

## Triathlon clinics on soon

It's once again time to get in gear for the Milton Women's Triathlon.

For a third straight year, organizers of the local event will hold a series of training clinics to help both novice and advanced athletes prepare for the Labour Day weekend competition.

The clinics begin next Tuesday with a Safe Training Practice presentation at

the Milton Leisure Centre.

Follow-up sessions entitled Putting It All Together and Dry Run And Transition are scheduled for June 18 and August 6 — both being held at Kelso Conservation Area.

To sign up for the clinics, call Sue Trerise at (519) 837-1335 or e-mail her at [strerise@city.guelph.on.ca](mailto:strerise@city.guelph.on.ca).

## Watch the Friday, April 19 paper for the final Milton Choice Award ballot!



**The Canadian Champion**  
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# Hart Jr. earns back-to-back victories to win tournament

By **STEVE LeBLANC**

*The Champion*

Matt Hart Jr. returned to his winning ways in commanding fashion — actually, make that championship fashion.

Rebounding from a setback loss in Hamilton, Milton's up-and-coming middleweight boxer delivered decisive victories on consecutive nights earlier this month to reign supreme at the Ray McGibbon Gloves Tournament in St. Catharines.

The Bramalea Boxing Club fighter enjoyed a milestone en route to the finals — engineering his first-ever knockout against Toronto's Tom DaSilva.

And Hart Jr.'s opening-round victim — in all fairness — kind of had it coming. Recalled the local pugilist, "In the second round he actually asked me to hit him harder."

Only too happy to grant that request, the eventual champ connected with a straight-away right to the eye that severely dazed DaSilva. From there, a five-punch flurry — with equal punishment administered to both body and head — was enough to floor the big-city middleweight.

Hart Jr. finished him off with a right cross to the chin.

"I definitely had the adrenaline going," said Hart Jr. of the first-round bout last Friday. "Knocking him out was like icing on the cake. He was an aggressive fighter but didn't seem to have a lot of skills."

Milton's rapidly-improving boxer would then clinch division gold with a technical-knockout of Port Dalhousie's Jason Villaneauve — who had a six-inch height advantage yet didn't make it past the midway mark of the fight.

"He beat the count in the first round, but then I landed some combos in the second and the referee stopped the fight," said Hart Jr.

"I was banging the body well."

