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Herts League season ends swimmingly

SWIMMING: CITY of St Albans Swim Club swam both their A and B teams in the final Herts League galas.

The A team swam at Hitchin in Division 1 giving a very impressive performance which left them fourth overall.

Some memorable race finishes were made by many such as Liam Curran, Robbie Lightowler, James Loveman, Alex Revell as well as Grace Horne, Freya Bennett and Holly Winfield.

Last but not least a good swim was displayed by one of the club's very own coaches and Open swimmer, Justin Langford.

Throughout the gala many more squad swimmers produced PBs like the U12s Piers Watford.

This highlighted not only progress for the individuals, but also the quality of coaching provided to them.

Proud head coach Stewart Melton, said: "The best results for over 10 years! The focus and determination shown in training is truly shining through."

The B team swam at Hemel Hempstead in Division Two where they had been promoted to in 2011. Despite some last minute changes to the team they secured an excellent fifth place on the night meaning a fantastic fifth place (out of 12) in Division 2. This secured their position in the division for 2013.

There were great swims throughout the team with 42 PBs.

Despite the relay teams being under strength there were plenty of great swims and the U14 boys' relay team of Joseph Hensman, Elliot Wylie, Ross Ferriera and Oliver Astley won the medley relay.

In the U12s, there were individual wins for Luke Moore, Amy Platten and Ellie Wood, with yet another PB in the backstroke.

There were also great swims from Alex Astley, winning the open 100m backstroke with a PB, and Anne Miewald also winning the Open 100m backstroke. Joe Charles-Smith, Josh Breeze, Marlena Smith and William Henshall also had individual PBs. Lastly, a special mention goes to May Moody who ended up swimming more races than expected with PBs in the 100m fly and breaststroke.

"We are very proud of the team and the overall result" said coach Sarah Stephens. "It blatantly shows the hard work of the coaches and swimmers as well as the overall strength and depth of the club."



The Boot kicks out rivals Chipperfield pub in golf glory

GOLF: THE Boot has been crowned Hertfordshire's best golfing pub following an emphatic victory at Redbourn Golf Club's annual Pub Challenge.

The Chipperfield watering hole has now won three of the four Pub Challenges – contested over the picturesque Ver Course at Redbourn – but this is the first time the top prize has been claimed by the B side.

The team of Paul Williams, Chris Miles, Jim Wallace and Kevin Metcalfe scored a superb net 63 to finish five shots ahead of

The victorious Boot B team (from left to right): Paul Williams, Kevin Metcalfe, Chris Miles and Jim Wallace.

The Globe in second place with 68 and The Mallard A in third on 69.

Ian McDowell, Redbourn Golf Club general manager, said: "Having now claimed a hat-trick of wins The Boot is truly laying claim to being the best golfing pub in the county."

"Once again the competition was played in a great spirit with a lot of banter flying around with the golf balls."

The popular event is already receiving entries for the 2013 tournament.

He added: "We have already started taking entries for next

year's competition as pubs look to knock The Boot off their perch."

Wayne Gower, of The Globe, won the prize for the longest drive on the Par-4 10th hole with a 250-yard effort.

The nearest-the-pin prize on the 151-yard Par-3 16th was claimed by The Mallard B team's Colin Gibbs, with an approach that left him just nine feet from the pin after a superb shot.

Visit www.redbourn golf club.com for further information about Redbourn Golf Club.

Harpenden snare vital win to move out of drop zone

London 2 North West Harpenden 34 Chiswick 5

HARPENDEN captain Richard Kearns has praised his team after a 34-5 victory against Chiswick saw them move out of the bottom two in London 2 North West.

In romping to their fourth successive win and their biggest victory of the season, they also gained a bonus point which could well prove invaluable in their fight to stay in London 2 North West.

Captain Kearns said: "This was a great win for which every member of the team can take full credit."

"It's a wonderful feeling to be out of the bottom two for the first time – with just four games to go it is now absolutely crucial that we maintain this momentum."

