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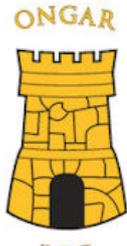
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FOOTBALL: England training call-up for goalkeeper

8.34am - 17th December 2015

WEST Hatch High School student Charlie Freeman was selected by the FA and England international scouts for a three-day training camp at St George's Park national football centre.
The Year 11 student was one of only seven goalkeepers from across the country selected to take part.
He joined 'keepers from clubs such as Liverpool, Manchester United and Chelsea.
Furthermore, the camp was designed for the under-17 age group so Charlie was attending a year up.
Charlie trained twice daily following ice bath recovery and gym sessions before attending classroom meetings where all 'keepers had to analyse performances with the guidance of FA senior goalkeepers officials.
Charlie has recently received a pro-contract with Tottenham Hotspur and will become a full-time scholar after his GCSE examinations.

CROSS COUNTRY: Festive turnout

8.34am - 17th December 2015

WEST Hatch High School's cross country runners ended their first term with the annual Christmas fun run.
The early Wednesday morning runners donned Santa hats, elf suits and even a snowman outfit to take to the streets of Chigwell and Woodford for the last time this year.
PE teacher Aaron D'Silva said: "Although it was a gloomy morning, that didn't dampen the spirits of the 21 runners that took part. This was a record turnout and we conquered another three miles passing the on-looking motorists hoping to spread some festive cheer and perhaps some inspiration come the new year!"
This term the group has run almost every week.
Working on an average of three to four miles each week, the students have covered some 45 miles.
Mr D'Silva added: "A special mention must go to the two Year 11 girls (Renee Fonseca and Nikita Roberts) who have continued to run with me since Year 7.

SCHOOLS: Academy joins West Essex School Sports Partnership

10.16am - 13th December 2015

KING Harold Academy has become part of the West Essex School Sports Partnership working with primary schools in the area.
As part of this, the primary schools have had opportunities to attend various events and competitions.
King Harold hosted a tag rugby tournament involving more than 100 primary school children from Hillhouse, Leverton, Upshire and Waltham Holy Cross schools.
Thirteen teams took part and with the help of some Year 10 GCSE sports leaders, the day was a big success with Leverton beating Hillhouse in the final.
King Harold Academy has also hosted a Boccia and Kurling event for SEND students from the same schools plus Ivy Chimneys with some Year 9 King Harold students helping with the event.
King Harold Academy PE teacher Luke Andrew said: "It was great to see how much the primary students progressed throughout.
"There were some very close games but Ivy Chimneys won both the Boccia and Kurling."
The West Essex School Sports Partnership has also given opportunities to secondary

school children.

A group of King Harold Academy students represented the school in a SEND sports event at Davenant Foundation School which also involved students from West Hatch, Roding Valley, Debden Park and Epping St Johns.

Students were integrated and competed in different events - Dodgeball, Indoor Golf, Kurling (indoor) and Judo.

Mr Andrew said: "This was a great opportunity for students to try some sports they have never played before and receive some expert coaching in Judo.

"The day was thoroughly enjoyable and students represented the school very well.

"Through this partnership I am able to go into some of the primary schools to deliver various sports sessions as well as schools coming in to King Harold for sessions.

"This will continue throughout the year along with many more tournaments and events."

NETBALL: England player trains school teams

3.23pm - 7th December 2015

ENGLAND netball international Lindsay Keable visited King Harold Academy to train the Under-16 and Year 9 teams.

Lindsay, who plays professionally for Hertfordshire Mavericks, started playing netball at the age of seven and was first selected for England at U19 level at the age of 17.

She went on to play for England Under-21s and represented her country at the World Youth Championships in 2009 where they came fourth.

In 2010 she was selected for the national squad and has since competed in a number of test series.

PE teacher Eleana Clark said: "Lindsay took a fantastic session with the girls on attacking and defending.

"The students worked so hard and loved every minute of the session. Hopefully they will take what they've learnt and implement this into their next game."

PADEL: Chigwell student wins bronze medal

4.21pm - 26th November 2015

CHIGWELL School student Samuel Jones won a bronze medal when he represented Great Britain in Padel at the U18 World Championship in Mexico City.

