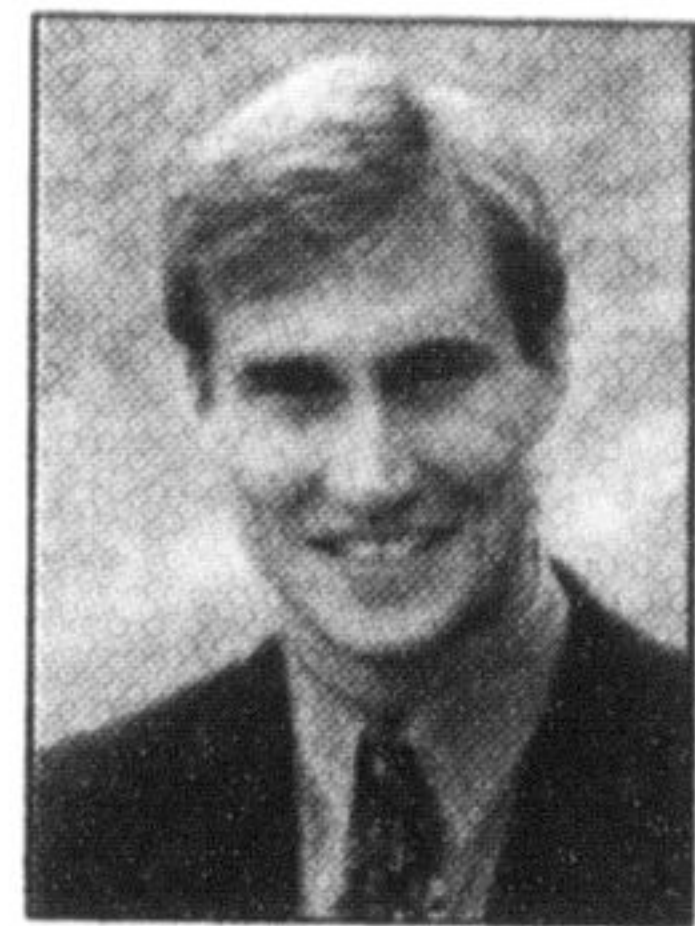


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Impressive payback victory

• from WORLDS on page A21

A more methodic approach was especially beneficial when it came time for a rematch with Imperato during the second day's opening Gi (style of competitive wear) match. Determined not to give up position like he did the previous day — resulting in a choke hold submission victory for Imperato — Darbyson-Billingham maintained a strong

foothold throughout the 'dog fight' and prevailed 3-1.

A throw and side mount accounted for his scoring in the defensive showdown.

"It was a great way to start the day, especially after losing to him the day before," said the local grappler, who went 3-1 in No-Gi on day one.

Darbyson-Billingham would go on to win his next three matches — all by a point or two — to nudge his way ahead of Imperato in the overall points standings.

"I'm very proud of Justin. He had a great performance. He was very tough in all his matches and used his superior wrestling to dominate his opponents," noted McDonell.

Still looking to take another crack at mixed martial arts — which he tried briefly and holds an 0-2 record in — Darbyson-Billingham hadn't been able to compete at many meets prior to the world trials due to a recent switch in jobs.

Nevertheless, he felt good going into Orangeville, thanks to the training he'd put in with McDonell.

"I'm not really sure what it is exactly. Maybe it's the trust thing from working with a close friend, but it's really worked out well with Rory. He's patient and really knows his stuff."

Now Darbyson-Billingham will be busy over the next several weeks, both training and fundraising for the October world championships in Estonia.

"Winning the trials was awesome, but now I've got to step it up even more," he said.

Still time to sign up for women's triathlon

Hey ladies, it's time to get in gear for the 16th annual Women's Triathlon Milton.

