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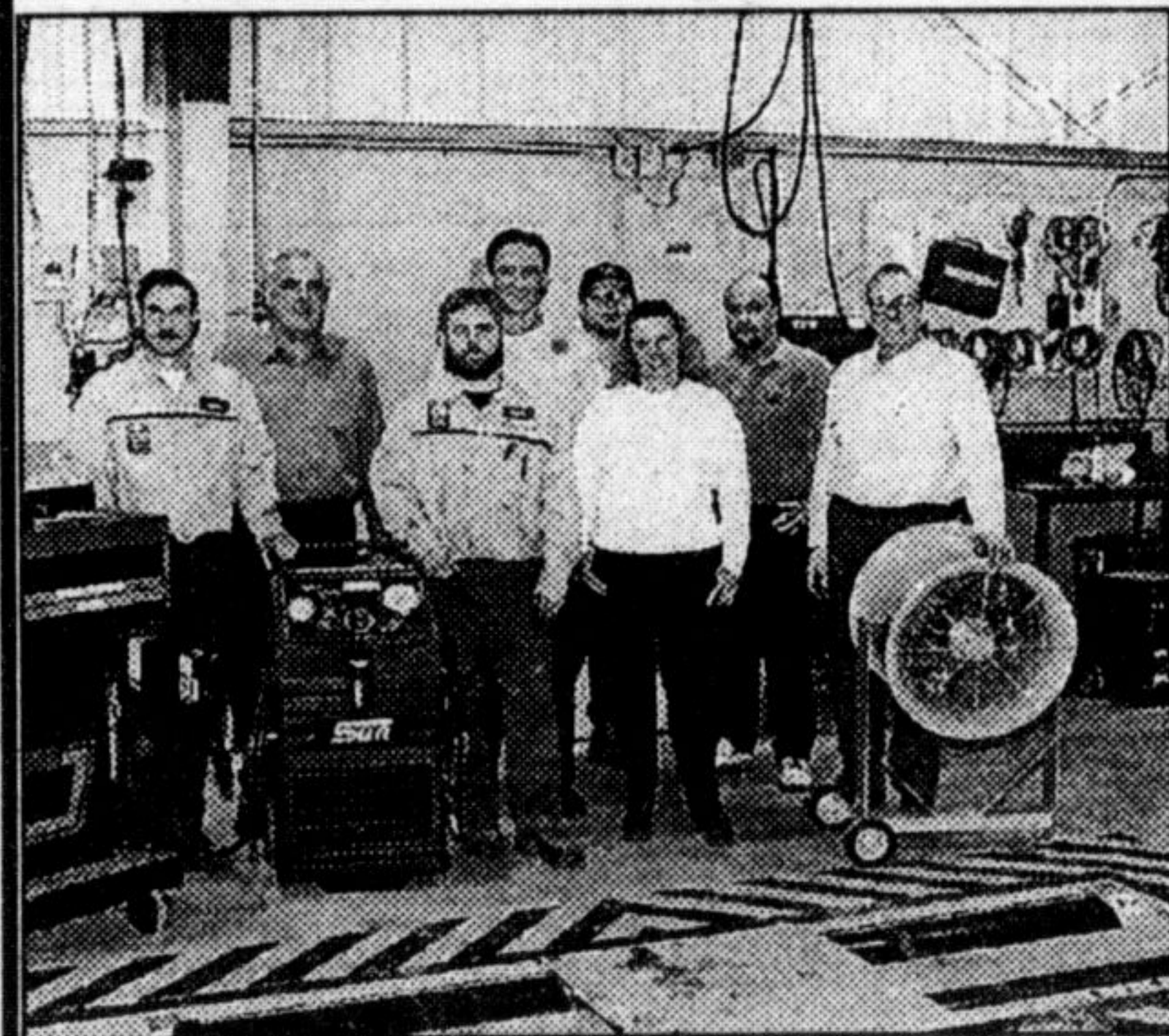


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Sandy surface agrees with horses

By **STEVE LeBLANC**

The Champion

Canada East had half-a-dozen finishers from the recent Pan American Endurance Championships. Two of them hail from Milton.

