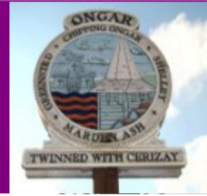


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RUGBY: West Hatch hosting referees' course

12.07pm - 17th December 2013

WEST Hatch High School in Chigwell is today hosting a Level 15 rugby referees' course. The course is the first level of RFU refereeing in the country. Twenty-five boys are taking part in a two-day course. The course has been organised by West Hatch High School's Head of Boys PE, Ray Flowers, and colleagues from the RFU.

RUGBY: Twickenham treat for school teams

2.12pm - 12th December 2013

WEST Hatch High School's Year 7 and 8 rugby teams have enjoyed a visit to Twickenham - the home of English Rugby Union - to watch the Varsity match. The visit, organised by the school's Head of Boys PE Ray Flowers, was a reward for the boys' hard work and their achievements so far this season. In line with the school's motto: 'The best that I can be', West Hatch runs a system of rewards to incentivise students to try harder and to congratulate students who have done well. These rewards can range from letters home to parents to Amazon Tokens and special trips.

KARTING: Darshan, 12, makes his mark

1.47pm - 12th December 2013

WEST Hatch High School student Darshan Pindoria is aiming for the top in the world of karting. Darshan, 12, started leisure karting at the age of seven competing in a cadet kart at Tilbury, Essex, and Rye House, Hertfordshire. He gained the Motor Sports Authority's kart driver's licence on his eighth birthday and now races every other weekend. A typical racing weekend sees him get up at 5am, get driven some 100 miles to the race track, set up awnings and equipment, prepare his kart, undertake track walks and attend a driver briefing - all before 9am. A race weekend involves up to seven testing sessions on the Saturday and four races on the Sunday with the events attracting drivers from as far as Spain, Russia, Kenya, Argentina and Japan. Darshan, a Year 8 student at the Chigwell school, has spent the last three years gaining experience on the UK's 14 good quality karting circuits competing in the British championships - 'Karting Super 1' championship which involves racing in Scotland, England and Wales in seven challenging rounds. This year Darshan has been in the top ten for the mini-max competition series at Hunts Racing Club, Cambridgeshire and Whilton Mill Stars Kart Club, Northamptonshire, where both competitions attracted more than 100 young national and international competitors aged 11 to 16. Last year Darshan was runner-up at the Hunts Racing Club, Honda cadet class while the previous year he was cadet champion at Beccles Kart Club, Norfolk at the age of ten. Darshan, who lives in Chigwell, has been coached and mentored by his dad, Kam, throughout his racing experiences from 2008 and this year the Pindorias joined Cooper Motor Sports Racing team. Team principal Gary Cooper said: "When Darshan joined our Cooper Motorsport Kart team he was a driver with a few years of karting experience racing in the Honda cadet

class which is for eight-year-olds.

"Since joining us he has moved up to mini max class (a class for 11-year-olds and up).

"Over the last four months we have worked with Darshan as a matured driver using data logging and GPS data and have vastly improved his lap times.

"We have also changed his race kart manufacturer and have had his race engine rebuilt.

This coupled with his own hard work and determination has brought Darshan up to the top five in the mini-max class.

"The future is very bright for Darshan. In 2014 he has a very good chance of winning many of his races and potentially becoming the club champion at a variety of circuits."

FOOTBALL: Chigwell School into semi-finals

3.46pm - 10th December 2013

CHIGWELL School's U13 football team are through to the semi-finals of the Independent Schools FA National Cup for the second time in the school's history after beating Berkhamsted School 2-1.

Tommy Redhead opened the scoring for Chigwell just before half time with a strike from outside the area.

Berkhamsted equalised in the second half but it was not long before Chigwell regained the lead with a goal from Hiran Solanki which proved to be the winner.

FOOTBALL: Chigwell runners-up in national competition

7.21am - 19th November 2013

CHIGWELL School's U13 football team were runners-up in the national Independent Association of Prep Schools six a-side competition.

The team qualified for the national finals held at Shrewsbury School on Sunday, after winning the regional round at King's School, Ely, last month in the group stages.

Chigwell beat both Cheam and Dulwich Prep schools 2-0 before losing narrowly to Millfield Prep 3-2 having taken a 2-0 lead.

They then beat Prestfelde (1-0) and Eaton House (2-0) to finish as group runners-up.

Chigwell beat Hall Grove 3-0 in the semi-final before losing 1-0 to Millfield Prep in the final.

Chigwell School's Head of Football Creag Lawrence said: "This was a great achievement for a small prep school in a national tournament where over 70 teams from across the country enter.

"The boys received many plaudits from spectators and coaches alike on how they played the game and were great ambassadors for Chigwell."

FOOTBALL: Students return from Barcelona

9.42am - 17th November 2013

FOOTBALLERS at Chigwell School have returned from a development tour to Barcelona. Twenty-four Year 8 students took part in the tour which was open to all pupils in the year group regardless of ability so that they could develop their football skills.

The group stayed in the resort of Santa Sussana in a hotel with two 3G artificial pitches which were used for training sessions led by Chigwell School staff.

Six matches were played by the two teams during the trip with the 'A' team putting in some very impressive performances to beat some strong Spanish sides, sometimes in 30°C heat.

The 'B' team also played some competitive fixtures.

The highlight was the 'Espanyol Experience' which saw the group visit the stadium and club shop before training with the Espanyol U17 coaches.

Creag Lawrence, the school's Head of Football, said: "The coaches put on a really enjoyable session and the boys learnt a lot.

"The pupils were extremely well behaved during the trip and a number of members of the public commented on their exceptional behaviour."

* The Chigwell School U13 'A' team play St Martin's School from Northwood in the third round of the ISFA Cup on Thursday, November 21.

HOCKEY: Chigwell girls are Essex champions

12.42pm - 12th November 2013

CHIGWELL School's U16 girls' indoor hockey team have been crowned Essex champions after a nail-biting final.

The girls lifted the trophy after clinching victory just seconds from the end of the match against Coopers Coburn School.

Miranda Weeks, Head of Girls' Games at Chigwell School, said: "Both sides played very well swapping the lead throughout the match."

Co-captain Hannah Leiper saved a penalty stroke in the second half keeping Chigwell in contention and boosting the team's confidence.

With 30 seconds remaining the score was 4-4.

Chigwell gambled by replacing their goalkeeper with an extra outfield player.

Miranda said: "The gamble paid off and Alisha Evans was in the right place at the right time and scored the winning goal with five seconds remaining!"

The Chigwell team now qualify for the regional finals.

NETBALL: Success for Davenant teams

11.34am - 8th November 2013

DAVENANT Foundation School's U14s, U16s and U19s teams netted themselves a series of successes in the first round of the Sports College/Academy netball tournament.

The U14s and U16s have reached the second round by winning their first round matches while the U19s finished fifth on the day.

The school has also been successful in the Essex Cup with the U14s making the second round and the U16s and U19s progressing into the third round.

Ashleigh Cooper, the school's PE and netball teacher, said: "Netball at Davenant is strong and all the teams performed fantastically with true grit and determination.

"Well done to them all and with continued training and commitment the success should continue.

"I would like to thank the students for continuing to represent the school in such a positive manner."

FOOTBALL: Goalkeeper called into Scotland squad

6.08pm - 4th November 2013

A FORMER Davenant Foundation School student - now a goalkeeper with League One side Colchester United - has been included in Scotland's Under-18s training squad. James Bransgrove currently plays for Colchester United's youth team. Davenant headteacher Chris Seward said: "James was a popular and respected student at the school. "He played for the school throughout his time with us, was seen as a 'safe pair of hands' and always played with a smile on his face. "He was and, I am sure, will continue to be a great role model." Writing on social networking site Twitter about his call-up, James said: "Bizarre day still can't get my head around what's happened."

HOCKEY: Crostyx top table after win

8.44am - 3rd November 2013

CROSTYX Ladies top the table after a 3-0 victory against Sudbury, helped by a man-of-the-match performance from Alys Hackett. Hackett opened the scoring and went in 1-0 up at half-time. The second of Crostyx's goals came very early in the second half thanks to Kat Hawes with Donna Blockley netting the third. Crostyx play Christchurch away next Saturday (11.30am). * Crostyx Ladies 2s went down 7-0 at home to Redbridge and Ilford.

