SPORTS

Lor medals twice at Pan Ams

BY MICHAEL HAYAKAWA mhayakawa@yrmg.com

Brianna-Lauren Lor made her debut in the Pan American Taekwondo Championships last year and earned a silver medal.

Returning to compete in this year's Pan American championships, the Stouffville resident took things one step further by claiming two medals in Aguascalientes, Mexico last week.

Competing in the cadet 12-14 years old division, Lor claimed a silver in team poomsae and bronze in individual poomsae.

Recently returning from Mexico, Lor was pleased

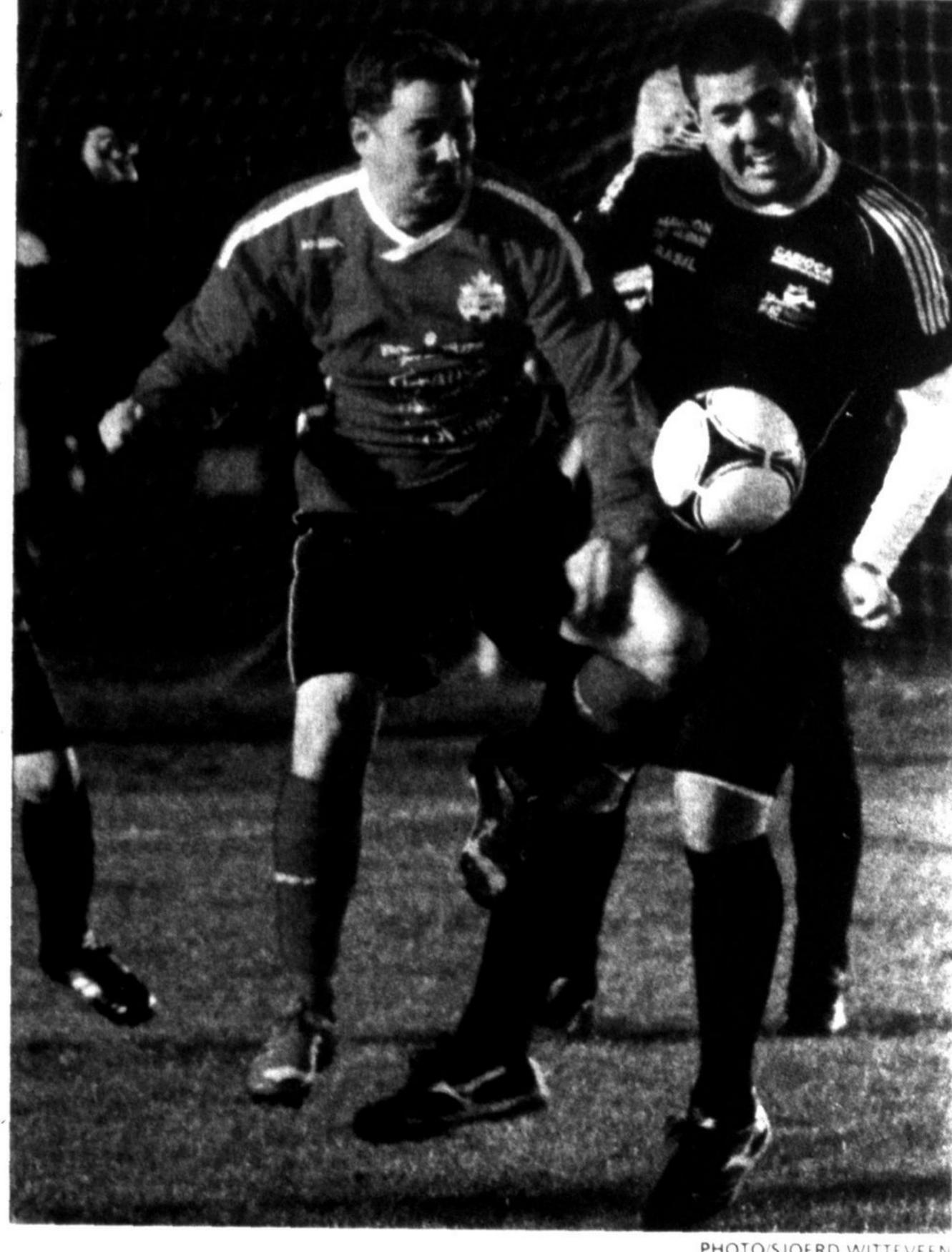
with her performance.

