

# Sports

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## Sewell refuses to report to Roughriders

Matt Sewell is apparently a man of his word.

During the 2013 CFL Combines, the now 26-year-old Milton offensive lineman told teams he only wanted to play for Toronto or Hamilton — allowing him to remain close to home.



**Matt Sewell**

He's now backed that up by refusing to report to the Saskatchewan Roughriders since being traded by the Argonauts — along with quarterback Mitchell Gale — for disgruntled defensive end Shawn Lemon on July 2.

His status is now listed as retired, and there's been no word on compensation for Saskatchewan. Efforts to contact the towering lineman, who's been quiet since the trade, have been unsuccessful.

A 6-foot-8, 330-pound lineman who was an OUA and CIS all-star with McMaster University — helping them to a Vanier Cup victory in 2011 — Sewell earned a contract with the Tennessee Titans after an impressive rookie mini camp. He opted instead to return to McMaster to complete a one-year accelerated MBA program. Sewell spent much of his two years with the Argonauts as a back-up left tackle.



### Holding court

Laeticia Amihere (left) goes up against Mexico's Patricia Ayala for a loose ball during the FIBA Under-17 World Championships in Spain. Amihere was a standout for the Canadians, leading them to the quarterfinals. See story on page 55. Photo courtesy of FIBA

## Preisner races to fourth at nationals in 3k steeplechase

Delivers personal best effort in Edmonton

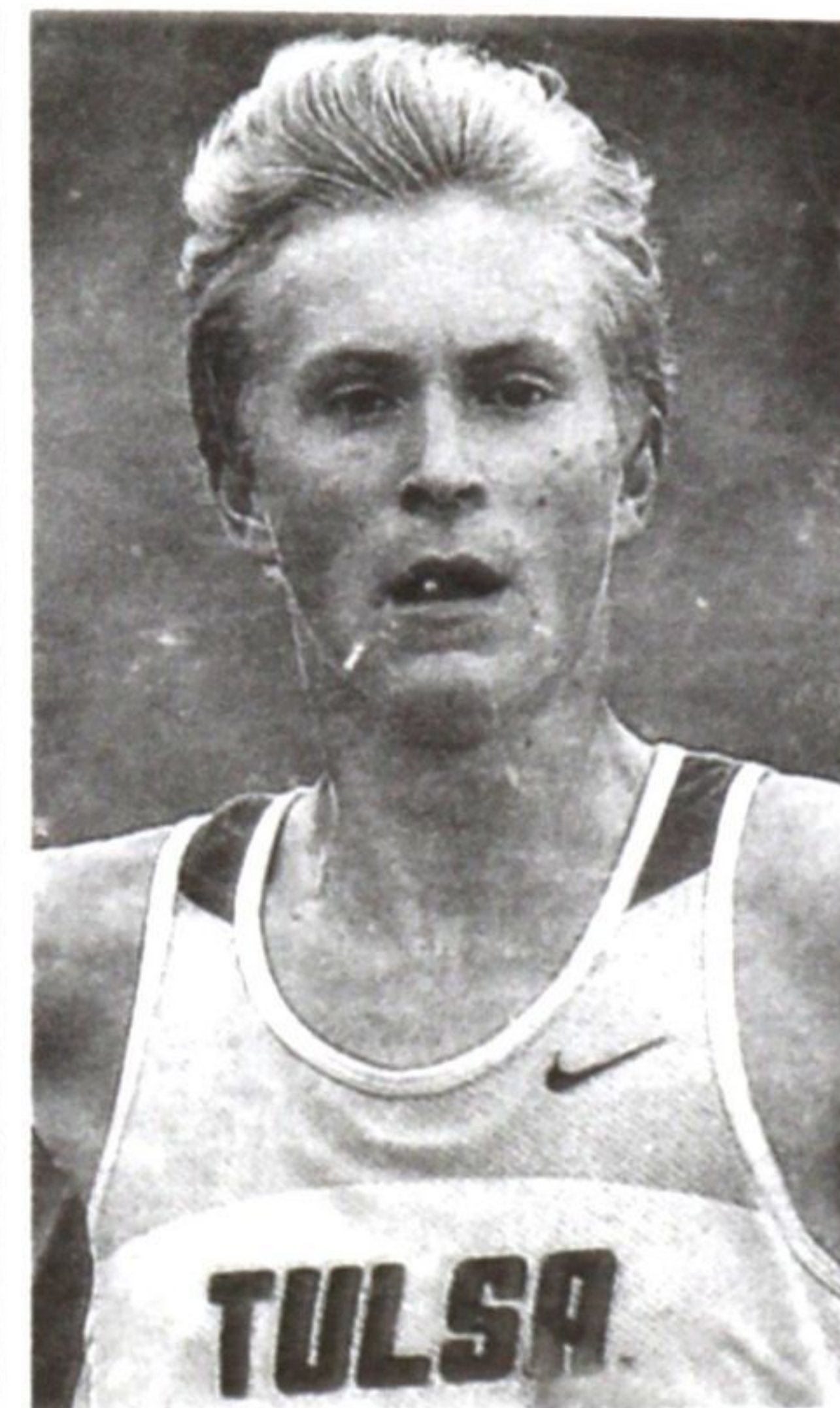
By Steve LeBlanc  
 CANADIAN CHAMPION STAFF

Having only taken up the steeplechase in his junior year of high school, Ben Preisner is just beginning to discover his true potential in it.

That exploration continued in Edmonton Saturday night, when the University of Tulsa (Oklahoma) runner beat his personal best time by more than two seconds — taming the 3k course in 8:51.05.

That was good enough for fourth place among the senior men at the Canadian Track and Field Championships/Rio Selection Trials.

"I'm pretty excited (by my performance). I was pleased to place that high," said the 20-year-old Miltonian — one of the youngest in the field on an evening with favourable weather conditions, in the low 20s and with just a mild wind. "I was hoping to run a bit faster, but this was a championship race and I was more focused on a tactical finish than an exact time."



**Ben Preisner**

Feeling confident and adequately prepared for nationals after solid showings at the London 1,500m Night and Speed River Inferno, Preisner had spent more time than usual on his form and technique heading into Edmonton.

"I was trying to fix any inefficiencies," explained the track and cross-country standout, who recently finish

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