

2010 Grendon triathlon & World championships qualification

... Championship at Saturday. Lobs Langley star was in the final by Gary...
... kicked off the final maximum in taking the leg in 13 darts, and fin-

... the third leg, and also won the heat two for a 5-0 lead before Walsh finally got off the mark by winning the sixth.
... Anderson though, hit a third 180 of the final in leg seven, and double top for a 13-darter sealed the victory.

... 3 against world number three James Wade in the semis.
... He also overcame Andy Hamilton - taking out a 137-finish of treble 19 and two double tops to seal victory - Denis Ovens, Tony Eccles and Steve Musson in reaching his

... the last four on Sunday before losing 6-3 to Ovens.
... He recorded victories over Ian Jopling, Ian White, Kirk Shepherd, Roland Scholten and a 6-0 whitewash of Steve Brown in the quarter-finals.

THE annual tournament at Sports Ground...
... The six-a-side host to more than 100 teams...
... ham Hotspur, Reading will...
... Garston Ladies...
... the tournament...
... Teams will be from Under-9 ladies, Watford 19 teams and w last year when out on top.
... Gates at the venue will be open for the younger kicking off from will kick off at ing through to

Deep sealed

... 's newest team ensured a p for the town's water polo junior Eastern Region competition.
... 9/2000 group, affectionately the Imps, celebrated their first ment with victory.
... er-11 team got off to an excellent with a 7-0 thrashing of Go Polo o five-goal Toby Aldridge and orts from Jonny Walker and 'beck.
... continued with a 5-0 win over d in the second game, with r pulling off some great saves a second clean sheet for the

... got more serious against Go am in the next match.
... some hard work, the Imps mselves 2-0 down at half-time, that they now had to pull out all they turned in a remarkable nce in the second half, giving deserved 5-2 victory.
... as thanks to great teamwork, ie Costello-Munday pulling off d tackling. Silverbeck led the with three goals, with Aldridge er scoring one apiece.
... sealed a 3-0 victory over last nners Brentwood to complete sssful tournament.
... l came alive in the second half dge scoring twice and Walker mplete the win.

Courts open

NOR LAWN TENNIS CLUB are heir open day tomorrow (Saturday).
... based in Cassiobury Park, is one in Watford which plays ly on grass courts and visitors d along to play a few sets.
... en day runs from 2pm to 5pm e for anyone to come along.
... b is hoping to attract some new ; and anyone who joins on the ; a result of coming along to the 7 can enjoy grass court tennis end of the season in mid-September for £45.
... b has both a men's doubles and doubles team in the Watford and Tennis League and also holds its rnal competitions every season, ns from the end of April for 20 oughout the summer.
... ls three social tennis sessions a Tuesday and Thursday evenings rday afternoons.
... ub is based on the grass courts Cha Cha Café on the Metropolitan side of the park. Because of Grosvenor is not currently able a junior section, so members aged 16 or over.
... ore details, contact Dorothy rd on 01923 221621 or Ann McK-01923 351627.

Kitchen 'excited' to get GB call...

...as rising star Draper excels in Windsor

TRIATHLON
by SIMON MAIL

RICKMANSWORTH triathlete Hannah Kitchen has qualified to represent Great Britain at the World Age Group Championships in Hungary.
... The 20-year-old Watford Harrier athlete earned her place in the international competition in September after finishing sixth at the Grendon Triathlon in Northampton and 11th in the British Sprint Championships in a personal best time of 1.14.33. Kitchen has also secured a place at the European Age Group Championships next month in Ireland.

Kitchen, who studies Osteopathy at Oxford Brookes, said: "I am so happy and was so excited after finding out that I couldn't really revise even though I was meant to be preparing for exams.
... "I just want to go out and enjoy it and gain experience so that next year I will know what to expect and be better prepared. I was really surprised to qualify. It wasn't something that I expected.
... "I am so excited by this opportunity I have of representing Great Britain at such prestigious events and, having been plagued by injury all year, I am so pleased to have qualified."

Kitchen, whose training was disrupted by a foot infection and wisdom tooth removal, plays water polo for Watford Swimming Club and completed her first Olympic triathlon distance, which encompasses a 1500m swim, 42k bike ride and 20k run, at the Windsor Triathlon on Sunday in approximately 2.45.

The former Watford Grammar School for Girls student is one of the youngest in the 20 to 24 age group to qualify for the championship and is hoping to travel to Beijing for next year's event.

Kitchen is hoping to attract sponsorship and if anyone is interested in this they can contact her on hannahkitchen@hotmail.co.uk.

Meanwhile, Sky Draper broke the course record to win the women's sprint race at Windsor. The 14-year-old Northwood Col-



Going places: Hannah Kitchen, left, and Sky Draper.

lege talent had been unable to defend her under-17 title at the Blenheim Triathlon the week before because of injury following an accident on her bike and she channelled her frustration and disappointment into an excellent performance.

This was the first year in which she was old enough to take part in the sprint triathlon, which consists of a 750m swim, a 29k bike ride and a 5k run and was the youngest competitor in the field.

Draper set off in the fourth wave on Sunday morning and the national under-15 triathlon champion took a decisive lead starting to chase down weaker swimmers in the previous group. She had the unusual experience of a TV camera crew alongside her in a boat filming her for a Channel 4 programme about the Windsor event.

The teenager's time of 13.02 in strong currents was an impressive start to the race.

An excellent transition to the bike saw her off riding around the 29k course. Draper had an exceptional ride, surprising her support team by returning to transition in the very quick time of 45.34.

Draper sustained an excellent pace in the run finishing in a time of 22.04 for a sensational overall 1.22.44 which was a course record for a woman.

This placed her as fastest female on the day by 12 minutes and the second fastest finisher of all those competing at this distance, where she was beaten only by a 20 to 24 age group male. To put her time into perspective, the winning times for the fastest man or woman to finish in 2008 and 2009 was 1.27.11 and 1.24.21 respectively.

In the build-up, Draper took part in a fitness test the previous Thursday in a Hillington Triathletes aquathlon at Uxbridge. This entailed a 750m swim in a 50m pool and a 5k run.

Boss

SARRATT FC a gement for bot reserves next se...
... The club's fir the Herts Coun last season and to the semi-final...
... Sarratt are ai ccess and anyon tact Mick Warm...
... Kings Langley for several stro...
... Sunday Easter team and midv Floodlit Youth I...
... The club are ers who have pl...
... If anyone is Kings Langley, the Sunday te attend forthcom...
... The first wi June 30 with re trial lasts from trial date of S been arranged, tion and the ti 1pm. Trials wil FC in Hempste...
... For further in Owens on 07904 on 07545 117836.

No
chiro
You'll fin
new Lo
Loc
Dire
www.watford