

Riki's green for go again with Fortec

MOTOR RACING

SUTTON'S Riki Christodoulou heads to Snetterton for the next round of the 2010 Michelin Formula Renault UK Championship this weekend.

Christodoulou made a two-race appearance in the category he contested with Fortec Motorsport in 2007 and 2008 last month.

He will now complete the season with Daventry-based Fortec who the talented Midlander also raced with in last year's British Formula



Riki Christodoulou will finish the season with Fortec.

Three Championship.

"Fortec Motorsport has come up with a good deal enabling me to return to racing full-time again so I've grasped the opportunity with both hands," confirmed Christodoulou, who will again be supported by Alpinestars.

"I need to be out racing regularly.

"Although it's not an ideal scenario stepping down to the Renault series having graduated to Formula Three last year, it's a case of needs must.

"This will get me race sharp again and is a fantastic chance for me to get stuck in and claim some good results for myself and Fortec.

"I'd been given the opportunity to get back in to a race car at Croft with CRS last month and I'd like to thank them for that outing.

"After a nine-month break out of the cockpit with no testing or racing it was good to get back in the heat of the action.

"It was a great one-off opportunity for me but at the time I was not planning on completing the rest of the Renault season.

"But I guess it whetted my appetite.

"I know Snetterton very well and claimed a pole, a couple of podiums and two fastest laps the last time I raced a Formula Renault there so I'm really looking forward to heading back to Norfolk again.

"There are five-race weekends left so I intend to make the most of this chance Fortec has kindly given me."



Seven of the Boldmere stars who shone at the National Age Group Championships – (l-r) Emma Smith, Charlie Payne, Bradley Lynch, Penny Whittingham, Josh Winnicott, Jake Dixon and Katie Richardson. Pictures: Steve Harlow

Penny leads way as Boldmere make real splash in nationals

SWIMMING

By **STEVE HARLOW**
Swimming correspondent

PENNY Whittingham was the star of the show as eight Boldmere Swimming Club youngsters travelled to Ponds Forge in Sheffield last week for the 2010 British Gas National Age Group Championships.

Following on from her successful debut in the event last year, Whittingham again cemented her reputation as one of the best 12-year-old swimmers in the country.

She claimed a haul of eight medals – three national titles with gold in the 800m freestyle, 200m and 400m individual medley, two silvers in the 400m free and 200m fly, and three

bronzes in the 100m fly, 100m free and 200m free.

She set personal-best times in all but one event and in addition to her medals Whittingham was also joint top 12-year-old girl overall, winning the BAGCAT (British Age Group Categories) award.

Meanwhile, in his first year at the championships, Bradley Lynch qualified for all five freestyle events.

In the longer 400m and 1,500m events he came home with two bronze medals, setting two personal bests – in the latter event by 12 seconds.

He only just missed out on a hat-trick of medals when he finished the 800m in fourth, just 0.82secs behind bronze position.

In the two shorter events, the 100m and 200m, he reached



Penny Whittingham added to her medal collection, claiming eight more in Sheffield.

both finals, finishing ninth and seventh respectively.

Josh Winnicott, 14, reached three finals, finishing seventh and eighth in the 200m and 400m individual medley before just missing out on a medal in the 100m breaststroke by 0.14secs. He set personal bests in each.

Jake Dixon set personal

bests and club records in the 200m fly and 400m individual medley, and another personal best in the 100m fly final, where he finished eighth.

Katie Richardson, 13, qualified for both 800m and 1500m distances, where she finished a respectable 13th and 17th, setting personal bests in both.

Emma Smith (13) had four top 20 finishes in the 200m and 400m medleys, 200m backstroke and 200m freestyle while Alice Dearing placed 17th in the 13-year-old 200m fly.

Finally, after going down with a bug just the week before, 12-year-old Charlie Payne still competed in both the 800m and 1,500m freestyle events, managing to break his personal best in the shorter event by five seconds.



Fight stars: (l-r) Steven Delaney, Brandon Short and Hannah White.