There were two separate competitions - the open, featuring individual pairs, and the team event where countries competed.

Samuel, who was selected a year young, played in both competitions.

He reached the quarter-finals in the open losing to a Spanish pair while in the team event GB lost to eventual winners Spain in the semi-finals before beating Paraguay to come third and collect a bronze medal.

Padel is typically played in doubles on an enclosed court, a third the size of a tennis court.

It is scored in the same way as tennis and the balls used are similar but with a little less pressure; the main differences are that the court has walls and the balls can be played off them in a similar way as in squash, and that solid, string less racquets are used.

HOCKEY: Girls crowned county champions

3.47am - 20th November 2015

CHIGWELL School's 1st ladies hockey team is through to the regional finals after being crowned Essex champions in the county tournament at New Hall, Chelmsford.

The girls drew their first match against Coopers 2-2 with goals from Alice Melvin and Annie Redmond before beating the hosts 2-1 with goals from Anna Gleadell and Annie Redmond.

Co-captain Megan Wells said: "I'm so pleased with our effort. The girls played brilliantly and we are thrilled to have qualified for the regional finals."

RUGBY: Instant success for West Hatch girls

8.27am - 13th November 2015

THE introduction of girls' rugby at West Hatch High School has seen instant success with the girls unbeaten in their first three competitive matches.

The new initiative has been launched by Head of Boys PE Ray Flowers and teacher Joella Dawkes.

Mr Flowers said: "We started the project at the tail end of last year and this year.

"The girls have worked tirelessly to get themselves up to speed with the Laws of the game, how to tackle and how to not be afraid of getting muddy!"

The girls took part in the Essex Festival of Rugby and were unbeaten in their three matches.

Ms Dawkes said: "Not only did the girls perform superbly but won all three matches, including one against William Edwards school who possess four club rugby players, a permanent link with Thurrock Ladies RFC and their Head of Girls PE is an ex-England international."

The West Hatch girls beat Boswells School by seven tries to two, Hall Mead (9-0) and William Edwards (5-2).

TENNIS: National award for Ongar Tennis Club coach

4.41pm - 12th November 2015

ONGAR Tennis Club coach Vicky Mumby has won the Aegon Coach of the Month award for October for her work with junior players at Ongar Tennis Club at the Jubilee Park.

Vicky has built up a strong junior presence with more than 100 youngsters playing regularly at the Love Lane courts.

Vicky said: "I am incredibly honoured and humbled to win this award. To be recognised for my hard work, dedication and commitment to Ongar really is an amazing feeling and means the world to me.

"I love all aspects of my job whether it's teaching my Tots a basic ground stroke, coaching my performance team or delivering a cardio tennis session, I aim to make each lesson fun!"

Ongar Town Council chairman James Browning said: "The council is delighted that Vicky has been chosen to receive this award which highlights the marvellous work that she is doing with young players at Jubilee Park.

"It has always been the town council's intention to make the Jubilee Park facilities open to

as wide a section of the community as possible and it is marvellous that Vicky's partnership with local children has been recognised in such a way."

NETBALL: West Hatch team welcomes newcomers

4.48pm - 14th October 2015

WEST Hatch High School's U19 Netball team welcomed three newcomers for its first match of the year.

The girls took on Robert Clack School in Dagenham losing to a strong side 20-8. Head of PE Coralie Reid said: "They played very well and warmly welcomed three new players to the team - A-level PE students Pasha George and Rhiannon Gallery and Year 12 student Grace Hyde.

"They didn't have their strongest team out as some of their shooters were playing in another match but they fought really hard and made some of the quarters a really close contest."

Mrs Reid added: "It was good to see three new talented pupils, especially as Rhiannon was awarded Player of the Match by the opposing team.

"There is definitely potential in this team and I am looking forward to the next match."

ATHLETICS: Debden Park clinches World Marathon Day title

9.17am - 14th October 2015

THIRTY Debden Park High School students won the 'World Marathon Day' Challenge when they competed against other schools at Lee Valley Athletics Centre.

