

BRAMPTON FIREFIT 2023 GOLD MEDAL SEASON



HIGHLIGHTS OF BEING AWARDED TOP ATHLETES*

Our athletes competed at 3 Regional Events winning 12 gold medals for all events

(Windsor, Port Elgin, and St Catharine's)

Gold Medalist: Mixed Relay (Port Elgin) Ryan Dosman, Katherine Ross, Anthony Burch, Danny Palmer, Jason Woodford

Individual Bronze Medalist: Ryan Dosman (Over 40)

Gold Medalist: Mixed Relay (Windsor) Jennifer Gould, Matthew Webster, Katherine Ross, Jason Woodford

Gold Medalists: Female Tech 2s (St Catharine's, Windsor, Port Elgin) Jennifer Gould and Katherine Ross

Gold Medalists: Mixed Tech 2s (St Catharine's, Windsor, Port Elgin) Jason Woodford and Katherine Ross

Female Individual Champion: (Windsor, Port Elgin) Katherine Ross

Danny Palmer made his way back to course and set an impressive time for his first race back!

Nationals and Worlds Competition Highlights

Canadian Nationals Event held at Lambton College

- Katherine Ross Won overall female champion setting the fastest time in history of the sport 1minute46seconds
- Gold Medalist for the tech 2 team Jason Woodford and Katherine Ross
- Newest Individual Racers set incredible times for their first year Matthew Webster 1:33 and Jason Woodford 1:29
- Bronze Champions for the Mixed Relay (Katherine Ross, Jason Woodford, Brandon Graves, Matthew Webster)
- Brandon Graves made his debut individual run as a rookie with BFD with an impressive time!



Two of our athletes made their way to Worlds Combat Challenge hosted in Stuart-Florida.
Received Bronze Medal for Tandem with Jason Woodford and Katherine Ross
Katherine Ross was named Overall Female Champion World Wide for individual.



OUR TEAM IS PROUD TO REPRESENT BFD WE
VALUE THE IMPORTANCE OF BEING FIT FOR DUTY