"This Saturday we face a tricky away fixture to Hemel Hempstead, who beat us heavily earlier in the season."

"But if we can reproduce the same level of defensive discipline as we did today then the game is definitely winnable."

Harpenden simply swept their visitors away with a first-half attacking blitz in which they scored four tries, and it was not until some 20 minutes into the second half that the west Londoners were able to put any points on the board.

Taking full advantage of the elements from the kick-off and with the back row of Bobby Graham, Simon McGehee and Andy Read in outstanding form to help provide a ready supply of quick ball, Harpenden rapidly moved into top gear.

Winger Tom Musket opened the scoring with a stunning breakthrough try before hooker Dan Tennant went over from close range.

Stand-off Joe Tennant, who had earlier converted both tries, then kicked a penalty to take the

score to 17-0.

Centre Rob Humphreys turned the screw further with an unconverted try before Joe Tennant touched down just before the break for the bonus point try, which he duly converted to give Harpenden a formidable 29-0 lead at half-time.

Musket extended the margin further with his second try 10 minutes into the second half.

After Chiswick rallied to score a try of their own, Harpenden then shut up shop with a superb defensive display that prevented the visitors from gaining any further consolation.

Harpenden: Kearns; Musket, J Barton, Humphreys, A Barton; Howard, J Tennant; Blake, D Tennant, Peck, Preston, Hoare, Graham, McGehee, Read. **Replacements:** Chichester-Miles, Dayton, Smith.

Harpenden (with the ball) in action earlier this season



Katalin Dang is handed the Trials Gala Cup by StASSA chair Andrew Ellis

Record number at gala

SWIMMING: A RECORD 100 Year 5 and 6 swimmers took part in the annual St Albans District Schools Association (StASSA) Primary Trials Gala held at the Herts Sports Village, Hatfield.

The ASA licensed gala, used as a basis for selection of the team to represent St Albans District in May's Herts Primary Schools Championships, has again shown the swimming talent in St Albans District at primary school level.

The outstanding swimmer of the meet was Katalin Dang, from Wood End Primary, Harpenden, who achieved a clean sweep of firsts in all four Year 6 girls' events with record times in three.

Katalin also went home with the

Trials Gala Cup awarded for the best performance of the gala.

Other notable performances came from Timothy Hughes, winner of all four Year 5 boys' events, Ben Muckleston, winner of three Year 6 boys' races, and Juliet Arnold, winner of three Year 5 girls' events.

The chair of StASSA, Andrew Ellis, said: "All the participants in the gala did exceptionally well with the majority setting personal best times across their chosen events."

This year the St Albans District team will defend the Hertfordshire Primary Schools Championship title as the team were convincing winners of the inter-district gala in 2011.

ST ALBANS CITY YOUTH FOOTBALL: FOR once U18s South manager Peter Towndrow was lost for words as his side lost 5-0 to Potters Bar Stripes in the Spring Cup.

However, he did heap praise on Andy Taylor, who had a fine game at left back before switching to midfield.

The U18s East, at home to Whetstone, came back from a goal down to win 3-2 with efforts from Nathan Watkins, Freddie Dines and Daniel Rosson. Stand-in keeper Kyle Parker turned in a brilliant display between the sticks.

The U15s East played rivals St Albans Rangers, but lost 3-2.

Kieran Thorpe scored the East's first goal and set-up Bachir Loussahi to net. MOTM went to midfielder Jess Rodway.

In the League Cup quarter-final, the U14s North hosted London Maccabi, at full-time the score was locked at 2-2, but in extra time the Saints went on to win 4-2.

Scoring for the Saints were Akin Akinbinu (two), Callum Clifford plus an own goal.

The U14s Boreal lost a tight game 2-1

away to played Aston Clinton, their goal came from Arthur Smith.

Two cracking Stephen Heather strikes gave the U13s North a 2-0 half-time lead against Hemel Aces Stags.

