

Medals for club stars

HARLOW Ju Jitsu Club are celebrating after a trio of gold and silver medal success at the national championships.

The combined Jikishin Ju Jitsu and British Ju Jitsu Championships in Southend proved to be a happy hunting ground for new British Champion Will Murley.

The 20-year-old, an instructor at the Harlow club, triumphed in the under 75kg groundfighting category collecting a gold medal for his efforts.

In the under 90kg groundfighting category Chris Richardson, 24, came runner up and Sarah-Jayne Hunt, 15, won a silver in junior female sparring.



Chris Richardson

The event, held on November 12, saw more than 500 competitors take part in the groundfighting, sparring, random attack and kata classes.

Senior club instructor Earl Walker, said: "Will and Chris have been working hard on their skills and the hard work



Sarah-Jayne Hunt

has paid dividends. Both guys have also won medals in Ireland and in international competitions this year.

"Sarah-Jayne has been training for the sparring for only a few months, so I am particularly pleased with the way she has developed, and



Will Murley

have high hopes for the future."

Harlow Jikishin Ju Jitsu Club is open for training on Tuesdays at Harlow Sportcentre, and both juniors and seniors, male and female are welcome. For further details please contact Earl Walker on 01279 419427, or visit www.jikishin-harlow.co.uk