



Sports shorts

RUGBY: OLD PATESIANS Ladies are looking for new players for this season. The club was formed in 2006 and won the South West division of the Spirit of the Game Development League in their debut season.

Training is on Monday 7pm-9pm and Friday 6.30pm-7.30pm at Old Pats, Everest Road, Cheltenham. For more information contact team manager, Debs Green, on 07890 765704 or on debbiegreen8@tiscali.co.uk

CROQUET: CHELTENHAM Croquet Club hosted the Midweek Over 50 Advance Tournament, which proved to be almost a clean sweep for the visiting players who won three of four categories.

Manager Dennis Moorcraft coped well with the re-scheduling required by the wet conditions. The hard work put in on the lawns by the club volunteers during the season was amply rewarded by the fact that only one lawn from eleven had to be taken out of play during the three day tournament.

Woking member and regular visitor to the Old Bath Road club David Mumford proved too strong for his opponents winning the A Group with a total of 12 points.

The final game of the B Group proved vital in deciding the overall result. Tony Forbes (Cheltenham) held on to his small lead against John Crowe (East Dorset) which prevented Crowe from winning the section and handed victory to Jonathan Isaacs (Chairman of the Croquet Association).

Keith Davis and Bruno Puccini saved Cheltenham's embarrassment when they tied for the top in Group C. Jane Hull returned to winning form when she secured an eight point victory in Group D.

The next event will be the final club day of the season on 14 September.

HOCKEY: AFTER the mixed fortunes of the previous weekend at the Taunton tournament, the Cheltenham Ladies first team had a comfortable 3-0 win over Stourport, who finished top of Midlands Division Two last season. Playing the flowing attacking hockey encouraged by new coach Graham Cartmell, Cheltenham deservedly took the lead with a penalty corner rebound coolly finished by Emma Jones just before half-time. In the second half Cheltenham extended their lead with a rare goal from captain Gayle Ashby, and rounded the game off with an open play goal from Nat Lewis.

Meanwhile, the first game of the season proved tough for Cheltenham seconds, who found themselves under a lot of pressure in the first 20 minutes. They battled to stop Witney scoring and a good set piece gave Cheltenham the first goal first through Vanessa Burton. Witney attacked back and got two goals back before half time. In the second half after manager Chris Jowett's team talk, Cheltenham looked more settled and played some good fluid hockey. Goalkeeper Lara Harvey made some excellent saves which kept Cheltenham in the game.

Cheltenham managed to equalise from a short corner through Sophie Jowett and contained and held on for a 2-2 draw.

Red Lion roar to Ebrington title

Picture: Not for resale

Football

THE first Ebrington Arms football tournament was won by the Red Lion from Ilmington.

They came out on top of the eight pubs who entered teams, defeating the Eight Bells from Chipping Campden 3-1 in the final thanks to a hat-trick from Andrew Miles.

As the trophy was awarded back at the pub thoughts were with Rob Sibthorp, who played for the Ebrington Arms team but ended up in hospital after breaking his leg.

Organisers Jim and Claire Alexander were delighted with the support the tournament received, with 100 people turning out to watch, and they hope to make it an annual event.

The Vets match, which took place before the competition proper, was won by Milton Harris' team.

Jim said: "We were so chuffed with the turnout.

"The whole thing went really well and it's going to be an annual event.

"The lads from the Red Lion in Ilmington played brilliantly and deserved to win, so a massive well done to them.

"Thanks to everyone who supported us."



CHAMPIONS: Winners The Red Lion. Back (from left) John Guthrie, James Murray-white, Rob Wilkins. Front (from left) Garath Eastgate, Gary Hawtin (captain), Chris Sabin, Richard Law (Coach). Player missing: Andrew Miles

Palmer is 'Up & Running' ready for marathon bid

Picture: Dan Istitene. 890712-8di



CAPTION: Jon Palmer tries out some new running shoes at Up & Running and (right) Pete Hooper uses Dartfish to analyse his technique

ONE of the keys to avoiding injury when running is to ensure you are fitted with suitable footwear.

The Up & Running store in Cheltenham's Lower High Street offers free digital gait analysis and expert advice on how to choose the correct trainers to suit your style.

Manager Pete Hooper, who has been in charge for five months, is an experienced runner.

The former University of Gloucestershire student has completed marathons in London, Berlin and Prague.

He said: "The wrong trainers will cause injuries and blisters.

"Our full gait analysis determines what sort of shoe and what levels of support and cushioning you need.

"Customers can see for themselves how they run and we can slow it down frame by frame and show them why they need support in certain

Sports reporter JON PALMER is running the New York City Marathon in November. He had his running style analysed and was fitted with some new trainers by Up & Running manager Pete Hooper.

areas." As I build up my preparations for the New York City Marathon in November, I was fitted with a pair of New Balance trainers, designed for comfort over long distances.

"We have gone for New Balance because you have worn them before and had no problem," Pete said.

"You like the fit of the shoe so I have given you a more cushioned, updated version and it will provide a more comfortable run for you in New York."

Up & Running is the UK's largest independent specialist running retailer. For more information visit the store at 290, High Street, Cheltenham, ring 01242 242789 or visit upandrinning.co.uk.

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Cheltenham Skittles

RESULTS - WEEK ONE, MEN'S SECTION

PREMIER A DIVISION: Cannonballs 440 Rebels 465; Staverton Flyers 480 Outsiders 436; Baro Boys 494 Bishops Cleeve Outcasts 430; Rolling Pins 420 British Legion Extras 414; the Steamers 466 Victory D 451; Travellers 457 Legion B/B/C 469; Saracens C 523 Destroyers 505.

