



LEAP Level 3 Athlete Ashton Turner  
Kenwick Park GC Men's Club Champion 2010



# LINCOLNSHIRE ELITE ATHLETE PROGRAMME

## July 2010 Newsletter

### Welcome

It gives me great pleasure to welcome you to the second Lincolnshire Elite Athlete Programme (LEAP) Newsletter of 2010.

Since our last newsletter in April 2010, our LEAP athletes have been working hard and I am delighted to be able to share all of their success stories in this newsletter.

- Golfer Ashton Turner has had numerous successes this quarter; setting a new course record of 68 at Kenwick Park Golf Club, winning the Kenwick Park Golf Club Men's Club Championship and reducing his handicap to scratch (0)!
- Swimmer Hayley Williams has been selected to represent England at the UK School Games in September
- Seated discus thrower Kieran Tschnerwiasky has thrown a PB of 26.34m (18cm from the A-Standard throwing distance), and
- Swimmer Ollie Bitowt has claimed nine gold medals at the Midlands Championships, which meant he has qualified for 10 events at the National Youth Championships in August

All of our 54 athletes have worked extremely hard over the past few months, and it's great to be able to write about our LEAP athletes in press releases and newsletters, so please keep letting us know how you're getting on!

I would like to take this opportunity to thank all of our LEAP Supporters for their continued support of the programme, and I hope that you all enjoy reading about our county's top athletes.

Rachel Belcher, LEAP Project Officer  
Lincolnshire Sports Partnership



LEAP Level 2 Athlete Hayley Williams  
Selected for the UK School Games in September

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This newsletter has been produced by the Lincolnshire Sports Partnership for the Lincolnshire Elite Athlete Programme (LEAP).

The LEAP 2009/2010 Athlete Profiles have been taken directly from the LEAP Athlete Update from 30th July 2010.

Blank athlete profiles mean that athletes have not supplied their update or photograph to the Lincolnshire Sports Partnership on request.

### Current LEAP Supporters





“ Great evening, good practice.  
Looking forward to the next one! ”

# LINCOLNSHIRE ELITE ATHLETE PROGRAMME

## LEAP Media Course June 2010



Eleven LEAP Athletes took part in the first ever LEAP Media Course, held at the University of Lincoln, on Friday 25<sup>th</sup> June 2010.

The media course, which was delivered by Senior Lecturers at the Lincoln School of Journalism (LSJ) was designed to provide athletes with a greater understanding of the press. Athletes took part in two workshops; one radio workshop and one 'blogging' workshop.

The first, which was designed to teach the athletes about good (and bad!) interviewing techniques, taught the athletes how and why journalists often ask the questions they do.

After listening to John Cafferkey, a Senior Lecturer at the University, athletes interviewed each other about their achievements and listened back to their interviews at the end of the session.

John was impressed with the standard of athletes, and their interviewing techniques. He said: "All of the athletes were fantastic; they would have no trouble conducting a radio interview. However, sometimes I felt that they weren't selling themselves enough!

"Abigail [Burr] trains six times per week and although that's normal to her, it's incredible to a normal person! The athletes need to understand that they are extra-ordinary and to the media, they're very interesting!"

The second workshop, which was conducted by Senior Lecturer Roger De Bank, focused on blogging. By looking at Andy Murray, Rebecca Adlington and Tom Daly's blogs, the athletes were able to see the importance of blogging and keeping their supporters updated about their achievements.

The athletes were then encouraged to write a 250 word blog about their latest achievements, in an informal and causal style; letting people see their personality.

This blogging style can be used for your athlete update profiles, and swimmer Oliver Bitowt wrote his blog and submitted it for his athlete update (see left). Cyclist Sarah King also makes reference to her blog; [www.langdaleteamgreen.com](http://www.langdaleteamgreen.com), in her update.

Overall, the Media Course was a huge success, and I hope that more people are able to attend next time.

**A huge thank you must be extended to John Cafferkey, Roger De Bank and Gary Stevens at the University of Lincoln School of Journalism for conducting the media course**

**LEAP Level 3 Athlete Oliver Bitowt  
Athlete Update: 30th July 2010**

Hey guys, the past three months have been quite busy for me. I started off by going to the British Gas Championships at Sheffield where swimmers including David Davies and Liam Tancock were appearing to show us amateurs how to swim! (Haha). I managed to put in two strong performances in the 200m backstroke and the 400m freestyle, and I improved my personal best for a new time of 4.07.91, which is only a few seconds off Level 3 National Talent Programme.

Only a few weeks after I travelled up north to Scotland for the Scottish Gas National Age Group Championships where I competed in 12 events including two relays. I improved my personal best times nearly every time I got in the water, lowering eight of my best times, in some cases by three seconds.

In the early weekends of June I competed in the Midland Age Group Championships after some intense training throughout May. In total I won nine golds and placed top six in the other three events I didn't win. I was the 14 year old overall champion beating second place by over 100 bag-points (each event is given bagcat points depending on how fast the swimmer went. The faster the time, the more bagcat points it has).

Last week I went up to Scotland, again :) This time I competed in the Scottish Commonwealth Trials where I placed 19th in the 400m freestyle, 24th in the 200m freestyle and top 30 in the 50m butterfly.

