



## Essex Boys and Girls Clubs

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### 2008-2009 Online News Archive

The following news articles were posted on the Essex Boys and Girls Clubs website in 2008-2009.

#### Mountain Bike Skills

Over the half term week ten young people from our Clubs took part in the Mountain Bike Skills course at the High Row Residential Centre in the Lake District. Day one saw the young people look at a whole range of Trail Side Repairs including indexing gears and how to change a punctured tyre in under five minutes! A special mention to Keith who when practising the inner tube change for a puncture managed to puncture his tyre for real! The afternoon was spent looking at mountain biking techniques including riding down hill, front and rear wheel lifts ending with some fast down hill on the side of West Fell.

The second day was spent in Greystoke Forrest riding the tracks and putting into practise some of the techniques that had been learned as well as learning a couple of new skills including drop offs and track stands. The final day saw the young people take on the weather and also a tricky stretch of the Cumbrian Way whilst also navigating, which was both hard work and rewarding. It certainly made everyone appreciate being back on the road for the final stretch of the journey!

Congratulations to all the young people that took part including Sean Brennan (St Joseph YC), Matthew Byrne (St Joseph YC), Tom Evans-Green (IBOC), George Jordan (St Joseph YC), Ross Kelly (St Joseph YC), Matthew Long (St Joseph YC), Luke Potter (St Joseph YC), Ben Redman (Chalvedon ABC), Jake Redman (Chalvedon ABC) and Haydn Walters(IBOC).



#### North East Area Danbury Activity Day

On Saturday 15th November 20 young people from Great Bardfield Youth Club and the Greenstead Green 818 Club took part in an outdoor activity day at Danbury Outdoors. All young people who attended got the chance to take part in Mountain Biking, High Ropes, Climbing and the Woodland Challenge Course. There are similar

activity days planned for the future, keep an eye on the events calendar on the website and our regular newsletters for more information.



## Ipswich Edge Close Encounter

The EABC Under 16 Representative squad had the honour of playing against an Ipswich Town Academy side at Playford Road, Ipswich on Tuesday 3rd March 2009. After a committed and gritty performance they were narrowly edged out in a close encounter.

The team matched Ipswich Town in every department throughout the match. With the wind on their backs in the first half EABC came close to scoring on a number of occasions most notably with a header being cleared off the line by the Ipswich defence.

It was Ipswich however, who got the breakthrough with a determined run down the left followed by a fierce shot ending up in the roof of the net. Essex showed a great deal of character after this initial setback and their commitment was rewarded just before half time with the equaliser. Jake Conroy pounced on a ball just outside the box, controlled well and kept his composure to finish sublimely, lifting the ball over the Ipswich keeper's head.

The second half was just as balanced. However, after a strong penalty claim from the Essex Boy's and a goal disallowed for an infringement it was Ipswich who scored the winning goal. A through ball cleared our defence and an Ipswich forward reacted quickest outpacing the EABC defenders to slot home.

Despite the 2 – 1 defeat, this was a great performance and the Ipswich management team were impressed by the quality of the squad.

Further games are planned plus an Easter Tour of Cumbria and Durham

The squad for the game was as follows:

### **Island Boys Club**

Charlie Bengue and Luke lee Sang

### **Ockendon Rhinos FC**

George Whiter and Ashley Pallant

### **Basildon Boys FC**

Charlie Phillipe

### **Brentwood Athletic FC**

Nick Wilson and Alex Sesiak

### **Ingatestone Boys' Own Club**

Tom Witham and Jack Sterland

### **Maldon Town YFC**

Ben Goodchild, Sam Mead, Aaron Kerner, Richard Robins and Jordan White

### **Linford Wanderers Boys' Club**

Jake Conroy



## Friday 13th Night Exercise

On Friday 13th March 20 young people from Colchester Senior Members Club, Great Bardfield Youth Club and Eight Ash Green Youth Club took part in a Night Exercise at Mersea Outdoors on Mersea Island.

Teams of four took part in various challenges including caving, high ropes, navigation and observation. Teamwork and communication skills were put to the test as each team competed for points to be crowned the Champions.

Eventual winners were Colchester Senior Members Club Team 2 with close runners up being Great Bardfield Team 1.

Well done to all participants who braved the long evening and the cold weather and thanks to the Club Leaders and Parents who gave up their Friday night to bring the young people along!



Winners:

Runners Up:



## 40 Not Out For Respect!

Young People from the Southend area recently completed the 40th Respect Project having returned from their residential trip to the Lake District.

The Respect Project this year has been in full swing, seven projects have now been completed in Colchester, Braintree, Uttlesford, Southend, Basildon and two in the Thurrock area.

This now means since the project began in 2000 over 1500 young people have been involved in the initial stage of the Project and over 350 have gone on to complete the Project.

