

"I'm also going to go back to university and do a Masters in business studies, to give me the opportunity then to work in rugby either on the field or off the field.

"I'd love to give something back to the game, particularly in Wales in the future... trying to make Wales the best team in the world."

Saracens returned to pre-season training this week as the club prepare to launch another title bid.

Sarries were beaten finalists last season and will be hoping to go one better this season in the newly-named Aviva Premiership Rugby.

England call

BOXING

BUSHEY BOXING CLUB member Mitchell Smith has been selected to fight for England this weekend.

The 17-year-old talent was picked to represent his country in Cardiff at the Three Nations Youth Championships.

Mitchell has won three national titles in as many years with his latest success coming in the Junior ABA final when he defeated Jamie Humble in Liverpool last month.

His 33-11 victory in the class six under 54kg section was the second biggest margin of victory on the day and helped lead to his England call-up.

Draper said: "It was such a great race. I didn't even know he was competing, so it was a big surprise to see him there at the end. We had a chat and he was telling me about his training and asking me about mine."

Draper was quickly into the lead on the swim and had built up a lead of 15m as she turned around the buoy to come home. Her strength in the water showed on the return leg as she extended her lead to around 40m. She exited the water in a time of 10.28, the second fastest swim of the evening.

She built up a lead of 2.45 after entering the bike course. Despite having to weave through traffic, Draper maintained a consistently fast pace and completed the bike course in a time of 30.55, the 11th fastest on the day.

Her efforts in the water and on the bike had not detracted from her run and she finished the two-lap course in a time of 19.30, the fifth fastest that evening. This gave her an overall time of 1.01.36.

Training talk: Jenson Button and Sky Draper

which was very quick for a sprint distance for a woman of any age and ability.

The time put her as the fastest woman on the day by a six-minute margin and third fastest overall. Draper was beaten by only two 30-35 year-old men.

A sporting and somewhat surprised Button posed for pictures with Draper afterwards before joining her for a warm down run.

Button said: "Sky is a brilliant young athlete, particularly considering her age. I'd say she has a great future in front of her as a triathlete."

Draper also won gold in the Year 9 aquathlon at the London Youth Games on Sunday winning in a time of 11.39. The teenager returns to Eton Rowing Centre tomorrow (Saturday) for the UK qualifying event for the European Youth Triathlon Championships.

Sprint seventh for Kitchen

HANNAH KITCHEN finished seventh in the European Sprint Triathlon age group championships in Ireland at the weekend.

The Watford Harriers athlete produced a strong performance representing Great Britain in the 20-24 female age group in Athlone.

Kitchen was in a bronze

medal position when exiting out of transition two onto the bike and she managed to finish in a time of 1.20.38.

The 750m swim took place in the River Shannon, with a fast 20km bike course followed by a 6km run through the town.

Kitchen's next task is to prepare for the World Age Group Championships in Hungary in

September.

The former Watford Grammar School for Girls student said: "The crowds were fantastic and I was really pleased with my race.

"I cannot wait until the Worlds in September in Budapest and hope to continue to improve then," Kitchen added.

FOOTBALL

THE Arlon Printers West Herts League is looking to increase its number of referees. For an application form, contact Fred Weaving on 01442 408484 or email fred.weaving@ntlworld.com

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