

REMEMBER THE TITANS

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December 2016



**Rook-y
Balboa!
We go
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boxing**

**Tipping
the scales
Inside a
jockey's
battle
to make
weight**

**The hockey girls
of Superb-iton**

The fighter still remains

Tommy Martin on his coaching comeback

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5 Fencing GB medals

1. Tokyo 1964: Henry 'Bill' Hoskyns secured a silver medal in the Men's Individual Epee. Hoskyns, who competed in six different Olympic Games, lost in the final to Gregory Kiss of the Soviet Union.
2. Rome 1960: Allan Jay won a silver in the same event being beaten by home favourite Giuseppe Delfino in the final. Delfino was a part of the gold medal winning team that defeated GB in the same Games.
3. Rome 1960: Hoskyns and Jay put aside their well known sporting rivalry to bag a silver medal in the Men's Team Epee along with Michael Howard, John Pelling, Raymond Harrison and Michael Alexander.
4. Melbourne 1956: Gillian Sheen won gold in the Women's Individual Foil making amends for her second round exit in Helsinki 1952. This is Team GB's only fencing gold at an Olympic Games.
5. Los Angeles 1932: Judy Guinness secured silver in the Women's Individual Foil with Austrian Ellen Preis winning gold. However, some say two touches made by Guinness were failed to be spotted by officials.



EN GARDE: Aiyenuro putting in the hours at Camden Fencing Club
Inset: Aiyenuro in action

Aiyenuro looking to make the cut for Tokyo Olympics

By Alasdair Hooper

THANKS to misguided stereotypes, and Pierce Brosnan's highly debateable performance alongside Madonna in *Die Another Day*, fencing has garnered quite an elitist tag.

However, Camden-based fencer Soji Aiyenuro, 22, is keen to show that fencing is for everyone as he begins his journey that will hopefully result in representing Britain in sabre at the 2020 Tokyo Olympics.

The Brunel University graduate lists success at Crystal Palace in the London Youth Games, a last eight finish in the Whitgift under-20's sabre as a 14-year-old and becoming 2016 under-23 British champion as some of his best achievements.

He began fencing at the age of 10 and has his eyes firmly set on moving up the British fencing pecking order.

"A friend of mine who fenced at his private school invited me to Camden Fencing Club. I decided to try it one time and three weeks into doing it I did a competition, came second, and thought let's carry this on," explained Aiyenuro.

"Fencing made me stand out because it was so different to anything you see in my area.

"It was something completely different, something new and

something weird."

After graduating last May with a degree in sports science Aiyenuro, along with five other sabreurs, was accepted onto the World Class Program, which provides funding so athletes can train full time with the aim of sending a sabre team to Tokyo.

At Rio 2016 Britain had no sabre representation whatsoever and it's something Liverpool and Steven Gerrard fan Aiyenuro is hoping will be put right in four years time.

"For me it would be great. We need someone to represent sabre from a British perspective because it has been a while," Aiyenuro said.

"If we get a team there it'll be something that nobody has done for a good amount of time."

Ian Williams, who represented

Britain at the 1992 Barcelona Olympics and has been coaching Aiyenuro since he first picked up a sabre, believes he has the necessary attributes to make it and can also pass on his own advice in getting to the greatest sporting event on Earth.

"Soji has always had potential. He learns quite quickly, he's a good athlete and he was always mentally strong, which is something you can see from a young age," Williams said.

"From a coaching point of view, I think the mentality is the hardest thing to work on.

"Dedication and commitment is exactly what it takes to get to an Olympics, particularly when you're younger there's a lot of distractions, decisions and sacrifices to be made.

"When I was Soji's age we

didn't have the set up that they have now so it was a case of us trying to work through the day to exist and train in the evenings and weekends."

Richard Kruse's fourth place finish in the foil at the Rio Olympics did plenty to bring the sport to a new audience thanks to its mainstream television coverage on the BBC.

Aiyenuro believes that another inspiring performance, coupled with the message that background and financial constraints are not a hindrance, is what is needed to garner more of a fencing following in this country.

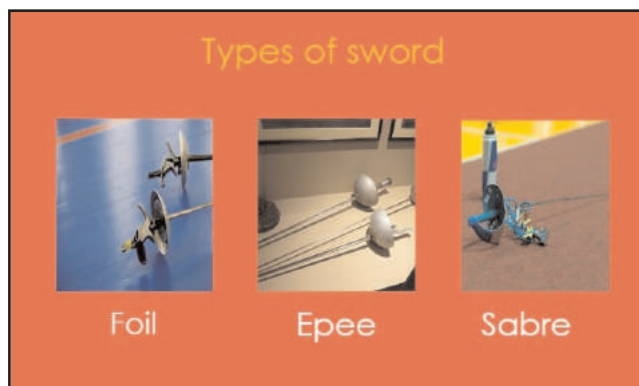
"I think fencing needs someone. It needs one person to have a really good result that everyone can relate to and think if he does fencing then so could I," he said.

"It's not just for a certain type of person and there's been a lot more interest in fencing since Rio and Richard's performance – it's just capitalising on that and getting as many people as we can.

"It's hard because fencing is seen as a niche sport so a lot of people think that they don't want to get into it for various reasons.