The project relies on the help of volunteers to assist the staff team with all aspects of the delivery of the Project. This year we have been extremely lucky with all projects being supported by volunteers from their

various areas. The staff team for each Project also consists of local PCSO's or PC's which helps the young people see beyond the uniform and also hopefully breaks down the barriers between them and the Police. We are thankful for the input and time Essex Police have put into the Project.

The Respect Project would not be possible without the various people and organisations that fund the work and we are grateful for the support that has been given over the years. We hope that the Respect Project can continue in the future with the help of some old and new sources of funding.

Below are some quotes from participants who completed recent Projects and were brave enough to give a speech in front of local dignitaries, teachers, family and friends at their Presentation Evenings.

*"I'm pleased I done the project because I got to try lots of new things like climbing mountains and drinking fresh water from a stream. I also learnt survival and leadership skills."*

*"Most importantly, we learnt to take advantage of opportunities that we are given, because sometimes you only get one chance to do them."*

*"I think now my confidence has returned and overall it was awesome!"*

*"I think the project should carry on for other people because it was a great experience for me and will be for everyone else that will be part of the next Respect Project."*



## Double Success For Essex At Boxing Finals

Jake Beer from Five Star ABC and Danny Dignum from Brentwood Youth ABC became Clubs for Young People Champions on Wednesday 25th March in Sheffield.

The Class B Finals took place at the Octagon, Sheffield University and were kindly sponsored by Demax Ltd. Essex Association of Boys' Clubs had three representatives boxing on the night.

The first bout of the night featuring an Essex boxer was at under 52 kgs, between Ikhtsham Lone from Burmantofts ABC in Yorkshire, who had previously won 23 of his 28 bouts and Jake Beer from Five star ABC in Essex. In a hard fought contest, Jake put in a superb performance to become CYP Champion with a 7 -4 points win.

Luke Coppin from Brentwood Youth A.B.C. was matched with Asif Shafiq, South Bank ABC in Durham at U57 kgs. The bout was stopped in the second round, some would argue prematurely, in what was a brave performance by Luke.

Danny Dignum also representing Brentwood Youth ABC competed at U70 kgs in the third bout to feature an Essex representative. His opponent was a twice golden gloves champion, Anthony Carolan from Doncaster Plant ABC in South Yorkshire. Despite plenty of vocal support for the local, Danny put in a relentless performance to gain a resounding victory, winning 17 - 2, and deservedly becoming CYP Champion.

Congratulations should also go to the coaching staff of both Five Star ABC and Brentwood Youth ABC on their success in this year's competition.



## Schools Out - Stubbers Is In!

35 young people made the hour long journey from Colchester, on a coach, to take part in an Activity Day at [Stubbers Adventure Centre](#) on the first day of the Easter Holiday's. Activities that the young people took part in were the leg trembling High Ropes Course, confusing underground Tunnel System, tough Team Challenge Course and they also tested their target skills at Archery or Air Rifles.

Newly formed Alresford Youth Club sent along members for their first taste of the EABC events programme. Other clubs represented were Wivenhoe, Chelmsford Boys' Club, 4 Youth, Last Resort and Great Bardfield. The young people seemed to have a great day out and two members from 4 Youth explained what the highlights for them were.

*"My favourite activity was the Air Rifles because I scored a lot of points."* Dan

*"I enjoyed High Ropes the most because it was challenging but fun."* Antonio

There will be other Activity Days planned for the future so keep an eye on the EABC web site and for the latest newsletters that are sent to all club leaders to find out when!



## Football Squad Heads North

The U16's representative football squad made the long trip up north for their annual tour over the Easter Break. They played 3 matches against tough opposition, visited Sunderland's Stadium of Light and gave a very good account of themselves to our northern counterparts throughout the five days.

### **Monday 6th April 2009 – Manchester Clubs for Young People**

After 15 minutes Manchester took the lead when their striker beat the Essex keeper to a 50/50 ball and lobbed the ball into the net. Essex fought back and in the 32nd minute, strung together a good passage of play which led to Geoff Kent, our right back, delivering a measured through ball to centre forward Jake Conroy, who composed himself and lobbed the keeper to make it 1-1, going into half time.

In the second half Essex had several good chances to take the lead which were missed. It was not until the 78th minute of the game that the next and decisive goal was scored. A cross was put into the Manchester box which their defender headed straight up in the air. Charlie Bengé reacted quickest and slammed the ball home on the volley to make it 2-1. Essex played out the rest of the game to earn a famous victory. Manchester congratulated Essex on their sportsmanship during and after the game.

### **Tuesday 7th April 2009 – Carlisle United**

We were honored to make the short trip from High Row, our residential centre, to Carlisle to play against the Carlisle United Academy.

With the wind blowing straight down the ground in the Essex Boy's favour in the first half, the tourists failed to take advantage with a string of near misses. There was no score at half time.

