

Twilight race on Saturday

Milton and surrounding area athletes are asked to get in gear for the inaugural Bronte Harbour Twilight road race in Oakville Saturday.

The event begins at 7:30 p.m. at the Royal Canadian Legion, 79 Jones St. and features both a five-kilometre run and two-kilometre walk.

Advance entry is \$25 per person and \$30 on race day, with proceeds going to the Oakville-based charity Rebounders Canada — a grass roots support group for survivors of childhood cancer.

T-shirts will be given to the first 250 registrants.

Those interested in signing up can do so by calling The Running Company of Oakville at (905) 815-1952.

NIGEL A. GUNDING B.A. (Hons), LL.B. Barrister and Solicitor - Notary Public

wishes to announce the relocation of his law practice
(Family Law, Real Estate,
Wills and Powers of Attorney, Criminal)

effective
Wednesday, August 1, 2001
to

350 Main Street East
Suite B (2nd Floor)
Milton, Ontario. L9T 1P6
(Miltowne Medical Centre)

Tel: 905-875-4678

Fax: 905-878-3723

e-mail: nigelagunding@hotmail.com



Fighting Griffin Martial Arts students (from left) Samantha Walton, Tyler Carson, Melanie Rego, Ryan Rubenstein, Zach Secord, Weston Gwilt and Thomas Provis were Milton's Magnificent Seven at the World Okinawan Karate Tournament in Atlanta, Georgia. The eight gold medals they collectively captured marked a huge improvement over the performance delivered by the local club last time out in 1997.