"It's all about getting past those reasons and everyone I know, that has thought that same thing, as soon as they've tried fencing they have said that they have really liked it.

"It is just all about getting people to try it."



The danger of the sweet science



BIG FIGHT NIGHT:
Wembley Arena under the lights.

Inset: Tommy Martin and Charlie Edwards.

By Daniel Blackham

CHRIS EUBANK JR'S crippling punches on Nick Blackwell abruptly ended a career that had taken a lifetime to prepare. The gruelling gym work, amateur and professional bouts ended on a doctor's order amidst the grimaces of spectators and commentators. It was gladiatorial without the gladiators.

As Blackwell awoke from an induced coma, he was told he would never fight again. The British Boxing Board of Control removed his licence and Blackwell was forced to give up the craft he had been perfecting since he was a child.

Blackwell would secretly step into the ring once more, but leave it in an ambulance. He is back in a coma for the second time in eight months. Against the explicit instructions of his doctor, he tried to apply for an Irish licence and suffered a bleed on the brain during an unlicensed sparring session.

Tommy Martin, the youngest ever English champion at the age of just 20 was forced to retire due to the same injury, a brain bleed, suffered against John Wayne Hibbert last year.

Martin described the agonising moment he realised he would never fight again.

"I just broke down, absolutely broke down, everything I've worked for since I was a kid, just

taken away, it erased everything I've done and made it pointless," he explained.

"I actually believed that I had won the fight before I even went in there, so that's my downfall, before my other fights I was so nervous it kept me on my toes, but before the Hibbert fight I was just too confident and unfortunately it took my life away, it took my whole career away."

In the coming months, Martin watched on as campmates, sparring partners and friends of his stepped into the ring, and he was forced to watch from afar, admitting that his next step to get help came from an unlikely source.

He said: "Most of all it was my Mum. My Mum hates me boxing, hates it, the very thought of it. But

all she wanted was for me to fight again because I was doing worse to myself, I was on the floor, I was in pieces, I was broken.

"My Mum said 'Tom I need to get you help, I need to get you seeing someone', the next thing I know I was at Tony Adams' sports clinic, so I went to see this councillor and just through speaking to him it just managed to help me open up to everyone else, and to talk to someone just shows how much you can change your life."

Martin was asked by Croydon's own Charlie Edwards if he would corner him for his comeback fight. Martin gladly obliged but admits coaching Edwards for his November 26 fight was extremely difficult.

He said: "When I was training

Charlie, I loved doing the pad-work, I loved being hands on and then fight night came, or fight week should I say.

"When we got to the hotel, the press conferences and the weigh-ins, that's when it really hit home that, wow, this is over. It was fine because I had to stay professional for him, I held myself together for him, I treated it like I'd want to be treated."

Martin explained his psychological route back from the injury, and signalled his sympathy for Blackwell.

"I started to get a lot of therapy," Martin admitted. "I held everything in for about six months without telling anyone.

"I didn't want anyone to know because I wanted to fight for my

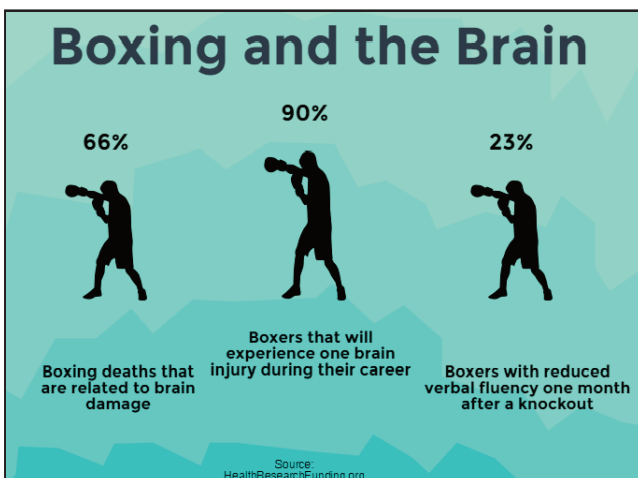
licence again. I wasn't happy [when hearing the Blackwell news] and I was concerned for him, but at the same time I was in the same situation, I tried to apply for my licence again, and I know what he's going through, you just think, 'there's no life after boxing.' That's what I've got to do, I've got to try and find life."

Adam Ballard from Croydon Amateur Boxing Club explained what can be done to support former fighters.

"I feel that boxers need better advice and support networks to ensure they make sound financial decisions with their earnings," he said. "However it is hard to make a decent living in professional boxing."

5 Gone on too long

1. Muhammad Ali's doctor Ferdie Pacheco recommended Ali should retire in 1977. Ali went on to fight four more years, losing three of his last four fights.
2. Roy Jones Jr was once widely recognised as the best pound for pound fighter in the world. He continues to fight at age 47 and takes on Bobby Gunn in March next year.
3. Mike Tyson, the youngest heavyweight champion ever. Money issues meant he was forced to carry on long past his prime, losing his last two fights by knockout.
4. Shane Mosley former three-weight World champion won his first 38 fights. At 45 he refuses to stop and has now lost five and drawn one of his last nine fights.
5. Sugar Ray Leonard retired multiple times after suffering a detached retina. He was stopped for the first time in his final fight by Hector Camacho in 1997.



