

### CITY FIGHTER WARREN IS NEW BRITISH WELTER WEIGHT KICKBOXING CHAMPION

# Dojo is Kee to success



**UNDEFEATED:** Welter Weight champion Warren Kee.

ON the eve of its 10th anniversary, the Total Dojo Black Belt Academy celebrated another wonderful month of sporting success.

James Russell, who joined Total Dojo in 2001 as a junior and now works as a full time manager, was again successful as part of the Great Britain Kickboxing Squad.

Having already represented Great Britain at the World Championships he stepped up as part of a four-man team against Sweden in an international competition.

And Russell came out flying, putting his opponent on the back foot from the outset and continued to pile on the pressure until

the last round when he was eventually given a unanimous victory by the judges.

The rest of the Great Britain team went on to win too resulting, in a 4-0 overall victory over the Swedish team.

Russell is now getting ready to compete for the English Title at the beginning of May.

The last week in March saw Total Dojo's MMA team win an impressive four out of their six bouts at the prestigious UWC event held in Southend.

Josh Foster, the youngest of the night's fighters; opened the show with a win in a closely fought match that went the distance before he took a posts victory.

Next up was Adam Hardy and in only his second semi-pro match faced off against Ben Abbott. Hardy controlled his opponent well to secure a unanimous decision victory against his dangerous opponent, managing to avoid his excellent striking skills.

Linton Vassell steam rolled his opponent winning in the first round after the fight was stopped by the referee. Fizz Kazerounian lost on a points decision.

The most exciting contest of the evening though was the fight for the vacant UWC Welter Weight title. Warren Kee, undefeated in his professional career, was up against Chris Richardson in what turned out to be a real crowd pleaser.

Kee looked composed during the opening round and slowly broke down his opponent's resolve.

In the second round he started in the same vein - controlling the fight until he saw the opportunity to take Richardson down to the floor. And once there Kee unleashed a flurry of accurate strikes that led to the referee stopping the fight in the second round.

Kee was rushed by team mates as he was handed the Welter Weight belt - his success the icing on the cake of an incredible month for Total Dojo.

## Athletics

### MARSHALL MILTON KEYNES AC

There was more good news for Milton Keynes Athletic Club as Melanie Wood led the Buckinghamshire U17 team to victory and claimed the individual bronze medal at the Inter Counties Cross Country Championships at Cofton Park, Birmingham.

Finishing in a time of 19m 20s Wood was joined on the team podium by two other club runners, Beth Swords 23rd in 20m 13s and Elle Roche in 29th with 20m 20s.

The last scoring place was taken by 43rd Maryse Haynes 20m 36s and in 99th was Jo Livesey 21m 29s.

Also competing for the county were: Senior Women Lara Bromilow 104th 32m 03s; Sophie Gibbins 117th 32m 22s; Tanya Taylor 141st 32m 54s and Lauren Cripps 218th 35m 12s.

U15 Girls: Jade Leggett 88th 16m 55s; Emily Bousfield 201st 17m 53s and Gemma Childs 209th 17m 58s.

U13 Girls: Amy Botham 173rd 12m 47s; Senior Men: Tom Comerford 98th 38m 58s and Chris Hearn 170th 40m 43s.

U20 Men: Chad Lambert 42nd 27m 19s; Sam Deathe 64th 27m 58s and Matt Eager 100th 28m 48s.

U17 Men: Matthew Malcolm 175th 21m 27s. U15 Boys: Sam Redding 203rd 16m 57s.

U13 Boys: Toby Herdman-Smith 124th 11m 30s; Louis Clarke 143rd 11m 38s and Harry Morton 220th 12m 09s.

On the roads at the Silverstone Half Marathon a great run by 38th placed Richard Harrison saw him take the M50 title in 1h 24m 34s. Other runners to finish the race Matt Dunn and Andy Rogers.

Meanwhile over at the Kilomathon (26.2Km) in Nottingham it was 28th for Daniel Webber taking 1h 44m 15s and there were other good runs by: Neil Jones 2h 00m 07s; Terry Down 2h 01m

10s; Julie Dalzell 2h 03m 13s; Wendy Webber 2h 05m 43s; Anick Valapinee 2h 04m 18s and Karen Tinncknell 2h 39m 10s.

Closer to home at the Banbury 15 Mile Road Race John Skelton finished 42nd and 3rd M50 in 1h 41m 16s.

There was a great run of 13m 37s for 6th spot in the English Schools Cross Country Intermediate Championships by Beth Swords.

As a reward Swords has won her first national colours by being selected to represent English Schools at the Home Counties International in Truro next Saturday.

It was left to fellow club runners Jasmine Finlay (33rd) 10m 37s and Sophia Cliffe (74th) 10m 54s to help the Buckinghamshire Junior team to the bronze medals. Intermediate Girls' Melanie Wood (21st) 14m 07s, Elle Roche (41st) 14m 33s and Jade Leggett (103rd) 15m 03s just missed out on medals as the team finished 5th.

## Cycling

### TEAM CORLEY CYCLES

Newport Pagnell's Roy Chamberlain picked up the best result so far in 2010 for Team Corley Cycles - Alpha RC when he was just pipped of victory in Sunday's 75-mile Wally Gimber Dulwich Primevara that was contested on a rolling course in east Kent.

