

Smith lands English title

Mitchell Smith believes he is finally living the lifestyle needed to reach his potential after he won the English title.

Harrow Weald's Smith dominated the previously unbeaten Peter Cope and won the vacant super featherweight belt by unanimous decision at York Hall in Bethnal Green.

Smith, who is now 9-0, knocked down the durable and game Cope in round six on the way to a convincing victory, with the judges' scorecards reading 99-90, 100-89 and 100-90.

The 21-year-old has long been tipped as one of the brightest talents in British boxing and has been Southern Area champion since last year.

But speaking immediately after last Thursday's fight,

Smith told IFL TV: "I am living the life now, I'm living the dream and I know what I want.

"I won't be fully at it when I'm back in the gym on Monday but I'll be ticking over. I won't let myself get out of shape.

"I have enjoyed looking at myself in the mirror and saying 'yes, you look alright, you are ready to fight'.

"For the first time in my life I have looked at myself and thought 'yes, you are ready for this. I am in good shape, I have come down in body fat and I have done it properly'.

"I am a very happy man tonight."

Smith said there had been talk he would be back in the ring in September or October.



Mitchell Smith celebrates his latest win. Picture: ACTION IMAGES

Stones sink derby rivals

An efficient Wealdstone took the few chances on offer to ease past Harrow with a 4-0 victory at Earlsmead on Saturday, writes Alex Copley.

The hosts started brightly but Mark Bentley slotted home for Stones on the half hour mark.

The away team put the game to bed after the restart with two quick goals – the first coming from a close-range Michael Malcolm finish after a storming run from Tom Hickey.

Luke Pigden tapped the third in from a free-kick which was dinked over Harrow's ineffective wall.

The resounding win was wrapped up five minutes from time with Tom

Collins' superb volley in the middle of the park left keeper Michael O'Keefe stranded.

Boro also lost 2-1 at home to St Albans City on Tuesday night.

Dave Anderson's side started promisingly and deservedly took the lead when Lewis Driver diverted a shot by Ben Long past keeper Joe Welch.

But a reckless challenge from Driver on Sam Corcoran resulted in a red card.

The Saints took advantage of the extra man as Steve Wales' 25-yard strike brought them level.

The visitors scored the winner after 61 minutes when Wales netted his second goal of the game.

Harrow claim hat-trick

Harrow Lawn Tennis Club completed the year's hat-trick of titles with victories in the Division Three men's doubles and Division Two ladies doubles at the Middlesex Cup finals.

The team managed a 5-2 win over Winchmore Hill.

The final saw pairing Pete Rutland and Chris James win all their sets, helping seal the victory and promotion to Division Two.

The ladies won their final against Hackney City reaching the five winning rubbers in just two rounds.

The club also held its annual junior tournament and finals day.

The Lack Cup final saw Nicholas Hart beat Luke Segan.

Club champion for the past three years Elena Syne-si did not disappoint with wins in the ladies singles and doubles tournaments.

Steve Bloom prevailed in the third set to clinch the men's singles in a hard-fought match against a resilient Nic Ludmer.

Bloom also triumphed in the men's doubles alongside partner Steve Kavanagh.

Other winners were Wendy Driver in the ladies and mixed doubles and John Walker in the men's singles and doubles plates.

Bessborough knocked off top after draw

Bessborough dropped off the top of Middlesex Championship Division One for the first time in five weeks after a losing draw at Wycombe House.

The hosts had Bessborough's batsmen in trouble at 39 for four but a well-crafted knock of 70 from Nirav Ghantiwala – the club's leading batsman this season with 417 runs – helped the side finish on 171 all out from 55 overs.

Effective bowling from Bessborough set the team on course for victory with the opposition on 84 for four after 24 overs.

But they couldn't find a way to displace Wycombe's number eight and ten with the hosts finishing on 146 for six.

Bessborough's second team moved up to fourth in Middlesex Division Three with a comprehensive 154-run win away at Wycombe House.

Hemmen Jutla came the closest of any Bessborough player to reach a century this season with a fine 97 after a strong opening stand from Ishan Shah (35) and Adil Park-er (62) helped them to 289 for six.

The win was wrapped up swiftly as Wycombe were dismissed for 135 in 28 overs – pace bowler Rohan Desai taking a season's best of five for 35.

Elsewhere, the Thirds suffered a heavy defeat against Indian Gymkhana that keeps them mired in the Middlesex 1987 League

Division 1 relegation battle.

Bessborough Fourths returned to winning ways with a dramatic 24-run victory in their game against relegation-battling Wembley Fifts.

Batting highlights came from William Gill, with a blistering 56, and a more classical 45 from skipper Sahil Hath saw Bessborough finish with 221 runs.

Wembley replied well and at one point looked to take the game after sloppy Bessborough fielding, but Eddie Idrees hit Thavarasa Kandasamy's middle stump on the penultimate over to seal the victory.

The win saw the side move up to fourth in Middlesex 1987 League Division Five.

GALAXY WINDOWS

SIMPLY THE BEST! SPECIAL OFFER FOR 2014

DOUBLE GLAZED WINDOWS

from
£99

EACH

SUPERIOR QUALITY WINDOWS & DOORS... HIGH STANDARD OF FITTING AND AFTERSALES SERVICE...

www.galaxywindows.info
sales@galaxywindows.info

Save a tree Buy UPVC

QUALITY CONSERVATORIES AT TRADE PRICES

PLUS HALF PRICE OPENERS & FITTINGS

Telephone Galaxy Windows Hotline
020 8427 3888



All uPVC is manufactured to British Standard specifications & new part 'L' compliance giving you total peace of mind. Subject to conditions available on request

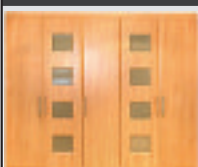
Established since 1980

SANGHANI WARDROBE

Specialist For
QUALITY MADE TO MEASURE WARDROBE & FITTING



For FREE no obligation quotation,
Call 020 8861 2826



Range of colour & designs
In-house fitters
(No contractors used)
We also supply any size
DOORS and HANDLES

Unit G3, Phoenix Industrial Estate, Rosslyn Crescent, Harrow, HA1 2SP.
www.swardrobe.co.uk

JFS

James Funeral Service
Independent Family Funeral Directors

Introducing our new range of
PRE-PAID FUNERAL PLANS

The funeral plan that makes perfect sense

Thinking about your own funeral is never an easy thing to do. However, it can be comforting and reassuring to know that you've taken care of these arrangements, which is sure to provide financial and practical help for your loved ones at an already distressing time.

We are pleased to launch three set plans based on cremation:

• Essential: £2949 • Classic: £3199 • Premier: £3499

In addition to our set plans we would be pleased to discuss with you a more personalised option or the options available for burial.

For advice and an informal discussion, please do not hesitate to call us.

502 Kenton, Belmont Circle, Harrow HA3 8RD
Tel: 020 8907 6655 (24 hours)
www.jamesfuneralservice.co.uk