

Junior sport

Medals in the bag

Martial Arts

A TOTAL Of 52 students from the Martial Arts and Fitness Centre travelled to Cogan's Leisure Centre in Penarth to compete in the recent Imperial Taekwon-do Association (ITA) Welsh Championships.

Students returned with an impressive 37 medals including 10 gold-winning Welsh champions.

Master Gary Gassor, seventh degree black belt and chief instructor, said: "It was a great success. We now have 10 Welsh champions and also 27 medal winners of which I am extremely proud."

The ITA Welsh champions are Aaron Gassor, Allyiah Hussain, Andrew Savill, Arron Rose, Artron Mullins, Chris Thomas, Ethan Frayling (Snr), James



AS GOOD AS GOLD: Students from the Martial Arts and Fitness Centre secured a terrific medal haul

Bolt, Jordan Frayling and Ryan Hillier.

To try your first lesson free or for more information regarding classes held at the Martial Arts and Fitness

Centre call 01633 222260 or go to mafcmartialarts.com.

Seven members of Newport Judo Club took part in the Junior Championships in Cardiff.

All of the competitors did well in a tough competition which included some Welsh team members.

Mitchell Weaver and Elis Park won a bronze each in

the under-12s 30kg category, Regan Crockett took bronze in the under-12s 34kg category, Zoe Donovan secured bronze in the under-16s 44kg and Kyle Park bagged silver

in the under-16s 46 kg.

Joe Lee-Jones and Bethan Morgan gave an excellent account of themselves but unfortunately did not finish with medals.

This provided a bit of a wake up call for New Panteg and a strong break by George Collins allowed the supporting Matthew Bowles to score under the posts. Collins added the conversion.

However, Brecon soon found speedy winger Williams for his second of the game which gave the hosts a deserved 10-7 half time lead.

The second half continued with Brecon testing the Panteg defence and seeking opportunities to utilise their pace outside. The inevitable happened when Williams was again given sufficient space to score his third which he also converted.

Panteg's defensive defiance was commendable with Ethan Winstone, Cairan Prior and Tai Hoemchen putting their bodies on the line on more than one occasion. However, the pressure told when home centre Alex Best scored late to provide the hosts with a hard-earned, but deserved, victory.

CROESYCEILIOG U10s played a round robin hosted by Talywain. Croesy's first match was against the hosts and they put in a good effort but Talywain proved too strong.

Croesyceiliog were then up against New Panteg and after being defeated in the first match they were determined not to lose again.

Both teams played with pride and passion but it was Croesy who came out the winners this time with tries coming from captain Sam O'Connor, Lewis Bailey, Jack Guy (2) and Callam resulting in a final score of 5-1.

Croesyceiliog also played a storming match the other week against Usk U10s. Croesyceiliog dominated the match from the start proving too strong for their opponents.

It was brilliant teamwork from Croesyceiliog with some fantastic tackles being put in. The opening try was scored by Luke Kyte, Jack Guy scored a hat-trick, Sam O'Connor grabbed a brace and there were also further tries from Sam Partridge-Wilson, Lewis Bailey, Callam Hawkins and Ross Lamerick for a 10-1 win with O'Connor named man-of-the-match.

NHSOB U10s arrived in Aberillery on a bright morning on the back of a strong win 51-5 over New Panteg.

They were in a confident mood and the game got under way with an early try from Ethan Thomas which he converted to put NHSOB ahead 7-0. This situation did not last for long when a

strong team effort saw Tom (Aberillery) go over the line within two minutes to bring the score to 7-5.

NHSOB had spent most of the time in the Aberillery half but the hosts managed a second try scored by Bradley, who picked the ball up in open play and ran down the wing to score. He had been tackled by Ben but his momentum took him over the line with the conversion making it 12-7 at the break.

The second half started off at a high pace and eventually there was another try and conversion from Aber to make it 17-5. NHSOB continued to defend and counter attack and this led to a strong run from inside the NHSOB 22 by Ethan Thomas, who beat five players to score with a fantastic turn of speed but the visitors were unable to produce a final try.

A second short game to give all players a chance on the field was also a strong game and resulted in a 5-5 draw - a scoreline that reflected the parity of the sides.

The clash between **NHSOB U11s** and Aberillery was played at a fast pace from the off and it was Aberillery who eventually took the spoils 43-36.

Ashley Gibson scored in the opening minute when he ran the full length of the pitch, the conversion hit the bar.

Aberillery were quick reply with a burst through the centre by Callum and they took the lead with his second, the conversion making it 12-5.

NHSOB continued to attack and spent a lot of time in Aber half. Despite this pressure Aber took the score up to 19-5 at the break.

Aber's Sian struck early in the second half to make it 24-5 but just as NHSOB spirits started to fade, a long run from their line led to a try when Ashley Gibson burst through six tackles to score, Lewis Wheeler converting to make it 24-12.

Good ball handling put Sian Conlon over, beating three Aber backs in the process, and the score was 24-17.

Aber scored again to stretch it to 31-17 but a Charlie Wheeler-Jones effort was quickly followed by Ashley Gibson going over to get within two points. But two more Aber tries made it 43-29 with three minutes left, but NHSOB dug in and a third Ashley try converted by Wheeler made it 43-36.

NHSOB U9s travelled to Aberillery in confident mood but in the end their

Rugby round-up

defence had to be on form to edge a close contest 5-3.

