



✓ Glittering performances

J.M. Denyes' Shannon Laing and Melissa McKinnon enjoyed a gold rush at the recent Al Nicholls Memorial Track and Field Meet.

The 10-year-old girls, classmates at the local public school, combined for a half dozen gold medals at the April 24 event hosted by Athletics International Club.

Last year's outstanding female athlete at the meet, Laing continued her winning ways by taking both the 100m and 200m with times of 16.2s and 33.5s respectively.

She also covered 3.40m in the long jump and hurled the shot 6.47m to outshine all competitors in those two events.

Meanwhile, McKinnon dominated the endurance races — winning the 800m in 3:20 and the 1,500m in 6:42.4.

A third-place finish in shot put (5.01m) and fifth in long jump (2.82m) rounded out her strong showing.

Also competing from Milton was Sloane George, nine, who highlighted her day with silver in both the 800m and 1,500m — clocking in at 3:24 and 6:43.2 respectively.

All three youngsters train with Athletics International, who began the outdoor season this past week.

Photo by GRAHAM PAINE

Milton's Shannon Laing (left) and Melissa McKinnon show off the medals they won recently in track and field competition.



Gymnast Amy DiPalma

✓ Solid show for DiPalma

Rhythmic gymnast Amy DiPalma was in seventh heaven following her performance at the recent Eastern Regional Championships in Toronto.

The 15-year-old Miltonian, in her first full season of senior level competition, took the number seven spot overall and solidified a berth to the national showcase that will be held in July in Montreal.

A Canadian junior bronze medalist last spring, she showed strongly this time around, although a haphazard throw in the ribbon routine caused her to step out of bounds and thus surrender any hopes for a medal.

DiPalma provided top calibre performances in every other discipline and qualified for the event finals for all three — going on to capture silver in ball, bronze in hoop and fifth place in rope.

The local teen — who grabbed three medals at last year's Jr. Pan-American Games in Houston, Texas — trains 24 hours a week in Mississauga.

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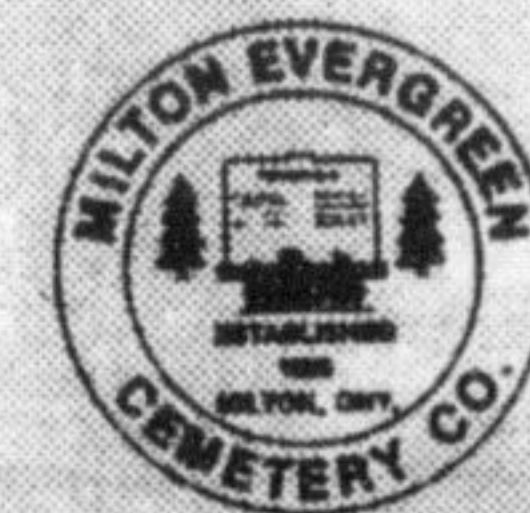
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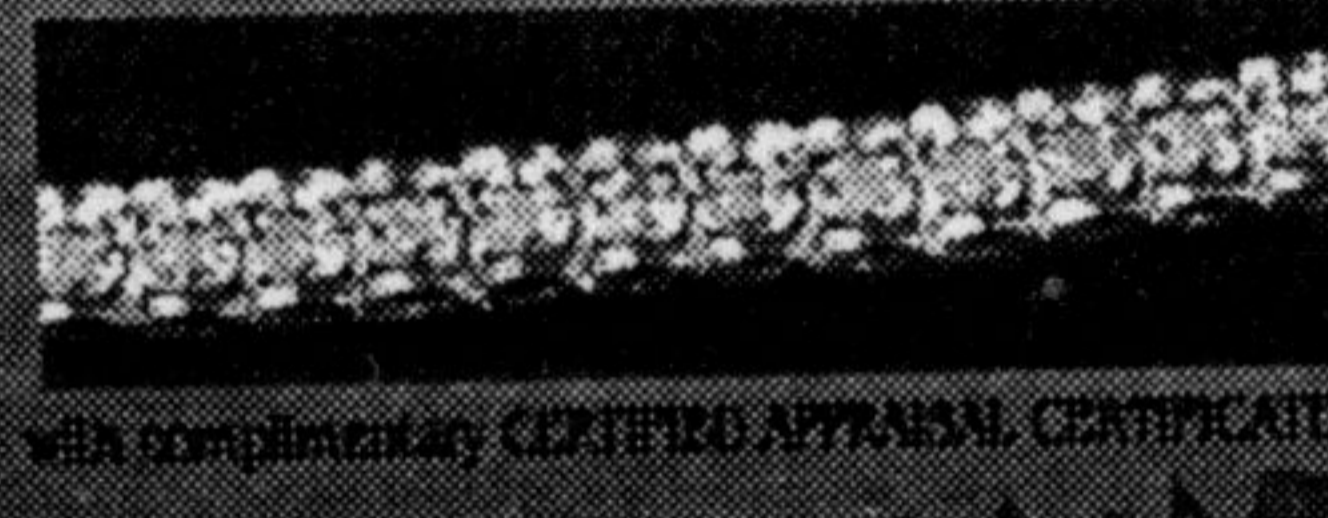


