

Biathlete returns from Winter Games, places sixth

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An Etobicoke biathlete returned home from Halifax, Feb. 18 after competing in the Canada Winter Games.

"Coming back it's everything I thought it would be," said Ian Campbell, 18, a biathlete for the Ontario provincial team. "It's the biggest competition I've been at so far."

Campbell posted a sixth place finish among 38 competitors, the best placing for the Ontario team in a sport combining cross-country skiing and rifle shooting.

Most of the competitors were much older than him, he said, noting the usual age category he competes in is 16 to 18 years old consisting of 12.5 km races.

"Being 18 certainly was hard, harder than most races I've been in," he said. "My first race was a 15 km (race), so it was hard to adapt to that distance because I only raced that once prior in training."

In his two other races, Campbell posted a 23rd place finish hampered by bad wind conditions, but followed that performance by finishing 10th in his final race.

"It was a bad day, but the next day I just said, 'Hey, I had a bad day, put

it behind you and focus on what you have to do in this next race,'" he said. "That's when I shot 19/20."

Campbell said he had few regrets about his experience.

"I could be skiing a little bit faster than I am now. I would say I'm about a minute behind where my ski time should be," he said.

Being from southern Ontario poses its own challenges, added Campbell.

"There really is no biathlon facility in Ontario," he said. "There's one near Ottawa but even that's across the river in Gatineau."

There is a definite lack of available facilities in the city, said Cam Campbell, Ian's father.

"It's a difficult sport to do in southern Ontario," said the elder Campbell who says Ian is the only biathlete on the provincial team from Toronto.

He said there are plenty of places to ski such as Hardwood Hills north of Barrie, but there are few places to shoot.

"I think he did better than he expected and better than we expected," said the elder Campbell. "I was very pleased with his sixth place finish in his first race."

The younger Campbell said he's trying to set his sights even higher than the Canada Winter Games.

"I'd like to qualify for the World



Courtesy photo

SKI AND SHOOT: Biathlete Ian Campbell posted a sixth place finish among 38 competitors at the Canada Winter Games.

Youth and Junior Championships next winter in Finland. I'd say that's in my grasp," he said.

He has to place in the top four nationally in order to qualify for the world championships.

Luckily training should become much easier for him in the fall when he heads off to Carleton University to study criminology part-time.

"Next year I'll be at university so I'll have a lot more time to train and I'll be closer to facilities," he said. "Hopefully I can just put in the hours."

He said he hopes that over the eight years it will take him to complete his degree, he'll be able to train and improve his results in the long-term.

That will place him right at the typical peak age of a biathlete when he turns 26, and he hopes at that point he can make the national team while perhaps making a solid run at the 2018 Olympic team, he said.

Campbell will next be participating in the biathlon national championships from March 21 to 27 in Charlo, New Brunswick.

Central West LHIN

Community Engagement to better understand the needs of Somali residents in the Central West LHIN

Let us know what you think!

The Central West LHIN is seeking your input on how the current health care system is meeting the needs of the Somali community residing in North Etobicoke – Rexdale.

What is working well? What are the high priority needs of individuals living in the area? What can be improved?

On Saturday, March 5th, the Central West LHIN will host a public meeting to advise the community about its work to improve access to services and to hear from Somali residents about their local health needs.

The feedback will assist the Central West LHIN to better understand the local community and plan for improved local health care services.

Saturday, March 5, 2011
10:30 a.m. to 12:30 p.m.
Kingsview Village Junior School
1 York Road, Toronto
(lunch will be provided)

Please RSVP your attendance to Yvonne Sinniah at yvonne.sinniah@lhins.on.ca or call (905) 452-6987.

Please indicate if you require interpretation services.



Karstadt brings home bronze in gymnastics

Thirteen-year-old Humber Valley resident Justin Karstadt brought a bronze medal home from Halifax this week after competing with the Ontario men's gymnastic team at the Canada Winter Games, which wrap up Feb. 27.

As the youngest of seven Ontario Men's Artistic Gymnastics team members, who range in age from 13 to 17, he also qualified for the parallel bars final and placed 7th overall at the annual competition.

"This is not my personal best, but I achieved the goal of qualifying for at least one event final," the Hollycrest Middle School student said in a statement.



Courtesy photo

Justin trains at Futures Gymnastics in Mississauga, and is in the high performer program for athletes at

BRONZE MEDAL: Justin Karstadt brought a bronze medal home from Halifax this week after competing with the Ontario men's gymnastic team at the Canada Winter Games.

Hollycrest.

He has been a member of Team Canada for his age group for the last four years, winning the Argo age group category at the 2010 Canadian Gymnastics Championship in Kamloops, B.C. and the 2010 Elite Canada for Gymnastics at Gatineau, Que.

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