Georgia Nwawlor
City Sports Person of the Year 2013/14
Contents

2 Welcome from Bill Thompson, Head of Sport & Leisure Services
3 Sport and Leisure at City
3 List of 2013/2014 Honours
4 CitySport – The University’s new sport venue
5 Campus Activity Programme
6 Team Sport
6 American Football
6 Badminton
8 Basketball
9 Competitive Cheerleading
9 Climbing
10 Cricket
10 Fencing
11 Football
12 Golf
13 Hockey
13 Netball
14 Rugby
14 Squash
15 Table Tennis
16 Tennis
17 Individual Sport
17 Athletics
18 Cycling
18 Equestrian
19 Fencing
19 Judo
20 Karate
20 Swimming
22 Find us
Welcome to our 2014 review of the TeamCity programme of sport; including information about how you can get involved, previous year’s honours, teams and details of finishing positions. City’s sporting year for the 2013/14 season was a period of highs and lows, with five teams gaining league wins and promotion, along with a few ‘bumps in the road’ that affected participation levels for some of our teams. Both team and individual competition saw brilliant performances in Regional Finals, South Eastern Conference Cups and the University National Championships. However, a new season begins and 2014/15 is shaping up to be an exciting year in terms of results, participation and the opening of our new sports facility, CitySport.

During 2013/14 both our Men’s and Women’s Basketball teams competed at the 17th International Erasmus University’s Basketball Tournament in Rotterdam, The Netherlands, with City finishing third out of 30 teams in this popular mixed event. Our Rugby Club sent a strong squad to the Lille 7’s Tournament held at the University of Lille, France, where they battled to a pool win. Our Golf team helped the Alumni Department host their first alumni golf day, held at the beautiful Finchley Golf Club in North London. And at the beginning of the season many of our student athletes participated in the Lord Mayors’ Show, parading through London’s Square Mile (despite the cold and the rain). On the whole, some fantastic extra-curricular events, not only giving our teams and clubs chances to socialise but also broadening our range of sport development opportunities.

Of course, participation in university sport can offer much more than competing at an elite level: whether you choose to coach, officiate, help manage clubs or events, or even just lend a hand at practice sessions, getting involved in sport at City can not only be a great opportunity to improve your fitness and meet new people, it can also equip you with key skills for your future.

Please join me in congratulating those who participated during 2013/14 and as we look forward to the upcoming season, I recommend that you find out how to get involved and take advantage of all that TeamCity has to offer. We’re looking forward to meeting you.

Bill Thompson,
Head of Sport & Leisure Services
City University London
Sport and Leisure at City

Keeping fit is vital for our health and happiness and it is always more rewarding with friends. Whether you want to develop your sporting skills or just stay in shape, Sport & Leisure Services offers a great range of classes, team sports and wellbeing programmes. We are located on the corner of Sebastian Street and Goswell Road, just off Northampton Square, where we are on hand to offer advice and encouragement to help you achieve your health, fitness and sporting goals.

Our sports programme is inclusive and welcomes everyone from City University London’s diverse community. Be part of TeamCity.

List of 2013/14 Honours

The following students were recognised by the Students’ Union at our annual awards ceremony.

**Half colours**
- Alastair McCreadie Mountaineering Club
- Andrew Walker Mountaineering Club
- Jose Pellicer Mountaineering Club
- Lucia Cavero Mountaineering Club
- Luke Borrows Mountaineering Club

**Club colours**
- Kylie Li Wan Tennis

**Newcomer of the Year**
- Andrea Real-Mattar

**Service to Sport**
- Mikael Levin

**Sports Person of the Year**
- Georgia Nwawulor

**Team of the Year**
- Women’s Tennis

**Club of the Year**
- Mountaineering Club

TeamCity athletes at the Lord Mayors Show 2014
CitySport will open its doors for the first time in February 2015. The centre, fitted with the latest fitness equipment, will provide outstanding sport and wellbeing facilities for students, staff and the local community, at great value rates.