In contrast to last week the Old Boys had to work extremely for their victory and their performance was typified by Dylan Smith, who made one try-saving tackle that will live in the memory for a long time.

This was, however, very much a team performance with players tackling their hearts out as though their lives depended on it.

Although their defence arguably won the day, they also posed problems for the hosts in attack with Iwan Nolan, Scott Bowden and Callum Williams all looking dangerous with ball in hand.

It was an absorbing match to watch and both sides should take great credit for making it such a great contest.

Man of the match for NHSOB was Tomos Grant who probably had his best game in. Try scorers for were Alex Webb (2), Darren Whelton, Dylan Smith and Owen Bevan.

PILL HARRIERS U15s travelled to Caldicot with the intention of playing running rugby and found a home team with the same mindset.

After some good exchanges to start with and good early pressure from Caldicot Pill were forced to defend well and struggled to get out of their half. They further hindered themselves by not controlling their own ball which resulted in Caldicot scoring first.

Pill were awarded a scrum inside their own 22, after getting a good shove on, and a clean strike, the ball shot out from the scrum only to be scooped up by Caldicot's number six, who then beat the defender to score.

Soon after, Pill managed to gain some field position and exert some pressure. Caldicot failed to clear their line which resulted in a 5m attacking scrum for Pill. Again Pill got the shove on but this time the ball presented itself to number 7 Jordan Bridge who picked up and drove low and hard to equal the score at 5-5.

Pill won a turnover straight from the kick-off and a cheeky cross field kick from Patrick Hurley was gathered by Kyle Pyart to score. Their third was also scored by Pyart, who smashed through three or four tackles to score his fifth in two games.

With Caldicot always pushing and Pill making a couple of changes, Caldicot

managed to build some momentum.

They went through the phases well and found themselves putting Pill under pressure. After some good recycling of the ball and a great miss pass Caldicot finished in the corner, converting the try from wide out.

This left the score at 15-12 with a couple of minutes left on the clock. Pill were happy to get the ball out as soon as last play was called by the ref.

STEELERS U12s entertained Bedwas at home and were faced with a juggernaut pack.

However, Steelers were up for a game and the back row of Sam Hendon, Tom Norton and Alex Clemen tackled themselves to a standstill.

Bedwas scored first after a number of forward drives but in their next attack with the ball moving down their backline Steelers centre Sam Ireland intercepted and ran the length of the pitch to score and tie the scores.

Man-of-the-match Steelers scrum half Jacob Proctor ensured good ball for the Steelers backs and was inches short after a blindside break.

The game carried on with a ding dong battle up front and Steelers second row Joe Carvey made a number of good breaks. In the Steelers' backline Lewis Pryce-Jones played his first game at fullback and made some excellent line breaks.

The Bedwas pack got a second try just before half time and late in the game scored a third to win 15-5.

Whiteheads Steelers are looking for U12 coaches and players for next season - please phone Mitch on 07940143315

PONTYPOOL UTD COLTS U15s made the short trip to Croesyceiliog and ended up 39-5 winners.

The game started with the Colts conceding a lot of penalties to give the home team a try over in the corner, but the Colts immediately hit back with centre Haydn Simons side-stepping his way through to even the scores.

Utd kept up the attack and took the lead just before half time with a try from winger Mathew Powell.

The second half saw a different Utd team and the forwards took the game on and gave the backs plenty of options. Superb handling and brilliant moves saw tries from Adam Stratton (2), Zach Heneghan (2) and Ethan Davies, who also struck two conversions.

ST JOSEPH'S U10s travelled to Caldicot and played in a round robin against the hosts and Pill Harriers.

First up for St Joes was Caldicot, who had some big forwards and some good runners in the backs. However, it was the away side's forwards who created the platform for the backs to run in three tries.

The tries were scored by Liam Derrick, Daniel Snelling and Morgan John with one of the tries converted by Matthew Williams for a 17-0 win.

Next up was Pill Harriers and there was more of the same from the St Joes forwards which allowed some good phases of play for the backs.

This allowed our backs to score four tries in the game with Daniel Snelling, Matthew Williams, Keir Bassett and scrum half William Davidson, who had the vision to break from a five metre attacking scrum, crossing. There was only one successful conversion by Matthew Williams, meaning a final score of 22-0.

The defence was so good that the players prevented two very good teams from scoring and for this reason the whole team shared the player of the day trophy.

NHSOB U14s hosted Aberillery and the visitors won 17-5. Right from the kick-off 'Aber' forwards dominated the game up front, providing plenty of clean ball from the rucks and line-outs. NHSOB held their own in the scrums but the Aberillery back row were quick, putting pressure on Newport and forcing the home team to make silly errors.

The Old Boys defended well until five minutes from half time, when Aberillery flanker, Nico Hodgkinson was up very quick on the ball from a five-metre scrum, capitalising on a wild pass back to score the first try.

Aberillery continued the second half with the same momentum and after 10 minutes Lewis Bates broke through line to score a try under the posts, which was converted.

NHSOB responded, finally finding their form and letting the ball do the work along the backs. Richie Greer committed the Aberillery full back with a nicely timed pass to allow Harry Day to score in the corner.

Newport's comeback was too late and Keiron Price powered over with the help of his pack in the last minute to give Aberillery a well deserved victory.