

Girls reach final

HAMPSTEAD women secured their place in their first cup final in the club's history by beating Hampton and Richmond 5-0 in the semi-final of the Russell Cup.

Hampstead, skippered by Ellie Bard, opened the scoring in the 25th minute and held a commanding 3-0 lead at half-time.

They then belied the sweltering

Success

peting in his first tournament, fenced well to win bronze in the under-11 boys contest.

Olga Kaminska comfortably beat the top-ranked girl to win gold in the Under-11 sabre. Club-mate Zoc Horrix won the bronze.

Afterwards Curtis Miller, Soji Aiyenuro and Gianfranco Artesi all qualified as level three referees. Keith Smith, president of British Fencing Association, supervised the refereeing assessments and examinations.

s in Oxford

ATHLETICS

week Jonathan Laybourn ran a very good time of 8:53.07 in the 3000m, to secure third place from 22 runners in race two.

In the Women's Southern League Division Three at Bracknell, Zahra Akinpeju, an under-20 athlete, was second in the shot put with 8.65 metres, and she added second place in the hammer with a throw of 35.78m and third in the discus with 25.54m.

FOOTBALL

conditions to add another two goals in the second half in which two H&R players were taken off with sunstroke.

Hampstead started well and took the lead when a clever dink from Milly Jones found Char Blackmore, who sent the ball flying into the top corner of the net.

Claire Arnold doubled the lead in the 35th minute when she turned in a near-post cross from Val Toro, and eight minutes later she got her brace when she launched a thunderbolt into the top corner of the net from 15 yards out.

Rhi Gladman then missed a penalty and Toro had a goal disallowed before the break.

Meroulla Lazarou, one of three half-time substitutes, then put the result beyond doubt when she scored twice in 10 minutes.

The first came on 65 minutes when a Milly Jones through-ball sent Lazarou through on goal to chip the ball into the net.

Lazarou got her brace when she steered a Deeple Patel cross into the goal.

The semi-final victory went some way towards compensating Hampstead for the disappointment of missing out on the Division Two Greater London Women's League title.

Hampstead had needed to beat East Barnet in their penultimate match to have any chance of winning the title but lost 3-2. They beat Clapham 6-1 in their final match to finish up a point behind champions Newham.

Hampstead play Fulham Compton in the final at 1.30pm on Sunday at Stockwood Park Athletics Stadium, LU1 4BH.