I am currently looking forward to the National Youth Championships in early August where I aim to put in some solid performances and achieve the next stepping stone on the path; the Level 3 Talent Programme. From there, I'm going to focus towards European Junior events but to get on you have to be 16. I have to wait a little longer as I'm nearly 15 now. I will have to wait another year till anything big comes my way ;)

# LINCOLNSHIRE ELITE ATHLETE PROGRAMME

## Athletes 2009 / 2010



### Julian Adeniran Athletics - Level 3

The last few months have been a meticulous and at times strenuous balance between university law finals and a focused training regime. However I've managed to hold on and successfully graduated a few weeks ago. Full time training has now been able to dominate my focus and I consequently kicked off my outdoor season on the first weekend of June with a podium finish at a British Athletics Premiership League fixture. With training going from strength to strength I was able to follow this up with Gold at the Midlands Championships just a week later, some three tenths quicker than the previous weekend! Unfortunately in the process I sustained a muscular injury in my quadricep. This halted my plans to compete at both the U23 Championships and the European trials. However, rehabilitation has been going well and I hope to be competing once again by the end of July.

Details of Competitions & Results:

BAL 1 - Hendon, London - 3rd Midlands Championships - Birmingham - 1st



### Matthew Aistrop Trampolining - Level 1

Over the past few months I have been training pretty hard. In April there was only one competition, but I didn't enter it due to other commitments. This gave me the chance to train more throughout the month and in May I had two competitions. The first one was the worst competition I had ever done and for the first time ever, I hadn't made the final! I came 14th out of 22. Because I did so shockingly, I had a re-think of my routine and changed it about. The second competition was at the end of May in Liverpool where I came 3rd out of 18. Technically I should have come first if I had performed my first routine to the standard I had been at training the week before.

After the second routine, I was in 7th place which put me through to the final. I then competed a much better routine and had the highest score which put me 3rd. At the end of the day I received a certificate which Rosana (my coach) still hasn't given to me! (Haha) There are no competitions in June which gives me chance to work on a new routine for the County Championships at the beginning of July, and Nationals at the end of July. Although my training is going pretty well, I am suffering from bad hayfever, pain in the lower back and shin splints. I can't wait for the next competition because this will really test my ability to compete in the heat with the hardest routine I have yet not managed to complete! Lol.



### Dominic Beesley Tennis - Level 2

I have played for the the Boston Mens first AEGON team and have won several matches. The team finished first in their league and have been promoted to the National League. I beat a player rated two ratings ahead of me and lost to the number three in UK (U15) in three sets.

Details of Competitions & Results:

I won two Grade 3 doubles titles (U16) in Cheltenham and Chesterfield in regional competitions and won the Boston Boys Club Championship. I reached the quarter finals of two U16 and one U18 regional singles tournaments.



### Henry Beesley Tennis - Level 2

I was selected for both the County U12 and U14 teams. In the U14 competition, I won all my singles matches and my rating has gone up from 8.1 to 7.2 which was my target. My National ranking has gone up to 25 which is the highest I have ever achieved.

Details of Competitions & Results:

I competed in my first Grade 1 National competition  
I won a Regional U12 competition in Cambridge  
I won a Regional U12 Competition in Chesterfield

## Charles Bitowt Swimming - Level 1

No update supplied



## Oliver Bitowt Swimming - Level 3

Hey guys, the past three months have been quite busy for me. I started off by going to the British Gas Championships at Sheffield where swimmers including David Davies and Liam Tancock were appearing to show us amateurs how to swim! (Haha). I managed to put in two strong performances in the 200m backstroke and the 400m freestyle, and I improved my personal best for a new time of 4.07.91, which is only a few seconds off Level 3 National Talent Programme.

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## Joshua Brown Athletics - Level 2

I have been competing in various competitions; Lincs League track and field and the young athletes track and field where I have had to travel to Derby, Milton Keynes and Birmingham. I have also competed at county and regional levels. I qualified for the English Schools combined events in the Pentathlon at Chelmsford which was a good experience. I came 11th and I was very proud of myself for getting that far, as despite only just moving up to the U15s this season, I have already achieved 13 PB's.



## Abigail Burr Swimming - Level 1

With the Lincolnshire County Championships completed in March, I resumed training and the chase for the last remaining Midlands Championships qualifying times that I needed.

At the end of April I competed in the National Arena Swimming League Final at Ponds Forge, Sheffield, representing Lincoln Vulcans Swimming Club (LVSC). I swam in a 50m butterfly event and after the final finished in the morning, my parents and I then drove down to Derby to swim in the 100m butterfly at the City of Derby Open Meet in the afternoon. There, I successfully swam to a Midland qualifying time. At the beginning of May, I competed at the Radford Open Meet at Ponds Forge where I gained the 100m Backstroke Midland qualifying time; giving me 10 qualifying times for the Midlands in June. In June, I spent two weekends in Coventry competing in the Midland Age Group Championships. I finished in eleventh place overall out of a field of 74 eleven year old girls and made the final of the 200m freestyle, just missing the British National Age Group Championships qualifying time by 0.35 of a second!! In the 400m freestyle I missed the National time by 0.2 of a second (but this was still a 10 second PB) I did however achieve a British National qualifying time in the 800m freestyle with a 20 second PB!! In eight out of the ten events I swam to new PBs. In June I also represented LVSC A team in the final round of this years Lincolnshire League where I swam in two individual events winning both with new PB times and was part of two winning relay teams.

Details of Competitions & Results :

April: Represented LVSC in the final of Arena Swimming League Derby Open Meet - 100m Fly Midland qualifying time achieved.

