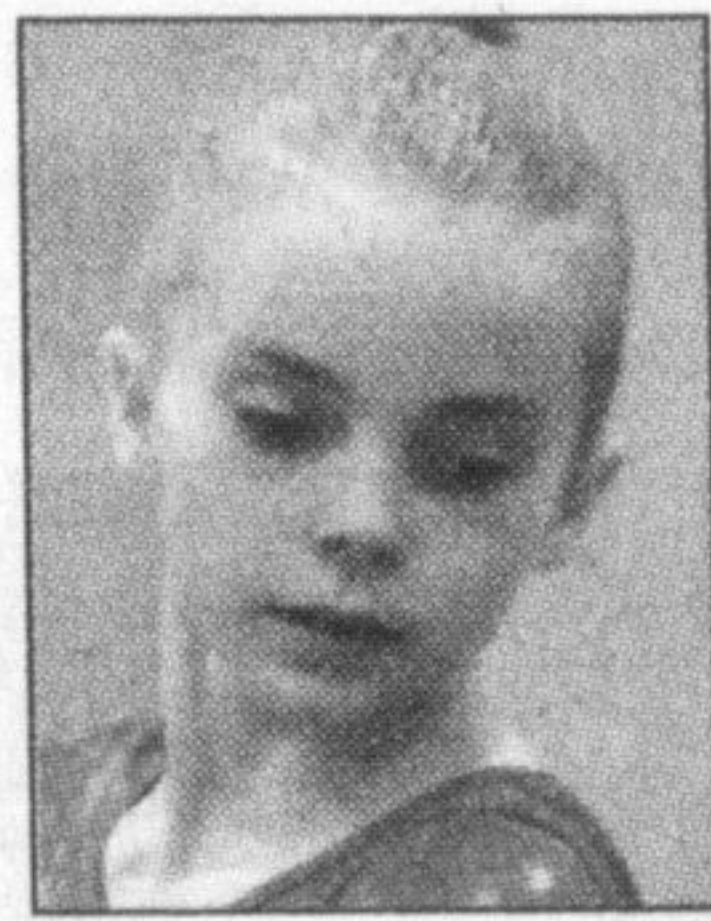


Golden finish to season

Sydney Townsend punctuated her gymnastics season with a golden exclamation mark.

The 10-year-old Miltonian — who now trains at Mississauga's Futures Gymnastics after an impressive run with her hometown Springers — delivered four individual medal-winning performances en route to winning the 10-and-11-year-old Tryo 4 (equivalent of Ontario's Level 8) division at the recent Eastern Canadian Championships in Mississauga.

Despite being in her first year at this category, the up-and-coming gymnast turned back all challenges on both vault and beam,