"Being able to compete at the international level is nerve wracking, but it's an amazing experience," she said.

Reflecting on her accomplishment, Lor was quick to credit the teachings she's received from her head instructors in Master Edward Fong and Master Jong Seok Ha.

Lor will be returning to Mexico to compete at the Taekwondo World Championships from Oct. 25 to Nov. 3.

"I will continue to train hard and put in my best effort at the World Championships," she said.





2001 AUDIO BATH FITTERS **BED BATH & BEYOND BEST BUY CANADIAN TIRE**

CI GILATO **CLERA WINDOW'S DIVERSE STUDIO** EAST SIDE MARIO **ECHO POWER EQUIPMENT NO FRILLS**

FIRST CHOICE SUPERMARKET FOOD BASICS FOODLAND MT. ALBERT FOODYMAR1 **FRESHCO FUTURE SHOP** GIANT TIGER GLOBAL APPETITE

GRAND FORTUNE HOLY TRINITY SCHOOL HOME HARDWARE HYDRO ONE KLEEN PLUS

KNOWLEDGE CATALYST LASTMAN'S BAD BOY LISTEN UP CANADA LOBLAWS M&M MEAT SHOP

MARKHAM HEALTH **NETWORK** MARK'S WORK WEARHOUSE

MCDONALDS METRO MICHAEL'S MICHAEL HILL MOUNT JOY PHARMAC NATIONAL SPORTS NATURE'S EMPORIUM **NEW OCEAN** SUPERMARKET

ONTARIO TOURISM MARKETING ORIENTAL FOOD MART **PHARMASAVE PRINCESS AUTO** REAL CANADIAN SUPERSTORE REXALL

ROOMS FURNITURE ACCESS. SALVATION ARMY SHOPPERS DRUG MART SOBEYS STAPLES

SUN DENTAL SUNFOOD SUPERMARKET SURE LOC T&T SUPERMARKET

TARGET TELETIME SUPERSTORE THE BAY THE PRINTING SPOT TOYS RUS TSC STORES WALMART

No one delivers results like we do!

ZEHRS

To find out more about how to reach your target market and get the same great response from your flyer distributions as these customers. call us today! 'Selected areas only

Sun-Tribune visit save.ca

905-294-2200

Fall coupons

See insert in

today's paper

are back!

Partners in Powerful Communities

Coming Soon Support your local businesses with great auction deals. Stay tuned for more details!

WW DICSOVELOCAL.com

York Region

October 2, 3, 4 & 5 Registration - 4:00 pm Judging - 4:30 pm (Pets must be on a leash or in a pet carrier)

- Classes: Dog with Waggiest Tail
- Dog the Judge Would Most Likely Take Home

MARKHAM >>

- Most Unusual Cat
- Cat with the Longest Fur
- Guinea Pig Most Social
- Hamster Most Active/Awake
- Rabbit Twitchiest Nose
- Best Farm Pet (Not entered in Classes 1-7)
- Most Unusual Pet (No Pet Rocks or Insects) (Not Entered in Classes 1-8)
- 10. Friendliest Pet (Open to All)

SALESIENT

Friday, Oct. 3rd

SEE OUR NEW FLYER IN TODAY'S PAPER

CHILDREN'S PET SHOW

Tent

OR VIEW IT ONLINE @ BADBOY.CA

Entertainment

Open to Children 14

years & under

- 11. Pet with the most Unusual Name (Open to All)
- 12. Pet with Best Trick (Open to All)
- 13. Pet with Best Costume (Open to All)

Each Pet May participate in up to three classes.

For information on Advance Gate Admission, Ride All Day Passes, Event Times & Locations visit: www.markhamfair.ca





GTA Striker for-

ward Matt Fraser (left) and Brazil Manezinhos da Ilha's defence man Leo Bandera clash in a soccer match at the Stouffville Arena fields Friday. Brazilians The won 2-1. The Strikers squad, members of the Whitchurch-Stouffville Soccer Club, competes in the Richmond Hill Over 35 The Strikers visited Brazil and played Friday's visitors in 2004 and 2005. See story on yorkregion.com