

SPORT

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Athletics

Thames Valley Harriers' Lorraine Ugen signed off her 2017 campaign on a winning note at the Great North CityGames on Newcastle Quayside, writes Ziad Chaudry.

The 26-year-old registered the same 6.46 metres distance as Estonia's Ksenija Balta and fellow Brit Jazmin Sawyers in the women's long jump but was awarded the victory on countback.

"I wasn't expecting everyone to jump the same distance!" admits Ugen, the current British champion.

"I think it makes it a bit more exciting when it's like 'ooh, what's going to happen?'."

"It was just like a fun little last little competition so I think it was fine, it looked all right, I just had fun out there."

A week before appearing on Tyneside, Ugen was denied victory in the very last jump of the AG Memorial Van Damme IAAF Diamond League finale in Brussels, Belgium by Serbia's classy European champion Ivana Španovic with 6.70m.

"Brussels was a lot better than Berlin," added Ugen.

"I managed to get a lot more valid jumps there and kind of contend, so it was good.

"With the long jump it's never over until the last jump is over, so you can't really claim victory until you know everyone has jumped."

Ugen rounded off her season in a nutshell as she looked forward to pursuing her quest for medals at next year's World Indoor Championships in Birmingham and the Commonwealth Games on Australia's Gold Coast.

"The season has been all right, it's been decent," she added. "I wouldn't say it was one of the best seasons, but it hasn't been one of the worst."



Lorraine Ugen was disappointed with her efforts in Germany.

Picture: ADAM DAVY/PA

Judo

Wembley's Pride Judo Club saw brothers Philip and Stephen Myint win bronze medals at the Metro & Crayford event at Thomas Tallis School.

Eight-year-old Philip was in the over-35kg red belt group and came through four contents to win his medal.

And 10-year-old Stephen competed in the over-55kg yellow belt group for the first time, giving his all to make it onto the podium as well.

Sensei Lionel Hibbert said: "One of our greatest aims is to keep members enjoying the Olympic sport of judo. If our students are having fun, they will want to attend practice. As they practice, they learn."

Pride Judo Club is always looking for new members, with the first practice session offered free of charge.

The club train at Vale Farm Sports Centre, Watford Road, Wembley, with five to 16-year-olds on Monday and Wednesday (5-7pm), over 16s on Thursday (8-10pm) and Sunday (12-2pm). Call 07414 305577 for more details.



Brothers Stephen and Philip Myint celebrate their latest judo success.

Kilburn Cosmos count cost of missed chances to come up short in season opener

Kilburn Cosmos came up short in their opening match of the new London Three North West season against Old Streetonians.

The visitors were made to rue missed opportunities at Hackney Marshes, although both sides made mistakes in the first quarter.

Cosmos won a penalty and kicked deep into the home side's territory, only to lose their own lineout and allow Streets to clear the danger.

One positive in the first half for Kilburn was the defensive effort as they found themselves pinned back in their 22 after some superb phase play from the hosts, before Phil Cook produced a superb tackle for Aly Burse to regain possession and ease the pressure.

Kilburn winger Ali Brace sprinted 40 metres down the touchline, only to be brought

Rugby

down by a high tackle, but his side lost another five-metre lineout from the penalty.

The Cosmos scrum was in fine form, with man of the match prop Kane Edgeworth securing good ball and some turnovers as a combination of power and technique saw them push Streets clear.

Yet despite the upper hand in this area, as well as some strong carries by Obi Ajufo, Caleb Wolfey and Andrew Brotherston, the Cosmos were made to rue mistakes in the home half time and again.

Kilburn took the lead with a penalty from captain Fraser Hutt, but Streets hit back before the break as a quick tap penalty took advantage of a lack of

concentration and saw them go under the posts for a converted try.

The second half brought more frustration as Kilburn's scrum continued to dominate but the penalty count and mistakes proved too high.

With a very disjointed game, as well as changing weather conditions, it was difficult for either team to get a foot hold and build phases in the second half.

Kilburn's back three made some fantastic breaks but were let down by mistakes in the Streets half and the home side were unable to capitalise on several penalty chances as the scoreline remained unchanged at 7-3.

Cosmos take a bonus point from their first game of the season, but know they could, and should, have had more as they host Grasshoppers this weekend.

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Promising young athletes can take advantage of a free trial at Track Academy by Connie Henry in Willesden this month.

The registered charity, which uses sport for social change among young people from disadvantaged backgrounds, reopened after its summer break on Tuesday.

And sessions are held at Willesden Sports Centre in Donnington Road on Tuesdays, Thursdays and Saturdays for those aged 10 to 21, while eight to 10-year-olds can attend the multi-skills sessions on Tuesdays and Saturdays.

As well as sporting activities, academy members can also take part in classes in English and Maths on Saturday mornings at Capital City Academy next to the sports centre.

They will also benefit from weekly one-to-one mentoring sessions.

"We hope lots of young people take advantage of our free trial this month and see what Track Academy is all about," said Commonwealth Games medalist Henry.

"Since our launch in 2011, we have helped hundreds of athletes to succeed on and off the track, and we can't wait to inspire even more talented youngsters."

Track Academy's students include Amar Aichoun, a teenager with multiple sclerosis who won two medals at the World Para Athletics Junior Championships in Switzerland last month.

Meanwhile, Reece Earle won gold in both the 100 metres and 200m at the recent Southern Outdoor under-13 Open Events at Crystal Palace.

The work of the charity and its athletes was also celebrated at its biannual Invitational event this summer; a competition attended by double Olympic decathlon champion Daley Thompson and fellow Team GB Olympian Nigel Levine.

To benefit from the free trial, sign up online by filling in a simple registration form, or pop along to Willesden Sports Centre before 5pm on Tuesdays and Thursdays, or before 11am on Saturdays.

For more information about Track Academy, visit trackacademy.co.uk or call 07956 715052.