ATHLETICS: Marathon effort by Debden Park students

12.06pm - 9th October 2013

YEAR 7 and 8 students at Debden Park High School, Loughton, have won the district leg of the World Marathon Challenge for the second successive year. Beating their time from last year the students finished the 26.2-mile relay race in 2hrs 5mins 30secs. The race was part of the international World Marathon Challenge which involves students from across the world competing in teams to complete a marathon together. More than 600 schools around the world participated this year and currently Debden Park High School are in third position overall. Debden Park High School's head of PE Jen Perry said: "The students never fail to amaze me, not just at their talent, but at their team work, filling in for each other and cheering each other along every lap."

FOOTBALL: Chigwell School in national finals

12.06pm - 9th October 2013

CHIGWELL School's U11 and U13 football teams are through to national finals in their regional competitions. Chigwell hosted 18 teams from across the region in the Essex and Herts round of the Independent Schools FA national U11 cup. Chigwell qualified from their group after playing five matches and then beat Aldwickbury in the quarter-finals and Brentwood in the semi-final. Chigwell lost 1-0 to Westbrook Hay from Hemel Hempstead in the final but the school was already assured of a place in the national finals which will be held at St George's Park on Monday, April 28 next year. Chigwell School's head of football Creag Lawrence said: "More than 180 teams from across the country compete in the competition and to qualify for the national finals is a great achievement." Chigwell School's U13 team are into the national finals of the Independent Association of Prep Schools six-a-side competition after winning the eastern regional qualifiers which were played at King's School, Ely. The national finals, in Shrewsbury on Sunday, November 17, will involve the top ten finalists from around the country. Chigwell qualified as undefeated winners of the competition conceding only four goals in six matches. Mr Lawrence said: "A number of spectators commented on the good behaviour, positive attitude and excellence shown by the Chigwell boys during the matches. Congratulations to the team."

HOCKEY: Wapping defeat for Crostyx

6.01pm - 8th October 2013

CROSTYX Mens 2s went down 8-0 to Wapping 4s in their third game of the season having been two goals down at half-time. Meanwhile it was better news for Crostyx Ladies 3s. Thanks to goals from Lizzy Gummer and Lizzy Matson the team secured a 2-0 win against Southend 4s on Saturday. Crostyx 2s face Wapping 3s this week while the Ladies 3s take on Old Loughtonians.

HOCKEY: Comfortable victories for Crostyx

9.13am - 8th October 2013

CROSTYX continued their unbeaten start to the season on Saturday with a comfortable 9-0 win over IES. Crostyx went two nil ahead early on with the first goal coming from a deflected shot by Carrie Curtis and the second from a well-placed sweep by Donna Blockley. Anna Feldman notched up the third before Ciara Newell netted a brace and Victoria Berrill added her name to the scoresheet. Further goals came from Sarah Belsham, Carrie Curtis and Anna Feldman. Crostyx visit Hertford on Saturday (12.45pm). * Crostyx M3s won 3-0 at Brentwood M5s with goals from Peter Hough, his first of the season, and Matt Storrs in the first half. The third came from the stick of Kevin Foot. The M3s face unbeaten Phoenix on Saturday.

FOOTBALL: Cup success for Chigwell School

10.27am - 1st October 2013

CHIGWELL School's 1st XI are through to the second round of the Independent Schools U18 national cup after defeating Malvern College away in the first round. Chigwell came from a goal down thanks to Max Salador's headed equaliser from a corner and then took the lead before half-time when Alex Drew cut in from the right and fired home. Malvern drew level in the second half but Max Salador netted the winner with his second headed goal of the game to secure a 3-2 victory and earn Chigwell a trip to Kimbolton in Cambridgeshire in the next round. Meanwhile the U13 team are through to the second round of the ISFA national cup after defeating Ibstock Place School from Roehampton. Hiran Solanki scored both goals in a 2-0 victory with Chigwell now to host Junior King's, Canterbury, in the next round. Chigwell School's head of football Creag Lawrence said: "Both teams will be looking to progress further in the competitions after a good start to the season."

HOCKEY: Comprehensive win for Crostyx Ladies

10.06am - 1st October 2013

ANNABEL Smith was named man of the match as Crostyx Ladies 1st XI recorded a comprehensive 7-0 victory over Ipswich. Ciara Newell opened the scoring before Alys Hackett doubled the advantage. Carrie Curtis scored three second-half goals with Annabel Smith netting the sixth and Sarah Belsham the seventh. Crostyx are at home again this Saturday (noon) against IES who have recorded a draw and a loss so far this season. * Crostyx Mens 2nd XI went down 6-1 victory to Redbridge who scored four goals in a ten-minute spell and went in 5-0 ahead at half-time. Redbridge added another before Gavin Dixon slotted home a consolation penalty flick. Crostyx play at home this weekend (3pm start).

HOCKEY: Mixed fortunes for Crostyx

7.52am - 17th September 2013

IN their final friendly match before the league gets underway Crostyx were beaten 3-2 by Brentwood. Crostyx took an early lead thanks to Annabel Smith. Brentwood were 2-1 up at half-time and went further ahead in the second half before Alys Hackett scored Crostyx's second. Crostyx Ladies 1st XI start their East League journey on Saturday when they visit East London at 11.30am. Crostyx Mens 1st XI made the short trip to Broxbourne for their final pre-season matches of the summer - a triangular tournament with Broxbourne and Havering. Crostyx drew 3-3 with an experienced Broxbourne side with goals from Phil Bowes (2) and Tom Styles before going down 6-1 to Havering. Also at the weekend Crostyx 3s beat Wapping 7s 1-0 thanks to a goal from Andy Bond.

HOCKEY: Club holds Club Day

4.14pm - 11th September 2013

CROSTYX Hockey Club hosted its inaugural Club Day which brought together a mix of both old and young and men and women hockey players for a series of small-sided games. The event was aimed at generating interest in the coming season and to keep promoting the sense of unity and togetherness that the club is well known for. More than 50 players took part in the day. * The club also held an exhibition match between Crostyx 1sts and Witham 1sts which Crostyx won 4-1.

HOCKEY: Crostyx youngsters in Essex Mens Cup

8.27am - 4th September 2013

A MIX of Crostyx Mens 1st and 2nd XIs entered the Essex Cup at Redbridge Sports Centre last Saturday. A decision had been made to give some of the club's younger players an opportunity at the annual tournament, sometimes dubbed the Milk Cup of Hockey. Crostyx - in the 'group of death' with the likes of Old Loughts and Wapping - faced defending champions Old Loughts in the first game which Old Loughts won 1-0. Against Redbridge and Ilford Oscar Van Zijl gave Crostyx the lead before James Buckingham doubled the advantage after sterling work from Rob Harrison in the Redbridge D as Crostyx won 2-0. Crostyx's third game was abandoned following a leg injury to one of the Brentwood players and both teams settled for a point. Crostyx then faced recently promoted Ramgarhia. James Buckingham gave Crostyx the lead before the encounter ended 1-1. The final games was against Wapping side with Crostyx going down 1-0.

HOCKEY: Crostyx compete in Essex Rosebowl

8.25am - 4th September 2013

CROSTYX Ladies travelled to Redbridge hockey club for the Essex Rosebowl on Sunday. Crostyx conceded early goals in the first three games but were unbeaten securing a 3-1 win against Redbridge (Kat Hawes 2 and Anna Feldman), a 1-1 draw with Waltham Forest (Alys Hackett) and a 2-1 win against Southend (Alys Hackett 2) to put Crostyx top of the table and needing at least four points from their final two matches. The heat took its toll as Crostyx lost players to injuries and also lost the fourth of the 20-minute matches 3-0 to Upminster. Against Phoenix HC, captain Vicks Berill recorded her first hat-trick of the season.

