



**NETBALL**

**3 matches, 3 wins for Hawks**

**Saffron Hawks Ladies 1 48 Blackwater Saphires 38**

Hawks Ladies 1 made it 3 league wins in a row to keep their unbeaten record going. Great mid court play from Fiona Kerr and excellent defensive work from Ellen Butler and Lauma Sarkane meant the Hawks had a great platform to build on. The game was very tight until the 3rd quarter when the Hawks extra stamina and pace proved vital, it meant they were able to open a good lead and never looked back. Player of the Match: Hayley Irwin

**Saffron Hawks U14s 46-11 Dolphins.**

The Hawks U14s team that has gone through a lot of changes in the past year are beginning to reap the rewards of the hard work they have put in, they started

their Chelmsford league campaign with an emphatic win. New shooters and a new defensive partnership proved they will be a force to reckon with. The Hawks started strongly opening a big lead and managed to build on it in every quarter. Player of the Match: Katie Whyte

**Saffron Hawks U14s 83-10 Camborne**

What a start to their campaign for regional qualification. The Hawks came out firing and blew away the opposition with some very quick slick play. Scoring roughly 20 goals a quarter the Hawks showed they are up for the challenge to of hopefully winning the county league. Player of the match: Melaine West

**RUNNING**

**Mynott is clear winner in 10k race**

ANDY MYNOTT retained his title at Sunday's Wicked Walden 10K, winning the race by a clear margin for the second year running. The popular race, organised annually by the Saffron Striders and held in countryside around Newport near Saffron Walden, attracted 227 competitors. Andy, himself a Saffron Strider, opened up a gap of more than a minute and won the race in a blistering 34mins 53secs despite the hot conditions. Second place went to Sam Pedersen in 36mins 11secs and Walden Tri's Craig Dyce finished third with a time of 36mins 23secs, narrowly ahead of Nick White from the Saffron Striders who completed the tough, hilly course in 36mins 36secs.

Walden Tri took fifth and sixth places, with Charlie Passfield and Luke Diana recording times of 36mins 46secs and 37mins 4secs respectively. With fellow Walden Tri runner Michael Buchalatt finishing well up the table in ninth place and a time of 38mins 18secs, Walden Tri took home the team prize for the event. The prize for the first female was won by Danielle Nimmoock from East London Tri, who was an impressive 16th overall in 40mins 29secs. Caroline Thomson was the second female over the line in 42mins 53secs for 32nd place and the third female finisher was Anna O'Hare from Grantham Running Club in 43mins 12secs for 36th overall. Prizes were also awarded in age categories and also for the best overall performance for age, calculated using the WAVA system. A Saffron Striders spokesman said: "We hope that everyone who took part enjoyed the race and the club would like to take this opportunity to thank our race sponsors Kevin Henry estate agents, UK Tapes, Holroyd Components, Chesterford Research Park and Icen Water for their continued support." Full results are available at [www.saffronstriders.org.uk](http://www.saffronstriders.org.uk)

**RUGBY**

**Walden fight back to kick start season with fine win**

**Saffron Walden 37 v Old Cooperians 24 HT 12 - 14**

Walden played their first home game of the season when they entertained newly promoted Old Cooperians on a bright sunny afternoon. Walden's nervousness was soon apparent as despite a bright opening few minutes the first attack by the visitors saw one of their centres break through a gap in the Walden defence to score a well worked try to go 7 points up after 10 minutes. When 5 minutes later OC's scored a similar try on their next attack, the home support could have been forgiven in thinking this was going to be a bad day at the office as 14-0 down after 15 mins was looking bad especially after the results in the last 2 league games. However gradually the team started to gel and they regained control and repeatedly attacked deep inside the visitors 22, but a couple of rushed passes and slight errors meant they just could not get the ball over the try line. Then on the half hour mark OC's gave a penalty away 20 mtrs out in front of the posts and Captain and 2nd Row James Gosden looked up and saw the defenders all strolling back waiting for the kick and he took it quickly surprised them all and effectively only had one man to beat which he did with a flourish and went over under the

posts, 7-14 as Hughes kicked the 2 points. Just before half time the gap was narrowed further as after several phases of possession Walden found a slight overlap and Harry Beddows used his pace and he was tackled just short of the line but managed to stretch out and score, leaving it 12-14 at half time. The second half started and Walden cleared their lines from the kick off and worked the ball deep inside the visitors half but OC's regained possession and broke free and scored a great long range try to stretch the lead to 12-21 after 45 mins. However for the remaining period of the game Walden dominated as they started to pick up the tempo of the game and played controlled aggressive rugby that finally overpowered the opposition. The first score came as OC's conceded a penalty in front of the posts and Hughes kicked it over 15-21 50 mins. Almost straight from the kick off Walden attacked again and this time Eddie Brown burst through and scored close to the posts and Walden took the lead for the first time in the game 22-21 52mins. Walden began to use their pacy backs and centres Kimberly and Beddows combined to set left winger Ben

Stapleton away and he went over in the corner 27-21 56 mins. OC's kept on fighting and narrowed the gap when they kicked a penalty 27-24 as Walden strayed offside. However with 10 mins to go Walden finally made it safe when centre Mark Kimberley received an inside ball from right winger David Patch to stretch the lead to more than one score at 32-24. Then 5 minutes later he repaid the favour and put Patch away to score wide out to leave the final score at 37-24. So despite going 14 points down Walden fought back and the confidence that should be gained from this win will give the season the kick start to push on for the games ahead. If they cut out on the defensive errors they once again will be a team that should not fear any one in the league. Some more hard work in training plus hearing that the 2nd team had a great result with some good young players making an impact will add impetus to training. Next week they entertain Old Merchant Taylors in the first round of the Intermediate Cup please come and support the team.



● Race winner Andy Mynott (number 101) receiving his trophy from Henry Rowe, of race sponsors Kevin Henry.

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