Shirley Dennis and Carol Lidstone — close friends and rivals on the marathon horse racing circuit for almost two decades — placed 28th and 29th respectively at the international showcase, held at Spruce Woods Park near Winnipeg in August.

Along with their trusty mounts, both rural residents tamed the grueling 100-mile event in fine style on a day when just 46 of 90 riding teams went the distance.

With each endurance race being between 50 and 100 miles in length, horses are carefully monitored by veterinarians before and during races. Day-long journeys feature check points along the way where

horses are thoroughly examined. Those that don't meet the fitness criteria, which are quite stringent in order to protect the animals, are automatically withdrawn.

Dennis and riding partner Faust, a 13-year-old Trakehner gelding, got off to a strong start and maintained a healthy pace the entire way en route to finishing in 13:32.

"It (the course) was sand, sand and more sand," she remarked. "That's not something we've got a lot of around here so we went up north to do some training. I was pretty confident that Faust could handle it and he did a great job."

A mid-day heat wave in an area with little vegetation or shade, she said, claimed numerous horses — although her own mount persevered in expert fashion.

Meanwhile, Lidstone and Csardas Rypide, an 11-year-old Egyptian Arabian, needed 13:36 to

negotiate the grinding course.

They slipped into a spot on the Canada East team in June after one of the initially qualifying horses came up lame.

The pair proved themselves worthy of the opportunity with a splendid performance.

Said Lidstone, "Csardas Rypide peaked at the right time and was strong the entire way. It had rained the previous night, so the sand was wet and heavy which he seems to like. His heart rate just got stronger and stronger as the race wore on."

Dennis and Lidstone — who placed fourth and fifth among those from Canada East — are no strangers to close finishes. Mainstays in the sport since the early '80s, they've competed together countless times and have more often than not had very similar showings.

"We're usually just a horse or two apart," said Lidstone.

Tennis champs crowned among junior competitors

The Milton Tennis Club recently held its annual Junior Championships. More than four dozen matches were played over the two-day, in-house showcase.

Results are as follows:

The Under 12 singles championship saw Carl Chan get the better of Jordan Gleed in a 6-3 victory. However, Gleed — hungry for some revenge — teamed up with newcomer Jamie Webb to edge Chan and Scott Turner 6-5 for the doubles title.

In Under 12 consolation singles play, Joel Tansey ran away with a convincing 6-1 win over Turner.

Tansey and Tyler Sieben's collective efforts were more than enough to dispose of Jeff Black and Calvin Wollaston in the

consolation doubles final. A 6-0 shutout was testament to that.

Big rally

A remarkable rally in the Under 16 singles showdown had Scott Nemeth battle back to upstage Josh Caswell — winning in straight sets 6-3 and 6-2 after dropping the initial set 6-4.

Kyle Smith and Robbie Wilson were put through their paces in doubles competition, but eventually outlasted siblings Scott and Lindsay Nemeth 10-8.

Like Tansey, Wilson was a dual winner for the weekend as he also captured the Under 16 consolation crown with a 6-4 decision over Lori Wollaston.

Swimming starts

Those interested in getting into better shape or becoming more competitive may want to look into the Milton Masters Aquatic Club.

Open to all adults, regardless of skill level or past swimming experience, the program offers opportunities to improve on technique and fitness by training up to four times a week at specialized sessions at Milton Leisure Centre.

Swimming is a great low-impact method of exercise which improves overall muscle tone, flexibility and fitness. It's also an ideal cross-training activity for runners, walkers and sports enthusiasts — providing muscular balance and upper body conditioning to sports which are leg-driven.

The 1999/2000 swim season begins this Tuesday, Sept. 14 from 7 to 8:30 p.m. For those who wish to try a workout before committing to a full season, the club offers "Two Swims For A Toonie".

To arrange for a trial swim, call Lee-Anne Greer at 878-8556 or Gloria Hewitt at 854-0746.

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For more information call (905) 878-2133/878-0431/878-0865