May: Radford Open Meet - 100m Backstroke Midland qualifying time achieved

June Midlands Age Group Championships - finished 11th out of 74 11 year old girls with one British National Age Group qualifying time achieved.

As far as I am aware I am the only 11 year old girl in Lincolnshire this year to have achieved a National time. I was part of the LVSC team which won this years Lincolnshire League.



### Alicia Carlidge Judo - Level 1

In the last three months I have graded twice and now have my 6th mon. I have been training very hard as I entered into my first International competition in London. Leading up to this I also entered a competition in Goole. As I also compete in Gymnastics I have had two County competitions in that aswell.

#### Details of Competitions & Results:

Goole invitational Judo comp	Gold
Kent International Judo comp	Gold
County Level 2 Gymnastics Championships	Two Gold, Two Silver, One Bronze
County Junior Gymnastics Championships	Gold, Junior title for 2nd year running



### Holly Crosby Football - Level 3

I've been on two more camps since my last update. The first one was a week at an U15 training camp at Bradfield college in April. I enjoyed this week a lot having seen many of the girls from the Holland tour again. I feel that at every camp I get stronger as a player in all the four corners of an international footballer: Physical, Mental, Social and Technical. One of the main things that stood out at this camp was that we had Hope Powell, Manager of the Top Women's Senior team for England, come and watch our training session. It was so fulfilling at the end when she spoke to all of us, saying she was very impressed with the quality of our football and that there were certainly lots of future stars in the room. That was very relieving knowing that we had impressed her, as I was so nervous all the way to the training ground!

The last camp I have been to was an U17 five day camp at Warwick University. I was so glad that I had been selected for the next age group as I had to move up to that age group sooner or later to keep me in the international pool of players. I really enjoyed this camp and felt I played well having had good comments from the coaches, along with advice and training tips on how to improve. In this camp we had a friendly fixture against the Ireland U17 squad who are ranked in the top four in the world for the age group. England had a young squad and Ireland's squad consisted of girls at the top end of the age group. We had a very hard game which I thoroughly enjoyed. Even though we lost 4-1 we gave them a good game and had a lot of chances on goal. I played the whole game from start to finish in my preferred position; centre midfield, which I was proud of as it was my first U17 camp. Not bad at the age of just 14!

Having returned from the U17's camp in late April, I have continued to follow an U17's squad training programme and I am currently on a 'out of season' break with Lincoln City Girls Centre of Excellence team. I have to say I am missing not playing football matches with Lincoln every weekend but I am excited that another hard, challenging and exciting season is just around the corner.



### Lara Dennis Equestrian - Level 3

#### Able bodied results:

Feb - won first advanced/medium of the year after my operations and also won my first ever Advanced with a fab score of 64.47

April - Winter Championships at Hartpury. I was disappointed with myself as I got my first ever attack of nerves and it effected Polly in her walk work, which resulted in some 3's. This lost us a top ten placing, which was my goal for season.

May - won another advanced/medium with my best score of 65%, and achieved my first ever qualification for the British Dressage Regional's in August. At the end of May, I travelled to Cheshire for my first ever Premier League against the top professionals and GB able bodied rider. I finished 4th in my advanced/medium, but sadly in the Advanced I had two blonde moments and went wrong costing me 12 marks.

#### Para competitions:

Feb - after a long time off with snow and only two weeks back in the saddle from an operation, I had a 3rd and 4th with a pleasing score in both of 62.58%

April - I won my first Para test in two years with a good score of 66.56% and in the next test came 2nd to the Triple European Champion with an even better score of 68.39% - my best ever scores in paras in two years

This meant I qualified for the National Para championships at Hickstead in June, but at the National Para Championships, disaster strikes! Ten minutes before my first class, a rider in the warm up rode into me and sadly broke my ankle and damaged the ligaments.

The end of what has been truly my best season.



## Guy Embrey Trampolining - Level 2

On 12th June, I travelled to Liverpool. We had to leave early in the morning and I don't like early mornings so I slept in the car on the way there! When we arrived I got changed into my competition clothing and started to warm up. This was my second competition at this new level of FIG B U19 Boys. I was really nervous, so nervous I felt really ill. I completed my first routine and it was okay; a bit messy though! Then I completed my second routine and I was about a foot away from falling off at the end. I finished 14 out of 21. It was not my best performance and I was disappointed with myself, but I had to get over it.

The next competition was in Lincoln on 4th July; the County Championships. I had learnt a new routine for this competition and was feeling really confident. I completed my first routine and got three 9's and two 8.8's out of ten from each judge. I was really happy. Then I did my second routine and I knew it was a hard routine but I was really comfortable with it, and I got 7's from each judge for it. I ended up winning it and becoming U17 County Champion which I am really pleased with.

My next competition is the National Finals which is where the best people in Britain compete against each other. I am training really hard for it, as I am hoping to win and become National Champion!

No photograph supplied

## Rebecca Franks Swimming - Level 1

I competed in the Disability Junior Nationals, National Short Course, Internationals and disability open events. This year I hope to perform well at the Disability Long Course Championship in Swansea. I have taken part in the Nationals Junior DSE Internationals, and have qualified for the Midland Youth Games. I am also on the Regional Talent Programme with British Swimming.

Details of Competitions and Results:  
Two golds at the Nationals  
Eight golds at the Countys



## Lauren Freeman Swimming - Level 2

Recently I have competed in the City of Radford open meet, the No Frills open meet, the Youth Midlands and the qualifier for the biathlon national final.

