

Marking a milestone

Above, Nik Clarkson lets a shot go during the Milton Lawn Bowling Club's 100th anniversary celebrations August 24. He was one of many club members who dressed in vintage attire for the festivities. Inset, Silvia Linder watches her shot. The event included three rounds of play, as well as lunch and a silent auction. *Hannah Yoon / MetroWest Media Group*

World championships next challenge

Turning in an especially strong swim and maintaining a healthy pace the rest of the way, Rasmussen-McKee crossed the finish line at 10:36.50, beating her Lake Placid time by nearly seven minutes and falling just short of a personal best performance. She may well have achieved that had she not had to ride the last 12 km of the bike with a flat tire.

Persevering with her foot injured on a hilly Mont-Tremblant course, she placed third in her 30-to-34-year-old women's division and 213th overall.

Amidst cold, rainy and hilly conditions in Lake

Placid, she crossed the wire at 10:43.26 — good enough for sixth in her age class and 180th overall.

"I really didn't think my outcome would be anywhere near where it was in Mont-Tremblant after doing Lake Placid just three weeks earlier," admitted Rasmussen-McKee, who credits her new plant based diet with boosting her overall energy level and speeding up her recovery time after each Ironman. "I was surprised, and pretty happy."

Rasmussen will head to Kona, Hawaii in mid-October for her second world championship appearance in the past three years.

Hawks teams fall in provincial tournament

The Halton Hawks mite girls fast-pitch teams suffered a disappointing finish to a successful season in Chatham, each taking high-stakes losses in provincial championship play.

The 'Red' Hawks were grounded 9-1 in the 'A' division bronze-medal clash by the Brampton 'Gold' Blazers, while the 'Black' Hawks were edged 6-5 by the 'Burgundy' Blazers in the finals of the 'B' ranks.

Pitchers Avery Maxin, Emma Beasley and Alexandra D'Amato stood out for the 'Red' Hawks, while offensively contributions were delivered by D'Amato, Devyn Spice and

Miranda Hodder.

Spicer's three-run homer fueled an 11-2 rout of the North Mississauga Tigers and D'Amato had a grand-slam to power the 'Red' Hawks to an 11-6 victory over the Waterloo 'Gold' Ghosts en route to the medal round.

Meanwhile, the 'Black' Hawks got some top-notch pitching from Leah Marshall throughout the weekend.

The 'Red' Hawks earned four silver medals at tournaments and the 'Black' Hawks took gold in the 'B' division of the Brampton Blast Tournament and were bronze medalists in the league playoffs.

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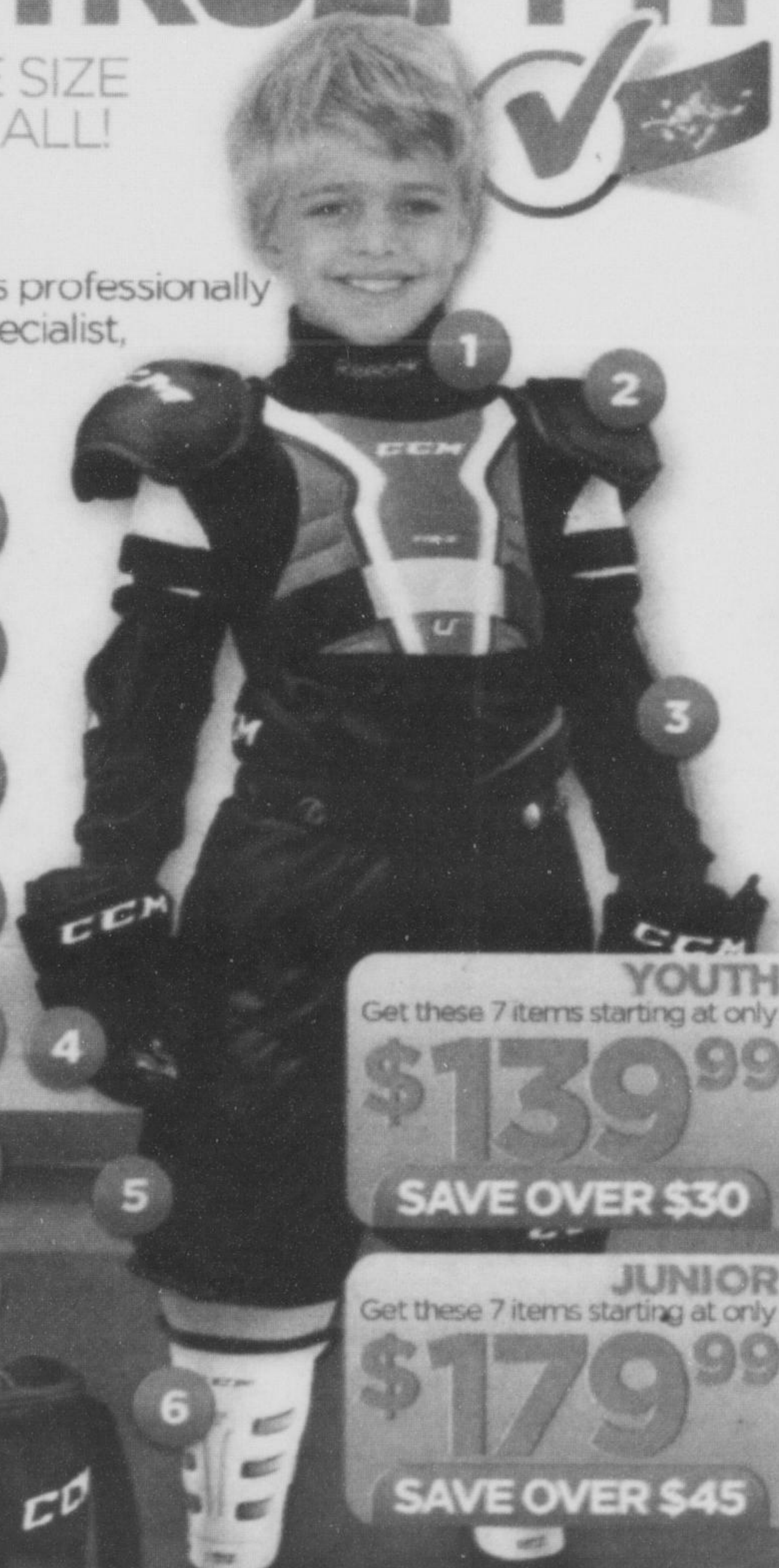
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