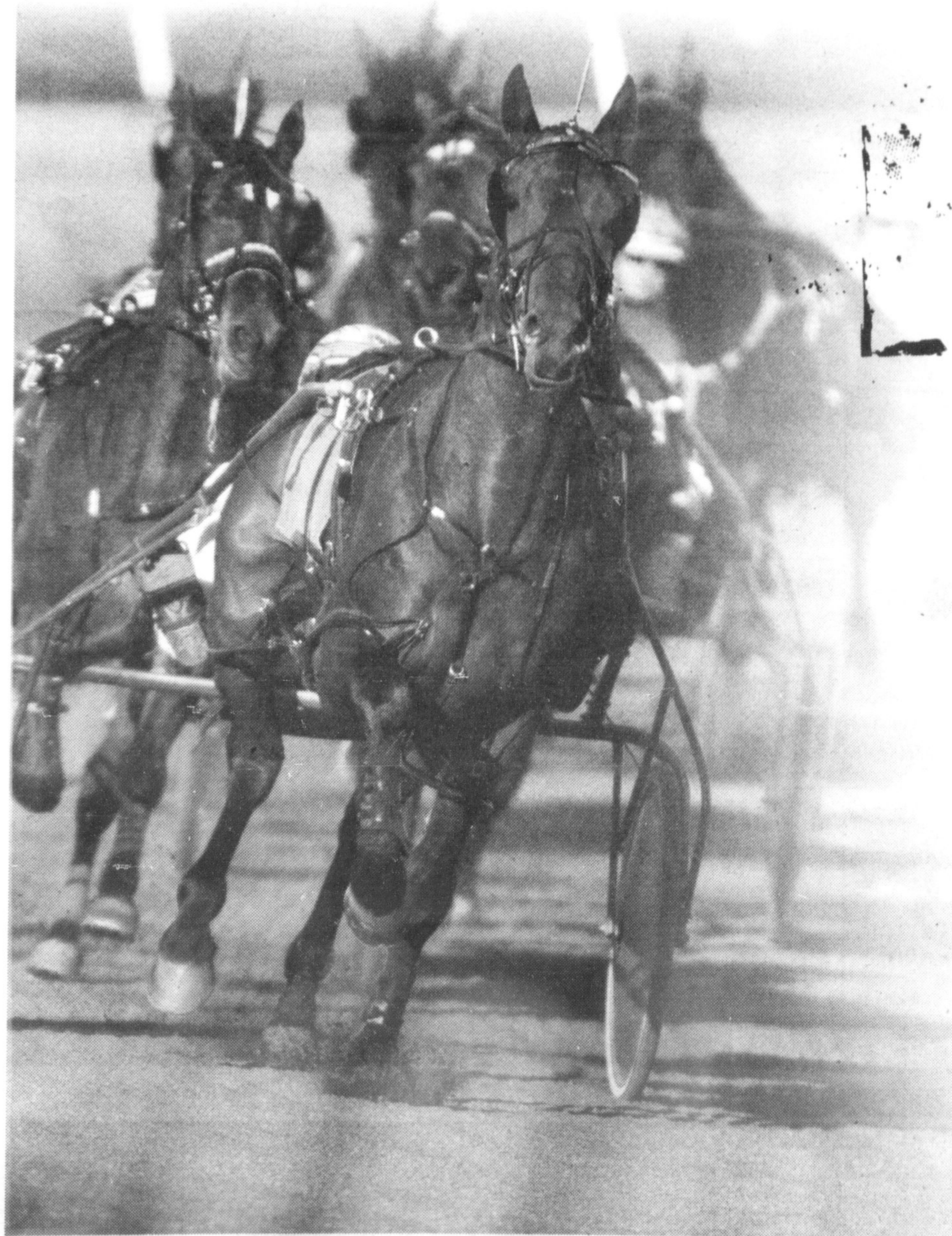
Registration is still open for the Sunday, Sept. 5 event at Kelso Conservation Area. The competition includes four separate races — including an Olympic distance (1,500-m swim, 40-km bike, 10-km run) course to challenge the more ambitious racers.

There's also an introductory super sprint triathlon (375-m swim, 10-km bike, 2.5-km run) or super sprint duathlon (2.5-km run, 10-km bike, 2.5-km run), as well as a 750-m swim, 20-km bike, 5-km run sprint triathlon.

The summer-ending event is still in need of volunteers — both men and women — to help on race day.