With 100 stations of Matrix gym equipment spread over two floors, including the latest 7Xi consoles with tablet style screens, internet access and device connectivity will be available at the touch of a finger. Both gym floors will be fitted with bespoke Xcube functional training rigs, designed to allow an almost limitless choice of body weight exercises. Choose the workout that best suits your needs whether it’s chin-ups and dips or suspension training (TRX). If your training programme requires lifting platforms, cages and benches we have a full range of free weights with hand weights from 2kg to 50kg. Olympic bars and bumper plates, ViPRs, battle ropes, kettlebells and plyometric boxes to help you achieve your performance goals.

At the heart of the centre will be the Saddlers Sports Hall, an elite competition space adapted to Sport England standards, able to accommodate basketball, badminton, five-a-side football, volleyball, cricket, netball and other court sports. With bespoke seating for up to 400 spectators and separate team changing rooms, the Hall will be a hub for City’s representational sports teams, and social sport. For those that prefer group exercise, there will be purpose-built studios for mind and body classes, indoor studio cycling, martial arts and student team sports.

TeamCity staff are friendly and down to earth fitness professionals, here to help you feel at home and most importantly achieve your goals. Membership to CitySport will begin for students, staff and alumni from November 2014, with early joiners using the facilities from December and January.

Look out for more information on how to pre-register for CitySport membership.
The Sport & Leisure team provides a dynamic programme of fitness classes and wellbeing activities for all staff and students. You can stay healthy and get fitter by attending group exercise classes, while building your social network and having fun. It is a great opportunity to inject new energy into your daily routine and change your lifestyle for the better.

Classes range from spinning, zumba, boot camp and box fit to yoga and pilates.

<table>
<thead>
<tr>
<th>Class</th>
<th>Instructor</th>
<th>Type</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Care</td>
<td>Dale/Tom</td>
<td>Free</td>
<td>Studio 1</td>
<td>12:00-12:30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Ash</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>12:15-13:15</td>
</tr>
<tr>
<td>Run for change</td>
<td>Dale</td>
<td>Outdoors</td>
<td>Sports Reception</td>
<td>12:30-13:30</td>
</tr>
<tr>
<td>Dance Fit</td>
<td>Omar</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>13:15-14:00</td>
</tr>
<tr>
<td>Box Fit</td>
<td>Elvio</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>17:15-18:00</td>
</tr>
<tr>
<td>Yoga</td>
<td>Grace</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>17:30-18:30</td>
</tr>
<tr>
<td>Power Hour</td>
<td>Chrissie</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>18:15-19:15</td>
</tr>
<tr>
<td>Yoga</td>
<td>Ash</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>08:00-08:45</td>
</tr>
<tr>
<td>Pilates</td>
<td>Margareta</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>12:15-13:15</td>
</tr>
<tr>
<td>Military</td>
<td>Tom</td>
<td>Outdoors</td>
<td>Sports Reception</td>
<td>12:30-13:00</td>
</tr>
<tr>
<td>LBT</td>
<td>Elvio</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>13:15-14:00</td>
</tr>
<tr>
<td>Pilates</td>
<td>Margareta</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>17:30-18:30</td>
</tr>
<tr>
<td>Zumba</td>
<td>Samara</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>12:00-12:45</td>
</tr>
<tr>
<td>Pilates</td>
<td>Elif</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>12:15-13:15</td>
</tr>
<tr>
<td>Run for change</td>
<td>Dale</td>
<td>Outdoors</td>
<td>Sports Reception</td>
<td>12:30-13:30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Grace</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>17:30-18:30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Ash</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>12:15-13:15</td>
</tr>
<tr>
<td>Military</td>
<td>Tom</td>
<td>Outdoors</td>
<td>Sports Reception</td>
<td>12:30-13:00</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Elvio</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>13:15-14:00</td>
</tr>
<tr>
<td>BASE* Training</td>
<td>Chris</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>17:15-18:00</td>
</tr>
<tr>
<td>Pilates</td>
<td>Margareta</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>17:30-18:30</td>
</tr>
<tr>
<td>Back Care</td>
<td>Dale/Tom</td>
<td>Free</td>
<td>Studio 1</td>
<td>12:00-12:30</td>
</tr>
<tr>
<td>Pilates</td>
<td>Elif</td>
<td>Wellbeing</td>
<td>Studio 2</td>
<td>12:15-13:15</td>
</tr>
<tr>
<td>Xtreme Spin</td>
<td>Phil</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>13:15-14:00</td>
</tr>
<tr>
<td>Zumba</td>
<td>Samara</td>
<td>Fitness</td>
<td>Studio 1</td>
<td>17:30-18:15</td>
</tr>
<tr>
<td>Kung Fu</td>
<td>Dave</td>
<td>External club</td>
<td>Studio 1</td>
<td>19:00-21:00</td>
</tr>
</tbody>
</table>

