

SPORT

sportbites

Bowls

St Albans Bowling Club played their first friendly match of the season at Clarence Park against a strong Wardown Park side.

Both teams picked wins on two rinks each but it was the Luton-based Wardown side who took the overall win by 69 shots to 66.

The top rink for St Albans was Alan Turner, Kevin Hull and Peter Kay. They won 24-14.

On Sunday the club held its annual open day with a large number of visitors coming to try lawn bowls for the first time.

Many have signed up for further coaching with a possible view to taking up the sport.

But it is still not too late if you missed out.

Anyone interested in attending one of the club's coaching courses should contact Clare or Colin Orchard on 01727 854 129. Alternatively email orchard4@ntlworld.com

Cycling

Verulam ReallyMoving.com racing team are celebrating their first ever victory.

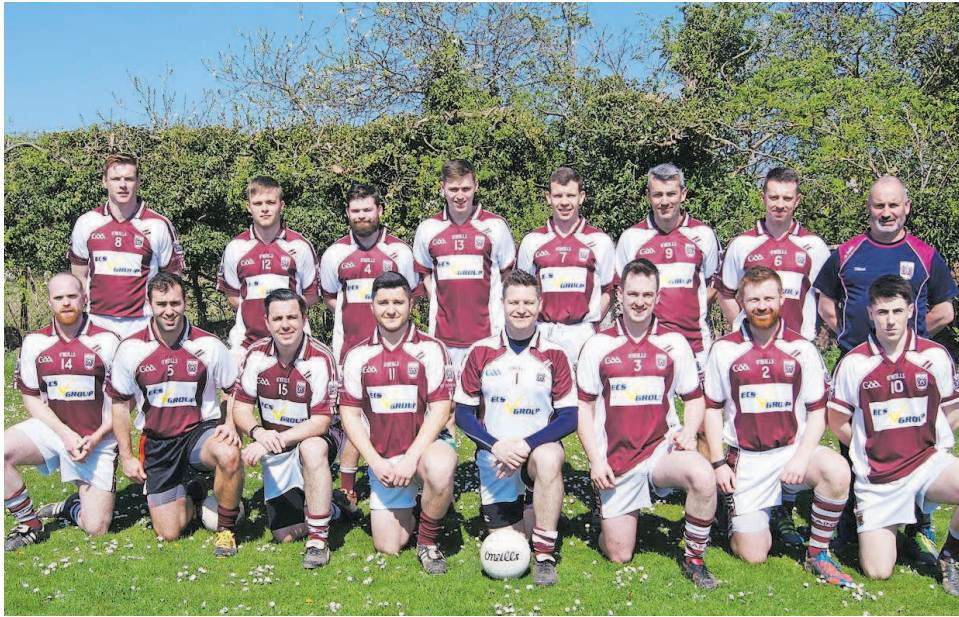
The historic moment for the newly formed cycling team, which is an off-shoot of Verulam Cycling Club, came courtesy of Luke Houghton.

He won the category 3/4 race in the first round of the Abbeygate Developments/Corley Cycles Summer Series on a circuit of Milton Keynes Bowl last Thursday.

And the good results already picked up since their launch earlier this year continued in the Watford Velo Sport Spring Road Race on the Cublington circuit near Leighton Buzzard on Sunday.

Paul McGrath was part of the winning seven-man break, which formed on the last lap, eventually finishing fourth.

Directeur sportif Marcel Six said: "I am delighted with the progress that the men's, women's and youth squads have all made, in particular their teamwork, both during the races themselves and in supporting each other at events and in training."



St Colmcilles GAA won the Fr O'Hanlon Cup at the Hertfordshire Blitz.

St Colmcilles' GAA season off to a flying start with Hertfordshire Blitz success

St Colmcilles GAA got the new season off to the perfect start by lifting the Fr. O'Hanlon Cup for winning the four-team Hertfordshire Blitz.

