

Kettlebellers on podium

Victoria athlete Linda Gilmour is the World Kettlebell Lifting champion. Gilmour competed in the women's 12-kilograms kettlebell biathlon event (jerks and snatches) at the World Kettlebell Club championship in Chicago, Ill., on Oct. 29. Gilmour is a kettlebell trainer and competitor from Victoria Kettlebell. She won her category doing 85 jerks and 80 snatches. She's also the coach of Christine Boyd, who competed in the same event and weight class and won bronze with 85 jerks and 61 snatches. In May of 2012 Gilmour will help host a World Kettlebell Club event in Victoria. Visit www.worldkettlebellclub.com for more information.

Vic LAX players represent

Lacrosse midfielder Jesse King is the lone representative from the Greater Victoria region on the 50-player short list for Canada's U19 men's national team. King plays junior A box lacrosse for the Victoria Shamrocks and is a field lacrosse rookie with the Ohio State Buckeyes. If he makes it through the selection camp in Oshawa, Ont., from Nov. 24 to 27, King will join Team Canada at the U19 World Championships, to be held in Finland in 2012. King graduated from Claremont secondary, home to current girls field lacrosse star Aicia Archer. Playing for the Burnaby Mountain Selects 2011 girls' high school team, Archer recently toured Seattle while competing in an exhibition series. Archer will compete for the Burnaby Selects at an NCAA recruiting tournament, the Sand Storm Lacrosse Festival in Palm Springs, Calif., on Jan. 14 and 15. sports@vicnews.com

Lions, Gryphons will duel for city soccer championship

Golden generations only come around so often. With 14 players in their grad year, Glenlyon Norfolk School's soccer dynasty is about to end. The Gryphons senior boys soccer team will make its third straight appearance in the Colonist Cup, the city's high school boys soccer championship. GNS edged the Claremont Spartans 1-0 in the semifinals at UVic on Tuesday. The Lambrick Park Lions defeated the Oak Bay Bays in the other semifinal, which needed a 10-round penalty kick shootout to settle a 1-1 tie. A date still has to be decided for the Gryphons and Lions final at UVic's Centennial Stadium, likely the week of Nov. 14. When the Gryphons moved to AA

from A this year they were immediately considered a favourite to win that Lower Island division. But Lambrick Park beat them, going 10-0 on the season, and are so far the only team to defeat GNS in regulation. "You could say we're the favourite," Lions coach Steve Legg said. "Our team is without (metro) players. It's one with lots of heart, skill and work ethic." Goalie Jesse Hodges persevered for the Lions in the 7-6 shootout win over Oak Bay, with David Rivera scoring the penalty winner. Jyotish Khanna scored the winner for GNS over Claremont. St. Michaels hosts the AA Islands, Nov. 8-9 and Dover Bay hosts the AAA Islands Nov. 7-8. sports@vicnews.com



Don Denton/News staff
GNS's Mattias Murray-Hemphill, centre, tries to break through Claremont's Daniel Knappett, left, and Parm Johal at UVic on Tuesday.



J.R. Rardon/Black Press
Michael Kim of St. Andrew's duels Nick Gachter of North Island secondary in the boys A Island final at Port Hardy.

Sabres top A Islands in Port Hardy

A talented core of players has the St. Andrew's Sabres boys soccer team looking for a provincial championship in Kamloops today (Nov. 4) and tomorrow. St. Andrew's won the Island single A boys championships in Port Hardy last week. But the closest the boys team has come in the provincial A finals was in 2009 when they hosted and lost to St. John Brebeuf. To win the Islands last week, the Sabres defeated host Port Hardy 5-0

and Port Alice's North Island secondary 6-0 in the Island final. Giordano de Paolis (Grade 12) scored three and Tarnvir Bhandal (Grade 11) scored the other two against Port Hardy. Against North Island the Sabres got two goals from Bhandal, two from Sahail Virk (Grade 10) and one each from de Paolis and Leo Falzon (Grade 12). Goalkeepers Sheldon Donaldson (Grade 12) and James Saville (Grade 11) posted the shutouts. sports@vicnews.com

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