LIONS PAIR GIVE HOLT A HAND

RUGBY UNION
A surprise visit from British Lions heroes Tom and Ben Youngs has added a touch of spice to pre-season preparations at Holt Rugby Club.

The Norfolk brothers have strong links with the club and after returning home from the triumphant summer tour to Australia they were quick to accept an invitation to pay a visit to their High Kelling base.

Last week’s session was kept under wraps by the club beforehand, and the first time most players were aware of it was when they arrived at the club.

“We wanted to get the maximum impact from this session,” said coach Ed Steel. “The players have worked really hard and have upped their game and intensity levels. It was definitely a tough session of this. It’s not very often that you can say

All the players worked really hard and were very receptive

Tom Youngs

you have trained alongside and been coached by two British Lions players and our players really bought into what Tom and Ben were trying to achieve.”

Tom enjoyed his trip down memory lane, saying: “Ben and I always enjoy coming back to Holt, it’s where we grew up and it was great to give something back in this way. All the players worked really hard and were very receptive. Obviously we know many of them, having grown up with them so we had some fun to, which is very enjoyable and training should be about.”

Ben added: “Pre-season can be pretty hard going sometimes, regardless of the level you play at, so we wanted to demonstrate some of the conditioned games and exercises we enjoy and have fun doing because that makes it so much easier.”

Holt’s forwards coach, Penny Chapman, who is a coach educator for the RFU, said of the session: “I can’t praise Ben and Tom enough.

“Professionals often get frustrated when players who are not of their standard don’t understand what they want them to do or are not capable of doing it to their level but the boys were bang on, coming up with a great session plan and targeting this to where the players currently are.”

Holt have a variety of sessions still planned, which will see a British and Commonwealth judo champion and coach and Team GB Paralympic sprint coach visit the High Kelling over the next few weeks and a training camp with National League Two side Shelford planned for the weekend before the first pre-season fixture next Saturday.

This will see Holt make the short journey to North Walsham to play a triangular fixture against Walsham, newly promoted to London 1 NE, and Twickenham, who have themselves just been promoted to London 2NE.

Off the field Guy Roper has replaced Richard Sinnamon as Holt chairman, after the most successful period in the club’s history, while the Youngs’ cousin Bruce Van Poervert and Joe Buxton have been confirmed as first and second team captains, with Ashley Woods and Jamie Sinnamon taking on the respective vice captain roles.

Bruce follows in the footsteps of older brother Jake, who previously captained the club.

SAILING
Award adds gloss to great day at regatta

Alan Mallatt

A splendid day’s sailing at Wroxham Open Regatta yesterday was crowned by the news that Martin Broom MBE had been awarded the prestigious RIYFA volunteer award for the Eastern Region, and will receive it from RIYFA president The Princess Royal later this year.

Martin has been associated with local sailing for over 80 years, and served in a leading capacity on the Broads Authority and Great Yarmouth Port Authority for over 30 years. His knowledge and understanding of the Broads and its navigation is unique and his input to those bodies is now sadly missed.

Sunshine and 30-degree-plus heat ruled throughout yesterday, and the Force 3-5 SE, which started the day remained, strengthening in mid afternoon to Force 4-5 prompting compulsory reefs in the TBYDs and BODs Ladies series at 3pm.

Most races were for specific trophies. Early events saw Patrick Richardson (Watermans), Zoe Eastwood (Opals), Ian Tims (Norfolk), Stu Rix (BODs) and Nick

Competition in the Wroxham Regatta enlivened almost throughout yesterday

Eastwood (Stars) all earn silverware and subsequent races followed a like pattern with the Yeomen (Martin Frary) and Cruisers (Anthony Sandham, Stu Rix and Tim Frary) starring.

In the BODs 41 strong start in crowded water with a gusting Force 4-5 saw a couple of collisions and retirements, and other infringement leading to a 20% late start penalty of which more anon.

Competitors’ crews included Regatta president Amanda Agnew and Broadland District Council chairman Stuart Dunn, both of whom emerged unscathed from the experience. Initially Ian Tims, Stu Rix, and Sue Pinnel led, but soon Tims was out front with Matthew Thwaites the only other near him, and that was how they crossed the line, with Sue Pinnel next. But, it was a day that saw an incredible 30+ entries racing in 2014, which is truly remarkable!”

CRICKET FIXTURES

Saturday
Clifton Down East Anglian Premier League
Saffron Walden v Bosworth
Saffron Walden v Bosworth
Saffron Walden v Bosworth

Sunday
Minor Counties Championship (Day 1 of 2)
Norfolk v Worcestershire (1st Innings)