The London Titans – the football club for everyone

By Chris Reidy

FEBRUARY 2017 will see the Month of Action for the Football v Homophobia initiative.

For that month, homophobia in football will be hot topic of conversation in the media and perhaps on some of the terraces up and down the country.

But what about the rest of the year?

It seems that homophobia in football hangs on the periphery of issues that are a priority to be dealt with and is only mentioned when a campaign is happening or maybe if something controversial is said within the game.

That is why football clubs such as London Titans are so important to the sport.

Founded in October 2006 by friends having a kick-about in Old Deer Park in Richmond, the club has grown into one of the biggest LGBT football clubs in the country.

The Titans pride themselves on offering a safe and friendly space for players across the sexuality and gender spectrum.

That was the appeal for club manager of two-and-a-half years Phil Steer, 32, who after coming out at 23, had difficulties playing football back home in Chichester and then Reading before joining the Titans.

Steer was captain of his Chichester team when he came out.

He said: "Most of the lads were alright apart one or two who were rough and ready and gave me a few stares."

But soon after that an incident happened that is far too common but too little heard about in the public sphere.

He said: "I was playing against a team who some of my supposed mates from school played for."

"There was loads of homophobic abuse from the side of the pitch. 'Faggot, queen' and all that kind of stuff."

"My manager was amazing and threatened to take our team off the pitch – and that just hasn't happened for most of the lads who now play here."

The lads Phil was referring to now form a 60-person strong group and growing unit of players who train on Tuesdays and turn out for the Titans on Sundays.

The first team plays in the FA Sunday Senior Sportsman Premier League and for the first time in their history are in the quarter final of the Middlesex County FA Sunday Junior Trophy. They take on Ruislip Rovers on January 8.

Playing in Barnes at Dukes Meadow, the Titans also field teams in the London Unity League and the National Gay League.

Not just content with England, the Titans have taken teams abroad and last year reached the

final of the IGFLA Euro Cup in Hamburg losing in the final.

Head of communications and player Scott De Blasio, 30, described the occasion as the proudest moment in his time at the Titans.

He said: "It was the best game I've ever played in and the crowd were amazing."

"We played teams from Germany, Sweden and London en route to the final and then the teams from London were right behind us for the final."

"We got a medal and a photo with Thomas Hitzlsperger. It really felt like we were superstars for that moment."

Proof of the Titans' meteoric rise from Old Deer Park can be seen with their partnership with Queens Park Rangers.

In February this year, London Titans became the first LGBT team brought into a major stadium before a match.

Training with the Titans gave a real insight into what the club is all about. A football club that welcomes all but that takes football seriously. No matter your football ability, age, gender, sexual orientation or any other label one can give, turn up with a smile and you will be embraced with open arms at London Titans.

This is a football club who take action all year round to make football a better and more inclusive sport. Long may they continue.



SET PIECE: Injured manager Phil Steer takes the Titan players through a corner drill

5 LGBT sport clubs

1. Stonewall FC: The largest LGBT football team in the UK and the brains behind the #Rain-bowLaces campaign. Formed in 1991, their first team currently competes at the 12th level of the football league pyramid.

2. Knockout London: A friendly boxing club started by playwright, Patrick Cash. It provides not-for-profit, LGBT-friendly boxing classes in London and Glasgow.

3. Kings Cross Steelers RFC: The Steelers, named after the founders' love of American Football, claim to be the world's first gay rugby team. Founded as an invitational team in 1985, they joined the Surrey County Union in 1996.

4. CycleOut London: All abilities are welcome at this cycling club open to LGBT people and their friends. They run events all year round, including a monthly London ride.

5. LLK: London Lesbian Kickabouts is a bi-weekly friendly league in Central London. Launched in 2006, they have more than 300 women on their books and attract around 70 people a week for games of both five and 11-a-side.

In October 2016, BBC Radio 5Live polled 4,000 football fans to gauge people's attitudes towards homophobia in sport.

It found:

• 82% of supporters would have no issue with their club signing a gay player

• But 8% of sports fans said they would stop watching their team

• More sports fans (12%) would feel uncomfortable with a rival player joining their club than a gay player (8%)

• 50% of football fans say they have heard homophobic abuse, 51% have heard sexist abuse and 59% have heard racist abuse

• 57% of sports fans believe gay players should come out to help others do the same

• 18% of sports fans believe gay players should "keep it to themselves"

• 15% of sports fans think a gay player on a team would make team-mates feel uncomfortable

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5 Methods that jockeys use to lose weight

- 1. Sweat suits allow minimal air flow in and out of the body, creating a rise in temperature. Many jockeys will run around the racecourse in a sweat suit before racing to increase the amount they sweat to help their weight fall off.
- 2. The most common method used by jockeys is sitting in a steam room or sauna. Much like a sweat suit, the heat inside these rooms will cause you to sweat and going for a swim afterwards will help the weight decrease quicker.
- 3. Drinking hot drinks like tea or coffee is a good way to warm up and drop weight. Some jockeys will sit in a hot bath with a nice cup of tea for up to two hours the night before racing. This is arguably the most pleasant method.
- 4. Weighing yourself every day can often result in a negative effect and does not always show an accurate figure, so dodge the scales and weigh yourself just once a week rather than having a daily battle with the scales.
- 5. But all of these methods will be redundant if you fail to eat sensibly. While starvation is not the answer, neither is a call to your nearest takeaway. A low-fat, high-protein diet is an effective way to prevent weight gain.