Hemel pulled a goal back in the second half, but North held on to win. The MOTM went to Jacob Grisenthwaite.

The U13s West were 2-0 down to Omonia Green but Jake Anthony scored four sizzling goals to give the Saints a 4-3 victory. Defender Alfie Seebly won the MOTM.

In a hard fought match the U13s Orient came from 2-1 down at half-time to win 3-2. Sam Harte, Matthew Pollard and Owen Ladbroke struck.

A fine hat-trick from Billy Rintoul steered the U13s East to a 6-3 victory over Tring. There were further goals from MOTM Louis Hollands (two) plus one from Craig Reece.

The U13 girls played at home to Hampstead and despite a brilliant display from player of the match Daisy Shinn the girls lost.

The match between the U12s Boreal and

Comets Lions saw Saints win 7-4, Alex Gates hit a hat-trick, Joseph Rock scored two while Olly Brett and Harrison Bell also netted. Keeper Solomon Gosine was MOTM.

The U12s East had a friendly against Birkenhead, who were on tour, with the Saints running out 3-2 winner with goals from Harvey Trounson, George Fennel and Lewis Phillips. Oscar James was named MOTM.

The U12s South played at home to Panathinaikos in the league and after a hard fought match the Saints went down to two second half goals.

The U12s girls North lost 6-3 to league leaders Enfield. Scoring for the Saints were Lauren Pearson, Emily Schofield and player of the match Danielle Tyler.

Playing at home to Watford ladies were the U12s girls South who lost 1-0. The Souths player of the match was Kate Chamberlain.

The U11s North played rivals St Albans Rangers with the North winning 5-2.

North's goals came from Mario Eguiluz (two), Jack Hughes, Matthew Breeze and

Tom Noble Nesbit. The MOTM went to Ben Dimmock, keeper Nathan Glasscoe was also outstanding.

A 4-4 draw was played out between the U11s West and Hoddesdon with two goals from Matthew Nash plus singles from Tom Hardy and Ross Andrews.

The U11s Orient scored through Louis Goosey (two), Bryn Riggleford (two), plus one from Dominic Knaggs in their 8-5 loss to Chalfont Hurricane Wasps.

The U11s East took on Hemel Warriors Vikings in the Challenge Cup with the east triumphing 10-3. MOTM Finlay Banks scored four, Toby Bryon hit three, Michael Gabblah two plus a single from Rocco Rahho.

The U10s West defeated Waltham Cross 3-0 with two goals for Adam Johnson and one from James Johnson.

The U10s East beat Harpenden 10-0. Goals came from Harry Peter (four), Aaron Peter (two), Swaley Smith (two), James Liu and Bradley Osborn.

MOTM Marcus Cunningham claimed four goals for the U9s North as they beat Bengo Sumatrans 6-2 in the League Cup.

Jake Fleming scored the other goals.

Away to Hertford Town in the League Cup were the U9s South who lost 7-1 with Louis Baker-Madec scoring.

Playing in the Divisional Cup at Ware were the U9s West, who won 3-2 on penalties after drawing 1-1 in normal time.

In the Orange Divisional Cup quarter-final the U9s Central beat Potters Bar 2-1, Nick Powdrell and Corey Rodriguez scored. MOTM went to Tom McVeigh.

The U8s West played a fun match against Lemsford Youth with goals from Huw Dawson and Lucas Osborn. Jack Farnham was named MOTM. In the U8s fun match away at Kings Langley MOTM Sam McKenna scored a great goal.

The U8s South played Berks Yellow in a fun match with goals from Leo Geymonat (two), Ryan Solly, Joseph Stone and Stefano Geymonat.

The U8s Central played at home to Panshanger Tigers with MOTM Graydon Orchard scoring three goals. There were further goals from Ben Wick (two), Adam Guilder, Zahid Nasser and Alejandro Moreno Fernandez, plus one own goal.