PREMIER B DIVISION: Robins 405 Golden Miller 458; Shurdington CC 494 Huntsmen 478; Stragglers 463 Fox & Hounds 466; Strollers 509 Mackesons 497; Diards 376 the Rose 425; Bishops C Rangers 443 Royal Rollers 427; Hath & Redd CC 463 Brown Jug Flyers 457.

DIVISION ONE: Shadrows 468 Merryboys 440; Saracens A 448 Kraftsmen 490; Black Abbots 434 Merrymakers 423; Tivoli Boys 449 Sinners 485; Smiths A 451 St Marks 401; Chosen Champs 452 Starbrights 476.

DIVISION TWO: Madhatters 458 Kingpins 419; Pittville Outcasts 425 Batmen 428; Chelt Cricket Club 417 Cream the 436; Smiths B 385 Old Golds 428; Divers 427 Keg Streakers 469; D'S Lnr 441 Cannonballs Elite 445.

DIVISION THREE: Duke Of York 431 Fir Trees 426; Telehoist A 490 Jug O Nauts 421; Temperance 12 448 Gamps the 420; Beehive Bitzas 449 Whaddon Sports 426; Fishers 423 Adders 441; Merryfellow B 495 Celery Boys 480; Vikings 393 Eagle Star A 438.

DIVISION FOUR: All Stars 432 Ullenwood CC 434; Britannia 482 Whaddon Old Boys 430; Cowley C. C. 466 Flowers Original 444; Greyhound 484 Shurdington Sports Club 455; Norwood Arms A 416 Victory A 453.

DIVISION FIVE: Nomads 376 Flyers 458; Ex Cons 470 Tabards 440; Sundowners 444 Three Bees 435; Old Anchor A 448 Winalots 446; Gas Exiles 438 Kingfishers 392; Rowanfield S. C. 498 Seagulls 480; Syndicate 420 Pluckers 435.

DIVISION SIX: Brown Jug B 415 Cheltenham Allsorts 459; Generals 493 Prestbury Acoms 494; Granny Smiths 483 Merryfellow A 479; Cheltenham King George 420 Globetrotters 426; Double Barrel 408 Lansdown 404; Odds & Ends 450 Springboks 435; Superstars 426 Oddfellows Arms 418.

DIVISION SEVEN: Classics 385 Garth Street Urchins 420; Old Pats C 437 Broily Boys 475; Tivoli CC 509 X Bees 476; Deep Litter Boys 402 Albion House 429; Bishops 451 Royal Oak B 451; Victory C 432 Outlaws B 399; Wombles 422 Beaufort Bombers 434.

DIVISION EIGHT: Phoenix 420 Mira 428; Sharks 455 Members the 456; Vaults On Tour 489 Springers 498; Series 12 440 Knot'Eres 461; Charlton Club E 442 Could Be'S 452; Swan A 408 Wanderers 408; Av-Its 549 Hillview Men 540.

DIVISION NINE: Hillbillies 441 Smutty Shunters 394; More Yabs 422 Cheltenham Bus Club 423; Co-Op 469 Barons the 477; Anthill Mob 475 Magpies 432; St Thomas More 441 Green Dragon 459; Tankards 392 Prestbury Rovers 385; Bye Parklands B.

DIVISION 10: Grenadier Guards 409 Combine the 404; Mavericks 448 Bristol Street Motors 415; Royal Bees 463 Cavendish House A 442; Charles Dickens 429 Young Ones 429; Outcasts 448 Outlaws A 446.

LADIES SECTION

PREMIER A DIVISION: Smiths Beez 378 Aristocrats 418; Suffolk Family 474 Wheatsheaf Ladies 476; Oak Breakaways 405 Charlton Ladies B 414; Gothics 388 Parklands Ladies 420; Beaufort Belles 436 HicCups 415; Rolling Pins Ladies 383 Old Anchor Ladies 412.

PREMIER B DIVISION: Black & White 407 Belles 460; X B J'S 418 Wanderers Ladies 398; Charlton Ladies A 421 Tatty'Eads 403; Wrong Numbers 415 Beavers 388; Sarees Exiles 349 Charlotians 386.

DIVISION ONE: Buffalo Girls 376 Ex Cons Ladies 399; Cubes 402 Ladies Auxiliary 399; Drop-Outs 390 Halfpennies 379; Smiths Ladies A 418 Laughalots 368; Crown & Harp Ladies 387 Alleycats 376; Ex Pats Ladies 392 Bees the 376.

DIVISION TWO: Umbrella Ladies 419 Whiplashes 414; Old Pats Ladies A 375 Whitbread Wheelers 418; Bluebells 413 Bouncing Babes 398; Ducklings 473 Corn Dollies the 413; Castaways 421 Grumpy Old Women 429; Victory Ladies 381 Charlie'S Angels 405.

DIVISION THREE: Tryhards the 429 Gadabouts 424; Crickets the 356 Kings Head Ladies 401; Merrybellies 416 Norwood Ladies 375; Green Dragon Exiles 377 Hounds Ladies 340.

DIVISION FOUR: Royal Wellies 391 Moonshiners 350; Maneaters 382 Old Pats Ladies B 377; Queen Bees 379 Twisters Ladies 394.

DIVISION FIVE: Greys 387 Pinups 376; Nise Ladies 509 Breakaways 434; Stragglettes 401 Scrumplies 418; Wildkat 371 Prairie Girls 379.

Gotpictures?

We would like your pictures of Cheltenham League skittlers in action. Email jpeg attachments to sport@glosmedia.co.uk