HOCKEY: Super Sixes Tournament

7.57am - 24th August 2013

CROSTYX Hockey Club held a Super Sixes Tournament at the Peter May Sports Centre when Crostyx members took to the field with representatives from the club's Under-14s boys team, the ladies 1s and 2s, and the Mens 1s, 2s and 3s. Tournament manager Lisa Dennett kept track of the results and league table - a task made complicated by the decision to award points for fair play, banter and even for losing. Thanks also go to Kit and Donna Blockley who umpired. The Coaches Blues won the tournament narrowly beating White Lightening to the top spot with The Purple Warriors third and Green with Envy picking up the Wooden Spoon. The club has Stick and Ball training at the Peter May Sports Centre from 8pm on Wednesdays and on Saturday, September 7, is holding its club day at the centre. Crostyx is part of the Woodford Wells Club with the clubhouse facility at Monkham Lane, Woodford Green, open every day of the year offering cricket, tennis, squash and table tennis. The club has use of the astro-turf hockey pitch at Peter May Sports Centre, London, E17, for all home matches and weekly training sessions. For more information visit www.crostyx.com

CRICKET: Bancroft's Under-12s win Essex Cup

1.29pm - 8th July 2013

BANCROFT'S School Under-12s have qualified for next year's Bunbury National Cricket Cup after beating New Hall School, Chelmsford, in the final of the Essex Cup. New Hall, the champions for the past two seasons, came up against the Woodford Green school which last won the title four years ago. After winning the toss and deciding to bat, Bancroft's made a tentative start. They were 26-1 after 10 overs and 46 for 2 after 15 overs when captain Alex Agedah and Omar Kamaladin shared in a 66-run partnership in only six overs before Agedah was out for 62. Kamaladin made 44 with Bancroft's all out in the 30th and final over of their innings for 139. New Hall reached 57-1 off 11 overs and it was then that Bancroft's introduced their spinners Hasan Ahmed and Anil Sood as New Hall were reduced o 80-5 off 20 overs and were finally dismissed for 96. Among the large-sized crowd were former England stars John Lever and Nasser Hussain. John Lever, Head of Bancroft's cricket, said: "It was a close match played on a superb wicket in an excellent spirit by two well matched teams which contained many of the best Under-12 cricketers in the county." Their appearance in the Bunbury National Cricket Cup will see Bancroft's come up against the winners of all this year's nationwide Under-12 county trophies.

FOOTBALL: Chigwell School student receives international cap

9.49am - 4th July 2013

CHIGWELL School student Joshua Banfield has been presented with his international cap after representing the Independent Schools FA National Under-18 team this season. Joshua, 17, was selected to go on tour to Spain where he played matches against Real Madrid, Atletico Madrid and CD Leganes. The final match of the season saw the Year 12 student awarded his international cap after helping the team secure a 3-2 victory over Scottish Independent Schools at Nantwich FC. Creag Lawrence, Head of Football and PE teacher at Chigwell School, said: "Joshua has worked incredibly hard over the past few years at all his sports and his efforts certainly paid off with the tour to Madrid and his international cap against Scotland." Joshua said: "The opportunity to play against both Real Madrid and Atletico Madrid was an experience I will never forget. "They were technically superior but our hard work as a team saw us draw 3-3 with Atletico which was the highlight of the tour."

TRIATHLON: Brother and twin sister medal at European Championships

9.46am - 4th July 2013

A PARTNER at Loughton-based chartered accountants Haslers and his twin sister won bronze medals at the ETU European Sprint Triathlon Championships in Turkey. Lawrence Shafier and Claire Bloom both claimed third places after qualifying to represent Great Britain following successes in European Qualifying Races. Lawrence, who regularly competes for East London Triathletes, and Claire, who has previously qualified to race for Britain, were delighted at their joint success having both moved in the 50-54 age group category this year. The course in Alanya involved a 750m non-wetsuit sea swim, a flat though bumpy 20km cycle course and a 5km road run. Lawrence finished in 1hr 05mins 20secs - his fastest time this season and Claire in 1hr 13mins 45secs. Lawrence said: "It was a fantastic day, a great race despite the heat and for my sister and I to both podium made it all the more special." As well as a chartered accountant, Lawrence is also a qualified fitness instructor and has run in five gruelling 'Ironman' triathlons and nine London marathons, as well as others around the world, raising over £20,000 for the Teenage Cancer Trust in the process. In September Lawrence is cycling from Lands End to John O'Groats and Claire is competing in the triathlon World Championships in London. Both are raising money for Motor Neurone Disease Association having lost their younger brother to the illness last year. To sponsor them, visit www.justgiving.com/LawrenceShafier-MrFit

BASKETBALL: West Hatch celebrate cup success

2.04pm - 10th May 2013

WEST Hatch High School's under-14s basketball team have won the Harlow and West Essex District Cup with a 48-44 victory over St John's School, Epping. The team was unbeaten in its four matches and then recorded the narrow victory in the final which was held at Passmores Academy in Harlow, yesterday. The victorious West Hatch squad is Durell Prempeh, Jaiden Bramwell, Joe Johnson, Brandon McDonald, Antoine Milla, John Mavideniz, Antony James Chibudo Ike, Mahin Ahmed, Zahid Petkar, Benson Maira, Erikas Pleikys and Karl Reading.

West Hatch High School PE teacher Jamie Howell said: "The team have trained hard all year and played excellently throughout all the games.
"During the final which was a close contest all players played their part with captain Antoine Milla leading the charge scoring 19 points followed by the MVP (most valuable player) Durrell Prempeh who scored 15."

GOLF: Chance to Get into Golf

3.27pm - 7th May 2013

NORTH Weald Golf Course is running a series of Get into Golf sessions to attract more people to the game.
The sessions - being held over four consecutive weeks from Thursday, May 23 (8pm) and Saturday, May 25 (9am) - are part of a national campaign to inspire people of all ages, backgrounds and abilities to take up the game.
The Epping Road course is offering four one-hour group sessions over four consecutive weeks for new and returning golfers.
Cost £12 total. For more information, visit www.getintogolf.org.
For more information, ring Matt Stables, PGA, on 07808 003619 or 01992 522118.

SWIMMING: Success at Youth Championships

7.31am - 7th May 2013

EIGHT members of Epping Forest District Swimming Club competed in the British Gas Youth Championships at the new 50m pool in Luton.
Chloe-Annabelle Ward took bronze in the 800m freestyle (17 years and over) in 9mins 51.34secs.
Lisa Waite claimed a personal best in the women's 100m butterfly (1mins 10.27secs) and Lee Baker followed with one-second personal best in the 100m backstroke (1min 03.61secs) with Katie Whiffin achieving a two-second personal best in the 200m breaststroke (2mins 59.72secs).
Hayden Thomas came sixth in the heats (17 years and over) for the 100m breaststroke (1.10.47 sec) and sixth in the final.
He also achieved places in the finals for the 200m breaststroke (2mins 39.31secs, placing him fifth) and 50m breaststroke (31.73secs, placing him seventh), all personal best times. He also gained personal bests in the 50m freestyle (26.40secs) and 100m freestyle (57.90secs).
Chloe-Annabelle achieved a one-second personal best finishing seventh in the 200m freestyle final (2mins 16.62 secs).
Chloe also came sixth in the 400m freestyle (4mins 47.45secs) and had a good swim in the 100m freestyle (1min 04.14secs).
Lisa Waite, Katie Whiffin and Lee Baker all carried on to have good swims over the weekend including Katie's personal best in the 50m breaststroke (37.53secs) and Lisa Waite's personal best in 50m fly (31.47secs).
Returning to regional competitions was Adam Bond with personal bests in the 50m butterfly (28.72secs) and 50m freestyle (26.51secs).
New to regional competitions were Fraser Barclay and Hannah Gillespie. Fraser swam the 100m freestyle (59.85secs) and 200m freestyle (2mins 11.26secs) and Hannah the 200m backstroke (2mins 39.18secs).
Both were completing in the 15/16 year age group.

PETANQUE: Club holds challenge

10.30am - 3rd May 2013

TWELVE players took part in Epping Horizons Petanque Club's Winter Challenge singles competition.
The players were split into two leagues with the winner of each meeting in the final. David Thame won the final 13-11, beating Chas Doncaster who was the winner in 1992 and 1996.
The club will play Ongar at the Stonards Hill recreation ground, Epping, at 6.30pm on June 19.
The Epping club has welcomed several new members.
Social play is held at the recreation ground on Monday and Saturday afternoons, and twice a month at the Gardens of Hanbury at High Beech where there are clubhouse and catering facilities. New members are welcome.
For a free taster session (boules and instructions provided) ring Peter Lumb on 01992 571744.

FOOTBALL: West Hatch staff seal victory over students

6.55am - 1st May 2013

WEST Hatch High School's staff football team have retained the winner's shield after a 6-2 victory over the sixth form football team.
The match was played at Old Chigwellians Football Club on Friday afternoon.
Having gone 1-0 down early on to a James Edwards strike, the staff fought back to claim a comfortable win with goals from Aaron D'Silva, Casca Hoy, Jamie Rivers and Ray Flowers.
The 6-2 final score reflected a dominant second half performance from the staff.
The win meant the staff retained the Jon 'Otis' Redding Shield.

