because one of the teams that placed ahead of them was unable to

attend the Jamboree, the Halton squad gladly took the open spot, rolling into the tournament held in Dorval, Que. in style, arriving in a pair of stretch Lincoln Navigators.

The Hawks went 3-2 in the preliminary round and gained confidence after losing their first weekend playoff game, defeating Quebec's Laval Extreme 9-8 and Whitby 5-1 to get into the Plate Division championship Sunday afternoon.

Head coach Casey Hermanus's side came out slugging against the London Lightning, scoring nine runs in the first inning to take control.

The Lightning chipped away at the lead, but pitcher Dawn Bodrug, who threw three scoreless innings to start the contest, finished it off by shutting down London in the seventh and final at-bat to clinch the 10-7 victory.

• See photo page 26

Nurse strikes gold twice

National team member Cristy Nurse of Georgetown was a double gold medalist at the recent Royal Canadian Henley Regatta in St. Catharines, finishing first in the women's pairs and eights events as a member of the Rowing Canada team.

The 26-year-old University of Ottawa law school graduate hadn't competed in the prestigious event since 2010, having also earned gold on women's eights entries in 2008 and 2009.

In this year's event, Nurse

teamed with Natalie Mastracci of Thorold to win the pairs' race by 19 seconds over a South Niagara Rowing Club boat in 7:19.98. She was also a member of the women's eights squad that nosed out the Philadelphia-based Vesper Boat Club crew by nearly two seconds with a finishing time of 5:59.41.

This week Nurse is in South Korea competing for Canada at the World Rowing Championships.

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