Chamberlain and the eventual race winner, Marcel Six, were in the thick of the action from the very start forming one of the early breaks before the end of the first of six laps where they stayed until the end of lap two when they were joined by another pair.

Still in the lead with about 2kms to go, 45-year-old Chamberlain knew he would be pushed for the win and in the end couldn't hold on.

>> The attention of the world's pro

cycling peloton turned to the first of the great one-day 'monuments' of bike racing to be run this year - Saturday's 298km Milan - San Remo - city rider Ian Stannard was once again in the thick of the action.

With Team Sky team-mate Edvald Boasson Hagen one of the favourites, Stannard was always going to be in for a busy day's racing protecting Sky's favoured riders for the day.

But with Boasson Hagen affected by stomach problems mid race it was left to Spain's Juan Antonio Flecha to be Team Sky's highest placed finisher.

Flecha, accompanied by Thomas Lovkvist, were Sky's representatives at the front of the race with less than 500 metres to go and, having been led out by his Swedish team-mate, Flecha was sprinting for the win but was engulfed by the pack in the final push to the line.

By that point Stannard had already finished his race - his first 'did not finish' of 2010 - but not for want of any effort on his part.

The 22-year-old is now entering one of the busiest phases of his season as he gets set to attack the cobbled road races of Belgium and northern France that will see him based in Belgium until mid April.

He will then start preparation for the Giro d'Italia, where his role will be to support triple Olympic gold medallist Bradley Wiggins.

## Tennis

### MK ACE TENNIS CLUB

MK Ace Tennis Club are set to hold a Family Fun Day on Saturday June 5 to coincide with National Family Week.

The event will take place at Shenley Brook End School from 10am to 3pm and will involve free tennis coaching for all the family.

For details see www.MKace.com



**WHEELS IN MOTION:** Richard Green at Brands Hatch.

# Debut race joy for new Grafton team

GRAFTON Honda Race Team picked up their first win in their very first outing last weekend at Brands Hatch in the MRO Superstock1000.

Rider Richard Green had only spent an hour riding the bike before that - and that was in the wet. His win in Kent was his first try on the bike in the dry.

"I had such a good feeling for the bike straight away," he said. "The CBR 1000RR

Fireblade is such a great bike, even in road spec we managed great times."

The bike was still mostly road spec for the race but the team now continues to develop and modify it up to superstock specification.

Green will look to carry on this good form as the team start to test the bike with race spec suspension going into a busy few weeks for the Wavendon-based outfit.

## RUGBY ROUND-UP

# Harman boots his side to big victory

BLETCHLEY

9

MARLOW

3

South West One East League



AFTER consecutive losses Bletchley were determined to pull a win out of the bag when Marlow came to Manor Fields - and although they proved a tough nut to crack they got there in the end with a narrow 9-3 win.

Although without captain Carl Miller, the home side made a positive start, particularly through Tim Stobbs on the wing. He did well to find space and offloaded to Dagan Probert but the No 8 couldn't hold onto the ball and the chance was lost.

The hosts eventually took the lead though when stand-in skipper Phil Harman converted a drop goal. And it became 6-0 when the same man scored a penalty moments later.

Marlow hit back with a penalty in the second half and when the hosts were reduced to 14 men the visitors had their chance.

They couldn't make the most of their numerical advantage though, and instead the only further scoring came from the boot of Harman again as his late penalty saw Bletchley to their sixth win out of eight games.

# Deans doubles up

MILTON KEYNES

23

SLOUGH

8

Southern Counties North League



ONCE again it was all action at the start and finish of both halves as City recorded a comfortable 23-8 success against Slough at Field Lane.

A lively opening saw Slough begin the scoring with a penalty before the hosts responded in fine fashion when Dan Pearson broke the away defence and crashed over for a try - with Mike Deans then converting for a 7-3 lead.

Deans kicked another penalty and it was 23-3 at the interval thanks to a Phil Powell drop goal.

Slough scored at the start of the second half to bring themselves back in contention, but with seven minutes to play Deans bagged his second try to give City daylight. And with just moments left it was Mike Lambert's turn to go over and make absolutely sure for the home side.

# Olney in fine fettle

OLNEY

10

OAKMEDIANS

5

South West One East League



AFTER an early setback Olney got their act together and when Dave Terry broke with flanker Tom Stanton in support the latter went over to draw the sides level at 5-5.

James Hawken converted to make it 7-5 and in the second half the home side made the win safe with a Hawken penalty, with youngster Luke Day and man of the math Charlie Belcher both putting in excellent performances.



## Golf

SEVEN-year-old JR Ellis has gone through the trials and the initial assessment to become one of the youngest members of the BB&O junior golf squad.

This will give the city youngster a great opportunity to follow in the footsteps of his idols, Luke Donald and Ian Poulter, who both went through the BB&O ranks as junior golfers themselves.

JR has a real passion for golf and this fantastic opportunity has provided him with one of the best coaches to help him improve his overall performance.

He has also been invited back to represent the United Kingdom in the European Championships for a three-day event in Scotland in June.

Coach David Armor said: "I'm looking forward to working with JR in both the BB&O and European Championships. He has a lot of potential and I think he will do very well."