

Cammish comes home a winner

IN CAMMISH'S superb ride saw him finish a massive 35 seconds in front of his nearest rival to win the Northants & District Cycling Association time trial last weekend.

The Sonic Cycles rider smashed the field to take victory on the 10 mile course, edging out Gary Stevens (St Ives) and Jason Gurney (Team Milton Keynes) in the process.

Paul Tomlinson was the best finisher of the local riders, with the Welland Valley ace following up his fourth place in the 20 miles event earlier this

month with seventh this time round.

Tomlinson finished in a time of 22.53, four seconds ahead of his nearest rival.

45 Road Club's Robert Swannock edged into the top 10 by three seconds, beating 11th placed Tony Page by the smallest of margins to finish in 10th.

A time of 1.01.06 was enough to see Gavin Hinxman home in first place at the fourth round of the Welland Valley club championship.

Hinxman was nearly four minutes ahead of sec-

■ Cycling

ond-placed Matt Plews over 25 miles. Plews ended in a time of 1.03.57, with Chris Hyde making up the top three in a time of 1.04.30.

Hinxman made it a double by taking victory at the third club Tuesday 10-mile time trial on the Sulby course.

Team-mate Mat Plews was again the man to miss out as his time of 24.34 wasn't enough to out-do the inform Hinxman, who managed a time of 24.10.

Chris Hyde was third in

a time of 25.12, while Paul White (25.32) and Vic Barnett (25.33) were edged into fourth and fifth respectively.

Valley's Jill Postlethwaite achieved her ambition of a top 20 finish at the Women's National 10-Mile Championship, finishing in 20th.

Postlethwaite completed the circuit in a time of 24.56 to match her aim.

Tony Page took advantage of a depleted field to win the Rockingham

Delighted Mitchell makes the grade

■ Trampolining

KATIE MITCHELL took advantage of her current spell of form to win the under 19 girls title at last week's grade one event, writes STEVE WALSH.

Mitchell bounced her way to a gold medal, edging team-mate Amanda Harris into second place. It was the first victory of the season for the youngster, who appears to have hit form at the right time as the season enters the business end.

James Higgins shrugged off injury to take first place in the elite men's competition.

Higgins has been struggling with a back injury since the middle of March and has only been back in light training for two weeks, but rose to the occasion to finish top of the pile.

Higgins ended level on scores with his nearest rival, but won on the count-back rule.

Team-mates Steve Walsh (4th) and Danny Creedon (6th) had to settle for non-podium finishes.

Katie McKenzie put in an excellent performance to make the final of the under 15 girls. McKenzie ended in sixth place with a score of 84.80, missing out on fifth spot by just 0.6.

Team-mates Sophie Gardner (52.1) and Erin Basford (51.80) finished in 21st and 24th place respectively.

The threesome narrowly missed out on taking first place in the team event, losing out by an agonising 0.1 to Bournemouth based OLGA.

Four NTGA jumpers made up the top 12 in the under 17 girls, with Penny Mitchell being the pick of the bunch.

Mitchell's score of 83.9 left her in sixth place, with Victoria Payne in eighth, Rebecca Pedley ninth and Hannah Moriarty settling for 12th place.

In the under 17 boys, William Howell narrowly missed out on third place on his return from injury. Howell missed out on a podium finish by just 0.6, with his score of 83.80 leaving him fourth.

Coach Harvey Smith said that he was delighted with all his competitors' performances, especially that of golden girl Mitchell.

"They were brilliant," he said. "It's fantastic. All the hard work is starting to pay off. If you put the work in your going to get the rewards and that's exactly what happened."

"I expected them to medal, and with Katie's current form she was the one to take the win."

Smith added that the results are a major boost for his young squad of jumpers ahead of July's national finals, and he's hoping that his performers can carry the good form into the rest of the season.

"All of them should be looking for the top eight," he added. "The results are a big boost for them. Some of them should be looking at medals and if they keep working hard then hopefully they can achieve that."



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 Northamptonshire County Golf Club
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The Golf Day will be an 18 hole, four-ball, Team Stableford competition (off 7/8 handicap). Maximum handicaps allowed are 24 for men and 36 for women. The day will start with a light lunch followed by the golf and a putting competition. The event will conclude with a Gala Dinner, auction and prize giving. To book your place, please complete and return to the address below.

Name:
 Handicap:
 Address:
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Player Two:
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Player Four:
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I enclosed payment of £280 for my team.
 I would like to book . . . extra dinners at £20 each.
 I would like to make a donation of £ . . . to Marie Curie Cancer Care.
 I would like to book a sponsorship package of £100.
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Total enclosed £ (please make cheques payable to: Rotary Club of Northampton).

Thank you for booking. Teams will receive confirmation and further information, including map etc, approximately 14 days before the event.



■ **WINNERS** – Dion McKenzie, Paige Walker and Chris Collymore show off their pots from the British Kickboxing Championships

Title joy for Lau Gar trio

NORTHANTS Lau Gar are celebrating after three members collected up British titles at the recent LAKSA British Kickboxing Championships.

Paige Walker, Dion McKenzie and Chris Collymore all picked up British titles at the event in Birmingham.

Walker, who is 14, fought out of her skin to take the coveted under-16 over 5ft title, showing great skill and technique.

The youngster narrowly lost to world champion Sharon Gill from Bristol in extra-time of the ladies under 60kg semi contact category to add a bronze medal to her gold in the

■ Martial arts

previous competition.

McKenzie piled the pressure onto his opponents in the boys under-16 under 5ft light contact division, taking a second title for the Northants club.

The 14-year-old put in some good hand combinations to get the better of his opponents.

European champion Collymore soon got into his rhythm after a cautious start and made his mark on the men's black belt under 65kg division by coming out as convincing winner.

Collymore also added a silver medal to his collection in the semi-contact division.

Anyone wishing to take up Lau Gar Kung Fu should contact Robert Francis on 07887 651 570.

Meanwhile, Chantelle Cameron has qualified for the LAKSA British Kickboxing team after an impressive set of results.

The 15 year-old won the WPKU Womens' Kickboxing belt in Watford after champion Chloe Hinchcliffe was stopped in round three after she was deemed unable to defend herself against the relentless Cameron.

The call-up came after Cameron was awarded black belt in her class after just five years of training at the Martial Arts Academy with coach Tyrone Power.



■ **HE'S A WINNER** – James Higgins