Photo by GRAHAM PAINE

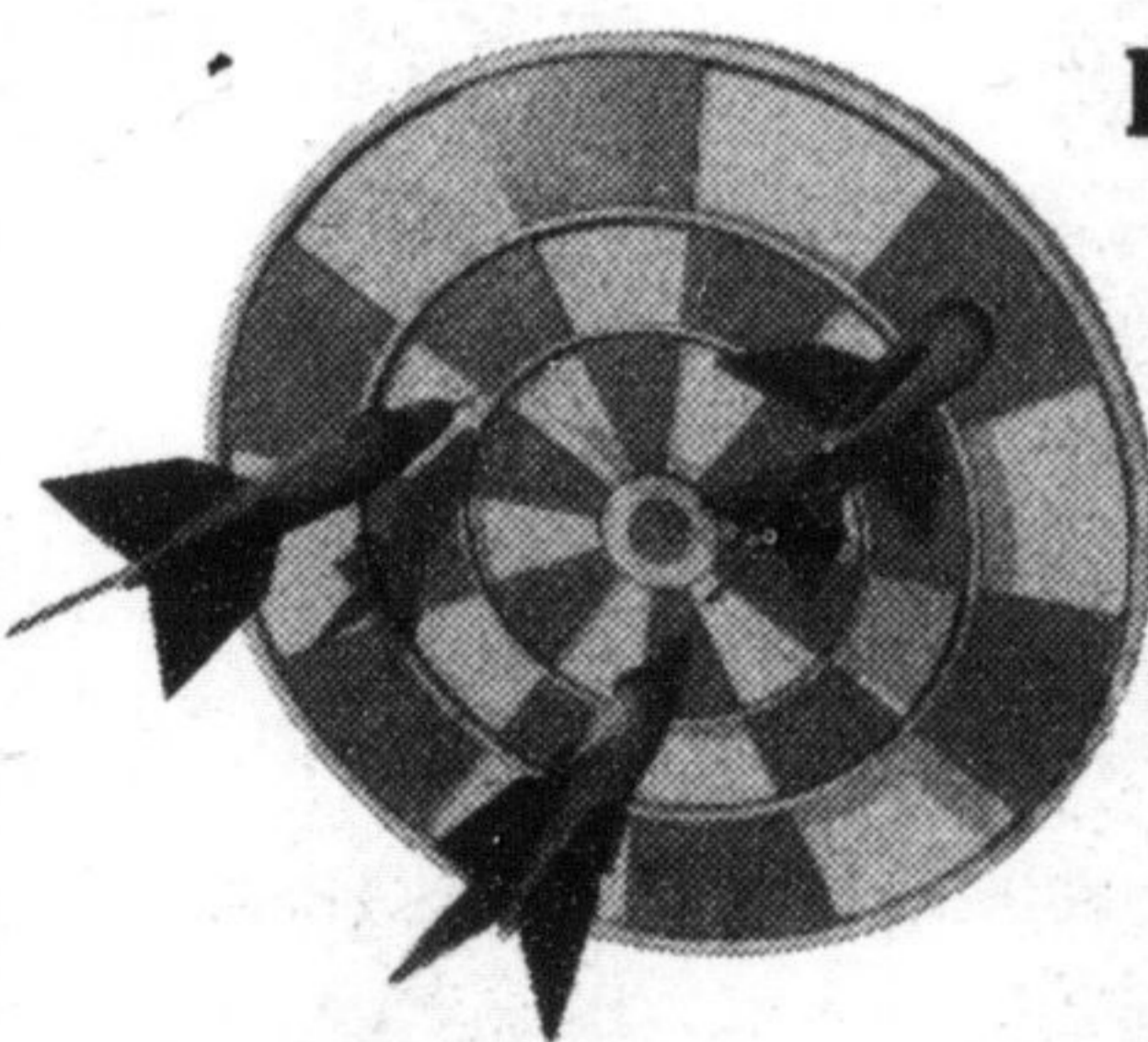
MILTON DART LEAGUE

Registration Aug. 29, Sept 5, 12 between 7-9 pm
League starts Sept. 19/01 at 8 pm

Hard Ball Café
Hwy 25 North of 401
Milton

Everyone Welcome!

For more information
please call Paula at
(905) 876-1026
or Lorraine or Greg at
(905) 821-0259
or Dennis at
(905) 878-1963



Fighting Griffin club members make major medal dent in Atlanta, Georgia

Fighting Griffin Martial Arts students shone on a global front recently — enjoying a hefty hardware haul at the World Okinawan Karate Tournament in Atlanta, Georgia.

This marked the first time that the prestigious event has been held out of Okinawa and local competitors made a huge dent in the medal acquisition.

Milton came away with more than a dozen medals, including eight of the gold-ven variety, to upstage their collective per-

formance of 1997. "What everyone did down there was absolutely fantastic. They all did awesome," said Sensei Scott Hogarth.

Eight-year-old Zack Secord led the way with two title triumphs while bringing home gold and silver was 10-year-old Samantha Walton.

Ten-year-old Weston Gwilt and seven-year-old Ryan Rubenstein each secured a gold and a bronze while also taking gold were 11-year-old Tyler Carson, nine-year-

old Thomas Provis and 16-year-old Melanie Rego.

In addition to acting as head coach, Sensei Hogarth competed for the first time in four years and came away with silver while wife Tammy Hogarth and 17-year-old Josh Sykes rounded out the medal haul with bronze.

Kim Paumier delivered a top-five finish.

More than 50 countries were represented at the competition.



Milton Minor Hockey Association Tryouts

Memorial Arena (Thompson Road)

SATURDAY AUGUST 25

Minor Novice AA (1993)	9:00 - 10:00 am
Minor Atom AA (1991)	10:00 - 11:00 am
Minor Novice A (1993)	11:00 - 12:15 pm
Minor Atom A (1991)	12:15 - 1:30 pm
Minor Peewee A (1989)	1:30 - 2:45 pm
Peewee A (1988)	2:45 - 4:00 pm
Peewee AA (1988)	4:00 - 5:15 pm
Minor Bantam AA (1987)	5:15 - 6:30 pm
Bantam AA (1986)	6:30 - 7:45 pm
Midget AA (1984/85)	7:45 - 9:00 pm

SUNDAY AUGUST 26

Minor Novice A (1993)	9:00 - 10:00 am
Novice A (1992)	10:00 - 11:00 am
Minor Atom A (1991)	11:00 - 12:15 pm
Atom A (1990)	12:15 - 1:30 pm
Minor Peewee A (1989)	1:30 - 2:45 pm
Peewee A (1988)	2:45 - 4:00 pm
Minor Peewee AA (1989)	4:00 - 5:15 pm
Bantam A (1986)	5:15 - 6:30 pm
Midget A (1984/85)	6:30 - 7:45 pm
Juvenile AAA	7:45 - 9:00 pm

Please sign in at least 30 minutes before your tryout

Still time to sign up for local women's triathlon

It's not too late for local ladies to sign up for the seventh annual Women's Triathlon-Duathlon Milton, scheduled for Sunday, Sept. 2.

Organizers are encouraging both novice and advanced female racers to get involved in one of two distance races.

For beginners, there's a 300m swim, 10km bike and 2km run triathlon or a 2km run, 10km bike, and 2km run duathlon to choose from.

More ambitious racers will want to try the more challenging 750m swim, 20km bike and 5km run triathlon — which can be done by individuals or as

a three-member relay team.

All three races will begin at 8 a.m. at Kelso Conservation Area.

Last year's event broke new records with more than 350 participants, and organizers are expecting to match that this time around.

Organizers are still looking for volunteers, and any local non-profit organization that can get 10 or more volunteers to help out will receive a portion of the proceeds.

To register, or for more information, call Sue Leeder at 878-7329 or visit www.harbar@town.milton.on.ca.