CRICKET: Loughton expanding junior sections

4.16pm - 30th April 2013

LOUGHTON Cricket Club is expanding its junior section and is seeking girls and boys from Year 4 to Year 11.
Girls' training sessions are held on Tuesdays (6pm-8pm) throughout the summer at the club in The Uplands, off Loughton High Road.
The sessions are led by qualified experienced Level 2 coaches and all equipment is supplied.
Anyone wanting to get involved can either turn up on a Tuesday or get a parent or guardian to contact girls cricket development officer Paul McGuinness on 07974 482198 or email paul.mcguinness27@ntlworld.com.
Boys' training sessions are held on Fridays (6-8pm) at The Uplands club and are led by

qualified experienced Level 2 coaches. All equipment supplied.
For more information, contact Cliff Greenhill at the club.

FOOTBALL: Chigwell School wins shield

10.50am - 26th April 2013

CHIGWELL School recorded a resounding 5-2 victory over Abbey Gate School in Cheshire to clinch the Independent Schools Football Association's Under-16s Shield. The final was played at Quorn FC in Leicestershire. The national competition is for independent schools with fewer than 55 boys in Year 11. The Chigwell team which played in the final had not conceded a goal in the qualifying games against Claremont Fan School, Dover College, Ditcham Park and KES Witley. Chigwell were 2-0 up at half-time thanks to goals from Matthew Rutherford and Sam Poulter with Tom Lovett, Matthew Higgins and Max Salador netting in the second half. Headmaster Michael Punt said: "All 15 boys who played were a real credit to the school. "The final was an excellent occasion not just because of the result, and I am very grateful to all the staff who have worked with the boys over the years, but particularly to Creag and Micky for their efforts this season. "It was good have the support of other colleagues, families and other members of the school and I suspect the memory of being national champions will stay with the boys all their lives."

SWIMMING: Third in first round of mini league

7.44am - 22nd April 2013

EPPING Forest District Swimming Club finished third in the first round of the East London Mini League at Loughton. ELMML operates a time limit to each race so teams cannot field their fastest swimmers thus giving the more inexperienced swimmers a chance to shine. Epping Forest incurred five time faults as its swimmers were too fast but managed ten first places and maximum points. Coming first were Laura Darker in the 25m back and 50m fly, Grace Kelly in the 50m free and 50m back while George Pigram won his 50m breast race, Charlie Coughlin won his 50m back and Charlotte Timmis won the 25m free. Gaining first place in the 4x25m free relay and the 4x25m medley relay were Wil Tompkins, Henri Hobbs, Robbie Davidson and Aaron Bailey. Coming first in the 8x50m free relay were Roisin Clifford, George Pigram, Alexandra Bibby, Jamie Levy, Rosie Bristow, Oliver Draper, Summer Miller and Henry Richards.

RUGBY: West Hatch retain Under-15s Essex Cup

3.46pm - 18th April 2013

WEST Hatch High School's U15s rugby side has retained the Essex Cup after a resounding 41-17 victory over Woodlands School, Basildon. First half tries from Alex Dean (2), Chad Harris and Max Lyons helped the Chigwell side to a 24-7 half-time lead. Woodlands struck early in the second half but tries from Dean, to complete his hat-trick, vice-captain Matt Wallace and Joe Ball ensured West Hatch ran out comfortable winners for the second time in two years. Team manager Ray Flowers said: "The boys were focused on one thing, and that was winning. Having been there before they knew how to do it in their minds so they were prepared for victory." He added: "This is a feat that has made the school, students and staff very proud of the boys." Tyler Fullerton kicked three conversions while Matt Wallace was named man of the match.

HOCKEY: Success for Old Loughts girls

3.44pm - 18th April 2013

THE Old Loughtonians U16 Girls were crowned the third best team in the country when they competed in the National Finals in Wakefield. The girls started slowly in their first group game against Team Bath and although they led at half time through an Ella Day goal were 2-1 down as the final minute approached. Tasha Patient forced the ball home with seconds to go to gain a valuable point. Next up were Wakefield, who by Sunday evening would have claimed their sixth successive national title at this age group. Although under pressure for much of the first half, the girls defended superbly led by Chloe Menear and Lucia Corry. They held firm until the final minute of the half when Wakefield took the lead. A much improved second half display saw the girls test the champions and dominate play looking to force an equaliser. Alice Wills caused the opposition problems every time she was on the ball however Wakefield converted a short corner and ran out 2-0 victors. Overnight the girls re-grouped and still had the chance to play for third place if they beat Banbury with a four-goal swing in goal difference. Goals from Emily Holmes and Tasha gave the girls a 2-0 half-time lead. With Wakefield beating Bath the goals continued to flow with Emily and Monika Johal both smashing home penalty corners and Ella completing the scoring for a 5-0 win. The girls continued the pace they had established against Banbury in the third place play off against last year's runners-up Kirkby Lonsdale. A reverse strike from Alice crashed back off the post and Emily reacted first to smash the ball home to give Loughts a half-time lead. The girls started the second half in the same vain and Lucy Price coolly finished two flowing moves inside five minutes to seal third place despite a late consolation goal for Kirkby. The Old Loughts squad was Hannah Leiper, Chloe Menear, Lucia Corry, Monika Johal, Alice Wills, Megan Wells, Tasha Patient, Chloe Joarder, Lucy Price, Emily Holmes, Katherine Hough, Ella Day, Lizzie Wroblewski, Alisha Evans and Sian Waite. Sean Holmes has coached the girls for the last three seasons. Sean was absent at the weekend as he led the boys U18s to the national title at Loughts so Mark Menear stepped in and gave the girls tactical direction. The girls will finish their season at the re-arranged Indoor Nationals at Wolverhampton.

HOCKEY: Old Loughts celebrate cup success

4.05pm - 15th April 2013

THE Old Loughtonians U18 Boys have been celebrating victory in the U18 England Hockey Cup.
The semi-finals and final were held at the club's Luxborough Lane ground in Chigwell.
The Old Loughts Boys dominated their semi-final beating Cannock 5-2 and then, in a tight game, beat Beeston, who fielded five internationals, 3-2 in the final.
The Old Loughts team was Josh Madeiros, Bertie Mortimer, James Padfield, Liam Appleyard, George Padfield, James Seager, Ed Mortimer, Sebastian Burke, Andrew MacGregor, Albert Padfield, Jack Head, Sean Holmes, Gopal Sagoo, Jack Kempe, Daniel Samuel, Sean Holmes, Adam Price, Conor Caplan and Tom Watson.

ICE HOCKEY: Grant award for young star

4.46pm - 12th April 2013

GLENN Billing, a young and gifted ice hockey player from Ongar, has received a £1,500 sports award from Epping Forest District Council.
Council chairman Brian Rolfe presented Glenn with the award which is in recognition of his talent and to help further develop his ability in ice hockey.
Part of the England U16 ice hockey squad, Glenn will use the award to purchase senior professional grade ice hockey skates and to attend professional ice hockey coaching camps.
He plays for Romford Ice Hockey Club and the England National Team.
Glenn has also been identified as a GB prospect by the head coach of the GB U18s programme and is participating in this development process.
Glenn scored the first goal when England U16 beat Hungary 4-3 at a tournament in Holland recently when they finishing fifth out of eight teams.

HOCKEY: Teams in cup action

4.44pm - 12th April 2013

THE Old Loughtonians Hockey Club boys under-18 colts are in action tomorrow against Cannock in the first semi-final of the Boys U18 National Cup competition.
The match is at Old Loughtonians Hockey Club, Luxborough Lane, Chigwell, at 1.30pm.
As this is an England Hockey event there will be a £3 charge for the car park.
The boys will have a second match at 5.15pm when they play for either the championship title or third or fourth place.
The National U18 girls Cup and Plate semi-finals and finals are at the club on Sunday.
Spectators welcome.
The club's Girls U16 are also taking part in the National U16 finals in Wakefield this weekend and the Girls U14s have a place in the regional finals.
Meanwhile the U10s are taking part in the Alliance League County Championships at Redbridge on Sunday.