*Balance, agility, speed and endurance

<table>
<thead>
<tr>
<th></th>
<th>Student cost</th>
<th>Staff cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellbeing</td>
<td>£3.50</td>
<td>£4.50</td>
</tr>
<tr>
<td>10 class Well card**</td>
<td>£25</td>
<td>£30</td>
</tr>
<tr>
<td>Fitness</td>
<td>£2</td>
<td>£3</td>
</tr>
<tr>
<td>10 class Well card**</td>
<td>£10</td>
<td>£15</td>
</tr>
<tr>
<td>20 class CAP card**</td>
<td>£12</td>
<td>£25</td>
</tr>
<tr>
<td>Outdoors</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>External clubs</td>
<td>Please contact directly to enquire about kung fu - <a href="mailto:dave@fwcinstructors.com">dave@fwcinstructors.com</a></td>
<td></td>
</tr>
</tbody>
</table>

**Well cards and CAP cards expire 60 days after the date of purchase**
Team Sport

There are many opportunities to take part competitively in sport at City. Trials take place at the beginning of term: look out for dates and times of trials during Welcome Week.

Many of our sports teams compete in either the British Universities & Colleges Sport (BUCS) or the London Universities Sport Leagues (LUSL), playing against teams from other universities on Wednesday afternoons. Visit our website to find out more about representing City, training sessions, venues, fixtures and our captains’ profiles: www.city.ac.uk/sport.

We are always keen to support City students in whatever sport they are passionate about. So if you don’t see your sport listed below, please get in touch by emailing sports@city.ac.uk.

**Sports that we currently offer:**
- American Football
- Badminton
- Basketball
- Competitive Cheerleading
- Climbing
- Cricket
- Fencing
- Football
- Golf
- Hockey
- Netball
- Rugby
- Squash
- Table Tennis
- Tennis
- Volleyball
American Football

1st team

Captain Mikael Levin
Coach Adam Lillis
Fact American Football is the biggest growth sport in UK universities
League South Eastern B (Oyster League)
Finishing position: 8th

The City Sentinels inaugural season in the BUCS competition was a baptism of fire, finishing with no wins from eight games. However the team took away many successes from the season. 56 students played throughout the year of which only 11 were returning players from the previous season. With this mostly rookie squad, the Sentinels competed in all eight games and maintained competitiveness in them all.

A team that was still learning the structure of the game and their responsibilities made various understandable mistakes during the season, however still compiled 504 yards of total offence, 237 tackles, 32 tackles for a loss, 10.5 sacks, 5 interceptions, 6 forced fumbles, 15 fumble recoveries, 2 safeties and 3 touchdowns; statistics that still surpassed other teams that have been around for many years.

With an expected returning core of 25 players the 2014/15 season is looking bright for the City Sentinels.

Get involved: americanfootball@city.ac.uk

Men’s Badminton

1st team

Captain Alastair Chiu and Kenny Lau
Coach Henry Gaspard
Fact Last 16 of Conference Cup
League South Eastern 2B
Finishing position: 3rd

Following their second promotion in two years, City found themselves in the tough 2B league this season.

