

# SPORTS

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## Duo tumble way to national gold

Take top spot in debut at Canadian championships

By Steve LeBLANC  
CANADIAN CHAMPION STAFF

Taking a tumble in sports isn't always a bad thing. In fact for two local teens, doing so recently resulted in matching national gold medals.

Determined to enjoy successful debuts at the Canadian power tumbling championships at Quebec's Laval University, 16-year-old Teja Durante and 13-year-old Meghan Hefford each took top honours in their respective novice age groups.

The Mississauga Team Futures teammates both upstaged 16 competitors to reign supreme in the gymnastics event that's best described as a floor routine without the dance element.

Durante and Hefford had been involved in artistic gymnastics for years, but a series of injuries made them decide to switch over to power tumbling.

Good move for duo

Needless to say, the move has already paid huge dividends.

That's especially true for Durante, who along with her golden performance in Quebec was first at February's Canada Cup in Vancouver to earn a berth to next month's Indo-Pacific Power Tumbling and Trampoline Championships in South Africa.

Her recent success makes up for an awful lot of lost time, as severe back problems kept her sidelined for two entire competitive seasons.

"Having been off for so long, it's been really rewarding to come back and be able to see a strong outcome from my hard work," said Durante, who

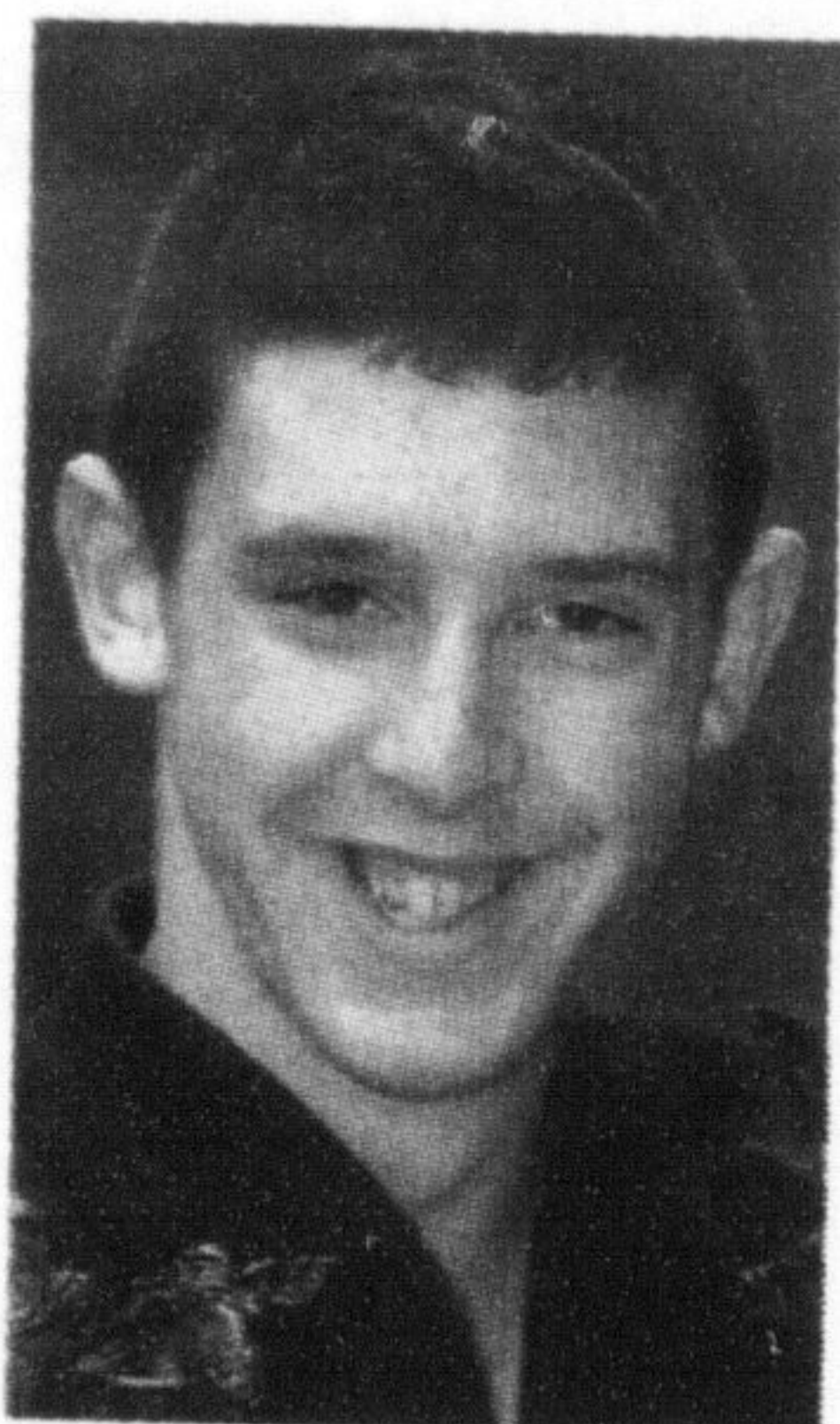
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**GOLDEN GIRLS:** Teja Durante (left) and Meghan Hefford proudly display their national gold medals in power tumbling, secured recently in Quebec. GRAHAM PAINE / CANADIAN CHAMPION

## Jiu-jitsu success continues for Giles

Local teen finishes first and second at international meet



Michael Giles

The championship hardware keeps coming for Michael Giles.

One of the more promising students at the Milton School of Jiu-Jitsu, the 15-year-old Miltonian recently took first and second-place honours at the World Kobudo Federation's International Competition in Hull, Quebec.

Building on provincial and national sweeps earlier this year, the local blue belt was tops in his sport jiu-jitsu division and secured the runner-up spot in grappling — losing to a Niagara Falls combatant.

"It was an incredible experience," said Giles, who beat all of his sport jiu-jitsu challenges in the minimum two

rounds — thanks in large part to some effective footwork.

Milton School of Jiu-Jitsu chief instructor Bob Kranz said the young student isn't among those blessed with a ton of natural talent, but more than makes up for it with sheer determination.

"He isn't the most gifted competitor, but he's an awfully hard worker," stressed Kranz.

With some international experience — and success — now under his proverbial belt, Giles hopes to attain his blackbelt in time for the next such event, set for 2008 in France. "I'd say it's an attainable goal for Michael," Kranz suggested.

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