KARTING: Debden Park team in national final

6.06pm - 10th April 2013

THREE students from Debden Park High School, Loughton, are into the national final of the British Schools Karting Championships.
They reached the final with second place in the London and South East regional finals.
This was the first time Ben Green, 15, Oliver Longshaw, 15, and Jaiden Fenton, 14, had entered the competition which saw them up against 31 other teams from schools.
Their success, following two wins and three podium places at Buckmore Park karting circuit, was boosted by sponsorship from Romford-based Sytner Harold BMW (Sytner).
The extra funds enabled the boys to practise regularly ahead of the event.
Jaiden said: "The backing from Sytner has given us the opportunity to represent our school while competing in a sport that all three of us are passionate about."
"We knew racing against the best teams in the region would be a challenge but the extra sessions really helped us to do our best in difficult conditions."
"As a team we work really well together and after every race at the regional final we shared tips with each other on how to tackle different parts of the track."
Graham Tongate, Coach and PE teacher at Debden Park, said: "The boys all worked very hard and drove extremely well on the day."
"It was clear they had put thought into their races. The boys were really spurred on by the fact that the school, their parents and a local business were right behind them."
"The team's success has created a buzz in the school and quite a few students have expressed an interest in BSKC 2014. We hope to enter five teams next year and will be looking for sponsors."
More than 1,600 students from schools across the country competed in the BSKC this year, which enables both seasoned and novice karters to experience the thrill of motor racing while representing their school.
The winners of the 2013 national final will be given a VIP tour of the McLaren Technology Centre, which houses cars that have been used by Formula 1 racing legends, including Mika Hakkinen and Lewis Hamilton.
The champions will also see the 145m wind tunnel where engineers test the performance of their cars.
BSKC championship manager Mark Turner said: "Well done to the Debden-Sytner team for making it through to the national final. Their commitment and great team work paid off. It is also great to see businesses that are prepared to support young people as they strive to fulfil their ambitions."
Karting was the first step that most of today's Formula 1 racing stars took into the exciting world of motor sport. By offering schools a simple route to karting, the BSKC has helped make it more accessible to children of varying abilities and encouraged young talent into the sport.
"The benefits of involvement go far beyond experiencing a new sport."
"Students rave about how participation in karting has improved their confidence and motivated them to work harder in all aspects of their school life."
"It has been particularly useful for students studying engineering, maths or physics who can apply a lot of what they learn on the track to their work in class."

KARATE: Students return from Malta with medal haul

4.28pm - 10th April 2013

STUDENTS from local UKA Karate classes returned from the Malta Karate Open International Championships with a haul of trophies.

The students, a mix of children and adults, attend classes run by instructors Julia Heenan and Barry Healy. Julia teaches in Buckhurst Hill and Loughton, as well as Hertfordshire. The classes incorporate fitness and self-defence elements as well as the traditional martial art.

The competition aspect is also an important part of the curriculum;

Julia said: "Competing lets students gain experience and prove themselves under pressure. I also think many of them feel proud to represent their club and their country in competitions."

Julia accompanied the students as a coach while Julia's son, Tom, was involved as an English referee.

The 2013 Malta Open event was held in Dingli on March 9 and marked the 10th anniversary of the international competition run by SKSM Karate Malta under Chris Galea (Head of Organisation) and Lucienne Galea (Chief Referee).

The competition saw 387 entries from world class athletes of countries such as Italy, Russia, Portugal, Malta, and England.

Categories include fighting, kata (forms), weapon, freestyle and team events.

The 11 students from UKA Karate returned with a haul of 16 trophies.

Detailed results

Kata - Jacob Watts, 1st. Evan Jackson, 2nd.

Fighting - Barry Healy, 2nd. Tasha Heenan, 2nd, 3rd (team). Lisa Lethbridge, 1st, 3rd (team). Rob Ward, 1st, 1st (team), 3rd (veterans). Jacob Watts, 1st. Caner Ahmed, 1st. Bobby Grafton, 2nd. Evan Jackson, 2nd. Polly Goodman, 3rd (team). Miranda Wood, 3rd.

For more about UKA Karate and classes go to www.ukakarate.co.uk

SWIMMING: Epping Forest shines at gala

3.42pm - 8th April 2013

EPPING Forest District Swimming Club sent a large squad to the Gators gala and came away with a huge number of medals and personal best times.

Fraser Barclay won five gold medals - 200m I/M, 100m back, 50m fly, 200m back and 100m fly.

Connie Knights, won four gold medals - 200m I/M, 100m free, 100m I/M and 100m fly while Mia Jones, 13, won four golds in the 50m free, 100m back, 100m breast and 200m breast, silver in the 200m free and bronze in the 100m free.

Winning gold medals in the 50m free were Thomas Hardy, Max Rawlings and George Pigram.

In the same event silver medals were won by Cailin Walker, Caitlin Clifford, Henry Richards, Ryan Dooley and Zach Foster.

Bronze medals were won by Summer Miller, Roisin Clifford, Charlie Tompkins, Wil Tompkins, Alexander Andonov and Jake Rawlings. Cailin Walker, Henry Richards and Joseph Ahern also took gold in the 200m breast with silver going to Deana Levy and bronze medals to Ryan Dooley, George Pigram and James Wakefield.

Joseph Ahern won gold in the 50m fly with silvers going to Jack Giltane and Deana Levy and bronze medals to Imogen Jones and Zach Foster.

Emma Whitelegg managed to knock ten seconds off her personal best time.

In the 100m I/M Cailin Walker took gold and Deana Levy silver with personal best times from Sophie Sherard, Emma Whitelegg, Imogen Jones, Robert Whitelegg, Alexander Andonov and George Pigram. Henry Richards won gold in the 50m back with silvers going to Deana Levy and Roisin Clifford and bronze to Thomas Hardy.

Henry also won gold in the 200m free with a silver medal won by Roisin Clifford and bronze medals to Laura Darker, Joseph Ahern and Michael Sharp.

Robert Whitelegg knocked 22 seconds off his personal best and Jamie Levy knocked 25 seconds off his best time while Maddie Kavanagh improved her time by 31 seconds and Emma Whitelegg by 26 seconds.

Michael Sharp won a gold in the 100m breast and Deana Levy took a silver.

In the 50m breast gold medals were won by Max Rawlings, Joseph Ahern, Summer Miller and Vathana Gopinath with silvers going to Wil Tompkins and Charlie Tompkins and bronze medals to Alexander Andonov, George Pigram, Finlay Sergeant, Freya Kavanagh and Maddie Kavanagh.

Eleanor Ahern won silver in the 100m free, Finlay Sergeant won silver in the 200m back, Roisin Clifford won silver in the 200m I/M, and Joseph Ahern and James Wakefield both won bronze medals in the 200m I/M.

BOWLS: Club holding open day

8.45am - 3rd April 2013

EPPING Bowls Club, in Lower Bury Lane, is seeking new members, whether experienced or complete beginners.

The club is holding an open day between 11am and 4pm on Sunday, May 6.

The minimum age for membership is 12 years old and there is no upper limit. Wear flat soled shoes/trainers.

A reduced membership fee is available for the first year and regular coaching sessions are provided on Friday afternoons.

For more information, ring Edward Panter on 01992 571714.

SWIMMING: More medals and personal best times

10.17am - 29th March 2013

THE final weekend of the Essex ASA County Championships saw Epping Forest District Swimming Club members return with plenty of medals and personal best times.

Chloe-Annabelle Ward and Amelia Peddle swam the 800m free with Chloe winning silver and Amelia bronze.

Hayden Thomas achieved a two-second personal best in the 200m free and a one-second personal best in the 50m fly. He took bronze in the 200m breast, took two seconds off his personal best in the 100m free and was fourth in the 50m breast.

Henry Maher took gold in the 50m fly (26.52secs) and also swam the 100m free.

Katie Whiffin was fourth in the 200m I/M, sixth in the 50m back, eighth in the 100m I/M and ninth in the 50m free.

Chloe-Annebelle Ward was seventh in the 50m free final and took a second off her 100m I/M time.

