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SPORT

IN BRIEF

Charity effort matched by times

ATHLETICS: St Albans Athletics Club were hosts of the latest round of the Eastern Athletics League – and used the opportunity to raise £400 for charity. Clubs including Bedford, Havering and Norwich were in attendance as the club also held a cake sale and barbecue, organised by the newly formed parent association. The money raise goes to the charity Mind, who campaign to improve services, raise awareness and promote understanding of mental health problems. And aside from the money raised, there was plenty of pride on the track too with a final position of fourth. The outstanding performances included Robert Quigley who led from gun to tape in the U13 800m. Sophie Olney opened her season with a solid 800m while in the sprints Serena Thomas smashed her 100m PB to win in a time of 13.5secs. There were also strong performances from Beth Shaw who ran 12.7secs in the 100m and 26.4 for 200m. Mollie Brown recorded 13.7 for 100m, Rhys Whitney 11.4, Matthew Copley 11.5 and Mia McIntosh 14.0 in the Year 6 race.

Talented tennis player hoping for support

TENNIS: An 11-year-old tennis player from St Albans is hoping for help to reach the top of the tennis world. Ekua Youri has been entered in the 2016 Europe Nike Junior International Tour in Aylesbury next month. The talented youngster who represents Hertfordshire was entered to the event after winning numerous trophies. The money raised from crowd funding will go towards extra one-to-one coaching, equipment and travel. To read more and donate go to <http://sportinherts.podumpartners.org/campaign/59-ekua-youri>

First game ends in loss for Batchwood Ladies

BOWLS: There was no joy for Batchwood Hall Ladies as the bowls club lost their first outing of the season to St Albans. Pam Ward, Teresa Wood and Pat Savage picked up the top rink award for Batchwood, winning by 14 shots to 9 but it wasn't enough to prevent them slipping to a 36-27 defeat.

St Alban's Platten picks up another European judo medal

Amy Platten overcame a heavy blow to the nose to pick up a bronze medal at the Cadet U18 European Judo Cup in Romania. The 15-year-old from St Albans had already picked up a bronze at the Judo Cup event in Fuengirola, Spain, in February while she just missed out on the podium in Croatia in March and the Czech Republic in April, finishing fifth both times. Her challenge in Cluj Napoca started with a loss to Ukraine's Anastasiia Perekhrest but she came back strongly, hitting an armlock against home hope Iulia

Rob Ditan for a submission win. An early Ashi Waza [foot sweep] against Italian Martina De Blasio helped her through to the bronze medal match. Her opponent was Serbian Zorana Pavlovic and despite a nose bleed caused by a blow to the face, she again scored from a big attack to take the bronze. Platten, who is supported by HTAP and the 948 Foundation, was happy with her performance. She said: "I love representing my country and I am happy once again to be in the medals. "I will be training hard over



■ Amy Platten

the next few weeks for my next European Cup in Portugal and will give it my best to get gold and hopefully will be selected for the European Championships in Finland in July."

Titles show there is snow limit for Tynan

SNOWBOARDING
 By Neil Metcalfe
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A young snowboarder from Harpenden is making waves in the sport – after picking up two golds and a silver at the recent British Championships. Eleven-year-old Liam Tynan travelled to Laax in Switzerland where he came first in the half-pipe and slope style disciplines and second in the border cross. The Wood End pupil, who will be heading to Roundwood Park School next year, has been skiing for most of his life but only took up snowboarding three years ago. However, the warm weather in the Alps almost caused problems with slush in a lot of places on the runs. He said: "It wasn't very fast at all. I could only hit the small jumps as I couldn't get enough speed up for the bigger ones. That meant I couldn't spin as much. "We were last as the older ones were doing the bigger jumps and needed more speed."



■ Liam Tynan has only been snowboarding for three years

His favourite event is the slope style because of the inclusion of jumps and rails. "It's scored on style and what tricks you do," he said. "The higher the spins you do the higher you can get marked. Methods and fives are my favourites. Methods are when you bring your legs behind you and you grab with your front hand on the middle of the board. "[Border cross] is pretty tiring on your legs because you have to pump loads and bend down to increase speed. So when you get to the end and stand up properly your legs go to jelly." Fitness shouldn't be a problem though for the keen sportsman, who plays rugby for Old Albanian and counts athletics, cycling and football in his arsenal of activities. Snowboarding though is his main

focus and he trains two times a week at Snowzone in Milton Keynes. But he is in the process of applying to the GB freestyle team, a pathway which could lead him eventually to the Winter Olympics. He said: "The pathway riders are the younger people and there are different stages as you get older before you end up at Olympic level. "We have to be able to do certain tricks like a triple corkscraw which is three flips and four full rotations in the air." His next targets are the English and British Indoor Championships which will bring him up against familiar foes. He said: "I compete against the same people all the time. They're friends when you are snowboarding normally but enemies when you are competing."



■ Liam Tynan with his medals

SWIMMING
Narrow loss for district swimmers

St Albans District Swimming Team were narrowly beaten into second place in the Hertfordshire Primary Schools Swimming championships. The squad finished just two points behind Dacorum in the event at Watford, the second successive season they have been pipped to the crown. The team, made up of Year 5 and 6 pupils, finished up with 311 points. They did, however, pick up two records; Emilia Dunwoodie from High Beeches, Harpenden, in the Year 5 girls backstroke and the Year 5 girls IM relay. St Albans District were victors in the Year 5 boys category as well as the Year 6 girls, where the Year 6 girls also won the trophies for the fastest medley and freestyle relays on the night. In the individual events there were first place finishes for Sarah McGrath, Year 6 girls backstroke, Kirsty Fuge, Year 5 girls breaststroke, and Hannah Brookes, Year 5 girls butterfly. The St Albans District team, captained by Freya Dibley from The Grove Junior School, Harpenden, put up a determined effort to win, and were obviously disappointed coming up short at the end. Team manager Andrew Ellis said: "All 32 members of the team performed exceptionally well and did St Albans District proud."

PBs tumble at regional meet

Personal bests tumbled as eight swimmers from Harpenden Swimming Club took part in the ASA East Region 15 and over gala. The club had seven individual qualifiers at the event in Norwich who took part in 23 races between them, achieving 18 PBs along in the heats and a further six from the finals. Abby Smith and Claire Burrell were the stars of the show, with seven medals between them. Burrell started her weekend with a bronze, and club age group record, in the 15-year-old 200m backstroke and swiftly backed it up with another bronze in the 50m event, breaking the club record in the process. On the final day Claire soared up the rankings in the 100m backstroke to place as the top seed going into the final, and swam a brilliant race to claim the gold in the final session of the Championships, again in a club age group record. Smith, who returned from university to compete in the event, claimed golds in the 17 & over 200m, 400m and 800m freestyle, setting club records in the 200m and 400m events. She also broke the one-minute barrier for the first time over 100m.