After a strong start matches became more difficult after some key players had to pull out of the team. However, with some close away matches City managed to hold their own and ended the season in a strong position.

Get involved: badminton@city.ac.uk
Men’s Badminton
2\textsuperscript{nd} team

Captain Kenny Lau
Coach Henry Gaspard
Fact The longest rally of the season was an incredible 56 shots long
League South Eastern 4B
Finishing position: 5\textsuperscript{th}

After their successful first season and consequent promotion to the South Eastern 4B BUCS league, City’s 2\textsuperscript{nd} team had great expectations going into the 2013/14 season.

The team established a fantastic home record with four wins out of five.

The focus for the 2014/15 season will be on away fixtures and continuing their success in the Conference.

Women’s Badminton

Captain Hattie Wu
Coach Henry Gaspard
Fact Last 16 of Conference Cup
League South Eastern 3B
Finishing position: 3\textsuperscript{rd}

In their debut year, City’s Women’s Badminton team did themselves proud. The team finished their campaign with two wins and a 4-4 draw against the eventual league winners, in what was a strong league of established teams.

This season the team aims to establish a winning record with more emphasis on singles play and serving techniques.
Men’s Basketball

Captain Miodrag Vidakovic
Coach Marlan Henry
Fact Last 16 of National Trophy Competition
League South Eastern 1A
Finishing position: 3rd

Once again the team made significant progress in their bid to gain promotion to the Premier League. After a strong start City were unlucky to lose some extremely close matches, losing 72-83 to the eventual undefeated league winners and 66-68 at home to the second place team.

With their position in the 1A League, strong returning players and a new home training ground, they have a great chance of fulfilling their aim to compete in the Premier League.

Get involved: mensbasketball@city.ac.uk

Women’s Basketball

Captain Nour Zaher
Coach Raven Teixeira
Fact Last 16 in Conference Cup
League South Eastern 3A
Finishing position: 2nd

Following their relegation from the 2B league in 2013 the club was out to prove a point this season. The team got off to a strong start, winning their first four matches convincingly. Finishing second overall in their league, the team is set for a great 2014/15. Coach Raven Teixeira remarked, “Returning players, a good schedule and a bye in the Conference Cup gives us a great opportunity to move up this season.”

Get involved: womensbasketball@city.ac.uk
Competitive Cheerleading

Captain Sally-Marie Gardner
Coach Chinwe Okeke
Fact First place in University Nationals

City’s Central City Allstars were determined to continue to progress following their successful 2012/13 season. They kicked off their campaign with a trip to Bath for the Future Cheer “Saturday Night Fever” competition. With a large number of newcomers in the team, the lack of experience combined with nerves played a part in their sixth place finish.

Determined to better their result, the team travelled to Nottingham for the ICC National competition in March. Despite last minute injuries which resulted in reworking the routine at the eleventh hour, the team managed a fantastic second place.

Less than a month later, the team headed to the BCA Nationals in Telford to compete in the Open CO-ED Cheer level 1. Their hard work throughout the season was rewarded with first place in their division and their score was the second highest overall, only 0.5 points short of being crowned Grand Champions.

Get involved: cheerleading@city.ac.uk

Climbing

Captains Luke Burrows and Andrew Walker
Fact Club of the Year, Students’ Union Awards 2014

New to the sports programme this season, City’s climbing team showed promise in recruiting and developing players able to represent City at competition level and did not disappoint.

They worked hard to recruit and were able to enter competitors for the London University Bouldering Events (LUBE). After rounds at The Westway in November and the Biscuit Factory and White Spider over the winter, the competition came down to the final round at Craggy Island in March. City fared well, with Luke Burrows placing 33rd in the men’s event and Lucia Cavero placing 46th in the women’s event.

