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SPORT

RUNNING

Striders win gold at Silver End Twister

Saffron Striders' Nick and Rebecca White each won gold at the Silver End Twister trail race.

The race, which was held in countryside near the village of Silver End between Braintree and Witham, saw 22 competitors navigating the route through a series of written instructions.

Nick finished the 10.4 mile course in first place, with a time of 1hr 16mins 35secs while Rebecca won the prize for first female and was a superb fourth overall, in 1hr 26mins 8secs.

Gavin Long also was on top trail racing form, tackling two races in two countries in the space of four days. He ran the Trail du Pays du Chataignier as part of an ongoing personal mission to run every trail race in the Dordogne region of France. This particular race was a gruelling 25km in hot conditions, featuring a 568 metre total ascent, and Long finished a commendable 14th out of 52 in 2hrs 16mins.

Closer to home, he then took on the Huffer Puffer trail race, a 5.4 mile off road route held south east of Dunmow. He was the first male to finish and second overall out of 69 runners in just 38mins 54secs.

Meanwhile fellow Strider Tim McMahon scored a new personal best and finished well up the table at the Kimbolton Half Marathon, held near Huntingdon. His time of 1hr 30mins 22secs earned him 50th place in a large field of 435 runners. Also taking on a 13.1 mile run was Simon Chambers, who completed the Clacton Half Marathon in 1hr 52mins 14secs for 78th out of 154 finishers.

Entries are now open for the Wicked Walden – the annual Saffron Walden 10K, taking place on Sunday, September 28 in Newport. All the details are at www.saffronstriders.org.uk

Scratch team on the brink of doing double



■ Saffron Walden Golf Club's scratch team: from left, Ian Macdonald, Mark Reeve, Olly Tuck, Steve Trench, Kieran O'Reilly (res), Cam Brown, Callum Brookes, Richard Southall, Mark Jones (club captain), Graham Goodman (team captain), Jenny Hawkins, Simon Hawkins and Andrew Fisher

Picture: SUBMITTED

GOLF

Saffron Walden 7
Bourn 5

Saffron Walden Golf Club's scratch team will try to pull off a memorable double-winning season when they face Ely in the final of the Goddard Cup.

Walden won the CAGU Division One scratch league and now, after beating Bourn 7-5 in the semi-final, they will try to defend the cup on Sunday, September 14 at their home course.

Against Bourn, the morning foursomes finished 2-2. The Walden pairing of Cam Brown and Richard

Southall destroyed their Bourn opposition, winning 3&1, while Mark Reeve and Olly Tuck played breathtaking golf to record a 6&4 victory.

Young rising star Callum Brookes started the singles for Walden. He played well but unfortunately succumbed to a birdie eagle finish in the closing holes and lost one down. County player Brown then turned on the style against Bourn's captain and won 6&5. Reeve had a birdie-fest and ran out a 4&2 winner.

Bourn fought back to lead 5-4 but Walden's Graham Goodman started with a birdie and did the same at the third on his way to a 5&4 win.

Walden club champion Southall continued his unbeaten year and

fired a couple of birdies to win 6&5. Ian Macdonald put on a stunning exhibition of short game golf to win 7&5.

Captain Goodman said: "We were missing a few of our regulars [but] the team rose to the occasion and delivered a masterclass team performance in matchplay golf. Once we were ahead, we were ruthless in closing the opposition out.

"Again the star foursomes pairings delivered to keep us in the game for the singles. Special mention must go to Cam, Richard, Mark and Ian for delivering under pressure. We now can't wait for the final against Ely which could set us up for a historic double in CAGU golf."

IN BRIEF

Walden Hockey hosting club day

HOCKEY: Saffron Walden Hockey Club will be holding its club day this Saturday. The club fielded seven ladies' and eight men's teams last season. The men's 1sts were recently promoted to East Premier B while the ladies' 1sts play in the top league in the east of England. There is also a mixed XI that play on a Sunday as well as a junior section that trains on a Sunday and plays matches and tournaments throughout the season.

The day has been organised into three sections: 10-11.30am – ladies who played in the fifth team or below; 11.30-1pm – ladies in the fourth team or higher; 1pm onwards – men's teams.

In the evening, from 7.30-11.30pm, the club will be holding a band night.

If you are interested in joining the club and playing league hockey go along on the day, or visit www.saffronwaldenhockey.co.uk for club information.

There will be a charge for playing at club day of £5 for adults and £3 for concessions and juniors which will entitle you to free entry to the evening. Grateful Popes and Rev2 will be performing and there will be a barbecue.



Great Chesterford end season with a victory

BOWLS: Great Chesterford Bowls Club finished the season with a 5-2 win over Chesterton A in Division Two of the Cambs & District League. Their season was very much one of two halves, a good first one and dreadful second. The team ended up in seventh position, winning exactly half their 20 matches.

The Meldreth & District team had a good season and finished in third place. The Business House League men's pairs and mixed pairs both finished sixth in their respective divisions. The club's final tournament of the season, the house triples, was held on Sunday. Eighteen players competed in six teams with the triple of Jill Legg, Martyn Linwood and Tony Hardy winning the title, and Eileen Freeman, Kay Flack and Graham Legg securing the runners-up spot. The season comes to an end on Thursday, September 4 with finals night.

WaldenJNR Dyce shines at Inter Regional Championships

WaldenTRI's junior section was celebrating this week as one of its members, Helena Dyce, finished fourth at the Inter Regional Champs.

The event is an open water drafting race and, since competitors have to be selected for one of the 12 regions, the competitors are the best in the country and competition is very high.

Dyce was one of three WaldenJNR's racing for the eastern region at Nottingham Holme Pierrepont.

First up were Jack Stanton-Stock and James Fraser, competing in the Tristar 2 age group. In wet conditions they had a close battle, finishing 24th and 27th respectively.

Dyce was also in the Tristar 2 age group. After a good swim she put herself into contention with

the fastest transition time. A good bike kept her in the hunt for a podium finish and she started the run in 13th place. She had an amazing run, completing it 15 seconds faster than anyone else, to finish fourth overall, around 30 seconds behind the overall winner.

Elsewhere, WaldenJNR triathletes won eight trophies at the Eastern Regional Championships, held at Framlingham College.

There were first ever medals for Wilfred McLaughlin and Lottie Dyce, who were both third in their respective age categories. Lewis Buchallet continued his amazing first season by claiming another first place in the youngest TriStart category and George Rogers

continued his superb progress this year by coming third in the TriStar 3 category.



■ James Fraser, Helena Dyce and Jack Stanton-Stock.

The TriStar 2 category was monopolised by WaldenJNR, with Dyce, Stanton-Stock and Fraser

taking first, second and third places in their races and winning the team competition.