Short and sweet for champion Brandon

KICKBOXING

SAXON Kickboxing Academy star Brandon Short took just 55 seconds to take the under-40kg WKA British title in Accrington at the weekend.

Short, already WKA English champion, took on Derby's Zeeshan Khan and knocked him out with a devastating straight-leg-round kick to the head.

The win takes Short's record to 13 wins from 14 fights and his coach at the Erdington-based academy, Tyler Shakespeare, said: "Brandon has stamped his mark on the junior full-contact scene with a real bang.

"When you think he has only been in the sport 18 months it's unimaginable to think what he can go on to achieve.

"He is a natural fighter and everyone's worst nightmare when it comes to fighting him – he is tall, rangy with a style all of his own. He punches and kicks very hard and is a southpaw to boot.

"He has totally dominated the under-40kg division domestically but he is a growing lad so we have to move him up a weight now.

"We will see what lies in store for him there before putting him in with foreign fighters for international titles.

"He has impressed wherever he has fought and with backing can go all the way to the top."

Also on the bill was SaXon's 14-year-old Hannah White.

The youngster claimed a points win in her junior full-contact debut over home fighter Rebekah Whittaker.

Finally, SaXon 17-year-old Steven Delaney was denied a hat-trick of wins when he fell awkwardly after becoming entangled in the ropes and the bout was declared a no-contest.

Injury-hit Nathan still unhappy at failing to produce the goods in Europeans

ATHLETICS

By **NICK CLOWES**
Sports reporter

ERDINGTON triple-jumper Nathan Douglas maintains he is not happy to remain in the shadow of Phillips Idowu after being forced to watch his British teammate hog the limelight at the European Championships.

World and Commonwealth champion Idowu added European gold to his CV with a personal-best leap of 17.81m while Douglas could muster only 16.48m which saw him fail to progress past three jumps.

Just being in the final was a minor miracle in itself for Douglas given his horrendous run of injuries over the last couple of years – but the 27-

year-old says he is not around just to finish 10th.

He said: "For some people a championships is fine but when I get to a championships I want to medal.

"If I don't get one, I'm disappointed. If I'm not in good shape I don't care, I still want to medal. It's going to disappoint me massively. There isn't really much to say in these situations. I'll try and put it into perspective now.

"Three weeks before the trials for the Europeans I didn't even have a season so if I look at it now, I've done well but for me that is never going to be enough."

Having sailed into the final with a first-time jump of 16.80m on Tuesday, hopes were raised that Douglas might be able to match his podium finish in Gothenburg when he

took silver behind then-Olympic champion Christian Olsson.

But Douglas, perhaps pushing himself too hard, failed to find his rhythm under the lights of Barcelona's Olympic Stadium.

After being red-flagged in his first attempt, Douglas could produce jumps of only 16.48m and 15.53m.

"I'm massively disappointed," he added. "I knew that if I wanted to do well here I would have to catch something and jump a lot bigger than in qualifying.

"I knew I would have to gamble as well – I put more into it and in the first jump the speed just seemed to catch me out a little.

"For the second jump I thought, 'just go back to qualifying' because if I had a

nice comfortable speed I should have had enough to get me into the top eight, but I didn't even touch the board.

"For the last one I just had to go for it, gambled again and just didn't get things together.

"It's disappointing but it shows where I am – I'm not in a position to get out of those situations. It shows what my preparation has been like, I suppose."

Aviva's support, both at home and abroad, is helping the team prepare to compete at their best. Watch the Aviva GB & NI team live in action at the Aviva London Grand Prix. For more details visit aviva.co.uk/athletics

Nathan Douglas was disappointed not to come home with a medal from the European Championships.



Netball enthusiasts invited to sessions

NETBALL: Juniors are being invited to attend fun training sessions in netball.

Stockland Green Leisure Centre will be the venue for sessions from next Monday to Friday between 10am and 3pm.

The sessions are available for youngsters aged nine to 14 but limited places are available. For more information call Val Clarke on 07709 446960 or Ken Matthews on 07970 069811.

Got a sports story? Then call the sports team on 01827 848495. You can also email the desk on sports.editorial@cintamworth.co.uk