

LOCAL CHAMPIONS



DURHAM - At the 2026 Canadian National Taekwondo Championships, held in Halifax, Nova Scotia from February 6-8, 2026, three Durham Region athletes delivered outstanding performances while representing Team Ontario:

Laila Farag (Whitby) – 2026 Canadian National Champion / Named to Team Canada

Dylan Weatherdon (Bowmanville) – 2026 Canadian National Champion / Named to Team Canada

Matthew Cain (Courtice) – Bronze Medalist

Earlier in the season, on October 5, 2025, both Laila and Dylan captured gold at the Ontario Provincial Taekwondo Championships, earning the title of 2025/2026 Ontario Provincial Champions.

With their national gold-medal victories, Laila and Dylan have officially secured their places on Team Canada.

At just 14 years old, Laila has now qualified for Team Canada for the third consecutive year, an extraordinary accomplishment that highlights the strength of youth sport development in Durham Region.

All three athletes train under Master Ron Lemoire, Head Instructor at Whitby Taekwondo Academy in Oshawa. Their journey reflects years of dedication,

discipline, and commitment — much of which is self-funded.

Master Ron Lemoire
 Founder Whitby Taekwondo Academy
 -6 th Dan BlackBelt World Taekwondo
 -5 th Dan BlackBelt Hapkido
 -Team Canada Coach
 -Performance Coach Certified
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