In February Luke Burrows, Lucia Cavero, Alastair McCreadie, Jose Pellicer and Andrew Walker headed to Sheffield for the BUCS Indoor Climbing Championships. City performed well against some long established teams from all over the country, finishing with a team score of 445.

Get involved: rockclimbing@city.ac.uk
City Cricket’s first indoor season started in October 2013 with two wins from the first three games. As the league progressed they had the chance to progress to the knockout stages but due to an inexperienced side who were still learning the new format, they narrowly missed out.

Their close finish motivated the players for the outdoor season, which began in April, with a 50 over match against Essex. City maintained their good spirits after a narrow defeat to Essex and an end of season victory over Queen Mary by 98 runs meant City finished in second\textsuperscript{d} place. Special mention goes to Lakshay Vachani, who impressed everyone and is due to take over the role of captain for the 2014/15 season.

Fencing

City Cricket’s first indoor season started in October 2013 with two wins from the first three games. As the league progressed they had the chance to progress to the knockout stages but due to an inexperienced side who were still learning the new format, they narrowly missed out.

Their close finish motivated the players for the outdoor season, which began in April, with a 50 over match against Essex. City maintained their good spirits after a narrow defeat to Essex and an end of season victory over Queen Mary by 98 runs meant City finished in second\textsuperscript{d} place. Special mention goes to Lakshay Vachani, who impressed everyone and is due to take over the role of captain for the 2014/15 season.

With close matches all year, City’s fencers put in a strong league performance beating all opposition, except league winners UCL, at least once throughout the season and only dropped one home match.

Reaching the last 16 of Conference Cup, City’s Mens team were unfortunate to narrowly lose by 127 hits to 121 hits against Imperial Seconds.

The Womens Development team also did well, under the captaincy of Claire Bushey. They gained valuable experience to take forward into the new season.
Men’s Football

1st team

Captain Tommy Steinacher
Coach Hamzar Serrar
Fact
Cup run: Semi Finals of the Conference Cup
League South Eastern 6D
Finishing position: 4th

It was a season of ups and downs with the first two league games providing tough opposition. However consecutive wins in the Conference Cup proved a turning point for the team and helped them build momentum going into the January leg of the season.

With such a strong Cup run and improving league results, the 2014/15 season looks set to be one of the best yet.

Men’s Football

2nd team

Captain James Rutter
Coach Michael Cleary
Fact Four clean sheets this season
League South Eastern 7B
Finishing position: 2nd

Following a tough 2012/13 season, City were determined to push for promotion this season. With some impressive away wins and good performances at home the team narrowly missed out on promotion.

Despite finishing on level points with the overall winners they were unfortunately beaten into second place on goal difference.

The team is poised for promotion in 2014/15!
Women’s Football

Captains Joanna Cowie and Olivia D’Lima
Coach Ashley Robinson
Fact Unbeaten at home
League South Eastern 5B
Finishing position: 3rd

City’s Women’s team had a remarkable season, being unbeaten at home and only sustaining two league losses.

In only their second year in the BUCS league they managed to hold their own in some close matches, finishing two places higher than last year in third place.

Building on their unbeaten record at home and with a focus on set pieces, the team looks prepared for success in 2014/15.

Get involved: womensfootball@city.ac.uk

Mixed golf

Captain Nikhil Rawal
Fact
Semi Finals of South Eastern Conference Cup
League South Eastern 2B
Finishing position: 2nd

After a successful 2012/13 season City’s Golf team found themselves with no returning players for the 2013/14 campaign. With a newly elected captain determined to continue the achievements of the previous year, City’s newly formed squad started their season without knowing each other and no match practice. After a tough first match, the team were positive they could improve and went from strength to strength, finishing second overall in their league.

A strong Cup run saw City narrowly defeated in the Semi Finals by a team established in the university golfing world.