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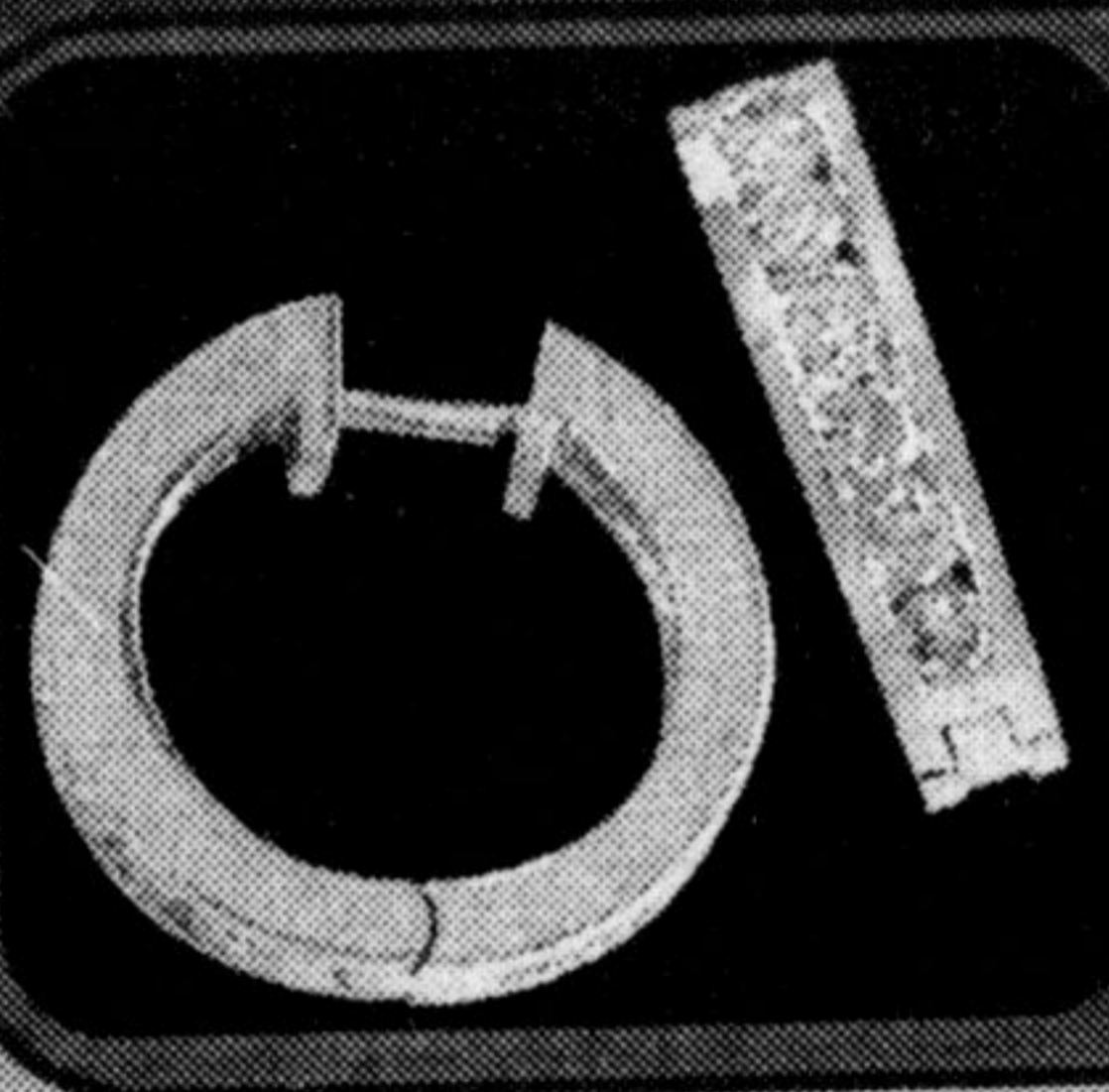