The Year 7 and Year 8 students were in high spirits knowing that the school had won the event two years earlier and narrowly missed out to Davenant Foundation School last year. Between them the students clocked up 26.21875 miles.

Year 8 student Archie Shipp was first up, giving the school a good start and the team never looked back right until the final lap when Year 7 student Jake Bartlett took the baton for the final time.

The Debden Park runners recorded a time of 2hrs 06mins 52secs, just beating Davenant into second place.

CROSS COUNTRY: Success for students

8.34am - 13th October 2015

MORE than 60 West Hatch High School pupils from Year 7 through to Year 11 have been competing in this year's cross country fixtures.

A 24-strong team was selected to represent the school in Round 1 of the regional part of the annual National Cross Country Cup in Thurrock with pupils running from 2.5kms in the junior girls race to a gruelling 4.5kms in the intermediate boys event.

Teacher Aaron D'Silva said: "With some of the top sporting Essex schools it was difficult to gain success in such an event but the teams efforts couldn't be faulted and county swimmer Olivia Roberts (Year 8) was the best placed in the junior girls category in 20th place."

Following national competition on Friday, a squad of 50-plus students was picked to run in the West Essex Secondary Schools Association (WESSA) district championships at Burnt Mill, Harlow yesterday (Monday).

The best placed team was the senior girls with Caitlin Hulbert (Year 10) and Nikita Roberts (Year 11) very well placed.

Mr D'Silva said: "In the junior categories, Year 7 morning runners Isabelle Smith and Evie Aviram both placed extremely well and have demonstrated excellent running abilities since the beginning of the autumn term."

SWIMMING: Student claims 12 medals at gala

3.04pm - 9th October 2015

A SWIMMER at West Hatch High School has earned herself an impressive haul of 12 medals at a recent swimming gala.

Emma Richards, 13, won a gold medal, two bronze medals and nine fourth, fifth and sixth-place medals at the London Borough of Redbridge autumn gala at Fulwell Cross, Ilford.

Emma's best performance came in the 50m backstroke where she struck gold.

Her third place medals came in the 100m butterfly and 100m backstroke.

Emma, a Year 9 student at the High Road school, also recorded several personal best times and six county times enabling her to compete in Essex competitions.

Emma said: "I'm looking to get a few more county times and hopefully two regional times that I'm close to."

Emma, who lives in Hainault, has been swimming since she was five and is now in the A-squad at the London Borough of Redbridge Swimming Club.

She trains about six times a week, often having to get up at 5am to fit in a training session before starting school.

She said: "The shortest training session is one-and-a-half hours and the longest is two-and-a-half hours.

"It's something that I have to do, it takes my mind off things so I find it quite fun."

Emma hopes to be taking part in international competitions in about two years' time.

Emma Richards with her gold medal [CLICK HERE](#)

FOOTBALL: Chigwell School reaches national finals

8.16am - 9th October 2015

CHIGWELL School's U11 football team are through to the Independent Schools U11 national finals after winning the Essex regional event.

Twelve teams from across the region entered the tournament which was held at Chigwell.

Chigwell started strongly and secured five victories to finish top of their group.

Chigwell then beat St Aubyn's in the quarter final and Brentwood in the semi-final to set-up a final against Elm Green.

The opening stages were a tense affair with both teams creating chances however it was Chigwell who came through in the end with a 3-0 victory.

Chigwell now travel to the national finals at the FA's national football centre, St George's Park, on Tuesday, May 3, next year.

Head of Football Creag Lawrence said: "The boys played some excellent, creative and

attacking football during the afternoon and won the tournament whilst playing the game in the right manner."

NETBALL: Tournament victory for Avon House School

9.50am - 29th September 2015

THE Avon House School netball team has seen early success winning the first St Joseph's Tournament.

Members of the Under-11 squad were keen to get their season off to a good start having spent the previous training sessions working hard on positional placings and shooting. The eight Year 6 girls drew their first game and then won the next four giving them an overall first place.

Venaya, the netball captain, was delighted to receive the shield which the school will hold for a year.

Sarah Price and Scarlett Gray, who coach the team, have high hopes for this year as the girls have been playing together since Year 4.