Winning two times in as many nights was another

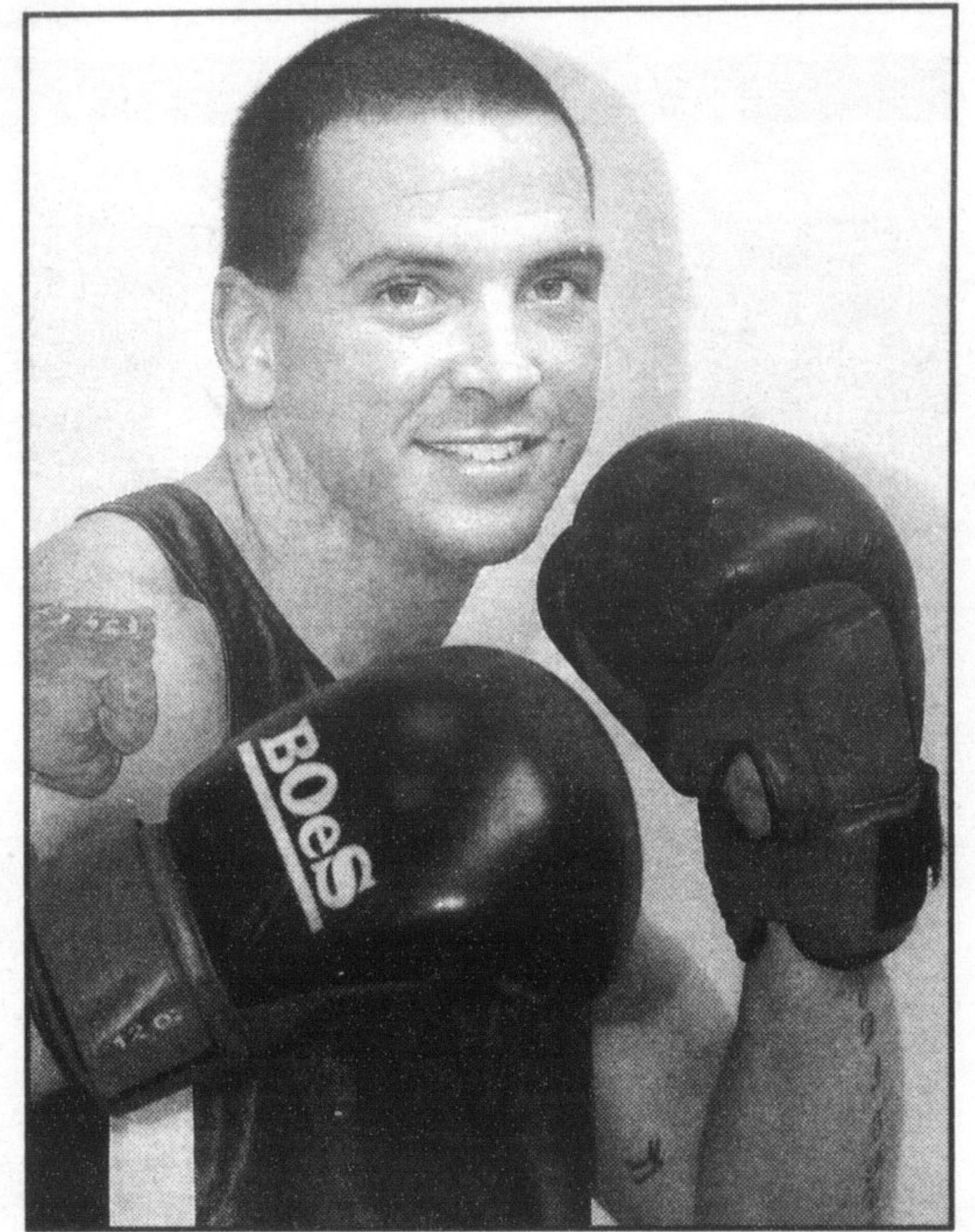


Photo by GRAHAM PAINE

**Milton's Matt Hart Jr. is back on track after two straight wins recently in St. Catharines.**

first for the local boxer — and was perhaps the most encouraging aspect of the weekend.

He said, "Mentally, it's good to know that I can do that. It was a great weekend. I accomplished exactly what I set out to."

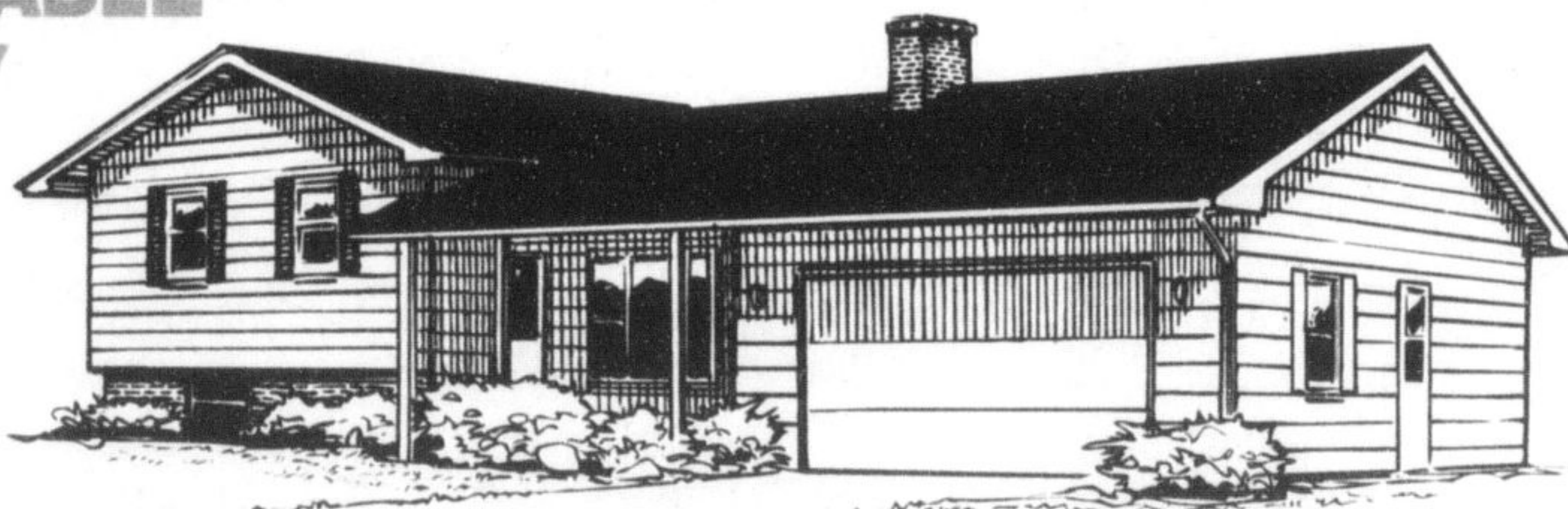
Now 6-4-1, Hart Jr. feels he's ready to take on more experienced competition. That opportunity could come as early as this month in Toronto.

"Things are going well. The key now is to keep training hard and stay focused."

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