

# Leigh's a whiz at bridge

## Mind game exercises the brain

BRIDGE player Leigh Gold has a brawny brain.

Competing with the Victorian team at the Australian Bridge Federation National Championships at Albert Park this week, the 35-year-old says he's thrilled bridge's mental toughness is being recognised.

"It is very demanding. It does require an enormous amount of dedication," Gold said.

"The International Olympic Committee has just deemed it a winter olympic sport, which is rewarding."

The founder of Doncaster's Tricks and Trumps bridge club, Gold started playing the card game with his grandparents at the age of nine.

A mathematical whiz, he was soon addicted to the high level of strategy and skill.

While the Burwood resident is capable of intellectual feats such as card counting, he said an innate understanding of the game took him years to achieve.



Competitive bridge player Leigh Gold has a winning strategy. N04DT304

"Realistically, nobody becomes a champion before they're 30 because you need time for experience to incubate," he said.

"There are 100,000 potential combinations in the initial bidding, but you go to a new level where you can pre-empt and predict outcomes."

To get involved with Tricks and Trumps, phone 0400 081 710.