Lisa Waite won bronze in the 50m free (28.28secs) and was sixth in the 100m I/M. Amelia Peddle won gold in the 50m fly with a personal best time of 31.23secs, finished second in the 50m back and 100m I/M and was fifth in the 200m free. Fraser Barclay achieved an East Region qualifying time in the 200m free and seventh place and was just two hundredths of a second out of the 100m free qualifying time. Lee Baker was seventh in the 200m free, fifth in the 100m free final and also swam the 50m fly, 50m breast and 200m back. Kieran Wakefield continued to lower his personal best time in the 200m back and 50m free. He was tenth in the 200m I/M and also swam the 50m breast. Dora Zhou was fourth in the 50m back final and also swam the 50m fly. Swimming the 50m free were Deana Levy, Emma Waite, Evangeline Foster, Joseph Ahern, Jack Giltane, Zachary Foster, and Oliver Payne who was tenth. Hannah Gillespie swam the 50m free and 50m back. Connie Knights and Adam Bond knocked a second off their 50m fly times. Swimming in their first Essex Championships were Samuel Ng in the 50m breast, Eleanor Ahern in the 50m back, Imogen Jones in the 50m back with a three-second personal best and Roisin Clifford who knocked five seconds off her 100m I/M time.

BASKETBALL: School wins county cup

8.47am - 22nd March 2013

WEST Hatch High School's Under-16s basketball team have won the Essex County Basketball Cup after a resounding victory on Wednesday. The team had gone unbeaten throughout the competition recording their eighth straight win when they beat Shenfield School 78-52 in Southend. PE teacher Casca Hoy said: "This is a fantastic achievement from the team. The dedication to training and the desire to win has paid off with a great performance from the entire squad on the evening." The trophy-winning West Hatch squad members were Bradley Copper, Tito Falase, Nathan Bramwell, Akwasi Yeboah, Michael Rugeley, Junior Milla, Deandre Daley, Antoine Milla, Ollie Black, Rahim El-Tarak, Stefanos Ladoukakis and Chad Harris.

RUGBY: West Hatch in second successive cup final

9.05am - 20th March 2013

WEST Hatch High School's Year 10 rugby team are one match away from defending their Essex Cup title after clinching a place in the final with an 18-7 victory over Trinity School. The Chigwell school had a 10-0 lead at half-time. West Hatch will now face Woodlands School from Basildon in the final. The date and venue has yet to be confirmed. Head coach Ray Flowers, who was assisted by assistant coach Luke Taylor, said: "The school had never made it to an Essex cup rugby final before last year. Now thanks to these amazing lads West Hatch has made it twice in two years, a truly amazing achievement." Tyler Fullerton scored one of West Hatch's three tries and a penalty kick and was man of the match for his performance in the win which also featured a try from Chad Harris and Morgan Brown. Tyler's try was his first in any form of rugby. West Hatch students involved in the semi-final were: Robert Drummond, Ahmet Memhet, Oscar Potter, Taylor Wilkins (Year 9), Max Lyons, Jordan McCann, Morgan Brown (captain), Joe Ball, Tyler Fullerton, Chad Harris, Alex Deane, Frankie Gibson, Matthew Wallace (vice-captain), Jed West (Year 9), Henry Sharland (Year 9), George Turner, Ross Stewart and Abbas Moman. Last year the boys clinched the school's first rugby trophy with a 20-12 victory over Gilberd School, Colchester, in the final which was played at Chelmsford Rugby Club.

RUGBY: Twickenham final for ex-pupil

8.40am - 14th March 2013

A FORMER West Hatch High School student tipped for international rugby success has helped his new school reach a cup final at Twickenham. Matthew Lumb, 15, from Buckhurst Hill, left the High Road school last year after being offered a rugby scholarship to Felsted School. Full-back Matthew scored two tries, in the 23rd and 65th minute, as his Under-15 Felsted team sealed a 17-12 victory over Emanuel School, from Wandsworth, London, in the semi-final of the Daily Mail RBS Under-15 Schools Vase having found themselves 12-0 down in the first half. Felsted will now face Royal Latin School, from Buckingham, in the final on Saturday, March 23 (11am). Ray Flowers, West Hatch High School's Head of Boys PE and the school's rugby co-ordinator, said: "Having not played rugby until he started in Year 7, Matthew has become a star for the future as a potential professional and even international rugby player." And there was a double reason for West Hatch to celebrate the achievement of a former pupil with the school having been given 50 free tickets for the final.

KARATE: Double success for Jacob

9.25am - 12th March 2013

WEST Hatch High School Year 11 student Jacob Watts has won two golds at the Malta Open International Karate Championships. Jacob, 11, who lives in Buckhurst Hill, celebrated success in the Kata and Fighting categories. Fellow West Hatch High School student James Scollan (Year 8) also took part in the competition. Jacob and James are part of a successful group of West Hatch students that also includes Year 7 pupil Sebastian Weller who claimed Team Gold in Sheffield last month. The trio hope to travel to the world championships in Italy in October to compete for Karate England. Aaron D'Silva, boys PE and form tutor, said: "It's great to see young individuals so dedicated to sport and striving towards a top level outside of school hours."

SWIMMING: Success at Essex Age Group Championships

6.41pm - 11th March 2013

EPPING Forest District Swimming Club members performed well at the Essex Age Group

Championships held at Braintree Leisure Centre.
 Katie Whiffin came second in the 100m breast (16-years age group) and seventh in the 100m back final.
 Lisa Waite was second in the 100m fly (1min 09.09secs) and fifth in the 100m breast (15-year age group) with a personal best of 1min 21.96secs.
 Amelia Peddle was second in the 100m back final with a personal best of 1min 10.55secs, fourth in the 400m free with a personal best of 4mins 46.24secs and also swam the 100m breast and 100m free in her 12-year age group.
 Chloe-Annabelle Ward took bronze in the 400m free in the 16-year age group while Hayden Thomas swam in the tough 17+ age group and finished sixth in the 100m breast final.
 Hannah Gillespie was seventh in the 14-years 100m back final while Dora Zhou swam a personal best of 1min 13.20secs to claim eighth place in the 12-years 100 back final.

FOOTBALL: National honours for Chigwell midfielder

12.41pm - 28th February 2013

CHIGWELL School student Joshua Banfield scored two goals when he was again selected for the national Independent Schools under-18 side.
 The central midfielder was in the starting line-up - and played the full 90 minutes – as the side beat the Royal Navy 7-0 in Portsmouth.
 Joshua's first goal was from inside the six-yard box and his second a 30-yard strike into the top corner.
 This was the third game that Joshua has been selected for having previously played against Leeds University and Welsh Schools.
 Joshua has now been selected for the squad which will take on Loughborough University in March.
 He hopes to be included in the squad to take on Scottish Independent Schools at Bolton's Reebok Stadium in May.

FOOTBALL: Chigwell School in cup final

12.40pm - 28th February 2013

CHIGWELL School's under-16 football team are through to the Independent Schools FA National Under-16 Shield final after a comprehensive 4-0 victory over King Edward School, Witley.
 Chigwell were 1-0 ahead at half-time thanks to a goal from Tim Lovett with Joffe Bradley, Alex Drew and Max Salador adding to the tally in the second half to secure a place in the final against either Abbey Gate School, Chester, or Bootham School, York.
 The final will be played at Quorn FC near Loughborough on Thursday, April 25.
 Creag Lawrence, Chigwell School's head of football and PE teacher, said: "This was a good cup tie and a very good advertisement for Independent Schools Football."

SWIMMING: Essex Age Group Championships

9.07am - 25th February 2013

EPPING Forest Swimming Club returned with medals from the first block of this year's Age Group Championships.
 Star of the weekend was Lisa Waite who won gold in the 50m fly (30.75secs) and gold in the 100m free.
 Lisa was also fifth in the 50m breast final and fourth in the 200 free.
 Competing in his first Essex event, Kieran Wakefield, nine, finished 14th in the 200m breaststroke with a personal best of 4mins 12.46secs.
 He then knocked two seconds off his 50m back, three seconds off his 100m I/M and finished his weekend knocking two seconds off his 50m fly (49.96secs).
 Also competing at their first Essex Championships was Max Rawlings, ten, in the 50m back, Amy Woloski, 11, in the 50m free and 50m breast, Fraser Barclay in the 50m free and 50m back, Mia Jones and Deana Levy in the 50m breast.
 Cailin Walker, nine, came ninth in the 50m breast with a two-second personal best time of 51.15secs.
 Michael Sharp competed in the 50m fly, Vathana Gopinath and Imogen Jones in the 50m free. Connie Knights swam the 50m breast and 50m free.
 Bentley Cunningham clocked 28.17secs in the 50m free, Alice Wang swam the 200m breast, Ellen Gillespie the 50m breast, Zachary Foster the 50m back and Adam Bond the 50m free.
 Hayden Thomas swam a personal best 25.13secs in a swim off but missed out on a final spot. He also swam the 50m back and 100m I/M.
 Lee Baker swam the 100m I/M and 200m I/M and was third in the final of the 50m back and seventh in the 50m free final.
 Emma Waite was seventh in the 50m breast final and Max Albert fifth in the 50m fly final with a personal best of 29.88secs.
 Chloe-Annabelle Ward was sixth in the 200m free and also swam the 100m free. Evie Foster swam a personal best in the 200m free and was fifth in the 100m free final.
 Hannah Gillespie was eighth in the 200m back and also swam the 100m free and 200m free.
 Amelia Peddle was fifth in the 200m back, sixth in the 200m I/M and seventh in the 100m fly final, seventh in the 50m breast and third, with a personal best, in the 50m free.
 Katie Whiffin was second in the 200m breast, third in the 50m breast final, fifth in the 50m fly and also swam the 100m free, 200m free and 200m back.