Get involved: golf@city.ac.uk
Men’s Hockey

Captain Premal Vadgama
Coach Josh Cipa
Fact Semi Finals of the Conference Cup
League South Eastern 4B
Finishing position: 6th

Following back to back promotions in 2011/12 and 2012/13 the competition this year was always going to be challenging for the Hockey team. With the majority of their defeats being by only one goal, the team were unlucky not to have fared better.

The aim for 2014/15 is to get back to winning ways and regain promotion.

Netball

Captains Laura Broad and Sophie Given
Coach Deepthi Mendis
Fact The sport began in 1892
League: South Eastern 8B

After a promising start to the season and with a few wins under their belt, the team struggled with player availability at the start of the second term and sadly had to withdraw from the league.

With the recruitment of a new coach for the 2014/15 season the team are determined to get back on track with an emphasis on the basics and attacking play. The new Coach will look to develop the new players and add to an already strong defence.
Rugby

Captain Arthur Laurent
Coach Tim Marshall
Fact Finished the season scoring 366 points and only conceding 106
League South Eastern 5B
Finishing position: 1st

After two seasons where the City Rugby team were developing their squad, the main goal for 2013/14 was to secure promotion. With a new coach and following a strong recruitment drive, City dominated the league and with an unbeaten home record and only one loss away from home. City’s biggest win was 70-5 over Queen Mary in a season that saw them finishing with a +260 points difference. City finally realised their goal and secured promotion from their league.

Mens Squash

Captains Gurjinda Dosanjh and Harry Vas
Coach Last 16 of Conference Cup
League South Eastern 4A
Finishing position: 3rd

After a four year absence from the City sports programme, the Squash team returned to the BUCS league for the 2013/14 season.

With some strong performances and a great home record, the team’s three wins and three losses earned them a well-deserved third place finish.

As the team develops, expectations are high for the new season and another impressive cup run!
Womens Squash

Captains Cecilia Finatti

Fact Quarter Finals of Conference Cup
League South Eastern 2B
Finishing position: 5th

2013/14 was the inaugural season for the Women's Squash team. This development year saw them perform well in a tough league with some very positive performances by the players.

With a new coach and a core of players in place for the for 2014/15 season, they hope to improve on their league position next year.

Table Tennis

Captain Jacky Lam and Vivek Shah

Fact Quarter Finals of Conference Cup
League South Eastern 2B
Finishing position: 5th

In only their second year in BUCS, City’s Table Tennis team aimed to improve on their fourth place finish from the previous season. With some close matches that the team were unlucky to lose they narrowly missed out, finishing fifth.

However their two league wins and a Quarter Final place in the cup showed they have the promise to challenge in 2014/15.

Get involved: squash@city.ac.uk

Get involved: tabletennis@city.ac.uk
Men’s Tennis

Captain Harry Gawen
Coach Konstantinos Gogos
Fact Finished the season winning 88 games and only conceding 28
League South Eastern 4B
Finishing position: 1st

Gaining promotion in 2012/13, City’s Men’s Tennis team were determined to build upon this success and yet again dominate the league. With eight wins and one draw from ten games and an unbeaten away record, the team didn’t disappoint and secured back-to-back promotions.

Get involved: menstennis@city.ac.uk / womenstennis@city.ac.uk

Women’s Tennis

Captain Rumbi Mutenga
Fact Team of the Year at Student Union awards
League South Eastern 4A
Finishing position: 1st

After a frustrating 2012/13 season the team hoped for more luck in 2013/14. With strong performances throughout the season and only one loss, the team’s efforts were rewarded with first place in the league, resulting in promotion and a Quarter Final place in the Conference Cup.

Their successes also saw them crowned Team of the Year at the Student Union Awards 2014.
If you have an interest in a particular sport and you are not part of a team, the Sport & Leisure Services team can offer support with competition entry, travel costs and possible coaching advice. You will need to present any qualifications, competition records and relevant UK or international rankings (if applicable).

If you would like to represent City University London in your sport please contact sports@city.ac.uk so we can discuss how we can support you.