WINNING HORSE:Tom Cannon riding Notre Ami at Fontwell.

Inset: Tommy Dowling after riding at Fontwell.

The battle with the scales weighs on a jockey's mind

By Marina Stephens

EVERY jockey strives to weigh as little as possible. And this is due to the fact that more rides are available to jockeys who can make lower weights and more rides means more money.

The testing conditions jockeys must go through in order to achieve their desired weight can often slip under the radar.

Jockeys face a gruelling and disciplined lifestyle as the majority of them ride under their natural body weight.

It isn't glamorous but it is an important part of the job.

It's safe to say you would rarely see a beer and a slice of pizza in the hands of a jockey.

They wave goodbye to anything naughty and delicious as it is most likely not nutritious.

Instead it has become the norm for jockeys to live off meagre diets and some even run on just one small meal a day.

It is an extremely tough life which makes a jockey's perseverance and commitment to the sport even more extraordinary.

Jump jockeys Tom Cannon and Tommy Dowling are both 25 and stand at 5ft 11in.

Anything above 5ft 10in is considered very tall for jump jockeys as the additional inches make it increasingly difficult to maintain a low bodyweight.

Cannon, whose favourite racecourse is the nearby Sandown, aims to keep his weight at 10st 3lbs during the racing season.

He said: "I get up and leave without having breakfast, on my way to ride out I'll stop at a service station and grab a coffee or a sugar free Red Bull."

After a busy day's work, which consists of exercising horses in the morning and racing in the afternoon, Cannon ends the day with just one small meal and, of course, he stays clear of alcohol.

With the fuel for his high intensity days coming from just one coffee or an energy drink you might assume he would treat himself to something a little more substantial in the evenings.

However, his meal must be

light and will range from meat and vegetables to scrambled eggs on toast – it will never be anything indulgent or unhealthy.

"I'm tall and unfortunately I put on weight very easily and I find it quite tough to get it back down," said Cannon, whose natural weight is more than 11st.

His weight is always at the forefront of his mind but being disciplined and keeping busy are vital tactics for him.

"Once my weight is down it's amazing how quickly your body gets used to running on very little. Eating a pizza just isn't worth the pain of stepping on the scales and being 2lbs heavier in the morning!" he says.

Dowling shed light on his new approach to making the weight.

He recently returned to riding

after a serious accident sidelined him for months. He revealed this injury potentially stemmed from depriving his body of protection.

Prior to his injury in April 2016, Dowling used to try and claim a weight of 9st 7lb, unbearably light for a tall man.

He says: "I was hardly eating and my body couldn't manage it. In hindsight, I think this is why I got so badly injured. There was nothing on my body so when I hit the ground there was nothing there to protect me and I ended up with many broken bones."

Dowling now aims to sit at a more sensible weight of 9st 12lbs and has altered his eating habits. Nowadays he starts with some porridge, a rice dish for lunch and a small meal in the evening. This doesn't seem like much but it is far more than what he allowed his body before.

"My injury cost me a lot more than claiming light rides," he added.

Evidently, jockeys have to make a lot of sacrifices if they wish to be competing at the top of the game. They don't live the healthiest of lifestyles but maintaining a low weight is essential if they are to secure as many rides as possible.

It is a punishing part of their job but jockeys do slip into the routine of running on very little and have each other for support when the going gets tough.



The most common ways for a jockey to shed weight

In 2011, Dr Adrian McGoldrick conducted a study into the dieting habits of jockeys.

His findings were:

14%	forced vomiting
71%	restricted food intake
81%	used sweat suits
86%	used saunas

Dons on the rise ahead of MK clash



PROTEST: The gates to Wimbledon's traditional home Plough Lane

Inset: AFC Wimbledon celebrate promotion to League One

By Rob Godmon

AFC WIMBLEDON play MK Dons on Saturday. A sentence that, according to most Dons (of the Wimbledon variety) should never have been written.

For the first time in the league pyramid they will be face to face with the club that should never have been. The club that stole their place in the football league, the club that attempted to pack their vibrant history off in grubby little boxes to Milton Keynes. Pete Winkelman's legacy in Wimbledon is one of bitter, boiling resentment. Even 13 years on from when their team was wrenched from them, it is no surprise that most AFC Wimbledon fans are not ready to forgive or forget.

And no amount of Winkelman's snivelling regret can change that.

Despite MK Dons attempting to do things right- trying to develop young talent where possible -there is still no real public sympathy for the club known as Franchise FC.

There are some at AFC Wimbledon, however, that just want to focus on the football, and for good reason. The Kingsmeadow club's rise has been phoenix-like and spectacular.

There have been six promotions in fourteen seasons since forming, rising from the ninth tier to the third. This season,

they find themselves chasing promotion yet again, sitting just outside the League One playoff places in seventh.