The winning Avon House School netball girls (back, left to right) Sophia, Zainab, Alexandra and Ella with (front) Kasia, Venaya (c), Freya and Kobika [CLICK HERE](#)

CROSS COUNTRY: Debden Park retains fun run trophy

4.25pm - 28th September 2015

RUNNERS from Debden Park High School ensured that the school retained the under-15 shield at the annual Copped Hall fun run.

The Loughton school entered runners in both the under-13 and under-15 age group races which covered a two-mile course around the Copped Hall Estate in Epping.

Wren McLean Jackson won the under-13 girls race while Lucy Penegar won the under-15 girls race.

Jen Perry, the school's PE subject leader, said: "We are delighted to have retained one of the Copped Hall cross country run trophies.

"Our runners ran the new course very well and we achieved several first and second places.

"We hope next year to have more secondary schools involved as it is a great start to the cross country season."

FITNESS: West Hatch students visit Kingston University

12.02pm - 21st September 2015

A GROUP of 11 A-Level PE students at West Hatch High School visited Kingston University to undergo a variety of physical fitness tests and experience a sports science day.

West Hatch has previously linked up with Dr Hannah Moir and her team at Kingston School of Science Department to give the students the opportunity of using the state-of-the-art facilities that include an altitude and climate chamber.

Students underwent elite fitness tests such as the VO2 Max tests for measuring aerobic capacity, the Wingate test which tests power, and a series of biomechanical tests designed to view posture and postural imbalances.

The tests will be used as part of the students' coursework.

Student Alex Dean said: "Although the tests were incredibly hard I know that it will help my coursework and it was great to see and use such amazing facilities."

Teacher Aaron D'Silva said: "It's great to have this close partnership with such a good university.

"Working with them gives students a fantastic opportunity to use high quality equipment and ensures that we give our students every chance for higher coursework marks."

RUGBY: World Cup fever hits Davenant Foundation School

3.32pm - 18th September 2015

DAVENANT Foundation School's Year 9 rugby team had their photograph taken with The Webb Ellis Cup when they beat Woodford RFC U14s 28-5 in an exhibition match.

The Webb Ellis Cup will be presented to the winners of the Rugby World Cup which gets underway this evening (Friday).

Excellent performances came from Davenant try scorers Samson Adejimi, Kyle Beeton and Man of the Match Daniel Sacks.

* The same Davenant team then took part in a 10s tournament at New Hall School, Chelmsford.

After winning the group stages, they narrowly missed out to Robert Clack losing in extra time in the semi-final.

CRICKET: Umpiring duties at Lord's

1.20pm - 25th August 2015

A CRICKET umpire and member of staff at West Hatch High School, Chigwell, has officiated at Lord's for a third time.

Paul Nicholls, Head of Newton House, was appointed to umpire the MCC v CCC (Club Cricket Conference) Centenary match on Thursday, August 20, the centrepiece of the CCC's 100th year celebration.

A three-week tour to the West Indies follows in November.

The CCC was established in 1915 to support club cricket and arranges fixtures in the south of England. It now fosters youth and women's cricket throughout the country.

The day began with a meeting with the match referee to establish the routines for the day.

Team photographs took place and the MCC won the toss and decided to bat.

Mr Nicholls walked through the historic Long Room where so many great players have taken the field with his colleague at 11am.

Many of the hospitality boxes were full of MCC and CCC members. Lunch was taken and both umpires enjoyed the world famous Lord's cuisine.

The MCC declared mid-afternoon on 244 with the CCC beginning their chase just before tea.

The CCC chased down their victory target and the match finished with Mr Nicholls and his colleague being congratulated on excellent performances.

There was a post-match drinks reception in the Long Room with MCC president David Morgan welcoming the CCC in celebrating their 100th anniversary.

Mr Nicholls said: "It was an excellent and very exciting day. It is always a huge honour to walk out on the field at the Home of Cricket."
Mr Nicholls hopes the high profile appointments are a sign for the future.
He is aspiring to join the Emerging Umpires Programme which has been set up by the ECB (England and Wales Cricket Board) for umpires preparing for elevation onto the First Class List.

