

OLYMPIC HOPEFUL FROM OSHAWA

GREAT TALENT RIGHT IN DURHAM



DURHAM — Durham Region is home to the Oshawa Generals and is the birth place of Northern Dancer and it also boasts a long list of outstanding athletes.

Among them is Alfred Shrubbs. - Bowmanville. Born in England on Dec. 12, 1878, legend has it Shrubbs was first discovered as a runner when he outran a fire wagon to a blaze near his hometown. Shortly after, he was convinced to join the Horsham Blue Star Harriers Running Club.

From 1901 to 1904 he won a number of major championships as an amateur, setting world records in distances ranging from 2,000 yards to 11 miles.

His career included more than 1,800 races as an amateur and professional over a 25-year time period.

Don Jackson - Oshawa Don Jackson's career in figure skating is marked by firsts. After all, in his first-ever competition in 1950, Jackson, a novice with the Oshawa Skating Club, finished... first.

John Ross Roach was called Little Napoleon. Since he stood just 5-foot-5, it was easy to see why.

The Port Perry native was a National Hockey League goaltender during a time when the league was in its infancy.

When he broke into the pros as a 21-year-old in 1921, it was with Toronto, but the team was then known as the St. Pat's, not the Maple Leafs.

Peter Landers - Oshawa For more than 40 years, Peter Landers was one of the most feared fastball pitchers in the world, dominating opposing hitters whenever he took to the mound of any ballpark. These are few of the many from Durham region that made it big. Talent from all disciplines have come right out of our municipalities. Writer, Poets, Politicians, Lawyers, Teachers, Volunteers and many more. Today we are



the eve of greatness in hockey history with the General winning game after game. These accomplished historical entities are inspirational to upcoming youth and amateur athletes.

Take for example Ioannis Yiannis Narlidis. A 31 year old male from Oshawa, Ontario. (pic to left). Born in Toronto and have been on the Senior Canadian National Team for 6 years in the sport of Olympic Wrestling.

This is the 2nd Olympics Games that he will be fighting to qualify Canada for at the weight class of 87 kg (192 lbs. for the folks at home). He has medaled at previous International Championships. He will be competing next in Turkey on May 9th and 10th at the World Olympic Qualifier, being the only one in the sport of Olympic Wrestling.

Ioannis, said. "I loved wrestling from the first moment I got into it. It challenges you right to your very core. It's a great way for people to learn about themselves, their bodies and what they're capable of. It really is such a unique and great sport. I feel like what got me to where I am was determination and hard work. Whatever you put into it, is what you get out of it. There's no selection in regards to teams. It's just you out there. Sink or swim. I'm really not the best swimmer but I've learned along the way how to be efficient and keep my head up above."

The Olympics are a place where people from all sports and all countries around the



world can get together and share challenges and celebrate together with respect.

Ioannis, continues: "I've got to say I have drawn inspiration from many different things and people. If I could pass anything on to younger athletes is to do what you enjoy, be in a healthy environment and if you work at anything enough you will do what you set your mind to. If I could also pass anything on to not just the athletes. It's amazing how one person's care and guidance can influence and make such a difference in someone's life. Whether it's a high school teacher or a friend or a family member."

Durham Region not only has great talent but also great facilities to train in. Take for example Oshawa BJJ and Fitness. A place where champions train. Former Mayor of Clarington, John Mutton in picture to the left.

Seen with co-martial artists, instructor just before his world competitions.

John Mutton, is an accomplished politician, local business person, body builder and now martial artist.

John appears to be an all around nice guy with huge ambitions.

On the picture above he placed second in the prestigious NAGA tournament. National American Grappling Association.

Ioannis, Mutton and the many before them are an inspiration to all, that hard work pays off. No matter the discipline you select.

There are countless success stories that are worldly recognized.

Remember if you can dream it and enjoy doing it. Don't let anyone stop you from reaching your stars.

These athletes have done it

and proved that no obstacle is to big or no star is to far to reach.

Hard work pays in such a great municipality as Durham Region.



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