CRICKET: Indoor coaching for youngsters

7.31pm - 25th February 2013

SOUTH Loughton Cricket Club will be giving indoor cricket coaching for boys and girls aged 6+ from March with outdoor coaching and matches from May.
 The club offers a FUNdamentals programme for children aged six to ten and runs teams at under-11, 13 and 15 age groups.
 Its coaches are ECB qualified, insured and CRB checked. All standards are welcome, including beginners.
 The club - based at Roding Road, Loughton, and which will be celebrating its 75th season - also runs four adult teams playing league and friendly cricket. South Loughton Cricket Club is an England & Wales Cricket Board 'Focus Club' and Clubmark accredited by Sport England as 'a safe, effective and child-friendly sports club'.

For more information, ring Andrew Shields on 07941 347812 or visit www.southloughton.org.uk

CRICKET: Club expanding girls section

8.32am - 23rd February 2013

LOUGHTON Cricket Club is expanding its girls section and is looking for new members from Year 4 to Year 11.
The club is running indoor training at Roding Valley High School's Sports Hall on Tuesdays between 6pm and 7pm from February 28 until March 26 when the sessions will transfer to the Loughton ground in the summer.
The sessions are led by qualified experienced Level 2 coaches.
All equipment is supplied.
For more information, ring Paul McGuinness, Girls Cricket Development Officer, on 07974 482198 or email paul.mcguinness27@ntlworld.com

CRICKET: Loughton elects new skipper

8.51am - 15th February 2013

LOUGHTON Cricket Club has elected Hafiz Yawer as its new 1st XI skipper.
The leading batsman is looking forward to the challenge of gaining promotion to the Shepherd Neame Essex Premier League.
There is also a new president, Roger Mason, and a new secretary, Adam Jackson.
The emphasis for 2013 is to strengthen the youth section and push the club's young players to aim to play at the highest level.
Seb Bukhari is taking over the reins and the club has a strong team of qualified coaches.
Loughton has a vibrant and thriving colts set-up and has 'Clubmark' accreditation - Clubmark is the universally recognised mark of high quality junior sports clubs which ensures that children and young people can enjoy sport in a safe and fun environment giving peace of mind to parents and carers.
The club is planning to run junior teams from U9s to U16s and welcomes boys and girls aged seven to 16 from all backgrounds and of all abilities.
The club also runs a thriving Kwik Cricket group on a Friday evening.
A spokesman said: "Our primary goal is to encourage all our young cricketers to participate, learn about the game, develop their skills and enjoy their cricket."
Loughton enters teams in the Peter Coe Cup, National Cup, Haydn Davies Trophy, Len Stentiford, Cox & Kings and Matchplay competitions and is the process of establishing development and academy teams that act as a gateway to adult cricket at the club.
Many Loughton colts are representing Essex CCC and Metropolitan Essex District Cricket Board through the various age groups.
Loughton has Terry Charrington (Essex CCC Academy, EPP & Essex County U14s coach as the clubs lead coach in the summer, supported by professional coaching staff (ECB Level2/3).
The club's junior committee recognises the value of a strong junior structure and is committed to actively promoting and funding the junior section.
Loughton runs five adult League sides and a friendly side on Saturdays.
The first XI is in Division 1 of the Shepherd Neame Essex League which is recognised by the England and Wales Cricket Board.
There are also two Sunday teams, one in the Essex Sunday League West Division and another playing friendlies.
The club hosts a cricket week and a variety of representative matches including Essex Age Group sides from as young as U9 right up to Over-60s.
Its women's team is the strongest in Essex and plays in the National Southern League Premier Division which they won in 2012.
There are three international standard practice nets and a completely renovated 18-pitch cricket square.
For more information visit www.loughtonccc.hitscricket.com or email Cliff Greenhill at cliff.greenhill@btinternet.com

DISABILITY GAMES: Success for school

9.13am - 14th February 2013

STUDENTS at West Hatch High School returned victorious from the West Essex School Partnership Disability Games held at Redbridge Sports Centre.
The West Hatch 'A' team finished joint first and the 'B' team finished third. Activities included Boccia, goalball and seated volleyball, which were all played at the recent 2012 Paralympics.
Students from West Hatch were up against other west Essex schools, including St Johns School, Epping, King Harold School, Waltham Abbey, Debden Park High School and Davenant Foundation School.
The competition was designed for students with physical or mental disabilities such as cerebral palsy, deafness, sight impairment, motor skills or a specific learning disability.
Students taking part were:
Year 7 - Jayvir Sanger and Owen Holder.
Year 8 - Cameron Skerritt, Zara Kourta, Nadiyah Chaudhri, Georgia Norman and Natasha Hooper.
Year 10 - Abigail Davies.

SWIMMING: Haimish, 11, wins gold medal

1.57pm - 13th February 2013

AVON House Preparatory School pupil Haimish Patel struck gold at the Redbridge Mini Games Gala winning the 50m individual front crawl.
Year 6 pupil Haimish, 11, has now been selected by the borough to represent Redbridge at Crystal Palace in two relay events.
Headteacher Amanda Campbell said: "It was an outstanding swim against a very high standard of competitors within the borough.
"Our congratulations go to Haimish on such an outstanding achievement."

CROSS COUNTRY: School's success at championships

9.13am - 10th February 2013

THIRTY-two pupils from Years 7 and 8 at West Hatch High School, Chigwell, took part in

the annual Essex Schools Cross Country Championships at Hylands Park, Chelmsford. Braving the cold, wet, windy and extremely muddy conditions, the boys and girls chalked up notable successes competing in the near 300-strong field in each age category. Year 8 pupil Joe Clark finished 11th and fellow Year 8 student Nikita Roberts came 35th. Joe will now be selected for Essex Schools and represent the county in the National Schools Competition later in the year.

SWIMMING: Epping Forest return with medal haul

4.29pm - 5th February 2013

EPPING Forest District Swimming Club returned with a haul of medals from the first Long Course Open Meet held in Basildon by Bishop's Stortford Swimming Club.

Lee Baker won two gold medals, for 50m fly and back, and a bronze for the 50m front, 100m front and 100m back.

Amelia Peddle won gold in the 50m back and 50m free, silver in the 50m fly and 50m breast and bronze in the 100m fly.

Hayden Thomas struck gold in the 50m breast and 100m breast, and silver in the 200m I/M. R

oisin Clifford, nine, won a gold in the 50m fly while Hannah Gillespie took gold in the 50m back and silver in the 100m back.

Deana Levy won silver in the 100m breast and Dora Zhou won three bronze medals - in the 50m back, 50m fly and 50m front.

Mia Jones took bronze in the 50m breast and 100m breast.

Gaining valuable long course experience and personal best times were Fraser Barclay, Bentley Cunningham, Katie Shaw, Michelle Shaw, James Wakefield, Jamie Levy, Charlie Tompkins, Vathana Gopinath, Caitlin Clifford, Imogen Jones, Kieran Wakefield, Max Rawlings, Jake Rawlings, Finlay Sergeant and Madison Smith.

* In the second round of the Essex Swimming League at Becontree Leisure Centre. Epping Forest swimmers put in some good performances with first and maximum points from Mia Jones in the 13 and under 50m breast (personal best time of 41.01secs), Amelia Peddle in the 13 and under 50m free (personal best of 28.57secs) and the 50m butterfly with a personal best time of 32.69secs.