SCHOOLS: Hereward Primary School holds sports day

11.01pm - 8th July 2015

PUPILS in the Reception classes at Hereward Primary School, Loughton, participated in a lively and exciting Sports' Day on the school field on Wednesday morning.
The children were grouped into the Hereward teams of Kingfishers (Blue), Woodpeckers (Green), Goldfinches (Yellow) and Robins (Red).
After a round-robin of events consisting of a sack race, egg and spoon race, hurdle event and football, the children were divided up in their classes to participate in sprints.
The final scores were Kingfishers 58 points; Goldfinches 48 points, Woodpeckers 41 points and Robins 35 points.
Reception teacher Mrs Tersia de Jongh said: "The children had a great day. They experienced first-hand what it is like to be a good team player and they thoroughly enjoyed themselves."
In the afternoon, despite the threat of rain, children in Years 1 and 2 held their sports' Day. The children all wore their team colours of Red, Blue, Green or Yellow and participated in a number of events including hurdles and penalty kicks.
To conclude the day some exciting races took place with the assembled parents and family members loudly cheering on their children.
The final Key Stage 1 scores were Robins 89 points, Kingfishers 79 points, Woodpeckers 78 points and Goldfinches 72 points.

For reception sports day pictures [click here](#)

FUTSAL: Colebrook U12s are national runners-up

8.30am - 7th July 2015

THE Colebrook U12 side finished runners-up in the National Futsal Championships at the National Arena in Birmingham when they represented the South East of England. Colebrook U12s had already won the Essex and South East of England region tournament.
Derwent Jaconelli said: "it was a massive achievement to finish second out of 2,500 teams and everyone at the Club is extremely proud!"
"This group of girls have had an amazing season and the girls add this National runners-up trophy to their League Cup win over Leyton Orient, their Pro-Select tournament win over QPR, West Ham and Tottenham and their Essex girls league runners-up trophy, where they finished just one point behind Tottenham!"
Anyone interested in a trial for Colebrook at any age or standard should ring Derwent on 07775 586868.

ATHLETICS: District schools' championships

4.59pm - 4th July 2015

ATHLETES from five of the district's secondary schools have competed in track and field events at the annual District Sports championships.
Davenant Foundation School, Debden Park High School, West Hatch High School, King Harold School and Roding Valley High School were all represented at the day-long event at Ashton Playing Fields, Woodford Bridge.

For pictures [click here](#)

For details about how to order 8x6ins prints, in presentation folders/mounts, of any of the pictures featured, email everythingeppingforest@googlemail.com or ring David Jackman on 07710 447868.

FOOTBALL: Further success for Colebrook U12 girls

5.38pm - 9th June 2015

COLEBROOK Under-12 girls will represent the South East of England in the finals of a national tournament.
The girls continued their success by winning the regional Futsal final in Bedford beating Hargreave Sports from Hertfordshire and Leighton Buzzard in Bedfordshire. They will now represent the South East in the national Futsal finals in Birmingham on June 27.
The girls won a Pro-Select tournament against Tottenham Hotspur, Queens Park Rangers and West Ham United finishing two points ahead of runners-up QPR.
The two wins follow the girls' two other recent successes of winning the Essex Girls League Cup 3-1 against Leyton Orient and only just missing out on the double by finishing one point behind Tottenham in the Essex Girls League.

DARTS: Jubilee Pavilion hosts competition

9.09am - 4th June 2015

MORE than 50 darts players took part in a day-long competition at Ongar Town Council's Jubilee Pavilion, Love Lane, on Sunday.
The event - featuring 55 players in a singles competition and 11 doubles teams - was organised by Clive Sharp with the prizes presented by Steve Brown, secretary of Ongar and District Darts League.
The winner was Dave Solly, from Dagenham, who beat John Costigan, from Ongar, in the final.
The semi-finalists were Rob Tinsley, from Chelmsford, and Chris Gower, from Corringham.
Ongar Town Council, which manages the Jubilee Pavilion, is working with the Essex Super League Darts with a view to holding regular weekly competitions at the pavilion from September.

