

SPORTS

Iron woman finishes Ironman

BY JIM THOMAS
Correspondent

In Lake Placid, N.Y., Lyndsay Thompson was an Ironman.

In her native Stouffville, she's an iron woman.

The 21-year-old Thompson competed in the ninth annual Ironman USA triathlon July 22 and completed the course, described as one of the most gruelling events in the world of sport.

More than 2,200 entrants did a four-kilometre swim, 180-km bicycle ride and 42-km run. Not all were able to finish.

"One must see it to believe it," said Louise Thompson, Lyndsay's mother as she attended the event with husband Bill.

Adding to the excitement was the moment when Lyndsay completed the course and crossed the finish line in a time of 14 hours and 41 minutes.

Thompson would like to try another Ironman event, most notably the world Ironman competition next year in Hawaii.

"The most exciting thing I've ever seen," Louise declared.

A graduate of Stouffville District Secondary School, the five-foot, two-inch tall Thompson began training for the Ironman in January, swimming regularly at the Lebovic Centre and Lake Wilcox. She also took cycling trips as far as Lake Simcoe and jogged daily around town.

Known best for her golfing skills, Thompson participated in several marathons before signing up for the Ironman in July 2006.

With the event gaining in popularity through the years, the maximum number of entrants was filled within two minutes of registration opening.

It's already filled for 2008,



Stouffville's Lyndsay Thompson did a four-kilometre swim, 180-km bicycle ride and a 42-km run in a New York triathlon.

Thompson noted.

"I was looking for something more difficult and I found it," she explained, noting she resisted the urge to quit part way through the cycling event.

For the race, Thompson wore a Boyd's Source for Sports jersey, the place where she works. She also used a Boyd's bike, specially built for long-distance treks.

Her many hours of advanced training paid off, Thomp-

son said, adding, "I felt really strong."

Thompson finished 10th, halfway through the pack, in the women's 18 to 24 age group.

For her efforts, she received an engraved medal and a certificate.

Would she do it again? "In a heartbeat. I loved it."

Thompson would like to try another Ironman event, most notably the world Ironman competition next year in Hawaii.

Show her the money

Good first results as Stouffville golfer hits pro circuit

BY MIKE HAYAKAWA
Staff Writer

When Seema Sadekar finished her four years of playing eligibility on the University of Nevada Las Vegas women's golf team, she figured it was time for the next big step in her career.

For the 22-year-old Stouffville resident, that was to turn professional.

"I felt I was ready," Sadekar said. "I did four years at UNLV and it was great. I played well there and I still have one semester to get my degree (a major in marketing and minor in sociology). But I wanted to turn pro and try and start making money."

Since her decision in early July, Sadekar has no regrets, especially after encouraging results in her first two events.

Making her debut in a CN Tour event at the River Spirit Golf Club in Calgary, Sadekar finished in a three-way tie for 15th place after a two-round, four-over par 148.

"I started off a bit shaky," Sadekar recalled.

Taking to the Ladies Golf Club of Toronto in Thornhill for the CPGA Women's Championship, Sadekar sat in second place after the first round before slipping into fourth and was just two shots behind the winner, Salimah Musani, after firing a two-round 144. For her efforts, Sadekar pocketed \$2,400.

While happy to finish as high as she did, Sadekar thought the win was there for the taking.

"I struggled a bit coming in," she revealed. "When you're hungry (for a win), you push too much. But I was happy to get myself in that situation (vying for the win). It was a good experience. I was having fun out there. It was neat."

For that to continue, though, she said the key is consistent play and dealing with immediate challenges, rather than looking far down the road.

"I can't put too much pressure on myself," she said. "I have to say to myself that it's just a tournament and not to think of the money. If you play well, the scores and wins will come. I've got to take things shot by shot and hole by hole."

"So far, though, it's been good." Up next is a trip to Edmonton for a qualifier for the CN Canadian Open that runs from Aug. 13 to 19.

"Hopefully, I'll make that," she said. While Sadekar hasn't scheduled too



SEEMA SADEKAR: Golfing and helping in sister's golf business.

many tournaments this season, her slate has been busy with other golf incentives.

Since turning pro, Sadekar has also been involved in a business endeavour her sister Nisha, also a professional golfer, started up in www.playgolfdesigns.com.

The year-old company, which is based in Toronto and Las Vegas, deals with pro-am charity requests for 34 players from the LPGA, Futures, European and Canadian tours.

"It's a cool concept," Sadekar said. Sadekar has also appeared in two long drive events.

"It's been a lot of fun to help raise money for charities," she said.

But once September arrives, Sadekar will be focusing on trying to earn a spot on the LPGA Tour by going to California for the first stage of the LPGA Qualifying School.

I have to say to myself that it's just a tournament and not to think of the money. If you play well, the scores and wins will come.

She will have two opportunities to go to the second stage that will be held in Florida in early October.

"I'll just pretend it's not a tournament and I'm playing with my mom, dad and sister. I won't put any pressure on myself," she said.

Just as important, though, Sadekar has unfinished business to attend to as she intends to go back to UNLV in December to get her degree.

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