At the City of Radford open meet and Youth Midlands I didn't swim very well; just off my personal bests. At the No Frills open meet I swam well and gained PBs in 3 out of 4 swims; 200 backstroke, 200 individual medley and 100 freestyle. I qualified for the National Biathlon which is on 4th July. I also have the Nationals coming up for swimming which are the start of August where I have qualified for 400, 800 and 1500 freestyle. I am really looking forward to this as its a big competition racing against people from all over the country.



## Henry Gregory Trampolining - Level 2

I have been training hard to move up to Fig B and I managed to do this at the Welsh Gala on 1st May, where I came first with a score of 82.40. The next one I did was on 22nd May at the Midland Gala. Competing at Fig B here I came first with a score of 84.60. Finally, I competed in the Northern Gala Big B where I came 4th with a score of 79.30.

Details of Competitions & Results :  
Welsh Gala 1st 82.40 Midland Gala 1st 84.60 Northern Gala 4th 79.30



## Kate Gregory Trampolining - Level 2

So far this year in 2010 I have competed in 4 grading competitions, and I am aiming to qualify and get the correct score to compete in the National Finals in Birmingham. I qualified for National Championships in my first competition of the year. This month I competed in the North West National Gala in Liverpool. Competing in the U17s age group, I finished 3rd out of 20+ people competing.

Coming up, I have the County Championships taking place in Lincoln on 4th July, then National Finals taking place on 14th July in the National Indoor Arena in Birmingham. I am hoping to come in the top 30 female U17s in my grade, National C, as there are usually just under 100 people competing in my group.



### Lauren Harris Horseball - Level 1

This Horseball season, I have moved onto a new team and couldn't have wished for a better start as we won at our first competition. Although we have been unable to maintain our winning debut during the last two competitions, this will encourage us all to try harder! I am travelling to France to play from 8th - 12th July 2010, which should be a fabulous experience.

Details of Competitions & Results :

Played at Laughton Manor (where we won), Solihull, Rugby and more recently Trent Valley at Southwell.

After my French trip, the next Horseball event is again at Trent Valley in September which hopefully, will be a winning one!



### Sophie Harris Football - Level 3

I am currently doing my fitness training sent to me by England and Arsenal; getting ready for the new season. I have to attend Loughborough University on 17th July for an England fitness test.

This season I will be playing for Arsenal Academy, hopefully playing in the reserve team and getting my performances recognised. I hope there will be opportunities to get in the first team by the time I'm 18 and to keep my place in the England U17 squad.

The England U17 squad have a training camp mid August and then the next gathering will be in September. This is the squad selected for the first qualifying matches in the U17 European Championships which I am training hard to be selected for.



### Adam Harrison Table Tennis - Level 2

I have attended two National Youth Development Training weekends since my last update.

Details of Competitions & Results :

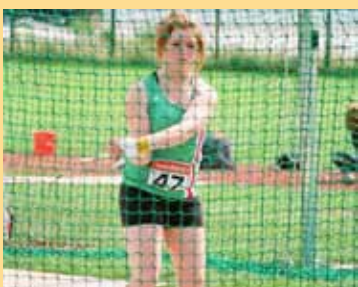
24/04 English Schools National Finals (U15) - reached last 16

25/04 Played for East Midlands in Regional Championships - won 3 of 5 matches, finished 2nd

29/05 National U14 Championship - reached last 8, lost to No2 seed in a close match

### Alison Haworth Swimming - Level 2

No update supplied



### Stephanie Hendy Athletics - Level 2

I have been carrying out a successful hard winters training in order to prepare for the forthcoming season which has just begun. I carried out my first competition of the season on Sunday 5th April and threw a new PB which is almost 4m more than my previous. This new personal best placed me 4th in the UK (U20 women) and 12th in the UK overall.

Details of Competitions and Results:

5th April, Mansfield spring spruce - 47.15metres and came 2nd position to the UK number 1. I am only starting to compete as my season is just beginning.



### Stephanie Hunter Equestrian Vaulting - Level 1

As a member of the English Vaulting Squad, my team has been selected to represent Team GB in the World Equestrian Games which will be held in Kentucky, America in October this year. We also took part in a competition that was filmed by Blue Peter and will be aired later on this year to help promote the sport and our trip to America. My team won the Senior team class. We then went on to do another competition the following week in Scotland and again won the Senior team class. We are now training for the next International competition which will be held in Aachen, Germany at the beginning of July.

Details of Competitions & Results :

2nd-4th April 2010: International competition in Saumur, France. 5th place in Senior team class.

Selected to represent Team GB in the Nations Cup class and came 3rd place, 24th April 2010:

National Blue Peter competition at Moulton College, Northants. 1st place in Senior team class.

1st place with Blue Peter representative in Fun class, 2nd May 2010: National competition at Oatridge College, Scotland. 1st place in Senior team class.

