

Walsh bounces back to form

STEVE WALSH bounced back from injury to win the third grade one event of the season.

Walsh had been sidelined with a foot injury which saw him miss the second meet of the season, but came back to triumph in the over-19s event in Cardiff.

The Northants Academy ace beat his nearest rival by over five marks to take victory.

Katie McKenzie put in a solid performance to make the cut in the under 15 girls.

Tramplining

The youngster finished in eighth position, just 0.3 behind her nearest rival.

Erin Basford was 25th in the same category.

William Howell was just 0.3 marks away from a third-place finish in the under-17 boys.

Howell's performance was the perfect way to return following his leg injury.

The Academy finished as runners up in the under-17 girls

team competition. The team of Rebecca Pedley, Hannah Moriarty and Victoria Payne gained silver medal position and picked up 10th, 22nd and 24th place respectively.

Jaime Moore and Yasmin Gumbs head to Belgium this weekend.

Moore will be competing in a world cup event, and Gumbs will be in action in the Flanders-Flifus cup, with both events serving as a warm-up for the forthcoming European Championships next month.



■ GOLDEN BOY – Steve Walsh

Cycling



Trail win for Wilko and Gilbert

SUPER Veteran pair Ralph Gilbert and David Wilkinson led the way to win the Cannonock chase in the final round of the Midland Winter Trail & Lane Quest series.

The twosome won their third event of the series, scoring 220 points in their 66km route, to take the event win by 10 points.

The Cats riders also won the series overall, beating more than 200 series entrants for the gold medal position.

The senior pairing of Neil Holman and Mark Vines also won their category, covering 58kms to score 185 points.

Holman and Vines finished runners up in the Senior series.

Andrew Waller ended as fourth Veteran overall, while Roy Carter and Steve Smith finished in seventh behind Gilbert and Wilkinson in the Super Veterans category.

5.20 seconds, left him with a net time of 25.19.

Gordon Spencer was second in the rankings with a time of 25.27, while Tim Caine made up the podium positions.

WELLAND Valley CC held their third club championship time trial last weekend. Paul Tomlinson came out on top in a time of 22.52 closely followed by Gavin Hinxman in 23.04.

Matt Plews picked up third place in 23.42, with Paul White in (24.33) and Mitchell James (24.35) making up the top five.

Tomlinson made it a weekend to remember with third place in the N&DCA Hilly 31 mile time trial.

His time of 1.17.38 gave him third place overall. Kim Lewington finished in 1.21.22, Graeme Hall in 1.24.16, Jill Postlethwaite in 1.27.43 and Chris Rathbone in 1.37.40.

Valley's George Atkins took first place in the last of the 20km Victoria Park Youth Circuit Race series at Leamington Spa.

The result was Atkins' first win of the series, after three top five finishes in previous events.

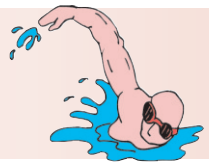
The winner of the club's third Tuesday evening circuit time trial on the 8.5 mile Clipston circuit was Gavin Hinxman in 21.39, followed by Matt Plews in 21.52. In third place was Kim Lewington in 21.59.

Phil Rayner powered away on the final climb to take victory in the 40-mile LVRC Claverdon road race. Rayner was competing in the 40-45 age group and he now aims to follow up the event victory with a series win.

API Metrow rider Sam Baker won the Rockingham Forest Wheelers time trial last week. Baker finished first as a guest in a time of 22.36.

Tony Page came top of the pile for club riders to take a maximum 50 points, followed by Mark McVitty and picks up 49, while Phil Wilkinson finished in third.

SwimmingNews



Double delight as Oliver takes titles

NORTHAMPTON Swimming Club's Oliver Thompson took two Welsh national titles in Swansea, winning gold medals in the 400m and 1500m freestyle events.

Thompson, swimming in the 12-and-under age group, also took the bronze in the 200m freestyle.

Not to be outdone, Thompson's sister Ella claimed her first national title as she won the 12-and-under girls 200m backstroke despite still only being 10-years-old.

Three swimmers from NSC also attended the Scottish Nationals in Glasgow.

Cathy McManus, who is 16, added a bronze medal to her ever growing collection in the 50m backstroke event.

Her brother and sister Jonny and Georgie set a number of personal best times, with Jonny making his first ever final and Georgie qualifying for the British Nationals in the 800m freestyle.

At the Senior British Championships, Simon Panting claimed his first national medal when he swam a fantastic 5km race to claim the bronze medal and rubber-stamp his spot at the European Juniors.

The time Panting set is a qualifying mark for the European Junior open water swimming championships, which are being held in Germany in July.

Hollie Avil competed in the 5km event setting a new personal best time.

Team-mate Becky Dudley also swam in the 5km, setting a great new personal best time and finishing in the top 10 ladies in GB.

Simon Porter made the final of the 50m backstroke and finished just outside his best time.

A team from NSC travelled to the Stockport Open meet to try and achieve their national qualifying times, and were successful with some great times being set.

The highlight of the weekend



■ WINNERS – gold medal winners Ella and Oliver Thompson

was Jack Johnson lowering the county record for the junior men's 400m medley for the second week running.

In all, 13 national qualifying times were recorded by Emma Herd, Myles Crouch Anderson, Freddie Little, Angelina Lim, Becky Dudley, Georgie McManus and Ella Thompson.

On the same weekend, a small team contested the City of Peterborough Open meet where swimmers tried to qualify for the Midland District championships and were very successful.

During the weekend there were more than 30 qualifying times achieved and many medals won.

Several NSC members swam at the two-day meet in Rugby, setting further Midland District qualifying times.

Several swimmers achieved their first times here with the total number of swimmers competing at District level passing the 50 mark.

In addition, a small team travelled to the Sheffield Open meet where they were swimming their best events to gain National qualifying times.

Fraser Bovey, Jack Johnson, Rebecca Dudley and Myles Crouch Anderson all set qualifying times.

Rebecca Dudley set a new county record in the junior ladies 200m butterfly, and Jack John-

son set a new mark for the men's junior 400m individual medley.

In the Nuneaton and Junior League, the NSC A team won the first round without several members of the team, who were away competing in Stockport.

Northampton opened up a clear lead over closest rivals Stafford Apex and dominated throughout the evening.

The final difference in the scores reflected the racing with NSC on 278 and Apex on 215.

The B team finished third in a close-fought battle, just losing second in the closing stages to Nuneaton and Bedworth. The team must now work hard to make qualification for the final certain.