

# Sydney rises to the Challenge



Je Land Sydney headed up the podium with two gold medals at the recent Milton International Challenge cycling event. Sydney is flanked above by Kallisto club teammate Nick Wammes (left) and Lucas Taylor of Quebec.

Submitted photo

Georgetown's Je Land Sydney felt right at home at the Milton Velodrome earlier this month, winning two of the three races he entered in a top-flight cycling meet.

The Grade 12 Georgetown District High School student earned gold medals in the Junior Men's category for the Match Sprint and Kerin events, while also picking up a bronze in the Kilo race at the Milton International Challenge. Competing for the London, Ont.-based Kallisto Cycling Club out of the Forest City Velodrome, the 17-year-old Sydney is coached by Rob Good.

It's a busy fall schedule for the Royal Canadian Army Cadet as the native of Trinidad & Tobago, who moved to Georgetown with his family in order to be closer to the Milton Velodrome, has Ontario Cup, provincial and national championship races coming up.

# Marshall outruns Halton field

St. Joseph's Elementary School student Zak Marshall raced to his second consecutive Halton Catholic District School Board cross-country running championship earlier this month, with the Acton resident taking an early lead to the finish line at Bronte Creek Provincial Park.

The Grade 5 student won the Grade 4 event last year and is the first St. Joseph's student to capture a Halton title in recent memory, said one of the school's coaches.

Full results have yet to be published, but St. Joseph's had another top-10 result when Hayden Crowe placed ninth in the Grade 6 boys race.



ZAKARY MARSHALL



**TEAM OF THE WEEK:** The host Halton Hills Thunder captured the minor midget AA division crown at the Best of the Best Tournament held on the Thanksgiving weekend with a 3-1 victory over the Ajax Knights on goals by David Price, Ryan Cropper and Luke Miehm. Team members (front, from left) are: Sean Williams, Mathew Adkins. Middle row: Kodi Trumble, Eric Bertrand, Nolan Hodgeson, Brett Hodgeson, Ethan Morrow, Jon Bydevaate, Luke Gallacher, Zach Daigle. Back row: Trainer Michelle Serafini, assistant coach Dan Rankin, Justin Calisto, Luke Miehm, Tanner Fischen, Ross Kelleher, Ryan Leslie, David Price, Ryan Cropper, assistant coach Matt Rankin, head coach Blake Seaton. Absent: Manager Barrie Fischen.

Submitted photo

# CtK coach busy

Continued from page 30

The family will make the trip to London and Poland next summer along with Stephenson's assistant coach at McMaster, Jill Dixon.

It's definitely not a one-person show, he said, pointing out that the schedules of the teams fortunately don't overlap. Laura (Benati) and I do a lot of the front-of-the-scenes stuff at CtK, but it's a group effort and my wife (Shannon) is a saint. (Coaching Poland) is a great opportunity, but if my wife didn't tell me that she could watch our kids, I wouldn't be doing it.

## WE'LL PAY YOU TO WORKOUT!

When you join a new committed agreement and come to the club 12 times in your first 30 days of membership...

## WE WILL PAY YOUR NEXT MONTH'S DUES!

**bao**  
INSTITUTE FOR HEALTHY LIVING

905.877.0771 • [baoinstitute.com](http://baoinstitute.com)  
232a Guelph St., Georgetown

\*Terms and conditions apply. Hurry offer ends soon.

DON'T MISS THE ARCELORMITTAL DOFASCO VANIER CUP FOR

# Family Fun

INCLUDES

FANFEST

UNIVERSITY  
CHAMPIONSHIP FOOTBALL

HALF-TIME  
ENTERTAINMENT

SATURDAY, NOVEMBER 26  
TIM HORTONS FIELD | 1:00PM KICK-OFF

EVENT INFORMATION  
[VANIERCUP.COM](http://VANIERCUP.COM)

BUY TICKETS NOW!  
[TICKETMASTER.CA](http://TICKETMASTER.CA)

IN PARTNERSHIP WITH