GIRLS FOOTBALL: Trophy win for Colebrook Royals

3.11pm - 26th May 2015

CHIGWELL-based Colebrook Royals U12 girls have won the Essex County Girls Football League Trophy. They beat Tottenham Hotspur 3-1 away in the semi-final before overcoming Leyton Orient Advanced Soccer School 2-1 in the final with goals from Emilia Parsons and Bethany Rones. Manager Derwent Jaconelli said: "This was a fantastic achievement for this group of girls who have worked really hard as a team. "To win the League Cup is fantastic but when you consider this group of girls finished second in the league by one point to Tottenham Hotspur, won an Essex-wide tournament to win the right to represent the whole of Essex in the National Futsal Championships in Bedford and as a club have been signed by Arsenal Ladies Academy to be their Grassroots Partner Club for East London and Essex, is simply amazing." In the last year Colebrook Royals have sent 12 girls for trial with Arsenal with four being signed. Derwent added: "This is a massive achievement and because of our policy of pushing talented players through to the top level, we are always looking for new talent to send forward." Anyone at any age group interested in attending one of the club's advanced player development centres can email Derwent Jaconelli at info@apdc.co.uk, ring 07775 586868 or visit www.apdc.co.uk

HOCKEY and TENNIS: Coaching sessions for children

8.25am - 24th May 2015

PUPILS from Epping Primary School enjoyed free hockey and tennis coaching sessions along with 500 other schoolchildren at Lee Valley Hockey and Tennis Centre at its annual Schools Festival. More than 50 primary schools were invited to the world class sports venue at Queen Elizabeth Olympic Park. The event was hosted by Lee Valley Regional Park Authority in partnership with the venue operators Lee Valley Leisure Trust.

SWIMMING: Success for Chigwell School at national finals

9.21pm - 13th May 2015

FIVE Chigwell School pupils recorded personal best times - and one came home as a national champion - when they took part in the Independent Association of Prep Schools National Swimming Finals. The event was held at the K2 swimming centre in Crawley on Saturday. Joseph Ahern swam a new personal best of 29.85secs in the U13's 50m free missing out on a place in the final by 0.4 secs. In the girls competition, Emily Iley, Maddie McCormack and Alex Bibby all qualified for their finals with Eleanor Ahern, who swam a personal best in the U13 50m backstroke heat, a reserve for her final. Maddie swam personal bests in both the heats and final of the U13's 50m breaststroke with a best time of 40.33secs as she finished fifth in the final. Alex also swam personal bests in both the heats and final of the U12's 50m freestyle with a best time of 30.30secs to earn a silver medal in the final. Emily recorded a personal best in the heat of the U11's 50m backstroke with 33.18secs and then tied in a dead heat as she was crowned national champion in the final.

GYMNASTICS: West Hatch student takes gold

1.36pm - 16th April 2015

AN 11-year-old student at West Hatch High School has won a gold medal in gymnastics while representing the UK in an international competition. Larni Shulton was up against gymnasts from Malta, Holland, Belgium, Germany and Jersey when she competed in the DHA International competition in Colchester. The Chigwell youngster came third overall with high scores in her vault, bars and floor routines - and earned herself a gold medal with her beam routine. Larni, who is in Year 7 at the High Road school, started in the sport at the age of just four and took part in her first competition about three years later. She now trains 18 hours a week, spread over five days, at Havering Gymnastics. Larni initially took part in ballet but then turned her attention to gymnastics. She said: "Being with my friends is one of the best things as well as being able to do a lot of cool skills. "I like the strengthening side (of the sport) which is strange because a lot of people don't like that." Of her latest success, Larni said: "I knew I had done well; I'd had a solid competition - it was just really amazing to win. I didn't expect it."