### Vikki Hubbard Athletics - Level 3

No update supplied

### Patrick Jowett Athletics - Level 3

No update supplied



### Olivia Kesley Swimming - Level 2

Following a very successful county championships in March, I have swum increasingly well at a number of recent events. A summary of these swims is below:

Radford Level 1 Open Meet - May 8th/9th 2010 – Ponds Forge, Sheffield  
400m Individual Medley - 2nd in age group, 10th overall, 100m Butterfly - 2nd in age group, 9th overall, 1500m Freestyle - 1st in age group, 3rd overall (achieved national qualifying time), 400m Freestyle - 2nd in age group, 10th overall, 100m Breaststroke - 1st in age group, 13th overall, 200m Individual Medley - 1st in age group, 5th overall, 100m freestyle - 4th in age group, 25th overall. This was a very successful meet and I was really pleased to achieve a national qualifying time in my 1500m freestyle – beating the required time by almost 20 seconds

City of Sheffield 'No Frills' Level 1 Open Meet - May 29th/30th 2010 – Ponds Forge, Sheffield  
800m freestyle - 2nd in age group, 200m Freestyle - 3rd in age group, 100m Breaststroke - 8th in age group, 200m Individual Medley - 1st in age group, 200m Butterfly - 1st in age group, 100m freestyle - 6th in age group, 400m freestyle - 1st in age group, Midlands Regional Championships 5th/6th & 12th/13th June 2010 – Coventry Sports Centre. This is the major regional age group championship for East and West Midlands athletes. Overall I placed 4th in my age group.

I was really pleased to maintain a top 5 placing in the Midlands region as well as claiming 1 silver and 2 bronze medals. I was also pleased that our freestyle relay team swam really fast and has now qualified for the national Championships in July again at Ponds Forge.

Finally, since January I have managed to claim long course county records in the following events: Freestyle - 100m, 200m, 400m, 1500m, Breaststroke - 100m, Backstroke - 100m, Butterfly - 100m, 200m, Individual Medley - 200m, 400m.

Overall it's been a very successful quarter and I am now really looking forward to the National Championships in July.



### Sarah King Cycling - Level 2

Over the last three months I have just entered my major racing season and it's been brilliant! I'm really liking the longer races and hilly circuits which makes such a change from last year, and I'm getting better results as the season is going on.

My best achievement over the last three months was coming 3rd at the Junior Road Nationals, because it was very unexpected! It was a tough and hilly 50 mile course in Lancashire, and with the finish at the top of the biggest hill it wasn't easy at all. I just had to give it everything!

It's also brilliant being on a supportive race team, as I get to write a blog ([www.langdaleteam-green.com](http://www.langdaleteam-green.com)) after each of my races and read what everyone else is getting up to as well.

Major Results: National Junior (U18) Road Race Championships - 3rd, National Junior 10 mile Time Trial Champs - 3rd, National Junior 25 mile Time Trial Champs - 2nd.

I also became a 2nd Category Rider and won the Sleaford Standard's Junior Women Sportsperson of the Year

Details of Competitions & Results :

April - National Women's Team Series Maidenhead - 15th - National Women's Road Series Cheshire Classic - 18th - Women's Team Series Bedford 2 day event - 4th Junior, and 20th woman overall

May -National Women's Road Series, Clitheroe - 18th -National Women's Circuit Series, Hillingdon GP - 20th -National Junior 10mile Time Trial Championships - 3rd -National Women's Circuit Series, Dumfries - 7th -National Women's Road Series, Dumfries - 14th

June -National Junior 25mile Time Trial Championships - 2nd -National Women's Team Series, Melbourne - 15th - National Junior Road Race Champs - 3rd in Junior Champs, 11th woman overall - Horizon Fitness Women's National GP - 11th - Smithfield (London) Nocturne Circuit race - 5th - National Women's Team Series, Stratford Upon Avon - 15th



### Kelly Lawrence Athletics - Level 1

Its been a difficult three months with revision and A Levels, so it's nice that they are all over and I can concentrate on my athletics. I won the Lincolnshire County Championships in shot, hammer and discus, Lincs Schools in shot putt, discus and second in the hammer, and in the Anglian schools I was 2nd in the shot, won the discus and was 3rd in the hammer. I am now concentrating on gaining more PBs.

#### Details of Competitions & Results :

Shot putt 8.76 Lincs schools 1st, Shot putt 8.31 Anglian Schools 2nd, Shot putt 8.09 Lincs Champs 1st, Discus 28.91 Lincs County Champs 1st, Discus 28.82 National Junior League, Discus 28.51 Lincs County Champs 1st, Discus 28.45 Anglian Schools 1st, Discus 28.36 Southern Womens Hammer 38.70, National Junior League SB Hammer 36.64 Lincs County Champs 1st, Hammer 36.14 Lincs Schools 2nd, Hammer 34.79 Anglian Schools 3rd, Hammer 36.14



### Samuel Lawrence Athletics - Level 1

Not a great three months as I chipped and split a bone in my foot by going over on my ankle whilst playing football in a cup final. I was supposed to be out for two months, but I wanted to compete in the English Schools Combined event this year so I competed by jumping off my other leg in high jump and long jump, and doing enough in the others with lots of ice and treatment. I'm just coming back into full fitness and gained PBs in 400m, Discus and Javelin and got Club Records in Discus and Javelin (twice!) Things can only get better!

#### Details of Competitions & Results :

100m 11.2 Lincs Schools 100m 11.2 Anglian Schools 100m 11.34 Peterborough Open 100m 11.7 Lincs Schools Combined 400m 60.4 Lincs Schools Combined 400m 55.5 English Schools Regional Round 110h 18.00 Lincs Schools Combined 110h 18.5 English Schools Regional Round HJ 1.31 Lincs Schools Combined HJ 1.57 English Schools Regional Round PV 3.00 Peterborough OPen PV 3.00 Lincs Schools Combined PV 3.00 English Schools Regional Round PV 2.50 Lincs County Champs LJ 5.83 English Schools Regional Round SP 10.65 Lincs County Champs SP 11.41 English Schools Round Discus 35.05 Lincs Schools Combined Javelin 49.44 Anglian Schools Javelin 49.28 Southern Mens Javelin 48.90 Eat Anglian League Javelin 48.41 Lincs Schools Javelin 47.22 Lincs Schools Combined Decathlon 4099 - with injured foot.