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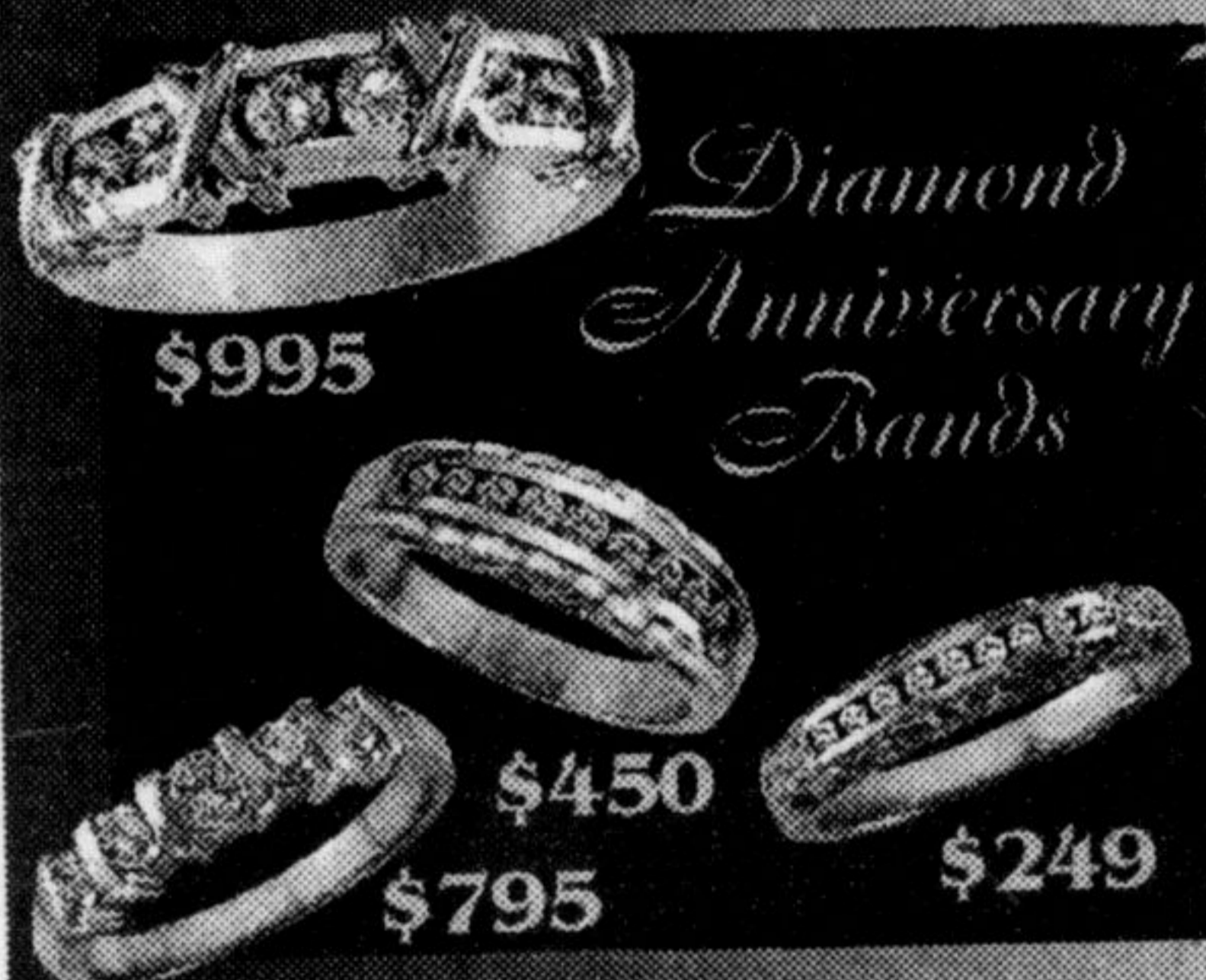