Mia and Amelia were joined by Imogen Jones and Charlie Tompkins to take first place in the medley relay (2mins 27.98secs).

HOCKEY: Chigwell School into regional rounds

2.04pm - 4th February 2013

PUPILS in two age groups at Chigwell School are through to the regional stage of the National School's Hockey Championships.

Under-16 and Under-18 teams qualified when they took part in the Essex rounds of the competition at Redbridge Sports & Leisure Centre with the older age group crowned Essex Under-18 champions.

William Tomsett, the school's Head of Hockey, said: "Despite having very little preparation time due to the snow over the last two weeks, the Under-18 boys produced some stunning free flowing hockey."

Playing in a round robin format, Chigwell won five and drew one match scoring 12 goals and only conceding one throughout the day.

The boys will now compete in the regional round at University of East Anglia.

Mr Tomsett added: "An equally impressive display was produced in the U16 competition where Chigwell entered their talented U15 team with a view of developing the boys for future years.

"The boys played with real maturity resulting in a number of fine performances."

The boys needed to win their last game to secure qualification to the regional rounds, and they earned themselves a spot with a 1-0 victory over Bancroft's School.

SWIMMING: Three club members at Corby event

6.51pm - 28th January 2013

THREE members of Epping Forest Swimming Club - Lee Baker, Hayden Thomas and Amelia Peddle - took part in the ASA Central Zone competition at Corby International Pool.

Amelia started off the weekend event with the 200m backstroke. She came 25th in the 14 years and under age group.

Lee swam the 50m free and came 13th in 26.02secs in the 17 years and over age group.

Amelia also swam the 50m free and came 24th in 30.35secs while Lee took 15th place in the 100m back in 1mins 06.45secs.

Hayden finished off the morning with the 200m breast and qualified for the final, in which he came fifth, in the 17 years and over age group.

His fastest time was 2mins 41.38secs.

The afternoon saw Lee finish 23rd in the 100m free (58.21secs) and 13th in the 50m fly (29.19secs).

The next day Amelia came 19th in the 100m back with 1min 12.50secs before Hayden swam to 12th place in the 100m breast (1min 11.98secs) followed by Lee in the 50m back achieving eighth place in the final with 29.75secs.

The Sunday afternoon session left Amelia to swim to 30th place in the 100m free (with a rerun after a buzzer malfunction) with 1min 05.30secs and Hayden narrowly missing out on a place in the 50m breast final with ninth place in 32.44secs.

FOOTBALL: Student in line for England women's squad

8.41am - 23rd January 2013

A STUDENT at West Hatch High School has been selected for consideration for the England Women's Under-19 football squad for the 2012-13 season.

Amy Cooper may be selected for international matches - the UEFA second qualifying round match in Norway at the end of March, and then the UEFA Finals in Wales should England qualify.

Coralie Field, Head of PE at West Hatch High School, said: "This is great news and everyone at West Hatch is delighted for Amy and wishes her all the best of luck for the season.

"The whole PE department and school wish this rising star all the best."

Amy regularly plays for Tottenham Hotspur and received a B grade for her AS PE exam. She was selected to attend a training camp in October and was in the squad for a recent international friendly against Sweden.

NETBALL: Award for student's volunteering

3.45pm - 22nd January 2013

A WEST Hatch High School student has been awarded a Jack Petchey Award in recognition of her involvement with netball at the Chigwell school.

Year 12 student Poppy Maddison, who is captain of the sixth form netball team which has reached the last ten of the Essex U19 Essex Plate competition, is studying AS-level PE. In addition to her studies, Poppy 16, who lives in Chigwell, has been volunteering, managing, coaching and umpiring for the school's Year 7 B Netball team since last September.

This has seen Poppy give up two hours a week on a Monday and two hours on a Wednesday after school to help coach the younger pupils.

Coralie Field, head of PE at West Hatch, who nominated Poppy for the award, said: "She has voluntarily been on an umpiring course so she is now qualified and umpires matches every Wednesday."

She added: "Poppy is patient, caring and creative when it comes to training and really does take the responsibility of the team seriously."

"She has never missed a training session and often comes home at 6pm as she has travelled to away matches to be with her team. She is a true asset to West Hatch."

Poppy said: "I am delighted to receive this award, I feel that it is lovely to be able to pass my experience in netball onto other people as I have personally enjoyed it so much."

"It is nice to be able to see the success of something that you have put hard work into."

NETBALL: Last ten place for West Hatch

2.18pm - 7th January 2013

THE sixth form netball team at West Hatch High School, Chigwell, is through to the last ten of the U19 Essex Plate competition.

The girls secured their place in the next round of the competition with a one goal victory at home over Brentwood Ursuline.

Their next opponents will be Davenant Foundation School, Loughton, who have already been beaten by the West Hatch girls, by two goals, in a friendly match.

The upcoming Essex game - which is expected to be a close contest - is at Davenant School on Wednesday, January 16.

The school's Head of PE, Coralie Field, said: "The girls put in a superb performance against Brentwood Ursuline and we are delighted they are now into the last ten."

"This is brilliant news for the whole of the PE department at West Hatch."

The successful girls are Poppy Maddison (captain), Bonnie Sawyer, Caroline Huxley, Jenna Wilkins, Lucy Dawson, Amy Cooper, Phoebe Phillips, Jemimah Ali and Katherine Birch.

Poppy Maddison recently received a Jack Petchey award for her commitment to coaching and umpiring the Year 7b team every week.

The money presented to Poppy as part of the award is going towards new kits for the sixth form team.

SWIMMING: Success at Redbridge Winter Meet

2.18pm - 7th January 2013

EPPING Forest District Swimming Club secured a haul of medals, many personal best times, a couple of Essex County qualifying times and a couple of East Region Qualifying time at the Redbridge Winter Meet.

The weekend is traditionally busy as it is the final chance to achieve an Essex qualifying time.

Hannah Gillespie achieved her Essex time and a sixth place medal in the 200m free with a three-second personal best (2mins 21.97secs) and continued her achievements with an East Region time and fourth place medal in the 200m back with a two-second personal best (2mins 33.83secs).

Hannah also won sixth place medals for her 100m back and 400m free.

Roison Clifford, competing in the 100 I/M managed to get the ten-year time (she is not ten until February) a gold medal, 11-second personal best with a 1min 36.29secs).

Caitlin Clifford, swimming 100m back for the first time competitively, clocked 1mins 34.73secs. Zach Foster (after his 12th birthday the previous day) swam the 50m free in 33.70secs to get his Essex time.

Michael Sharp confirmed his Essex time with 33.75secs knocking 12 seconds off his 200m I/M (3mins 22.34secs) and nine seconds off his 200m free (2mins 55secs).

Amelia Peddle won three gold medals - 100m free, 50m free and 100m fly with a two-second personal best (1min 14.02secs).

She was second in the 200m i/m (2mins 38.09secs) - an East Region time.

She also won bronze in the 200m free.

Connie Knights took sixth place in the 50m free (31.75secs) and knocked four seconds off her time in the 100m free (1min 08.72secs).

Amy Woloski knocked seven seconds off her 100m back (1min 32.79secs) and three seconds off her 100m I/M (1min 35.79secs).

Evie Foster took bronze in the 100m free, fourth in the 400m free - with a 15-second personal best (4mins 58.83secs) and fifth in the 50m and 200m free.

Vathana Gopinath knocked eight seconds off her 100m breast (1mins 37.05secs) and five seconds off her 100m I/M (1min 26.18secs).

Mia Jones swam the 100m breast in 1.30.59, a five-second personal best time.

Imogen Jones clocked 1min 24secs in the 100m back, with a four-second personal best.

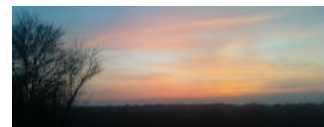
Jack Giltane swam 200m free in 2mins 46.87secs (a nine-second personal best) and knocked four seconds off his 100m i/m (1min 24.34secs) and three seconds off his 100m back (1min 28.54secs).

Jake Rawlings knocked 11 seconds off his 200m free time with 2mins 43.43secs.

Jamie Levy had a three-second personal best in the 100m back (1min 37.58secs).

Deana Levy continued to lower her 200m breast time with a two-second personal best clocking 3mins 16.69secs).

Fraser Barclay, in the 50m free, recorded 27.92secs adding to his three-second personal best in the 100m breast (1min 23.64secs).



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