

Title hopes still intact

FOOTBALL

A LEAGUE and Russell Cup double beckons for Hampstead women after they beat Garston 3-0 in the Greater London Women's League Division two North on Sunday.

At the time the *Ham&High* went to press, the victory means that Hampstead, whose cup semi-final is set for Sunday week, needed to beat East Barnet last night with just one match remaining.

The game was goalless at the break despite Hampstead hitting the woodwork three times, totally dominating play with Garston failing to muster an attack.

Hampstead changed to an even more attacking formation for the second half and brought on ex-US Pro League star Caitlin Fisher.

The deadlock was broken in the 55th minute when Char Blackmore scored from close range after good build-up play from Fisher and Claire Arnold.

Val Toro doubled the lead when she scored in the 74th minute after she was played on by Kate Freeman with a perfectly weighted cross field ball and banged in the third in the 86th minute.

The victory followed their 5-0 win over Katabella. On target were Arnold and Deeple Patel with two each, and Val Toro.