Neil Cox, the team's assistant manager, summed up the official line at the club, saying: "We'll be professional. It's just another three points at stake." No doubt they will be, but for the fans, it's anything but.

It's not actually the first time the two clubs have met. Three previous cup encounters have brought two wins for MK Dons and one for AFC Wimbledon, but this is the first time they will meet as football equals, with AFC Wimbledon actually looking down on their rivals in the table.

Talking to Tom Beere, AFC Wimbledon's young midfielder,

you get a sense of the tricky line the players will have to tread between passion and professionalism during Saturday's game. Balancing the management team's desire for cool heads and clear decision making with the fans desire for blood, thunder, and revenge will not be an easy task. "We'll be fiery on the pitch- though not too fiery! We know how huge a game it is, for the fans especially."

One fan of AFC Wimbledon had a more incendiary view, as you might expect. "The rivalry's still as strong as it ever was. There's still the same level of hatred and passion. I think there could be trouble, in the crowd and on the pitch. They hate us as much as we hate them."

While it is no surprise that some AFC Wimbledon fans aren't prepared to just move on from their club being club ripped away- ripped 60 miles up the M1 to be precise- there is a sense that the club as a whole are now moving on to bigger, better things, leaving the MK Dons- and the toxic circumstances surrounding both club's formation- behind.

The supporters group that owns AFC Wimbledon, The Dons Trust, summed up this feeling of cool indifference to the Milton Keynes side with this statement: 'I am afraid, however, that neither the club nor Trust are going to comment on the issue of rivalry between the two clubs.'

The nightmare of 2003 is being

left further and further in the rear view mirror, with a return to the club's spiritual Plough Lane home in the offing. Mayor of London Sadiq Khan announced in October they would be able to build a new stadium 200 yards from their former home on Plough Lane.

The story has caught the attention of Hollywood screenwriters, with a screenplay currently in production. With the team soaring in League One, there are plenty of reasons to be delighted for AFC Wimbledon. Reasons enough to concentrate on their own miraculous rise from the ashes and ignore that other club after Saturday's match.

After all, it's just another three points. Right?

5 great sport revivals

1. Bournemouth's rise and fall: They just survived relegation out of the Football League in 2009 and secured promotion to the Premier League only six years later.
2. Niki Lauda: Lauda suffered such bad burns in an accident at the Nurburgring in 1976 he was read his Last Rites. But he also rose from the ashes to win the 1977 World Championship.
3. Busby's Babes: Matt Busby led Manchester United to a European Cup in 1968 despite having eight players taken from him ten years earlier in the Munich air tragedy.
4. James Braddock: The godfather of sporting fairytales, Braddock rose from the despair of the Great Depression and broken hand to win the heavyweight title.
5. Wimbledon FC rise: The original Dons went from the Fourth division to the First in just three years spent the next 14 years there. The crazy gang also won the 1988 FA Cup.



Gentlemen’s dispute sees running club lead the way

By Emma Boyd

SOUTH LONDON HARRIERS is one of the country’s oldest athletics clubs which has produced Olympic athletes and some of the best coaches in the business.

Now entering into its 145th year, the club’s longest serving member of 64 years, Ferdie Gilson, offers an insight into the history and members of the Coulsdon clubhouse.

Founded on Boxing Day 1871 in Peckham Rye, South London Harriers was the brain child of Ernest Smith after his abrupt exit from later rivals, Peckham Amateur Athletic Club.

Mr Ernest had previously been their handicapper but left following disputes over his egotistical and flamboyant behaviour, including the request to rename the Handicapper’s Cup ‘Mr Smith’s’ and no longer fitting the profile of ‘Gentlemen Amateurs’.

Like any great idea, Mr Smith pitched his plans to runner Charles Henry Larrette in the pub and by 1873 the club had 108 active members.

In true British style, one of the first events for the newly found club was a ‘Hare & Hounds’ run on January 13 1872, where one runner would start 15 minutes earlier to avoid capture.

Mr Gilson recalled how the club’s fifth run was a unique event.

He said: “On February 27, nine members ran the longest cross country club training run of 29 miles to celebrate then Prince of Wales, King Edward VII’s recovery from typhoid.”

Throughout their history South London Harriers members have gone onto become world record holders, Olympic champions and even contributed to the development of sports.

Membership secretary Steve Vincent said: “One of our very earliest members, James Gibb, is credited with enhancing table tennis after he started using celluloid balls following a trip to America in 1901.

“Even in the earliest days of the club, our members were competitive cyclists, swimmers, rowers and water-polo players.

“Charles Reidy was an outstanding post-war hammer thrower and still holds the South London Harriers club hammer record of 51.20m, set in 1952.

“Alfred Shrubbs secured world records in 1902, 1903 and 1904 at 17 different distances.”

Club Olympians include London marathon 1948 silver medallist Tom Richards, 1956 Melbourne 5,000m silver medallist Gordon Pirie and the 1908 London single sculls rowing gold winner Harry Blackstaffe.

The club was also home to

some of the most elite coaches this country had to offer.

Mr Gilson said: “Franz Stampfl was one of the world’s leading 20th century freelance professional athletics coaches.