The London Colney-based side beat off St Dymnys, St Vincents and the hosts Éire Óg in an event that saw the top two teams from a round robin league format compete in the final.

St Colmcilles got off to a slow start in their first match against St Dymnys but some tough defending meant that they were only a point down at half-time.

St Dymnys kept the pressure on in the second half but the Saints started to get into their stride and goals from Doug Galbraith and Joe Deacy saw them take the lead.

A couple of points saw them secure the result and the team was off to a good start.

Gaelic Football

Next up was Éire Óg and this time the Saints started the stronger of the two teams and a point from Jason Donnelly and a goal from Connor Taggart saw them into an early lead.

They scored another couple of points and looked comfortable for the win until a well-taken goal made for some nervy moments later on.

A comfortable victory over St Vincents saw them through to the final. Early goals from Donnelly and Galbraith set them on their way with Neil Gallagher popping up with a goal to finish out the game.

That meant that St. Colmcilles would face Éire Óg in the final as they finished with the best points difference over the two other sides. It was always going to be about

who had the legs to kick on and keep going until the final whistle.

St Colmcilles started well but both Aaron O'Byrne and his counterpart in the other goal had to be alert to keep the score close.

The second half, however, was all one way traffic as the Oxford side ran out of steam.

Odhrán Gallagher and Chris Griffin in midfield won everything that came their way and gave the team a great platform to build from.

The Saints made their possession count as they kept the ball well and worked some fine scores.

And Conor Lutrell, Shane Gill, Gavin Walsh and Thomas Maloney all worked hard, up and down the field, to give options to those around them.

It meant St Colmcilles ran away with it and were deserving winners.

sportbites

Swimming

The St Albans District Primary Schools Swimming Championships once again produced some outstanding performances by the districts' young swimmers.

Emilia Dunwoodie from High Beeches School in Harpenden claimed the championship cup for the second year running for

the best performance of the meet.

She was the winner of three events in the Year 6 girls and broke two five-year-old records. Kirsty Fuge from St Albans High School for Girls also broke the record in the breaststroke.

The second best performance of the gala came from Lucas Hartley, Year 5 from How Wood

School, who won three events and broke two records. James Atwell, year 6 from The Grove Junior, and third best performance, was also a winner of three events.

Other notable performances came from Yasmin Meadows, Raissa Vickery, Daniel Holliss, Frankie Irani, Hannah Brooke and Jack Gentleman.

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Bowls

Over 50 bowlers enjoyed the opening of the green as the competitive season at Harpenden Bowls Club got underway.

The day began with the raising of the flag and first bowl by vice president Dena Roberts.

Played for the most part in very warm and sunny weather, there were contrasting scores and some memorable shots.

The Captain's came out on top by scoring 118 shots against the 96 shots of the President's.

The club have also issued a reminder to new and existing players that there will be a chance of playing on the green with two open day's offering opportunities to give bowls a go.

The first is this Sunday between 10.30am and 4pm with the second coming on Tuesday from 5.30pm.

Players should turn up at the club's Spenser Road base in casual clothing and flat-soled trainers. For more information go to www.harpendenbowlingclub.co.uk

Bowls

The new season at Townsend Bowls Club is officially underway.

Cllr Annie Brewster, portfolio holder for sport, heritage and leisure at St Albans District Council, was greeted enthusiastically by the members and proceeded to bowl the opening wood.

The day also saw a challenge match between teams representing the president Peter Thomson and vice president. Thomson's side took the win 87-86 with the top rink being Lorna Thomson, Ernie Wright and Alan Quedest.

Cllr Brewster said: "I was delighted to visit Townsend Bowls Club and to have the honour of the first bowl of the season.

"I can understand why it is one of Hertfordshire's leading clubs with truly wonderful facilities and friendly ability to cater for bowlers of all levels."

New members are welcome and should contact Peter on 01727 864 453 or Jane on 01727 812 385.