GYMNASTICS: Club earns World Gymnaestrada spot

3.07pm - 13th April 2015

EPPING SC Gymnastics Club has been selected for the prestigious World Gymnaestrada gymnastics festival in Helsinki, Finland, in July. Seventeen girls aged 10 to 23 from the club will take part in the seven-day festival which is held every four years and brings together about 21,000 gymnasts from 50 nations. The club beat off fierce competition to be selected and will perform in individual displays, British displays and the world display at the closing ceremony in front of a global audience. Head coach Carrie Barfoot said: "It's an honour to be selected for the World Gymnaestrada and a testament to our hard work and dedication as a club. "We've already started training and are looking to put on a few displays before and after the event to showcase the sequences. "Preparing for the festival is going to be demanding but we're all relishing every second of it and are really excited to be part of such a fantastic event." The squad - which trains at Everyone Active's Epping Sports Centre - needs to raise £30,000 to attend the World Gymnaestrada and will be hosting fundraising events over the coming months and accepting donations. Everyone Active contract manager Kim Bames said: "We're so pleased Epping SC

Gymnastics Club has been selected for this acclaimed event having watched their progress over the years.
"The centre is like a second home to most of the girls and coaches as they spend so much time here. They're truly deserving of their spot and we'd like to wish them the best of luck."
Donations to Epping SC Gymnastics Club can be made via bank transfer or cheque to Epping Gymnastrada 40-20-37 / 2143657.
Alternatively donations can be made at Epping Sports Centre on Monday evenings, Thursday evenings or Saturdays.

SQUASH: Ongar club reaches last eight

2.12pm - 31st March 2015

A TEAM from the Ongar Love Lane Squash Club is through to the last eight of a national competition.
The team of Mark McEwen, Dave Smith, Malcolm McEwen and Richard Horswill recorded a two-point victory on count back over Ipswich in the last 16 of the national club championships after the match ended 2-2.
The club will now face the Edgbaston Priory Club from Birmingham in the quarter-finals on May 16.
Angus McKenzie, who manages Ongar Town Council's Jubilee Park site where the squash club is based, said: "Everyone associated with the town council and the Jubilee Park congratulate the squash team on their outstanding success so far and all hope that they can go even further and reach the national semi-finals in May."

NETBALL: Double success for West Hatch teams

3.35pm - 26th March 2015

THE Year 7 netball team at West Hatch High School, Chigwell, have been crowned West Essex District Champions after being unbeaten in the district league which ran from September to March.
They progressed to the play-offs on Tuesday (March 24) and beat Harlow champions Burnt Mill 16-14, having fought back from 5-1 down, to be West Essex and Harlow District Champions.
The Year 8 girls were also West Essex District Champions however they were beaten by St Marks in the play-off final.
Coralie Reid, Head of PE at West Hatch, said: "The girls narrowly missed out to a place in the semi-final of the Essex Cup to Bancroft's School a few weeks ago so this was a really nice way to end the year.
"They all played really well. The player of the match as picked by the opposition was Isobel Barry."
Mrs Reid added: "That is the end of the netball year but the girls are already looking forward to next season and will all be representing the school athletics team next term."

ATHLETICS: Davenant girl hurdles to national title

3.25pm - 14th March 2015

A DAVENANT Foundation School student is already eyeing up her next potential medal-winning performance after being crowned a national indoor athletics champion.
Year 9 student Marissa Sims won the English Athletics Championships Under-15 indoor 60m hurdles at Sheffield last week clocking a time of 8.99secs.
Marissa, a member of Enfield and Haringey Athletics Club, said: "I wasn't expecting to win, I just hoped! It was a bit of a shock."
Marissa trains three times a week at Lea Valley Athletics Club and takes part in competitions about once a fortnight.
Now she is setting her sights on qualifying for the 75m event at the English Schools Championships.
To qualify she needs to reach the national standard time of 11.5secs, which is just one hundredth of a second faster than her personal best which she set last year.
Marissa said: "I've got so many nice friends and everyone is so supportive. I've done athletics since I was nine but only started hurdles when I was in Year 7. I really enjoy it."
Davenant headteacher Chris Seward said: "Marissa's achievement was fantastic. She trains really hard, is a popular girl, always cheerful and we hope that she will continue to be successful in the year ahead."