“He had a holistic approach to coaching which covered mind, body and spirit and he also had an uncanny ability to judge an athlete on their short, medium and long term potential.

“His technical knowledge of field events was immense and his grasp of the psychological aspects of sports has been equalled by very few.

“His influence on Olympic champions like the great Sir Roger Bannister just goes to show his amazing powers to enhance an athlete’s confidence.”

By October 1873, the notorious Mr Smith resigned in disgrace and in true fashion decided to once again to start another club.

Following his departure, South London Harriers and Blackheath Harriers developed a close relationship with joint training runs, meals and a competitive competition named the Nicholls Cup, playing 103 annual mob matches since December 1869.

Today, the Harriers remain proud of their heritage and continue to champion their members by providing the best facilities for the future of sport but running, as always, will always be at the heart of the club.



AHEAD OF THE PACK: Simon Manning in action for South London Harriers during latest meeting.

Credit: South London Harriers

5 All-time Harrier Olympians

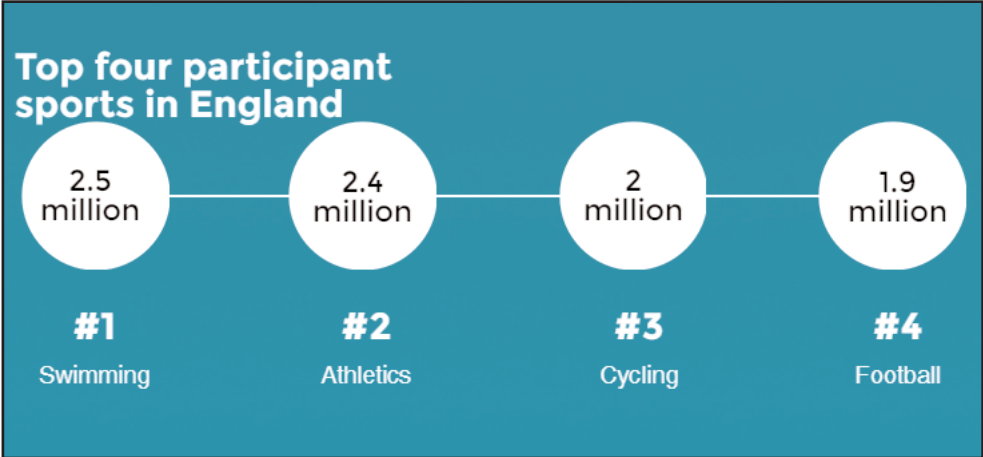
1. Harry Blackstaffe secured a gold medal in the single skulls at the 1908 London Games. The rower, who was 40-years-old at the time, pulled ahead of Alexander McCulloch with 50 yards remaining to secure gold.

2. Gordon Pirie is one of the most famous members of South London Harriers to compete in the Olympics. Pirie won silver in the 5,000 metres at the 1956 Melbourne Games.

3. Tom Matthews won silver in the marathon at the 1948 London Games. Matthews finished behind Argentina’s Delfo Cabrera after a tense finale at Wembley Stadium, after Belgium’s Etienne Gailly entered the stadium in first before finishing third.

4. Edwin Montague competed in the 400 metres at the 1908 Olympic Games. He missed out on a place in the final with fellow Brit, Wyndham Halswelle, finishing ahead of him.

5. Jack George ran in the 100 metres and 200 metres in the 1908 Olympic Games in his home city of London. However, George missed out on a place in the final of both events, after finishing fourth with American Nate Cartmell coming out on top.



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5 Mind blowing streaks

- 1. New Zealand's rugby union side are on a run of 45 games without loss at home. The last time they tasted defeat was back in September 2009, when Morne and Francois Steyn kicked South Africa to a 32-29 victory.
- 2. Beach volleyball stars Kerri Walsh and Misty May-Treanor won 112 games on the trot between August 2007 and August 2008. The three-time Olympic champions also won a superb 19 competitions during the run.
- 3. Coxless pair Eric Murray and Hamish Bond won all 69 races they competed in together between 2009 and 2016, with rowing's most feared pair securing two Olympic gold medals and six World Championships.
- 4. Germany has exerted its dominance on the sport of luge for a long time, with its female athletes winning 105 straight World Cup races between 1997 and 2011, while Germany have won 31/44 Winter Olympic luge golds.
- 5. South Korea's female archers have won all seven of the team achery gold medals since the event was introduced at the 1988 Seoul Olympics, beating Russia to the title in Rio earlier this year in a very one-sided final.



LEADING THE WAY: Giselle Ansley has been a crucial player in the run, scoring 18 goals
Inset: Georgie Twigg
Credit: @SurbitonHC

Garrard's invincibles are just simply Superb-iton

By Adam Theofilatos

SURBITON ladies hockey team have flicked up a storm across the nation, leaving everyone struggling to find fault with their game following a 50 match unbeaten streak.

More than 1000 days have passed since Surbiton last tasted defeat in the league, with the team picking up three titles in that time.

Bonds are strong, morale is high and the newly labelled 'invincibles' of ladies hockey are brimming with confidence.

Head coach Brett Garrard is bursting with pride and is full of praise for his team.

