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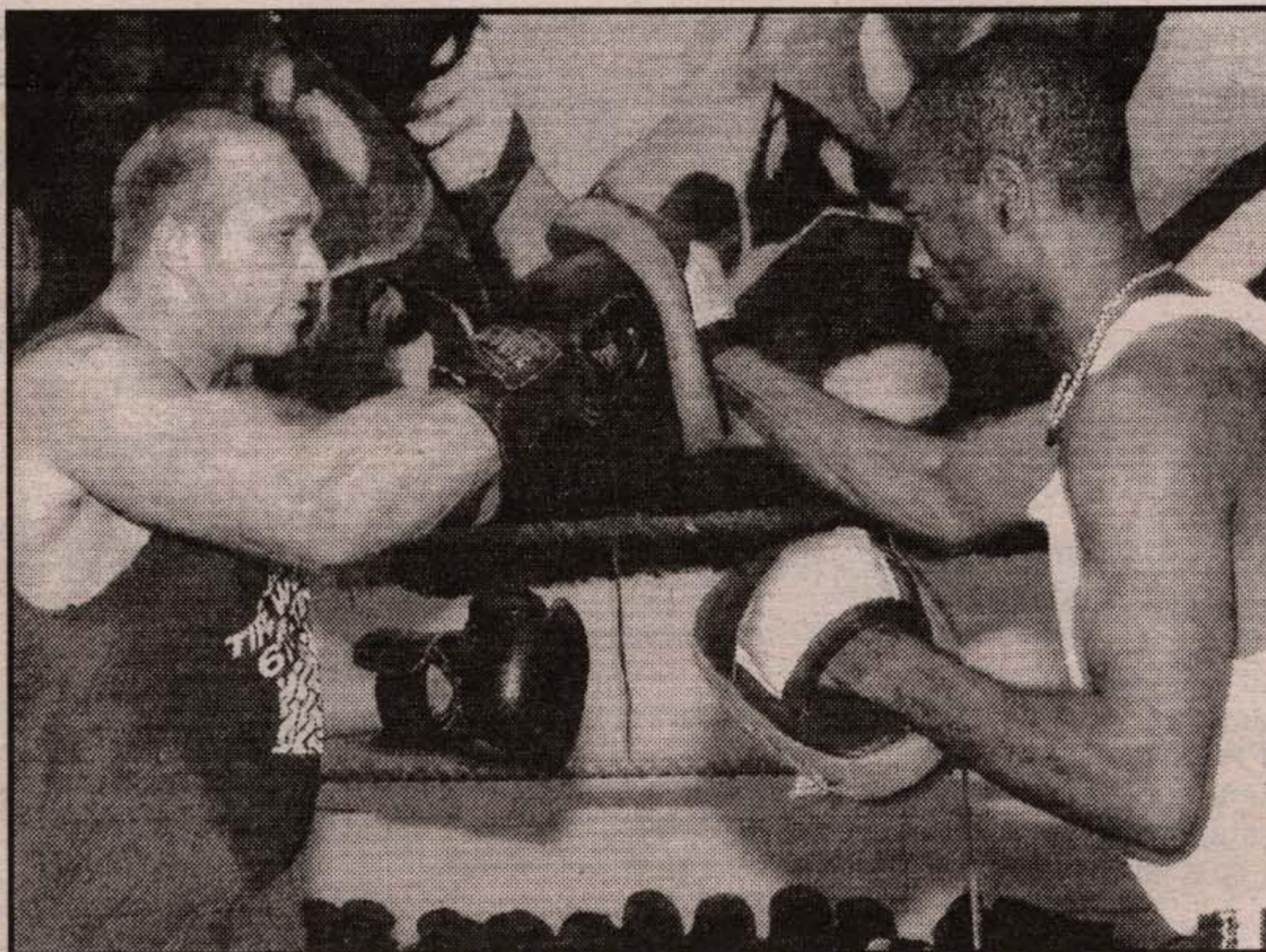
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Georgetown boxer Chris Ostor (left) works out with coach Dewith Frazer at Jamestown Boxing Club in Brampton recently. Ostor made his pro debut a winning one recently by posting a second round TKO. (Below) Ostor gives the heavy bag a pounding.

Ostor a knockout (literally) in pro heavyweight debut

BY HERB GARBUTT
Staff Writer

Chris Ostor's pro boxing debut was a knockout. The Georgetown heavyweight scored an impressive second round TKO in his first pro fight last Wednesday in Louisville, Ky.

Ostor, taking on an opponent with 22 pro fights and seven knockout victories under his belt, floored his opponent just 30 seconds into the second round.

"I went out looking for a knockout," said the 27-year-old boxer. "I had him teetering at the end of the first and then I jumped on him in the second."

Ostor began his career in submission fighting before switching to boxing where he went undefeated as an amateur and earned a pair of provincial sub-novice super heavyweight titles.

"He's learned the basics but he's going to do most his learning in the ring," said Ostor's coach Dewith Frazer of the Jamestown Boxing Club in Brampton. "After (his first) fight you can see the mistakes he made and you can start to work on them."

Ostor said the biggest difference between

the pro and amateur ranks is patience. "You've got to wait for good clean shots," he said. "You can't kill yourself with overwork. You're able to explode more in amateur."

Though he lacks the ring experience his opponents have, Frazer said Ostor makes up for it with the effort he puts into his training. He spends five days a week in the gym with his daily schedule usually consisting of an hour and a half of boxing, 45 minutes to an hour of weight lifting and 45 minutes of skipping and shadow boxing. On top of that he runs on weekends.

"He's big but he's solid muscle," Frazer said. "There's no extra weight on him. Most guys that weigh that much are carrying a lot of extra weight. He's very intimidating when he enters



the ring." Ostor is also very good at looking after himself. He studied kinesiology in school and said that helps in establishing diet and training regimens. Keeping in top shape will pay off early in his career with a steady schedule of bouts.

Ostor's next fight is tentatively scheduled for Friday (Oct. 2) in Nashville and he expects to fight every six to eight weeks over the next year.

North Halton golfers tie for 10th at tourney

Reg Finlayson and Tom Kingston combined on a round of 71 at the Ontario Senior Better Ball Championships at the Brampton Golf and Country Club recently.

The round tied the two North Halton Golf and Country Club members for 10th place with two-time Canadian senior champ Patrick Suraj and his partner Les Senior and defending champions Bill Maize and David

Cooper. Bob Bradley of Pickering and Brian Matheson of Markham won the event by three strokes with a 66.

North Halton's Gord LeRiche teamed up with Chris Leaman of the Rosedale Golf Club to finish at 73. John PRAIN of North Halton and Ron Vachon of Lakeridge Links Golf Club shot a 78.

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