Essex paid for their inconsistency in front of goal in the second half, when a corner was not cleared and the ball was headed in at the far post by a Carlisle player. George Whiter, playing in goal for Essex, pulled off a superb save from a disputed penalty, only for the linesman to call for the kick to be retaken and the resultant penalty was calmly dispatched by Carlisle. A third goal, late on in the game, put the result beyond doubt and gave Carlisle a 3-0 victory. This was an eye opener for the Essex boys experiencing football in the north of the country against academy opposition for the first time.

### **Thursday 9th April 2009 – Durham Clubs for Young People**

Following a tour round the Stadium of Light and an overnight stay at the Grindon Young Peoples Centre in Sunderland, the touring party made the short trip to Swalwell Football Club for the traditional fixture with Durham Clubs for Young People. In a hard fought game of few chances, the Essex lads were looking tired after the events of the last few days. The match was decided with a stunning strike from 25 yards giving the keeper no hope and a 1-0 victory for Durham. The hospitality from Durham, as always was superb, and rounded off a great tour.

Congratulations to all the players and staff for their efforts and contributions in making the trip a success.



## Potter Takes Pole Position

Callum Potter from the 818 Club in Greenstead Green proved to be the fastest on four wheels at the latest installment of the EABC Indi Kart Championships. The Championships were once again held at Colchester Indi Kart on Wednesday 29th April. 17 young people from four different clubs took part and insured that competition for the top places were furiously contested. Wivenhoe Youth Groups' Callum Davey took second place, Ben Knowles added to his ever growing Indi Kart awards taking the third placed trophy home and Charlie Whitworth from Marks Tey ABC claimed fourth position. A full results table with all the statistics is below.

### Move Over Kids It's The Adults Turn!

On the Wednesday 13th May it will be the adults turn to get behind the wheel in the first ever Club Leaders and Volunteers EABC Indi Karting Championships. Places are still available so why not treat yourself or your valuable volunteers with a night out at Colchester Indi Kart. If you don't fancy the competition, why not just come along and have a chat with EABC staff to find out more about what services we can provide for your club. For more information or to book places please contact Dave or Gavin on 01206 213718.

### Results

Position	Name	Club	1st Race (Fastest Lap)	2nd Race (Fastest Lap)	Combined
1	Callum Potter	818 Club	18.939	18.998	<b>37.937</b>
2	Callum Davey	Wivenhoe YG	19.882	19.558	<b>39.440</b>
3	Ben Knowles	Eight Ash Green	19.881	19.615	<b>39.496</b>
4	Charlie Whitworth	Marks Tey ABC	19.777	20.254	<b>40.031</b>
5	Aaron Spenner	Marks Tey ABC	20.787	20.578	<b>41.365</b>
6	Mesh	Marks Tey ABC	20.789	20.597	<b>41.386</b>
7	Luke Kirby	818 Club	20.700	20.885	<b>41.585</b>
8	Ben Locke	Wivenhoe YG	20.996	20.737	<b>41.733</b>
9	Cameron Clark	Wivenhoe YG	21.423	20.669	<b>42.092</b>
10	J Cook	Marks Tey ABC	21.751	20.686	<b>42.437</b>
11	Ricci Tweed	Wivenhoe YG	22.262	20.575	<b>42.837</b>
12	Becky Upsher	Eight Ash Green	21.948	21.127	<b>43.075</b>
13	Seb Marshall	Wivenhoe YG	21.960	21.319	<b>43.279</b>
14	Ellen Upsher	Eight Ash Green	22.319	21.267	<b>43.586</b>
15	Ryan Ayton	Wivenhoe YG	22.484	21.624	<b>44.108</b>
16	Nigel Nash	Wivenhoe YG	22.671	21.439	<b>44.110</b>
17	Sam Parkin	818 Club	22.720	22.004	<b>44.724</b>



## Maldon and Upminster Cricket Club's Take Centre Stage

Upminster CC and Maldon CC, finalists of the [EABC Kwik Cricket competition](#) were in action again recently, this time in front of the crowd at Essex Cricket Club's home stadium, the Ford County Ground. The two teams contested a six over a side game for the chance of taking home the newly established Essex and Suffolk Kwik Cricket Trophy.

The game was played on Sunday 26th April during the lunch interval on the second day of the tourist match between Essex and the West Indies. Upminster batted first and after their six overs scored 81-3, top scorer was Luke Williams. Chasing Upminster's impressive total, Maldon finished 10 runs shy with 71. However Dan Laslett from Maldon put in a tremendous performance knocking up 29 not out.

Upminster were presented the winners trophy from John Divver and Perry Woolner of Essex and Suffolk Water and Essex fast bowler, J Ahmed.