Looking back on their growth throughout this unbelievable run, he could not be happier with the progress that has been made under his careful guidance.

"The team has grown immensely over the years that I have worked with them and there has been a change in the way that we play," said Garrard.

"Our game has evolved and the girls are an extremely tight unit and that is to our advantage.

"Every member of the team adds to the spirit that we play by. Everyone has bought into the ethos of the club and that has truly contributed to the run that we are on."

Having won each of the last

three Investec Premier Division titles, Surbiton find themselves top again at the halfway stage of this season, leading unbeaten East Grinstead by a point.

Garrard's undying love for the game of hockey is reflected in the way Surbiton play, exhibiting flair and plenty of attacking skill with incomparable passion.

Through a mix of experience, youth and fluency that has truly boggled some of the game's biggest heavyweights, they have certainly stamped their authority on English hockey.

But, despite the clear edge that Surbiton have over their rivals, there is a sense of humbleness that adds to the spirit of their superb successes.

"There are no superstars in

our team," said Garrard, despite Surbiton having a team riddled with international stars and growing talent.

"The most impressive thing about the run that we have been on is that we have done it with a large squad of 40 players. Some as young as 15 have made their debuts, making it a complete team effort."

Garrard says that Surbiton have found the perfect blend that most teams can only dream of and that, in fact, some of the very best games that they have played have been without 2016 Rio Olympic gold medallists Holly Webb, Georgie Twigg and Giselle Ansley.

"I have always thought that our international players have been brilliant role models to the other

players, especially our younger girls," he added.

"There is no doubt that the success in Rio has had a hugely positive impact on not only the team, but on the whole club.

"We have a real mixture of players but it is our senior girls who have shown exemplary leadership and really bound the team together."

Experienced player Emily Atkinson has been a key part of one of the tightest defences in the league, while also proving to be an influential role model for the younger players.

Despite playing down the coach's praise of her, Atkinson shares Garrard's belief that the team are improving by the day and emphasised that their togetherness as a team will spur them on to further success, both in the domestic league and Europe.

She said: "The way that the girls and coaching staff interact is really incredible.

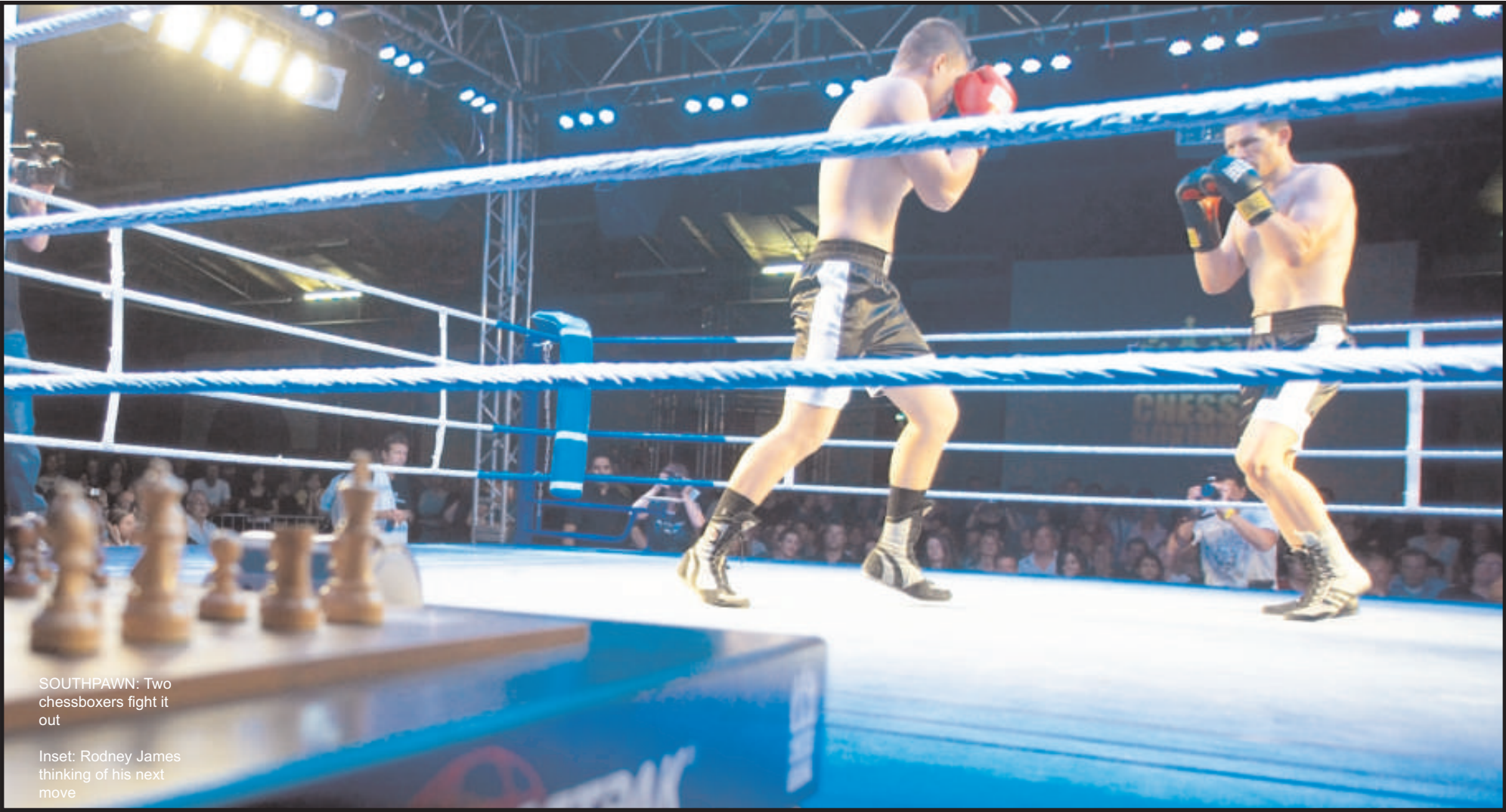
"Also, an important factor in that success is definitely the way we are an inseparable team both on and off the pitch and this impacts on our results.

