

SPORT ROUND-UP



ATHLETICS: Following on from their indoor success at the NIA Birmingham finals, Arthur Terry School's athletics teams took on local rival schools in the Sutton Championships last week. Having won the overall girls' title, Arthur Terry retained their crown with the likes of

Ellie Harris (800m), Chloe Harrison (200m), Katie Gregory (hurdles) and Nancy Sercombe (javelin) all claiming gold. Some of the successful girls' squads are pictured. Arthur Terry finished first in Yr 8 girls, second in Yr 7 boys and third in Yr 8 and 9 boys' events.



Sutton club picks up tips from Jamaican counterparts



ATHLETICS

AS PART of Birmingham's Olympic Legacy, the coaches and athletes at Royal Sutton Coldfield Athletics Club welcomed some Jamaican sprint stars of the future last week.

Young athletes from Spot Valley High School in Jamaica came to train at the Wyndley

track alongside RSCAC athletes (pictured above).

It was a chance for coaches to share good practice and learn from their Jamaican counterparts as Coach Henry, the Spot Valley athletics coach, gave RSCAC sprinters a lesson in block starts.

His main pearl of wisdom being 'you need to feel un-

comfortable in the blocks. If you're comfortable, you're never going to react quickly'.

Meg Evans, RSCAC sprints and jumps coach said: "It was extremely useful to learn from the Jamaicans. It is definitely logic that I'll pass on when I next teach block starts and I dare say that it will improve the starts of our athletes."

On Saturday and Sunday the Jamaican youngsters competed against Birmingham athletes from RSCAC and Birchfield at the Aviva Olympic Trials in a series of hotly contested sprint relays.

The Birmingham A and Jamaican team were closely matched, with both claiming at least one victory.

More Midlands medals come the way of Boldmere marvels

INSHORT

ATHLETICS: Royal Sutton Coldfield AC runner Katie Ingle produced a solid performance at the Olympic Trials at the Alexander Stadium on Sunday. Ingle finished in 10th place in the final of the women's 3,000m steeplechase in a time of 10.36.85mins. The event was run by Dundee's Eilish McColgan, daughter of former world

10,000m champion Liz Erdington's Luke Lennon-Ford was eighth in the final of the men's 400m. The Birchfield Harrier, who has the Olympic A standard, could only manage 47.18secs.

RUGBY UNION: Midland Two West North side Spartans resume pre-season training on Tuesday (July 3) at 7pm. All are welcome. For more details visit www.spartansrugby.co.uk.

TENNIS: Sutton Coldfield Tennis Club recently held its under-10s green ball internal club championships. It was a well contested competition which was eventually won by Callum King-Harmes (pictured below). The youngster was also recently

talent spotted by the Lawn Tennis Association as one of their AEGON Futures players. Sutton head coach Chris Johnson said: "Callum is a fantastic athlete and an exciting tennis player for the future."



SWIMMING

By STEVE HARLOW
Swimming correspondent

BOLDMERE Swimming Club's young stars produced some standout performances at the recent British Gas ASA Midland 2012 Age Group Championships at Coventry.

They reached 25 finals, won a massive 28 medals and set 79 long course personal bests which broke eight club records in the process.

Competing in Boldmere colours were championships debutants Laura Richardson, Elmena Saunders and Morgan Harlow along with previous qualifiers Stella-Anne O'Hehir, Rachel Wilson, Alex Dolan, Charlotte Smith, Matt Price and Steve Wilson.

Wilson claimed his first ever championship title winning with gold in the 14-yr boys' 100m freestyle and also picked up two bronzes in the 200m and 400m events.

Price also picked up his first ever championship gold in the 12-yr boys' 100m fly. He also claimed 100m freestyle silver in a club record 1.01.05mins.

Dolan set two personal bests on her way to fourth places in the 14-yr 100m and 200m breaststroke, while Harlow finished fifth in the 200m fly final and set new personal bests in the 100m fly, 200m free, 400m free and 200m IM.

In the girls' backstroke, there were new personal bests for 14-year-old Smith in the 100m and 200m, while Richardson slashed more than nine seconds off her best 200m time in the 13-yr girls event.

In the girls' freestyle, O'Hehir (11-yr) set a new best time in the 100m, while in the 13-yr girls Richardson and Rachel Wilson also



Above: (back) Leo Karski, Archie Langston and (front) Ben Stanford, Steve Wilson, Jake Dixon and Matt Price of Boldmere Swimming Club. Picture by Steve Harlow

set new bests.

In the 200m, 13-yr debutant Elmena Saunders set a new personal best as did O'Hehir, Richardson and Smith while Wilson set a 10-second pb in the longer 400m free.

In the relays, Dolan, Harlow, Saunders, Smith and Wilson teamed up to compete in both 4x100m freestyle and medley events, setting new club records in each.

There was further Boldmere success at the Championships with Aristeia Knight, Archie Langston, Tom Bloor, Kate Davies, Joel Cunningham, Ben Stanford, Jake Dixon, Leo Karski, Roan Griffiths and Kai Alexander representing City of Birmingham.

Stanford claimed four 12-yr titles in the 100, 200 and 400m

freestyle plus 200m IM. He also won silvers in 1,500m freestyle and 200m backstroke plus bronze in 100m backstroke.

Dixon won four 14-yr silver medals in the 100m and 200m breaststroke and 200m and 400m IM, plus three bronzes in the 100m and 200m fly and 100m freestyle.

Karski won five 10-yr medals, including gold in the 400m freestyle by smashing his personal best, plus four bronzes in 100m and 200m freestyle, 100m Fly and 200m IM.

Langston took the 100m backstroke title in a personal best and added silvers in the 11-yr 200m backstroke and 100m freestyle, the latter in another pb.

Davies, 12, made three finals of her seven events taking sil-

ver in the 200m breaststroke, knocking six seconds off her pb in the heats.

Cunningham set a new best time in his 200m freestyle, as did Bloor in 400m IM, Griffiths in 100m backstroke and Alexander in 100m Freestyle.

There was an extra award to eight swimmers in the form of the BAGCATs (British Age Group CAtegorieS) awards.

They are given out to the top eight swimmers in each age group, based on the total points gained from the swimmers' best 100m, 200m, freestyle and IM event times.

Stanford won the 12-yr prize with Price seventh, Karski (10) third, Langston (11) fourth, Davies (12) fifth with Steve Wilson and Dixon fourth and fifth in the 14-yr group.