### Shona McCallin Hockey - Level 3

National School Outdoor Champions with Repton - March 2010, 4 Nations Tournament with England U18s - Silver Medal. Continuous training the England U18s. Invited to train with England U21s and join their training programme.

#### Details of Competitions & Results :

Became National Outdoor School Champions in March 2010 with Repton School, completing the Indoor and Outdoor double, after winning the Indoor title in January. Won the final 3-1 where I scored one goal. Represented England U18s in Holland in a 4 Nations Tournament with England, Holland, Germany and Spain. Lost narrowly 1-0 in the final to Holland with a goal in the last 5 minutes. I started each of the 4 matches, playing in a midfield position. Selected to play for England U21s against Spain in a 3 match test series.



### Alex McNamara Para-Equestrian - Level 3

2nd overall at La Baule France showjumping competition preparing for internationals at Hickstead and Hartpury College in June and July respectfully.

#### Details of Competitions & Results :

15th and 16th May - competed at La Baule France on my horse Just Azbach - came 2nd overall with 0.5 time faults after going clear both days.



### Alex Millar Rugby - Level 2

Selected for Nottinghamshire, Leicestershire and Derbyshire (NLD) U20s B Squad for the County 7's. I was also selected for NLD U18s and U15s, and will be in pre-season training throughout August.

#### Details of Competitions & Results:

Plate Quarter Finalists at National County 7's Tournament for U20 B Squad



## Adam Mohan Athletics - Level 2

Making good progress in my recovery from my knee injury. I recently started running again and will be back throwing in the winter. I'm looking forward to next season!

### Details of Competitions & Results:

Due to my knee injury, I have not been competing this season



## Jenna Mohan Athletics - Level 1

I won the Lincolnshire Schools Junior Girls Javelin competition with a new PB of 28.52m, which is a Bourne Grammar School and Nene Valley Harriers Club Record. I got picked to represent Lincolnshire for the first time in the Anglian School Championships. I also competed in the 100m and Javelin to help Bourne Grammar's Junior Girls team win the Regional final of the English Schools Cup Competition, and reached the National Finals for the second year running. In the Young Athletes League match at Peterborough I won the 'Athlete of the Match' award for winning all three throwing events.

### Details of Competitions & Results:

Lincolnshire County Championships, 8 May - 2nd U15 Javelin 25.89m

Lincolnshire County Championships, 12 June - 1st Junior Javelin - 28.52m National Young Athletes League - won all 3 Javelin Competitions

25.80m at Corby on 2 May, 24.64m at Derby on 16 May and 25.89m at Peterborough on 20 June. Discus PB 19.48 at Corby on 2 May. Shot PB 7.95m at Peterborough on 20 June.



## Robert Mohan Athletics - Level 3

I have been doing a mixture of U20 and Senior competitions this outdoor season. I won the Lincolnshire County Champs with 17.30m, improving my county U20 record, and won the 'Lincoln City and Colleges Trophy' for best performance. I came 3rd at the BUCS Outdoor Champs in Bedford throwing a PB of 15.90m (7.26kg). I was disappointed to come 2nd at the England Championships but beat the winner the week after!. I also made my GB debut when selected by GB U20s in the Shot Put for the Loughborough International.

### Details of Competitions & Results:

6kg (U20) 9th May: Lincolnshire County Champs (1st) 17.30m 13th June: Northern U20

Champs (1st) 17.04m 20th June: England Champs (2nd) 17.26m 27th June: NJAL (1st)

16.95m 7.26kg (Senior) 3rd May: BUCS Outdoor Champs (3rd) 15.90m PB 12th May: LSAC v

Birmingham Uni v Army 15.34m PB 23rd May: Loughborough International 15.63m



## Emily Moss Athletics - Level 1

### Details of Competitions & Results:

Loughborough International B Race 400 hurdles - 1st (PB)

Northern Championships 400 hurdles - 2nd (PB) 61.91

National U23 Championships 400 hurdles - 7th

Improved PBs for 400 hurdles (61.91) and 800 (2:08.92)



## Hannah Nutch Table Tennis - Level 1

I am continuing to train hard and play at a high level, and am starting to plan for next season when I hope to start to see all of my efforts pay off. I have recently been invited to attend a National Training Camp for a week. I am one of two girls invited from the East Midlands.

### Details of Competitions & Results:

Runner up under 13 girls at Clifedale Chandlers 1 star tournament Trained with the England youth development squad at Sheffield, Quarter finalist under 13 girls at Cheltenham 4 star tournament. Runner up with the East Midlands squad at the regional squad championships, Semi finalist under 14 girls doubles at 11-14 National championships. Qualified for the 11-14 championships as No 1 girl in East Midlands, Winner Junior banded at Westfield 1 star. Runner up Cadet girls at Westfield 1 star. Semi finalist cadet girls at Burton Uxbridge 2 star, Winner under 13 girls at Burton Uxbridge 2 star Invited to attend National training camp at Lilleshall.

