

EVERY TUESDAY... IT'S YOUR ESSENTIAL WEEKLY ROUND-UP

Rowena is called into elite squad



■ IN THE FAST LANE... Coventry Godiva's Rowena Cole (right) is looking for English Schools Championship success after taking part in an educational camp run by Dame Kelly Holmes, with whom she is pictured (left).

COVENTRY teenager Rowena Cole has her eyes firmly focussed on English Schools Championships glory later this summer after being fast-tracked into Dame Kelly Holmes' elite training programme.

The 16-year-old was one of 40 youngsters hand-picked to take part in a 10-day educational camp in Loughborough as part of the double Olympic gold medalist's 'On Camp with Kelly' scheme.

Cole, who attends Tile Hill Wood Girls' School, earned the right to join the middle-distance camp after impressing the 2004 Athens hero during February's selection day in Birmingham.

And after seeing Dame Kelly at close quarters in Loughborough, the Coventry Godiva runner insists she is hungry for medals at July's

Athletics

By Nick Clowes

English Schools Championships in Gateshead.

"I have already learnt so much from her and it has definitely given me added determination to succeed," said Cole, who was also instructed on topics such as injury prevention, hydration, nutrition, medical issues and anti-doping by current and former Team GB stars such as Becky Lynn and Anthony Whiteman.

"A big aim for me is to win English Schools again.

"I won last year in the 800m and if I can do that with a good personal best, I will be very happy.

"It is really good to be on the camp and get the opportunity to learn from her experiences, and all the ups and downs she went through.

It is also great to train with other girls who are at the same ability as you.

"We went home and a few days later I got a letter saying I was on the camp doing this.

"It is really good this year as there are a lot of new girls and boys in the same position so you can stay up and chat with everyone and have fun."

Cole has already caught the eye of Holmes after finishing first in a trial 800m event under the watchful eye of Dame Kelly, pipping Ejaro Okoro and Klachen Cheshire to first spot in a time of 2:11.78 minutes.

And the Coventry teenager, who is coached by Norma Pugh, is convinced her Loughborough experience will provide the perfect platform for a successful summer campaign.

"It was really good out there – it was my first race of the season and I wanted to go out fast and give it



Keri set to perform on European stage

Show jumping

SOUTHAM 17-year-old Keri Bates is heading for a place at the Junior European Dressage Championship, having caught the selectors' eye at the British Dressage Premier series.

Keri was competing at the latest round, held at Myerscough College in Lancashire, where she easily won the junior team test. The judges, who included Olympic dressage rider Jennie Loriston-Clarke, awarded Keri and her dark bay Hanoverian mare Donna Parina 71.88 per cent.

The pair made the 2007 British Junior European team, which finished sixth and Keri also competed at the Pony European Championships two years ago.

North Warwickshire Pony Club's Chloe Elliott booked a place in the junior finals at the national Blue Chip Show Jumping Championships at the new arena at Hartpury College near Gloucester.

Chloe, aged 13, was in action in a Kitt Kraiburg Junior Discovery qualifier for ponies with BSA winnings of £175 or less, at Blewbury arena in Oxfordshire.

She saw off a strong field in determined fashion to win on the 10-year-old grey pony Rebel's Request, which she took over from older sister Stephanie last year.

The Corley-based rider was in the North Warwickshire team that finished fourth at last year's National Pony Club Intermediate Show Jumping Championships, where she was their best performer.

Challenge helps worthy causes

Football

NUNEATON Schools Select face Frank Parkers in an under-14s charity challenge match at the Bedworth Oval at 7pm tomorrow.

It is the ninth year the game has been staged. Organiser Tim Parker said proceeds would go to Nuneaton Cancer Breastcare Unit and Birmingham Children's Hospital.

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