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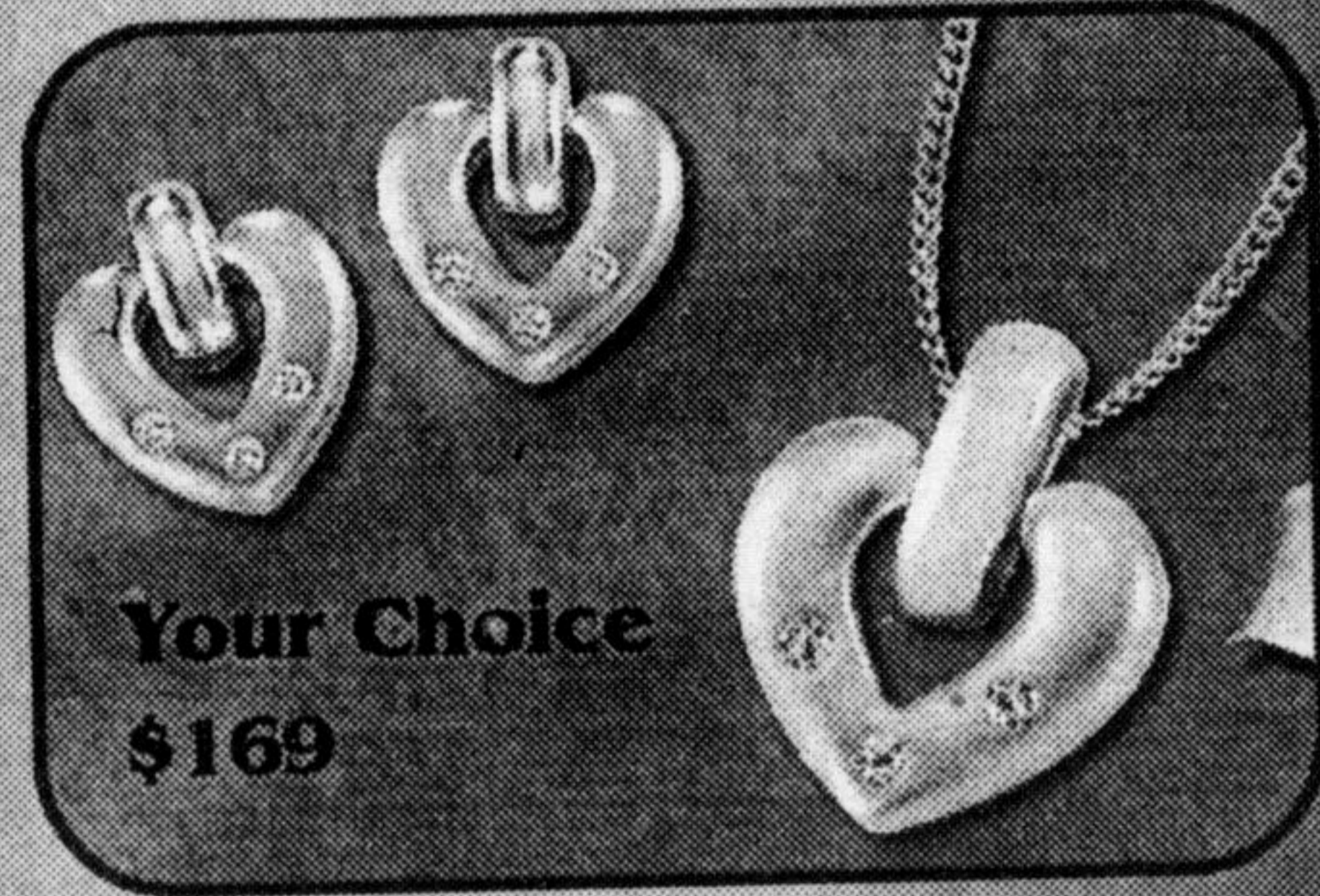
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