### David Overton Hockey - Level 3

No update supplied

### Oliver Richmond Swimming - Level 1

No update supplied

### Richard Sargent Wheelchair Basketball - Level 4

No update supplied

### Alexander Simmons Swimming - Level 1

No update supplied



### Sarah Stanhope Athletics - Level 2

I have not had as good a start to the season as I hoped for. My distances for my Hammer throwing is down from my winter training, but things are looking better again in training. Despite this, I have achieved the goals that I wanted e.g. County Championships. I'm busy juggling training and exams at the moment, but I am finding my sport relaxing inbetween exam revision. I have thrown over the National standard for English Schools and over the qualifying distance to enter the AAA U17 Championships in August.

Details of Competitions & Results:

Lincolnshire Athletic County Championships, I am County Champion in two events, I came 1st in the U17 Hammer, with a throw of 42.24m, a new Championship Best Performance. I also came 1st in the discus with a throw of 28.33m. At the Northern Athletics Championships, which was held in Leigh, Manchester, I threw 44.26m to take silver and was also presented with a silver salver from England Athletics for throwing over the AAA grade one standard.

### Gary Taylor Clay-Target Shooting - Level 3

No update supplied

No photograph supplied

### Mollie Temple Swimming - Level 2

Since March, I have continued to train hard week in week out and stepping up my focus for the National Youth Championships next month at Ponds Forge in Sheffield.

At the beginning of April I competed at the British Gas Long Course Championships in the 400 Individual Medley, where I swam a seasonal best time of 5.04.86. I was elated, after achieving this time since breaking my wrist a couple of months previous to the event.

In early May, I swam at the Midland Youth Championships at Coventry, where I swam the 200 and 400 Individual Medley and the 100 and 200 backstroke. In each event I swam a solid performance and also made the 14/15 year old final for each. For the last Saturday in May, I swam at the No Frills Open Meet in Sheffield, where I swam a pleasing performance in the 400 Individual Medley and 0.5 of a second out my personal best in the 200 backstroke.

Finally, I have been chosen to swim at the UK Schools Games, Newcastle in September. I have been selected to swim for the England Central team and to swim the 400 Individual Medley. Over the course of the 6 weeks, I shall be completing the final stage of this seasons program, which is leading up to Nationals in the first week of August, where I hope to swim to a high standard and achieve my goals for this past season.

Details of Competitions & Results :

April At the British Gas Long Course Championships I swam a seasonal best and achieved 30th in the women's open category.

May Midlands: I achieved a silver medal in the 400 Individual Medley for the 14/15 year age group. I achieved a bronze in the 200 backstroke for the 14/15 year age group. I achieved a bronze in the 100 backstroke for the 14/15 year age group.

No Frills Sheffield Open Meet: I achieved a bronze medal in the 400 Individual Medley for the 14/15 year age group. I achieved a bronze in the 200 backstroke for the 14/15 year age group and a new seasons best.



### Harley Towler Badminton - Level 3

The season finished in May, so now I am preparing for next season mainly through fitness training. I have been placed on the U19 World Class Potential Programme ran by Badminton England for the second year running.

I finished the season with good overall rankings:  
U19 Boys Singles - 7th, Mens Singles - 35th, Mens Doubles - 22nd, Mixed Doubles - 16th,  
World Ranking Mens Singles - 680, World Ranking Mens Doubles - 352

#### Details of Competitions & Results:

I only played one tournament in April and May, which was the York Challenger, where I reached the Last 16 in Mens Singles and Last 16 in Mens Doubles.  
I also played the Sussex Elite, where I reached the Last 32 in Singles and Doubles, and reached the Last 16 in Mixed.



### Kieran Tscherniawsky Athletics - Level 3

Reached two more metres in my discus throwing since my last update. My PB for discus is now 26.34 metres (18m off the A-Standard distance).

#### Details of Competitions & Results:

peravale 18.4.10...21.91m cp sport event peravale 9,5.10...23.29m uka event wigan  
22.5.10.....23.08m cp sport event Cardiff 12 6 10....22.55m uka event B W A A internationals  
20.6.10 ...23.85m



### Ashton Turner Golf - Level 3

I have continued with my great start to 2010 as my handicap is now 0.6!

In May I broke the course record again at Kenwick Park GC. I scored gross 69. I also achieved one of my goals in May and became Lincolnshire Boys U14 & U16 County Champion. I have continued my training with the Midland Squad. I am extremely proud to be the Captain of the U14 Lincolnshire County Team again. I am continually practising good golf techniques and strategies both physically and psychologically, working on my fitness development to enhance my stamina and following a physio's exercise programme to develop my strength and flexibility.

#### Details of Competitions & Results :

June - handicap 0.6 June - Lincs Amateur Championship at Seacroft GC (2 rounds). Scored gross 75 & 71 June - Won lowest gross (72) in the June Medal at Kenwick Park GC  
May - Won for the Kenwick Park Junior Team against Sandilands. May - 3rd in a Kenwick Park club trophy competition. Scored 40 points/gross 67 May - Won U14's & U16's categories at the Lincs Boys County Championship at Grimsby GC (2 rounds) Gross 83 & 70  
May - Broke the course record again at Kenwick Park GC. Scored gross 69 May - Won a Kenwick Park club trophy competition (2 rounds). Scored gross 77 & 69 May - 3rd at the Lincs County Schools Finals at Elsham GC (2 rounds). Scored gross 74 & 72 May - Won a Kenwick Park club competition with my partner. Scored gross 69  
May - Won the lowest gross (77) in a Kenwick Park club competition  
Apr - 4th in a Kenwick Park club competition. Scored 35 points Apr - Won 2 and 1 for the Kenwick Park Junior Team against Woodhall Spa Mar - Won 2 up for the Kenwick Park's Men's 'A Team' against Sandilands Mar - Lincs County Trials at Market Rasen. Gained 19th place



### Maisy Turner Golf - Level 1

I was part of the the team of three that represented Lincolnshire Schools in the North of England U18 Championships where I shot one over par. I was selected to play for North East England Schools in the final but unfortunately I had to decline due to exams. I have a really busy month ahead as I am playing in the Junior County Championships, Peterborough Schools Championships, English Schools and English Girls U15 Championships at the end of July.

