

Thompson, Sarah



Sarah Thompson stands beside her impressive trophy case.

□ ONTARIO GAMES

See Aug. 15/00 p. 6

# Thompson adds more gold medals to her collection

*Belleville grandma still going strong at 81 years young*

For Belleville's Sarah Thompson winning gold medals is a way of life.

Thompson added to her trophy and medal collection on the weekend by winning three gold medals at the Ontario Summer Games at Oshawa.

The fact that Thompson is 81 years of age makes her feat even more remarkable.

While the Ontario Summer Games is for athletes 20 years of age and under, this year 160 elite athletes with disabilities joined 3,200 able-bodied athletes in the four-day competition.

Thompson, who has been blind following a stroke at the age of 60, said she had no plans of competing at the Games but finally gave in after being asked to take part.

Once she committed to the Games Thompson was all business.

"I take this seriously," she said. "Some people say they are just in it

for the fun but I think you have to be serious about what you're doing too."

Thompson, competing in the Masters Blind division, won gold in the javelin, discus and shot put.

"It was great meeting all the young people. They couldn't believe I was 81. I just told them to keep going and never give up."

Thompson, who was recently honoured by Lt. Governor Hilary Weston to represent Ontario's senior citizens for her involvement in competitive sport for the past two decades, hopes to travel to Holland in November to compete in the World Powerlifting championships.

Thompson, who trains under Bob Walt of the Apollo Barbell Club, already owns nine World Cups (a feat no one, male or female, can match) and she's hoping to make it 10 at the championships in Holland.

It may be time to enlarge the Thompson trophy case. She says she has no plans to quit competitive sport.

"I want to do this...I'm not giving it up until I have to and that's not going to be for awhile yet."

Intelligencer, Aug. 15/00 - Pg 6