



SPORTS

BEVERLY HILLS
 Weight Management & Nutrition Centre
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THE CANADIAN CHAMPION

FRIDAY, AUGUST 20, 1999



Redden leads race from start to finish

By **STEVE LeBLANC**

The Champion

Simply sensational. Campbellville's Chrissy Redden was exactly that during the mountain bike nationals in Old Chelsea, Quebec Sunday.

The 32-year-old professional cyclist dominated the 34.5 km women's cross-country race from start to finish — claiming the gold medal with a time of 2:24.02.

The Canadian championship win was the first of her career, after being runner-up the past two years and placing third before that.

"It feels really, really good," said the still elated rider.

Redden went into the day's competition as one of the heavy favourites, since her chief rival and Canada's top female — Alison Sydor of British Columbia — was participating in the Tour de France.

Explained Redden, "With Alison missing from the roster, the field was wide open for someone else to step up and take it. I knew the race was mine to win and fortunately, everything went according to plan."

The Milton area rider said she was in optimum condition — mentally and physically — for the national event, having taken a respite from training and competition earlier in the month.

This helped her mount a substantial lead through the initial stages of the strenuous race. Once in front by a comfortable margin, she had simply to avoid unnecessary risks and stay focused in order to hold off her closest challengers.

"I sped up when I needed to and was conservative when I could (be)," said Redden. "The course was very technical with lots of rocky parts and turns. But I didn't have any real trouble. Everything



Chrissy Redden

went great." She finished roughly a minute ahead of second-place Leslie Tomlinson of BC. Quebec's Melanie Dorion was just a bit back for third spot.

Redden, who has hopes of competing at the 2000 Summer Olympics in Australia, will now enjoy another brief break before returning to international competition. She currently ranks eighth on the World Cup series with just one event remaining early next month in Belgium.

From there she'll look to show strongly, and perhaps even medal, at the season ending World Championships — to be held September 19 in Sweden.

"I'm hoping to place top three," she said. "That would be the ultimate."



Photos by GRAHAM PAINE

Delta Islanders' Gary Bining (12) is closely covered at every turn (top and above) by the Milton Mavericks Wednesday in game one of the Founder's Cup. See story for full details.

Mavericks dominate in opener

By **STEVE LeBLANC**

The Champion

The Mavericks' first taste of national competition couldn't have been sweeter.

Dominating from start to finish with inspired play and an impressive fan following, they blasted the Delta Islanders 13-3 Wednesday in round one of the Founder's Cup.

The lopsided victory — in front of roughly 300 spectators at John Tonelli Sports Centre — pretty much ensured that the tournament hosts will advance to the semifinals.

And if able to stay this focused and determined, there's no reason why the local lacrosse club shouldn't be battling for the gold come Sunday.

"I think tonight proved that we'll be a team to contend with this week," said goaltender Andrew Dowdell, who was in

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Chance for crash cash

With more than \$3,000 in cash and awards up for grabs, the starting fields are filling up quickly for the upcoming Milton Fall Fair Demolition Derbies.

The events take place Saturday, Sept. 25 and Sunday, Sept. 26 at the Milton Fall Fair.

The Grand Champions of the Saturday and Sunday event will go home with \$500 and each heat winner will win \$125.

The Most Outrageous Car, as voted on at each show by the fans, will be awarded \$75. The winner of the special four-cylin-

der feature, held each day, will pocket \$125, with second place taking \$75 and third earning \$50.

All award winning drivers will also receive commemorative trophies.

Entry forms are available from the Halton Agricultural Society office, located at the Milton Fairgrounds. The office is open Tuesdays and Thursday. Applications are also available from Speck Welding and Moffat Scarp Iron.

For more information, call the fair office at 878-5689.

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