#### Details of Competitions & Results :

Lincolnshire Schools under 18 Championships - part of the winning team counties playing were - Northumberland, Durham, Yorkshire, Cheshire and Lancashire.

## Laura Ware Rugby - Level 2

No update supplied

## Lauren West Equestrian - Level 2

No update supplied



## Hayley Williams Swimming - Level 2

23 golds, one silver plus various plates and cups in the Lincolnshire County Championships, Broken eight new records, plus won all seven legs of the skins (a knockout, slowest drops out, over 50 meters 8,7,6,5,4,3,2 winner, races to run over a three minute time frame, including race, rest and return to blocks)

Details of Competitions and Results:

Burns Open Gold 50m Breast

Silver 100m Breast

Talent camp with British swimming at Corby

Attending British Championships in the 50m Breast this week (30/03/10)

Lincolnshire County Championships:

Age Group Championship 50m freestyle 1st 1st, 100m freestyle 1st 1st, 200m freestyle 1st 1st, 50m back 1st 1st, 100m back 1st 1st, 200m back 1st 1st, 50m breast 1st 1st, 100 breast 1st 1st, 50m fly 1st 1st, 100m fly 1st 1st, 100m ind. medley 1st 1st, 200m ind. medley 1st 2nd



## Stephanie Williams Athletics - Level 1

Lincolnshire Schools Champion for 300m hurdles and high jump.

Anglian School Champion for 300m hurdles.

Lincolnshire Schools Champion Combined Events (Heptathlon) Eastern Region Combined Events third place.

Qualified for English Schools in 300m hurdles and combined events. I have achieved a large number of the targets which I had set myself in 2009 including Pb's across most events: High jump 1.59, 300m hurdles 46.1 sec, 80m hurdles 12.8 sec, shot 6.94 meters, 200m 27.3 sec, 800m in heptathlons 2:20.3 .

Details of Competitions & Results:

As above.

And, I came fifth in the South of England Athletics Championships.



## Bernice Wilson Athletics - Level 2

I made the Great Britain 4x100mts relay squad, I finished 7th in the final of the 100m Aviva UK National Championships and at the European Trials recorded a PB in the 100m of 11.78, and in the 200m of 24.19.

Details of Competitions & Results :

Friday 25th June - Saturday 26th June at Birmingham. Aviva UK National Championships and European Trials 7th in the final of 100mts UK Womens Athletics League - Manchester. 1st 100mts and 200mts 1st

## Ben Wray Rugby - Level 1

No update supplied



## Robert York Windsurfing - Level 2

I have had a great start to the season winning all three of the National Competitions and representing UK in two European Competitions; winning both of them.

Details of Competitions & Results:

UKWA national inland event 1 18/19 April Pitsford reservoir 1st North Sea Cup Brouwersdam Holland 25th April - teams from Holland Belgium France UK, 1st UKWA National Sea Cup Weymouth 1,2,3 May 1st UKWA National Sea Cup Folkestone 28,29,30 May 1st North Sea Cup Folkestone teams from Holland Belgium France and UK, finished 1st.

# LINCOLNSHIRE ELITE ATHLETE PROGRAMME

## Information for Athletes 2009 / 2010

### **Athlete Profile Updates**

Athlete's must update their profiles every three months via the Lincolnshire Sports Partnership website, [www.lincolnshiresports.co.uk](http://www.lincolnshiresports.co.uk), to remain on the Lincolnshire Elite Athlete Programme.

The next deadline dates for the 2009/2010 Athlete Profile Updates are:

Thursday 30th September 2010

Thursday 23rd December 2010

The LEAP Newsletter, containing all updates, will be sent out approximately two weeks after the deadline date, and updated on the website thereafter.

**Athletes are encouraged to submit their profiles in an informal, chatty, blog style. Please see Oliver Bitowt's example of this on page 2.**

### **Press Releases**

Do you have a sporting story you want to tell us? Do you have a sporting achievement you want to share with your town and the rest of the county?

Please do not hesitate to send any information about your achievements or competition wins to Hayley Cook at the Lincolnshire Sports Partnership. We can distribute your achievements as a press release and try our hardest to get your achievements recognised in the local media. Contact Hayley on 01522 585580 or [hayley.cook@lincolnshiresports.co.uk](mailto:hayley.cook@lincolnshiresports.co.uk).

**In the last three months, we have circulated press releases about Kieran Tschnerwiasky, Sophie Harris, Ashton Turner, Richard Sargent and Hayley Williams, to name a few.**

### **LEAP 2011**

Applications for LEAP 2011 are now open, and we are encouraging you all to re-apply for LEAP. The application for current, and new performers can be found on the Lincolnshire Sports Partnership website: [www.lincolnshiresports.co.uk](http://www.lincolnshiresports.co.uk).

Visit [www.lincolnshiresports.co.uk](http://www.lincolnshiresports.co.uk) for more information about LEAP