



University of Birmingham Branch

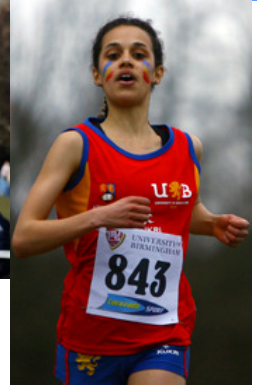


# UBS Sport Scholarships Performance of the Month November 2011



## Performance of the Month

Saturday 26<sup>th</sup> November saw the most important event of the cross country season so far, with many UoB athletes competing in windy conditions in the European Cross Country trials at Liverpool's Sefton Park. November's POTM is shared by two athletics scholars who won their age group races in impressive style. The first win of the day for UoB came from fresher Jonny Hay (Chemistry), fresh from three week's training at altitude in Kenya, who was happy to sit in amongst the leader s in the Junior Men's race before winning after a decisive late kick. Hannah Walker then added



*Jonny Hay and Hannah Walker*

to Birmingham's success, taking the Under 23 Women's title while only narrowly losing 3<sup>rd</sup> position in the Senior Women's race in a referee's decision, as although she and Freya Murray were given the same time, Murray was given the 3<sup>rd</sup> position. Hannah was still pleased with landing an age-group title and 4<sup>th</sup> in the senior competition. Both Jonny and Hannah were automatically selected to race for Great Britain at the European Cross Country Champs to be held in Slovenia in two weeks time.

## Other Notable Performances

### Cross Country

Also impressing at Liverpool were Lauren Howarth (4<sup>th</sup> Year Medicine), who finished 6<sup>th</sup> Under 23, earning herself selection for the European Championships. and Pippa Woolven (1<sup>st</sup> Year SportEx) finished 12<sup>th</sup> in the Junior Women's race. Lauren and Hannah Walker also performed well on international duty for England in Spain, with Hannah finishing 8<sup>th</sup> and 2<sup>nd</sup> European in the Senior Women's race with Lauren finishing 15<sup>th</sup>. At the Irish Cross Country trials, Sara Treacey (5<sup>th</sup> year Medicine, currently intercalating at Loughborough) won the senior women's race after a hard-fought battle with Aoife Culhane, taking the Under 23 title at the same time. Sara will also race in Slovenia, representing Ireland in the U23 race.

### Badminton

UoB scholars performed well at the BUCS individual Championships. Alyssa Lim (3<sup>rd</sup> Year English) and James Lauder (3<sup>rd</sup> Year Sports and Material Sciences) reached the semi-finals of the mixed doubles. Alyssa also team up with Lauren Bromley (1<sup>st</sup> year American Studies and English Language) to reach the quarter-finals in the women's doubles, and James teamed up with Andrew Wainwright to win the bronze medal in the men's doubles, beating highly seeded rivals from Loughborough and Bath along the way.

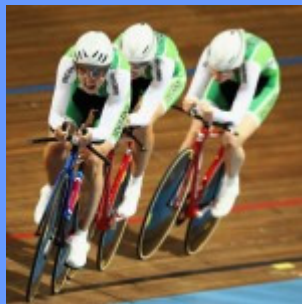
### Cycling

Ciara Horne (2<sup>nd</sup> Year Physiotherapy) continued her good run of international results taking 8<sup>th</sup> place in the points race at the Kazakhstan World Cup. November was a good month for Ciara as she was also awarded Warwickshire Female Athlete of the Year.

Cycling scholars were also in action at the BUCS Cyclo-cross championships.

After only one training session,

delivered by Sports Scientist El Jones and Scholarships Admin Assistant Ella Hopkins, the girls were straight in at the deep end at the national competition. Lara Nyman excelled to finish 5<sup>th</sup> with Laura McCormack in 7<sup>th</sup>, meaning UoB picked up team bronze. Fellow scholars Rachel Stedman and Hannah Edridge finished in 11<sup>th</sup> and 19<sup>th</sup> positions respectively.



*Ciara Horne*

### Rowing

Four UoB rowing scholars picked up medals at the Bristol Head Race, held on the 19<sup>th</sup> November at Salford. Andrea Ferrazzo (1<sup>st</sup> Year Environmental Science) continued his good run of form to win the gold in the men's championship singles, while Sarah Lonergan (2<sup>nd</sup> Year Law) finished runner up in the equivalent women's race. Scholars Mark Jinks (4<sup>th</sup> Year Medicine) and James Manfield (3<sup>rd</sup> Year SportEx) were part of the boat that won the men's coxed fours race by a massive 20 second margin.



*Men's Coxed Fours*

### Triathlon

The BUCS Duathlon Championships took place on the 20<sup>th</sup> November at Castlecombe. The race was made up of three sections; a 2 mile run, a 10 mile cycle, and another 2 miles on foot. A tough ask, but Paul Weston Triathlon Scholar Emily McLoughlin (Mech Eng) proved herself up to the task finishing a creditable 6<sup>th</sup>.

### Lacrosse

UoB Lacrosse scholars have contributed to victories for the women's team this month; Fizzy Keeble (2<sup>nd</sup> Year Psychology) and Hollie Harrington (1<sup>st</sup> Year SPECS) both added goals to help Birmingham secure a 14-8 victory over Loughborough at the beginning of the month, and despite losing to Durham, the team recovered their form to beat Edinburgh 13-6.

### Swimming

At the BUCS Short Course Championships there were notable results for UoB Scholars. Steff King (1<sup>st</sup> year Medicine) finished 8<sup>th</sup> in the Women's 50m Backstroke final in 30.92 seconds and 9<sup>th</sup> in the 100m backstroke. Phil Hodgson recorded a PB and Club record in the 400 IM to finish 10<sup>th</sup>.

### Women's Rugby

Garnet Mackinder (3<sup>rd</sup> Year SPECS) captained the women's rugby side to a 24-0 win over Manchester, taking two tries for herself while also playing well defensively.

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