KARATE: Marathon fundraiser

4.53pm - 3rd March 2015

MEMBERS of the Waltham Abbey-based Shotokan Karate will be among those taking part in a Kata Marathon in memory of a former member.
The event, which is being held at Harlow Leisurezone between 3pm and 6pm on May 10, is being organised in memory of senior Black Belt member Liz Laffury who died last year. Money raised will go to The Roy Castle Lung Cancer Foundation.
All members from all SKE clubs will be taking part. Shotokan Karate is this year marking its 30th anniversary.
In the past three decades the organisation has raised over £100,000 for various charities and holds the Guinness World Record for performing the most Katas - 8,533 - in three hours.
There is no charge for spectators but a collection will be held to boost the total raised. Prizes will be awarded for the best fundraiser from each participating club.
This year is also the 25th year of the Roy Castle charity.
For more details about the event ring 01992 768664 or email ske@btconnect.com

NETBALL: West Hatch teams in latter stages of two competitions

3.05pm - 26th February 2015

TWO netball teams at West Hatch High School, Chigwell, are through to the latter stages of two county competitions.
The Under-19 team are into the semi-finals of the Essex Cup after a 27-17 victory over Chingford Foundation School.
The team, captained by Sophie Ledwith, will now play either Coopers School or Westcliff High School for Girls in the last four.
Coralie Reid, the school's Head of PE, said: "The match against Chingford was physically tough but the girls maintained their self-control and technically were the better team on the

day."

The victory over Chingford followed a convincing 41-4 win against Jo Richardson School, Dagenham.

Poppy Maddison (Centre and County Netballer) was player of the match voted for by the opposition coach and team.

Mrs Reid, Head of PE, said: "This lovely bunch of pupils deserve all the success they get. They are not only exceptional netball players but are hardworking A-level students.

"They are a complete credit to the school and I am going to miss Sophie and Poppy when they move on after this year. Seven years of service to the school netball team is a great achievement for them both."

* Meanwhile the West Hatch Year 7 team are into the Essex Cup quarter-finals after beating Jo Richardson School.

This is the furthest the team has ever progressed in the competition and will now meet Bancroft's School at Redbridge Sports Centre on March 12.

Players of the match in the last round was Annabel Carter, who was voted for by the opposition coach and team, and Isobel Barry, who was praised by the West Hatch coach).

Mrs Reid said: "The girls fought hard in the game and were captained superbly by Kiera Carroll with her hard fighting attitude.

"It was probably the toughest game they have had in their run of 15 undefeated games since the start of the year."

She added: "I am so proud of all the girls, each one of them works so hard in training and take on board new tactics and plays.

"They are also current district champions being the only school in west Essex left in the Essex Cup competition. This means a lot to us as a school, and the girls."

CROSS COUNTRY: School in county championships

2.40pm - 26th February 2015

ATHLETES at West Hatch High School took part in the Year 7 and 8 Essex Schools Cross Country Championships at Stubbers Activity Centre, Upminster.

The event brought the cross country season to an end as more than 60 of the best cross country schools across Essex took part in the event.

Each contest involved 300 to 400 runners.

The highest ranked West Hatch students were Olivia Roberts (Year 7) who was placed 56th and Maddie Fitch (Year 7) 79th.

HOCKEY: School reaches final for second successive year

8.26am - 20th February 2015

THE Avon House School hockey team put up a stout defence of their Redbridge Mini Games Hockey title fighting through to the final before losing to Bancroft's School.

By far the youngest side in the competition, Avon House had to adapt to playing on a very narrow pitch but gradually settled into an effective pattern of play.

Goals proved hard to come by because of the congested playing area but Avon House persevered during the six games and the final result showed how the sport has become one of the school's strengths in recent years.

Team members were Eesa (captain), Rithvik, Aadam, Amir, Amelie, Ananya, Alfie, Maxwell, Sophia, Venaya and Theo.

SCHOOL SPORTS: School's PE efforts earn gold award

1.58pm - 6th February 2015

ACHIEVEMENTS by staff and students in PE at Debden Park High School, Loughton, have earned the school a gold mark in the Sainsbury's School Games Mark scheme.

The Government-led scheme was launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community.

Schools in England are able to assess themselves across bronze, silver and gold levels.

PE team leader Jen Perry said: "We are very pleased to be awarded a gold mark. Schools are assessed on categories including curriculum, competition, extra-curricular and sports leaders.

"It's great to see our students acknowledged for their fantastic sporting achievements and commitment to helping others achieve, and we thank all the students and staff for supporting PE and sport in our school."