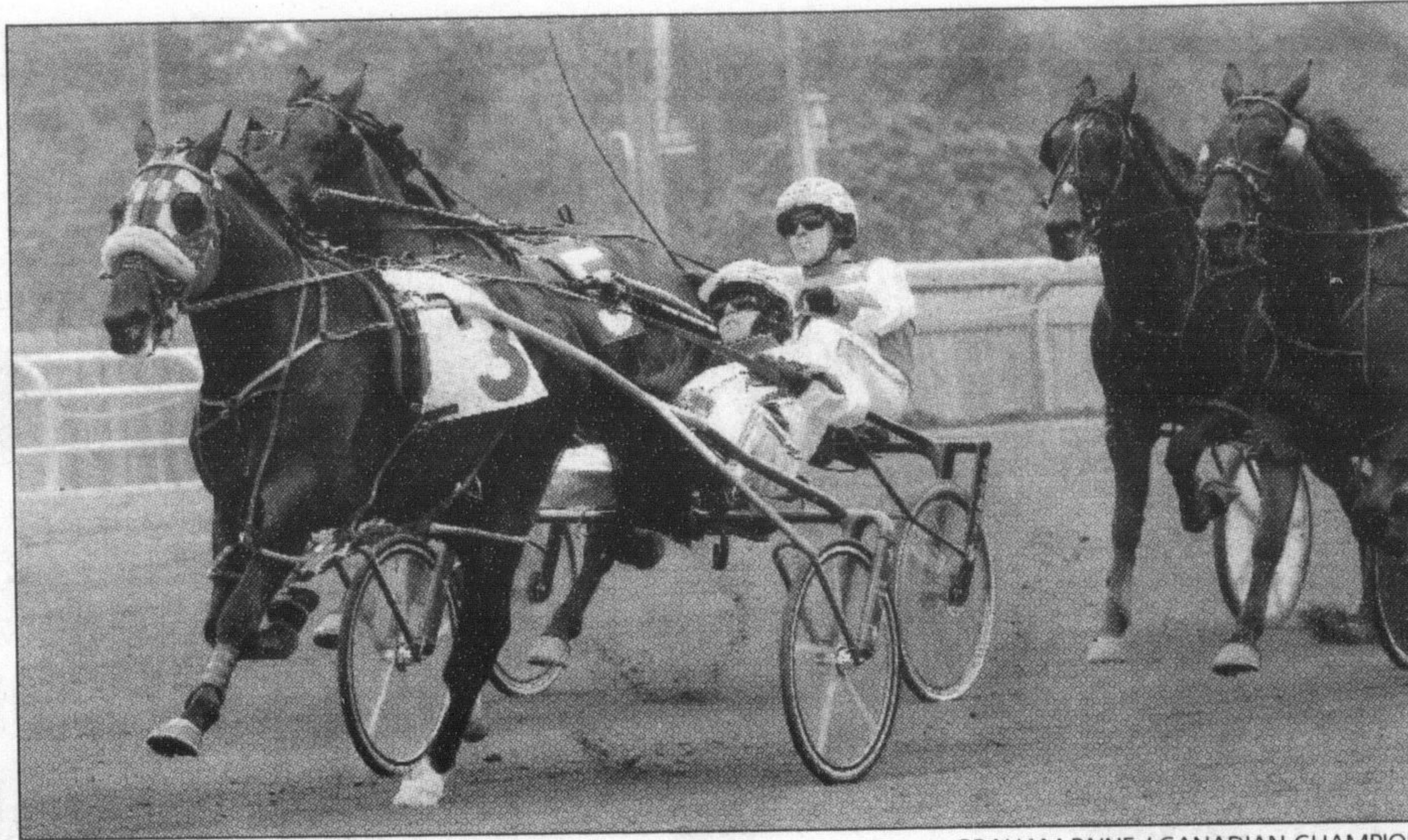
Sydney Townsend

the latter on which she set a new personal best.

She combined that with a silver-medal showing on bars and a bronze on the floor to reach the top of the podium, besting a competitive field that included three of her clubmates.

Sydney punched her ticket to the eastern nationals with a fourth-place overall effort at the provincials two weeks earlier in St. Catharines.

She also tasted team success in Mississauga, helping the Ontario squad prevail over Quebec (silver) and Nova Scotia (bronze).



GRAHAM PAINE / CANADIAN CHAMPION

RACING BACK AT MOHAWK: Live standardbred racing returns to Mohawk tonight, with the season running until mid-October. Here Brian Sears guides 'Sportswriter' — a Pepsi North America Cup hopeful — past Jodi Jamieson and 'Affleck' in a pace qualifier last Thursday.

Soccer Royals in championship hunt

Bishop Reding's senior soccer teams are both on the threshold of the championship pitch.

The boys and girls squads are each just a win away from the Halton AAA finals, having finished second to Loyola in the regular season.

Each headed into the playoffs with a 5-0 rout of Robert Bateman Monday.

Going 5-1 this spring with just two goals against, the Royals girls team has scored a dozen goals in their last three games and will host the highest survivor of this morning's

quarterfinals in the semifinals this afternoon at Burlington's Sherwood Forest Park.

Also earning a first-round bye via their 4-1-1 run, Reding's boys actually beat Loyola 4-1 and have surrendered just three goals this season. They too will host the highest quarterfinal survivor this afternoon at Sherwood Forest.

Defending Halton champs, BR's senior boys have gone to OFSAA three times in the past five years.

If victorious, the Royals will vie for the regional titles at Lions Sports Park Tuesday.



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