During the 2013/14 season City Sports & Leisure Services supported the following athletes in their chosen sports:

**Athletics**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Georgia Nwawlor</td>
<td>Indoor high jump</td>
<td>Crowned Sports Person of the Year at Student’s Union Awards 2014</td>
</tr>
</tbody>
</table>

In her second year competing for City, Georgia Nwawlor switched to the indoor high jump competition held at Ponds Forge, Sheffield in February. Georgia smashed her height of 1.55m in last year’s competition with an impressive jump of 1.67m to claim the bronze medal. Georgia’s efforts also saw her crowned Sports Person of the Year at the Students’ Union Awards 2014.

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Finish</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harry Clarke</td>
<td>Hammer</td>
<td>5th at the BUCS Outdoor Athletics Championships</td>
<td>In his first year, Harry Clarke represented City in the senior weight hammer at the BUCS Outdoor Athletics Championships at Bedford in May. With both a season and personal best, Harry’s fantastic throw of 55.98m saw him finish in fifth place in this tough field of 17 competitors.</td>
</tr>
</tbody>
</table>
Cycling

Names Morris Pamplin and Juliet Finnis

Cyclists Morris Pamplin and Juliet Finnis competed in the 25 mile Time Trial held at The University of Oxford in April, in their first BUCS Cycling competition. Both competed strongly with Morris finishing in the top 25 per cent of the men's group and Juliet finishing with a personal best.

Equestrian

Name Lucy Jowett

Lucy Jowett competed in her third consecutive final of the Individual Equestrian Championships at Hartpury College in June where she finished in 28th position.

The draw wasn't kind for Lucy, having a ‘rather difficult’ horse; but she battled on and found some success in her favourite event, the Dressage.

With an unfamiliar ride, and a talented group of athletes, she persevered and finished highly overall.
Fencing

Names Kristen Korndoerfer and Mohamed el Tanner

City’s final year students Kristen Korndoerfer and Mohamed el Tanner headed to Sheffield for the Individual Fencing Championships in February.

After progressing through some tough rounds and finishing a respectable 32nd in the women’s sabre, Kristen then went on to compete in another tough pool in the epee, finishing in 76th place.

Mohamed faced similar tough competition in both of his foil and epee weapon pools. After being drawn against some experienced competition in the early rounds he went on to finish 21st out of 138 in the foil and 76th out of 137 in the epee.

Judo

Name Sungyong Jeong

First year City student and 2nd Dan, Sungyong Jeong competed in the Judo Championships in the U90kg category at the BUCS Gatorade Nationals, Sheffield in February. With very little match preparation going into the event and facing very tough competition, Sungyong impressed in his pool with two wins, both decided with an Ippon as a result of a throw, placing him 2nd overall in the pool.

With a bye into the next round, Sungyong struggled in his next draw against Edinburgh’s 3rd Dan Andy Burn, who with a win decided by an Ippon as a result of a throw, eventually went on to win the gold medal in the competition.
Karate

Name Comrooze Zandiyeh

In his third year representing City in Karate, Comrooze Zandiyeh once again competed in the Men’s Senior Kumite U67Kg category.

Comrooze lost his first round fight to the eventual pool 1 winner, however showed his experience impressing in the repercharge rounds, winning his way through to the final where he was unlucky to lose to the pool 1 semi-finalist.

Swimming

Names Juliet Finnis and Thomas Hall

City students Juliet Finnis and Thomas Hall headed to Sheffield to compete in the Long Course Swimming Championships in February.

It was Juliet’s first time representing City and in preparation for her upcoming Triathlon events in the summer, she competed in both the 50m and 200m freestyle.

Thomas, having already represented City at the Short Course Event in November 2013, was drawn with heats in the 50m freestyle and 100 metres butterfly in the same session and the 50m breaststroke later the same day. Thomas did well to come close to his personal best times in all three disciplines.
During the construction of our brand new Sports Centre, Sport & Leisure Services can be found in our temporary home located on the corner of Sebastian Street and Goswell Road.