

## Kovacs goes from dreaming to doing and finds success in physique competitions

Five years ago Monika Kovacs looked at the competitors in fitness competitions with envy.

"I hated being overweight and unhealthy," said Kovacs, who at the time carried 160 pounds on her 5'5" frame.

Now the looks of envy are being cast in Kovacs' direction from her competitors in those same competitions. The 27-year-old won the Ontario Physique Association's Brantford and Western Ontario Championship, her second victory in five events since she began competing in figure (or body-fitness), a new discipline in body building and fitness competitions.

"It was always an inspiring thing and I wanted to try it and I fell in love with it," Kovacs said.

The Georgetown resident hopes to continue with her training with the goal of eventually earning professional status and competing in the biggest events, such as the Arnold Schwarzenegger Classic or the Olympia.

She's currently competing at

Level 1 but will move up based on her results this year. It's the latest in a series of goals she set for herself along the way.

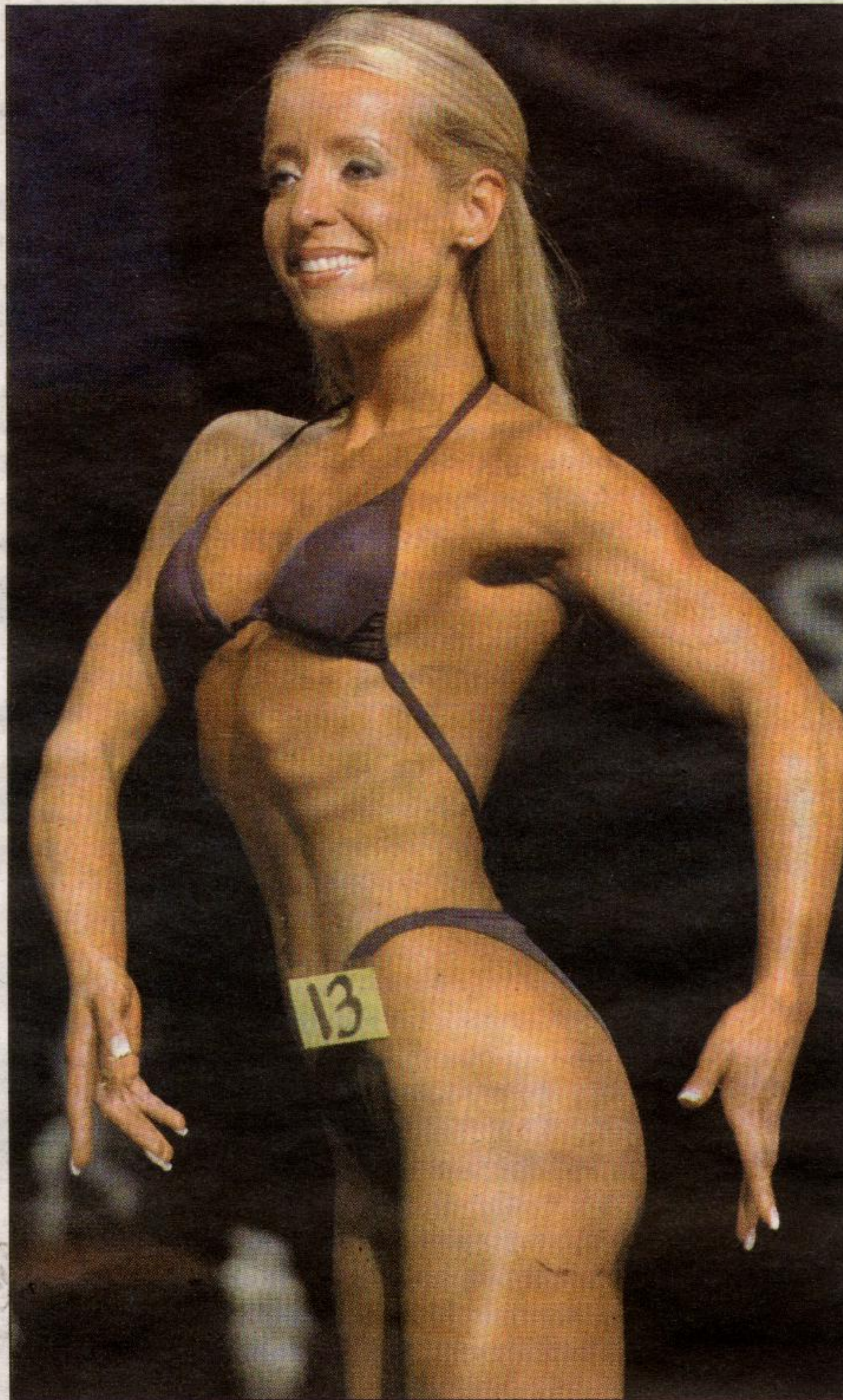
While losing weight, she lost 30 pounds in six months, was her original motivation, Kovacs now uses competition as her inspiration.

"When I don't feel like (training), I ask myself 'What would my opponent do?' Then I just suck it up, grab a water bottle and go have my best workout. When you're up on the stage and it's you against everyone else, you better do everything you can to be ready. Each competition is a new challenge."

Kovacs now operates her own personal training business and says that what she has achieved is within anyone's grasp.

"It's about realizing one's own potential. It's in our reach, we just have to go out and grab it instead of watching someone else do it. There's nothing to limit us except ourselves."

—By Herb Garbutt, staff writer



Monika Kovacs recently won the figure title at Ontario Physique Association's Brantford and Western Ontario Championship. Kovacs hopes to continue competing and earn professional status

Photo by Glen E. Grant

## Bigg top Acton runner at OFSAA cross country

Acton High School's three runners at the Ontario Federation of Schools Athletic Association (OFSAA) cross-country championships in Kingston all finished in the front half of the field.

Matthew Bigg was the top finisher, placing 89th out of 236 runners in the junior boys race. He finished in a time of 21:33.

Cameron Shortt finished 99th out of 235 in the midget boys race, completing the course in 18:40.

Melissa Bigg was 118th out of 241 in the senior girls race in a time of 20:31.

## Girls rep hockey

### Digout posts shutout as Pee wee Twisters remain undefeated

Terrilyn Digout blanked the league's only other undefeated team as the North Halton Pee wee B Twisters improved to 3-0-1 with a 2-0 victory over Flamborough.

North Halton 2, Flamborough 0: Hannah Hube, Shauna Costello (G); Cassie Broadbent, Michelle Seedhouse (A); Terrilyn Digout (SO).

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