We hope that the new trophy will be contested annually for many years to come. Our thanks must go to Perry and John for sponsorship of the day and Essex County Cricket Club for providing a hospitality box, scorer, umpire and of course allowing the teams to play at this prestigious venue. Thanks also to Perry Norton from Essex CCC for his role in organising the event.

### Upminster CC

Luke Williams, Gopal Sagoo, Jonathon Murphy, William Bottoms, Ross Milroy, Billy Bilton, Alex Ward and Billy Daltrey

### Maldon CC

Michael Foster, Jack Dobinson, Trashant Patel, Luke Laslett, Dan Laslett and Jack Baker.



## Splashing About At Stubbers

35 young people from Pilgrims Hatch in Brentwood and St Joseph's Youth Club took part in a rather wet activity day at [Stubbers Adventure Centre](#) organised by the West and East London area with help from two young leaders from Ingatestone Boys' Own Club. Young people got to try Banana Boating, Sailing, Bell Boating, Raft Building and Wobbly Boarding on Saturday 2nd May.



## Three Peaks Completed

Over Sunday 14th and Monday 15th June, 5 intrepid adventurers made an assault on the three peaks challenge, climbing the UK's three highest mountains in under 24 hours. Congratulations to Michael Denley and Glen Walker (Canvey Boys' Club), Lloyd Quin (Colne Valley ATC) and also to EABC staff Martin and Keith who all completed the test. Lloyd kindly took time to reflect on his experience and his account is below.

*After what seemed a long but easy going drive up to Fort William, we made the short walk to the local supermarket ensured that our water and energy drink stocks were at the level we believed would be required to undertake this increasingly daunting challenge. I was to find out later though that very little could prepare any 'first timer' for the awaiting test I was faced with. A quick fast food stop not only revamped our energy supplies but also helped us to gain a few minutes to calm our nerves and take in the incredible peaks that surrounded us. All of which hid the tallest of them all, Ben Nevis, the first of the three mountains we intended to summit. Our Start time was 16.30, and off we set to what seemed like a clear, warm afternoon in the beautiful Scottish countryside. After a good thirty minutes of walking, to what seemed like a good pace. The silence and our concentration was broken by the deafening thud of a helicopter and from out of no where drifted the Royal Air Forces Sea King Helicopter, what a sight it was. Our ascent was completed when we arrived at the peak of Ben Nevis after an arduous trudge through snow to the very top. By now we were surrounded by light cloud and temperatures of around 0°C. Boy, when we stopped we felt it! For the last couple of hours the rain had continued to fall and a continuous build up of sweat meant everyone was becoming rather uncomfortable. After a few quick photos and a bite of something to eat we were off. Our descent was considerably quicker. A mixture of running and scrambling down scree slopes eventually brought us back to the foot of our first and highest mountain. We then set off on our drive to Scafell Pike, Cumbria.*

*After a long drive during the night to Scafell, gaining a small amount of valuable sleep and having lots to eat, we began our ascent of Scafell Pike. For me, this was extremely difficult due to the seizing of my abductor muscles (those that lift the leg) and their inability to cooperate resulted on the slowing of my climb. However, I caught up by the top, where photos were taken and a quick snack whilst the sun rose in the very early hours of the morning (04.00am). The descent of Scafell was the quickest of all three mountains on what seemed like a stupidly steep scree slope. After a slow and uneasy start we were soon to speed up and arrive back to our transport and some much needed bacon rolls. We then got back in the van and headed off to north Wales for our final mountain, Snowdon.*

*Snowdon is hidden behind an assortment of mountains and ridges. Due to its long and extremely arduous ascent, it seemed to be the hardest or rather most time consuming of the three. Our group stuck together for almost the entire climb only to arrive at the summit in cloud and poor visibility, although it had remained dry! The decent of Snowdon seemed to take a very long time, obviously with our aim being to make it down as quickly as possible and for this reason we began to run. With slight differences in our finishing times I arrived back at the bus after 23.03 hours, having completed the Three Peaks Challenge.*

*It was a truly unforgettable experience and one that would not have been achievable without the efforts from the Staff at EABC.*





## **New Football Cage Out and About in Harwich and Clacton**

Essex Boys and Girls Clubs have been out and about in the Summer Holidays with a new, exciting and popular piece of equipment. The Football Cage is a relatively new phenomenon and was originally developed in Holland. The game can be played 1 v 1 or 2 v 2, with very few rules the idea is to beat your opposition with speed, skill and agility. So far over 100 boys and girls from the Tendering area have been lucky enough to test their skills against each other in the cage.

The Cage is due to be in Harwich (by the Skate Park) again on Monday 17th August and in Clacton (by the Coppins Community Centre) on Tuesday 18th August, from 11.30am until 4pm on both days. Its FREE to play so why not come along and have a go!

The Cage is also available to bring along to affiliated clubs and there is also plans for an Football Cage Championships in the future for more information please contact our North office on 01206 213718.

