



Nuffield Health St Albans squash teams won five divisions in the Herts County league.

Incredible achievement sees Nuffield Health dominate Herts League with five titles

Squash teams from Nuffield Health in St Albans won an incredible five out of six divisions in the Hertfordshire County Squash League.

The first, second, fourth and fifth squads all won the relevant division while the ladies took the Ladies First Division.

And if that wasn't enough, the thirds also finished runners up in Division Three, gaining promotion in the process.

The highlight of the season was a brilliant Division One league and cup double, the first team pipping last season's champions Broxbourne to the title, and following that up by a 5-0 whitewash over Bishop's Stortford in the final.

The success has seen over 75 different players used across the squads and it has been backed up

Squash

by having Arthur Moineau, Tom James, Oli Green, Gary Wood, Louisa Dalwood and Ian Taylor all finish in the top-three ranked players of their respective divisions.

The club has also had the privilege of players such as Ben Coleman (World ranked 55), Rui Soares (World ranked 145 and Portuguese number one) and four other PSA world ranked players play for them over the season.

Gary Nisbet, club coach and first-team captain, said: "We've had an amazing season and it's a real pleasure to have been a part of such a wonderful achievement by the club.

"I'd like to personally thank all of the players that have represented us, the members who have come

along to support us and Brian Robson Car Care for their sponsorship."

Gary Wood, fitness and wellbeing manager, added: "It has been a brilliant season for squash here at Nuffield Health St Albans.

"The success the teams have had has been a reflection on the great social element we have to the club and the strength and depth we have in our squash section.

"All of the Team captains and all of the players have put a great effort in, and this has been reflected in this great achievement.

"I'd also like to thank Brian Robson Car Care for their sponsorship of the team."

Nuffield Health St Albans boasts six state-of-the-art squash courts, a thriving internal squash league and a brilliant social aspect.

Anyone wanting a free trial to try out squash should contact the club.

sportbites

Rugby League

St Albans Centurions are through to the East Rugby League Cup final after a 38-24 win over King's Lynn Black Knights.

Having already won the nine-a-side crown, this gives them a great chance of adding to their trophy collection this season.

With some of the players and coaching staff delayed by an accident on the A1 at Biggleswade, this result was a triumph for the Cents' fighting spirit.

Both sides traded tries for

most of the game but Cents' more-youthful line-up won through in the end.

With the end of the game in sight, St Albans led 26-24 and they managed to pull away against the tiring Knights thanks to converted scores from Sam Bucknall and Sam Allen in the last 10 minutes.

St Albans will play reigning cup holders Bedford Tigers on July 8 after they beat Brentwood Eels in the other semi-final.

The final will be played at Hemel Stags' Pennine Way.

Rugby Union

Harpenden's Ralph Adams-Hale and Old Albanian Max Malins were left with runners-up medals as England were beaten by a rampant New Zealand side in the final of the U20 World Rugby Championship.

Both men started in Georgia but were blown away by a Baby Blacks side who were 40-7 ahead by half-time and finished as 64-17 winners.

Malins did convert Ben Earl's first-half effort but England were well-beaten.

That said it has still been a good tournament for the young side with impressive wins over Samoa, Wales, Australia and South Africa.

Head coach Ian Vass said: "The physical attributes of New Zealand meant they just kept coming and we weren't able to stick with them to make it the tight game that we wanted.

"The way we fought back in the second half shows the fight and the spirit in the team. We are massively proud of their efforts over the past three weeks and the whole season."

Swimming



The St Albans District School's Swimming team were victorious at the Hertfordshire Primary Schools Inter-District Swimming Championships.

Picture: ANDREW ELLIS/STASSA

St Albans District roared back to winning ways at the 2017 Hertfordshire Primary Schools Inter-District Swimming Championships.

Meadows, Cub Maddison and Dunwoodie.

The team also won two relay events and trophy for the fastest medley relay.

Showing the excellent depth of the swimming talent in the team, the Year 6 boys and Year 6 girls both won their respective groups with the Year 5 girls coming a close to victory.

Team manager Andrew Ellis said: "It was a fantastic win by all the team and this victory cemented the fourth win in the last seven years."

Having been narrowly beaten in the last two years, the St Albans team were convincing winners.

Joint captains for the St Albans District team were Emilia Dunwoodie from High Beeches and James Atwell from The Grove.

In total there was six winners including Raissa Vickery, James Coleman, Lucas Hartley, Yasmin

sportbites

Fencing

Siblings Alex and Nathalie Culkin both picked up a bronze medal in their respective age categories at the English Youth Fencing Championship.

Held at the Hertfordshire Sports Village, the St Albans pair battled through intense heat and over 250 fencers to claim their prizes.

Alex, who goes to Verulam School, was competing in the Boys' U13 foil while Nathalie, a Fleetville Junior School pupil, was competed in the Girls' U11 foil.

Coach Anthony Conyard said: "The reason they both did so well is they know that to succeed the best athletes have to put in the hard work, both on the piste and off it.

"While they are very motivated they really enjoy their fencing and are very keen to learn more."

The duo, who fence for the Salle Paul Club, easily won their respective mini-leagues, each consisting of seven fencers to reach the semi-final but they were unable to go any further, both losing to the eventual winners.