



HOCKEY
Walden Ladies bounce back

Saffron Walden 5 Ipswich 2s 1
NE14 East Women's League Prem

AFTER LAST WEEK'S trouncing at the hands of Cambridge City, Walden bounced back with a comprehensive win away at Ipswich to claim their first 3 points of the season. From the start the home side were on the back foot, Stef Mayle, making a welcome return to the starting 11, and Millie Bushnell dictating tempo and feeding the creative players. Having twice been denied by goal line clearances and a couple of narrow misses, Walden remained patient in attack and eventually got the breakthrough they deserved. Captain Katherine Langridge received the ball 50 yards from goal, before embarking on a mazy run through the defence and slotting into the corner. Walden were unable to capitalise further and conceded against the run of play shortly before half time. Undeterred by the setback, Walden started the second period as they had the first, holding a solid back line with defenders, particular Grace Mitchell at right back, getting up to support the attack. Natalie Chandler restored the Walden lead with an individual effort before Claire Pargeter made a crucial stick save from a penalty stroke. This reprieve spurred Walden on to exploit gaps left by Ipswich as they tired, having been reduced to 10 for a period. Westnedge scored from a short corner before making it 4-1 having run onto a through ball from Mitchell and rounding the keeper. Chandler, Langridge and Bushnell had further chances before Mayle converted a penalty stroke to complete the scoring. The win lifts Walden from the bottom of the table and ended a good day's results for the ladies teams the 2nds, 3rds and 5th winning with a notable hat trick for Lois McGuire.

KEEP IT BRIEF! Because we usually have only one sports page we ask our correspondents to keep their match reports to a minimum so that we have a chance to include everyone.

NETBALL
All wins for Hawks again!

Hawks Ladies1 71 Chelmsford Wrens 27
HAWKS Ladies1 advanced to the next round of the cup with an overwhelming win, they started very strongly and never looked back. Player of the Match: Hayley Irwin.

Ladies2 56 Braintree Town Venus 34
THE HAWKS shooters Liv Alltree and Ruby Haralambous both showed the way in this good win as the Hawks moved onto the next round of the cup. Player of the match: Katie Bear.

Hawks Ladies3 55 Felsted Storm 42
HAWKS Ladies 3 made it 3 out of 3, with the third team making it through to the next round of the cup. The ladies showed good movement and good spread, then opened up a 5-goal lead in the first quarter and were able to push on from there. Player of the match Tilly Collocott.

Hawks U15s 75 Brookshaw Sprite 7
CDJNL Cup

THE HAWKS stormed out the blocks with a 30 point lead in the first quarter. The attacking was outstanding with Chloe Starr and Emily Peggs feeding the ball with pin point accuracy. The Hawks managed to extend their lead with out any real trouble. Player of the match: Charlotte Gramlick.

Hawks U15s 33 Brookshaw Oasis 22
THE HAWKS kept their unbeaten run going to remain at the top of the U16 league. This is a great achievement as this is a higher age league for them. Player of the match: Julia Belteki.

Hawks U15s 75 Foxes 17
Cambridge County Netball League

THE HAWKS started their campaign for regional qualification with outstanding play, aiming to advance to regional qualification, the girls started on fire with great speed and control. By the final quarter though tired, they knew all their efforts over the weekend had brought the highest rewards and moved them closer to regional qualification. Player of the Match: Mia Kersey.

ATHLETICS
Essex County medals for Striders at Tiptree 10

THE SAFFRON STRIDERS picked up two Essex County medals at Sunday's Tiptree 10 after a strong performance from the club.

Rebecca White was the third female to finish the race and won the silver medal for her under 35 age group at the popular 10 mile race held in the town between Chelmsford and Colchester. This was Rebecca's first ever medal in the Essex County Championship, which each year features a series of races across

Essex. Rebecca stormed home in just 1hr 8mins 54secs.

Fiona Halls was also in medal-winning form, picking up the bronze medal for the 35 to 45 age group. She crossed the line in 1hr 10mins 27secs.

Chris Dodge topped the finishing table for the 11 Striders who took part, coming 31st overall in a blistering 1hr 1min 55secs, while Andy Bryant was second home for the club in 1hr 8mins 13secs for 66th place.

Andrew Flind and Christopher

Bushell also recorded strong finishing times, completing the 10 mile course in 1hr 10mins 21secs and 1hr 12mins 25secs for 85th and 101st places respectively.

Arthur Oliva ran a 1hr 20mins 53secs race, while Lucy Stebbings completed the course in a commendable 1hr 24mins 31secs.

Also for the Striders on Sunday were Neil Halls (1hr 24mins 37secs), Robert Shaw (1hr 27mins 58secs) and Mark Starte (1hr 33mins 46secs).

WaldenTRI continues to punch well above it's weight!

TWO OF WALDENTRI's international duathletes took part in the British Age Group Duathlon Championships at Milton Keynes this weekend.

Michael Buchallet and Pete Thompson were competing in the 40-45 and 55-60 age groups respectively. The event was made up of a 10k run, followed by a 40k bike, and then a second run of 5.2k. With British Championship medals up for grabs, athlete's traveled from all over the UK to take part, and the standard was phenomenally high.

The weather conditions were cold. This was fine for the first run which Michael completed in 35:53, Pete in 38:10. On to the 40k undulating bike ride, the weather refused to warm-up and it became as much a battle against the cold as a fight against



● Michael Buchallet and Pete Thompson

fatigue. Both WaldenTRI athletes got through it though, Michael in 1:09:43, and Pete in 1:15:47. Now there was final test of the 5.2k run, completed by Michael in 20:37 and

by Pete in 21:36. This resulted in final finishing times of 2:07:24 for Michael and 2:16:39 for Pete, and age group finishing positions of 7th and 5th respectively.

So with these two safely ranked in the British top 10, and several other of the club's athletes being selected for GB, and even winning medals at international events, WaldenTRI continues to punch well above it's weight this season!

DARTS

SW Friendly League starts

THE LEAGUE starts this Thursday 16th. Fixtures: Football Club v The Kings; Fleur de Lys v The Queens; The Axe v The Victory and Newport v Vets. Good luck! Contact the pubs if you interested in playing.

Please remember that all sports reports and photographs must arrive at our office by NOON Mondays

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