The triathlon serves as a fundraiser for Girls Inc. of Halton.

To sign up as either a participant or volunteer, visit www.womenstriathlon.com.



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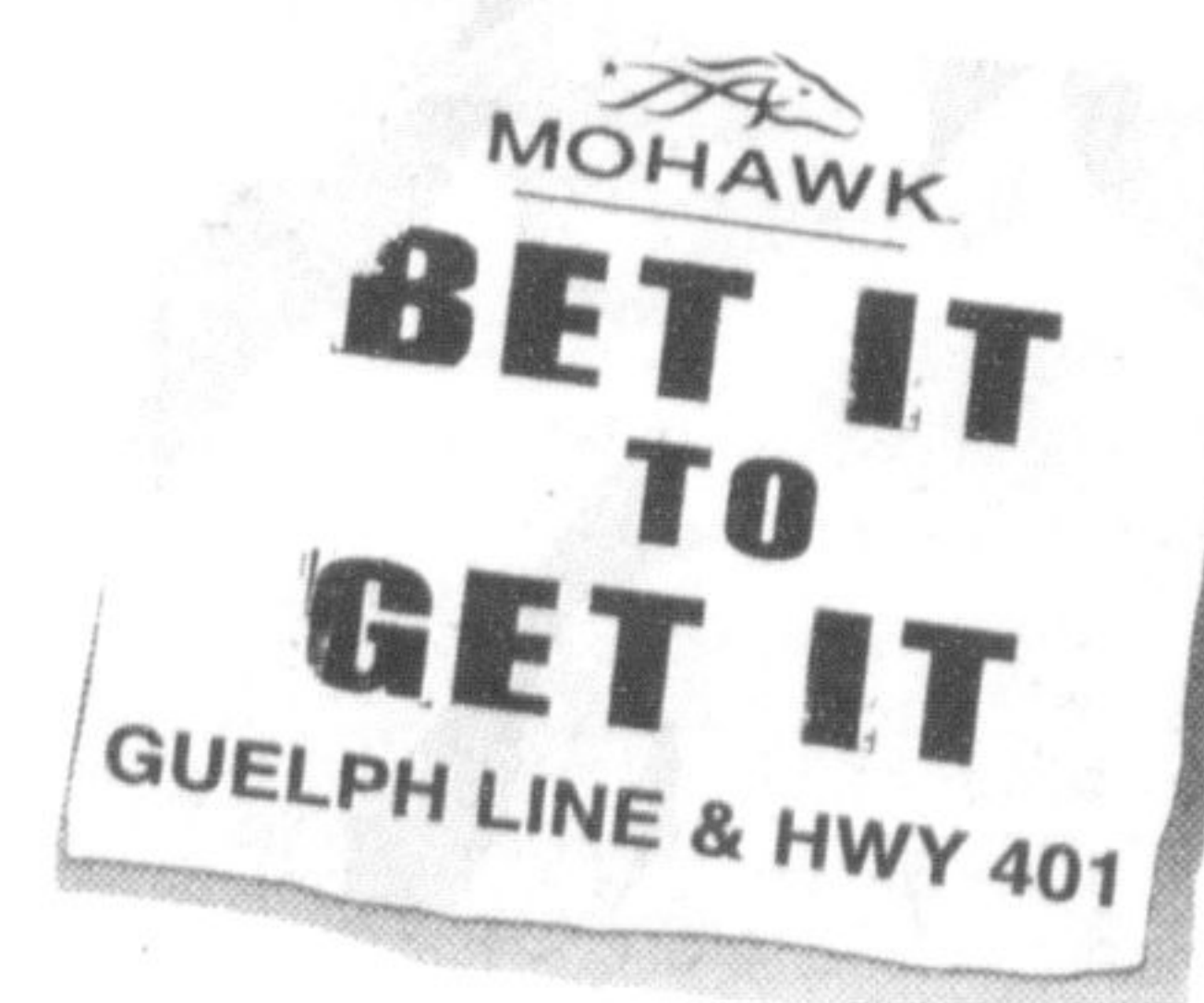
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