

# Oakville speed skaters collect eight medals hosting regional meet

Members of the Oakville Speed Skating Club had home-ice advantage at the first Western Regional Meet last weekend at River Oaks Community Centre.

The friendly confines helped the 51 local members combine for three gold, three silver and two bronze medals while another 11 competitors finished among the top six in their races.

Leading the way were Andrew Liou, Alicia Chang and Tobenna Njoku, the gold medallists, while Kai Abdool, Abbey Little and Michael Borca won silvers while Helios He and Sam Deluca won bronze medals.

Fourth-place finishers included Izabella Zakatsiolo, Marcelo Giansante and Aveline DeSousa with Connor Waters, Aiden Taylor, Emilio DeSousa and Tiffany Huang finishing fifth. Ian Craig, Aaron Xie, Ryder Taylor and Isaac Nguyen had sixth-place finishes.

Gold medal winner Njoku, named top female Oakville skater at the meet, was among the first-time competitors for the BSSC, which included Clara Edelman, Tiffany Huang, Isaac Nguyen, Lucas Shi and Logan Urquhart.

Little was named the top female Oakville skater at the meet.

Cradle Skaters Leo Waters and Allistair and Blythe Walker-Coelho also performed well.

# Abedeen preparing for Dec. 16 lightweight title bout

By **Iain Colpitts**  
Metroland Media

Mohammed Abedeen remembers the first time he held a championship belt in vivid detail.

It was Buzz Grant's Ringside World Championship belt, back when Abedeen was a teenager in the early stages of his amateur boxing career.

"I was about 16 or 17 and he brought that belt (to a club show)," said Abedeen, now 29. "I picked it up and it was heavy. I remember being in so much awe of it. It's a moment that stood out for me. I did an interview before about that and they thought it was hilarious."

The reason why it can be considered hilarious is the Brampton native's first attempt at a professional title is coming up against Grant on Dec. 16 at the Hershey Centre.

They'll fight for the vacant Canadian lightweight title in the co-main event on an upcoming card presented by United Boxing Promotions.

It's a precursor to Brandon Cook's first fight since suffering the first loss in his career, in a fight against Kanat Islam for the WBA Inter-Continental and North American Boxing Organization super welterweight titles back in September.

Abedeen, who trains at Champion Boxing Club in Brampton, works on



Mohammed Abedeen (left), seen here in his last fight against Jesus Miguel Velazco, will challenge Buzz Grant for the vacant Canadian lightweight title on Saturday, Dec. 16 at the Hershey Centre.

| photo by Iain Colpitts – Metroland Media

strength and conditioning at Radix Performance Centre in Oakville.

He also runs an antibullying program for children at RPC.

He got involved in boxing after being bullied as a child, as is the case with a lot of fighters.

"A lot of my perspective on that has shifted and I've learned from a lot of great people," Abedeen said.

"It's shifted more from antibullying to inspiring, directing and guiding. I really take pleasure in helping these kids find something they're passionate about and guiding them to work harder on it."

He also looks for ways to donate some of his winnings to charity and plans on giving back to Minhaj Welfare Founda-

tion Canada in Mississauga after his next fight.

Abedeen will look to improve to 9-0-1 against Grant (11-5), who is 10 years his senior and has fought three times since coming back from a 6 1/2-year hiatus earlier this year.

"He's got a lot of endurance still and comes to shows looking like one of the most ripped guys there," Abedeen said of his upcoming opponent.

"I think he's fighting for a lot right now, fighting with a lot of motivation, and I'm expecting the best Buzz has ever been."

Abedeen believes his versatility and aggressive style will give him the edge over Grant.

They each fought on the last United card at the Hershey Centre on Oct. 21.

That night, Grant lost via split decision to Omar Valenzuela before Abedeen defeated powerful veteran Jesus Miguel Velazco by unanimous decision.

Abedeen has been featured prominently in the co-main event of the last few United cards. He feels that brings added responsibility in how he handles himself as a professional.

"Training has always been fulltime for me, but as you get more experience in the game, you really start to understand how much more commitment is required," he said.

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