"We have all got the same aim, the same goals we are working towards and when you see the plan being carried out you also start seeing the results.

"Surbiton's future just simply could not be taking a better direction forward."



Rook-y Balboa



SOUTHPAWN: Two chessboxers fight it out

Inset: Rodney James thinking of his next move

By Harry Howes

IF you stop to compare the archetypal boxer and chess player, it's easy to see them as complete polar opposites.

Popular culture often leads us to believe that only burly aggressors can be boxers, while chess players seem to fit the stereotype of brainboxes who can perform logical wizardry.

Yet this is an exaggerated view, with the two disciplines sharing more similarities than you may expect.

Both are incredibly tactical, requiring an ability to think several steps ahead in order to outwit your opponent.

Lennox Lewis is a dedicated chess player and it is well-documented that Manny Pacquiao often uses it to relax.

While it seems unlikely that former chess greats such as Wilhelm Steinitz or Bobby Fischer would have been useful in a bout, the comparisons lie in the psychology rather than the physicality – leading to the birth of chessboxing as a hybrid sport.

Originating in Berlin in 2003, competitors alternate between rounds of both board and glove combat, with matches generally won by knockout or checkmate to provide the best spectacle for the viewer.

The rise of MMA in recent years highlights the popularity of boxing hybrids and despite a lack of prominence in south west

London, it is an experiment celebrated equally by both the boxing and chess communities.

Having first arrived on UK shores in 2008, the international interest in the sport comes as no surprise to Rodney James, owner of Wimbledon Kickboxing and Boxing Club and self-proclaimed chess novice.

"I can see the appeal," he said. "When you box you need a ying and a yang. I do gardening – the day after a fight I'll tend to the flowers which may sound ridiculous but a lot of boxers will unwind by doing strategic things with a clear focus."

The 40-year-old makes up for an absence of chess knowledge with a wealth of fighting experience that would hold him in good

stead for the boxing rounds.

Also a personal trainer, Rodney has been boxing for 12 years and is aware of the tactical similarities the sport he loves shares with chess.

"The dominant plan wins the fight and I'm sure it's the same with chess," he continued.

"There will be certain ways that you can always win if your opponent adheres to what you're doing in the ring or on the board.

"If your opponent is an inside fighter and you're good on the outside, if you're able to manipulate the fight and stay on the outside and have good footwork, they don't stand a chance.

"Chessboxing is definitely something I can see us doing here one day in the future. I think

a few of the guys are interested in it and it would be great way to put on charity events."

There's certainly a mutual respect between the worlds of chess and boxing, with both requiring intense concentration and patience, which is a view firmly held by Battersea Chess Club member Leon Watson.

"Boxing may be quicker but what goes through their mind is the same," he explained.

"A boxer tries to move an opponent around, anticipating and countering his plans until the opportunity to strike opens up. They have to – their nose may depend on it."

The concept of chessboxing also provides an opportunity for seasoned chess players to

release the frustrations of tight matches, something that is a rarity in the traditional game.

"Chess doesn't usually get physical, but there have been instances," joked Leon.

"There was one incident I heard of where a frustrated player picked up a folding chair and hit an opponent with it, but I suppose that's more like WWE-style chesswrestling. As far as I know we haven't had any punches thrown at Battersea."

While it may not top many lists of suggestions for new Olympic sports and may be considered to be a novelty, the surge of chessboxing since its conception has been remarkable and opportunities to take part will undoubtedly grow as it increases in popularity.

5 Other hybrid sports

1. Disc golf: Basic in name but complex in form, this hybrid combines golf's pin-point accuracy with a throwing arm – think Tiger Woods meets Discobolus.
2. Octopush: When you think of Octopush, I bet underwater hockey didn't spring to mind. This bizarre hybrid entails manoeuvring a puck across the pool floor into a goal.
3. Volsball: Self-proclaimed as the 'the greatest sport of the 21st century', Volsball combines basketball, cricket and football for a peculiar hybrid that provides endless fun.
4. Joggling: People who juggle and jog are jugglers – it's quite the tongue twister. This sport is perfect for clowns training to run a marathon and has a World Championships.
5. Football tennis: Originating in the 1920s, football tennis provides the perfect combination for those who can't choose between Roland Garros and Milan Baros.

