

HAYLEY Yelling completed a unique hat-trick when she won the UK short-course cross country title in Brighton at the weekend.

The Marlow maths teacher won the four kilometre race by seven seconds from her nearest rival Charlotte Dale, the European Junior cross-country champion.

Yelling's victory on the south coast

CROSS COUNTRY

followed her wins in the UK Inter-Counties and the English National Cross Country Championships which she won in record time.

The in-form runner is now planning her assault on the World Cross Country Championships later this month in Switzerland.

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FAST FORWARD TO THE FUTURE

Sanchez says speed kings were the big difference

WANDERERS boss Lawrie Sanchez saw his side blitz Brentford with a devastating display of pace and then said that's the way forward.

He watched his side out-run and outgun the Bees to register a stunning 4-0 victory to all-but banish any faint relegation fears for another season.

Sanchez ditched his policy of having a target-man up front and employed two pacy strikers instead, with 19-year-old Jonny Dixon and fit-again Jermaine McSparran leading the line.

And the jet-heeled front two were ably supported by the rampaging Danny Senda from full back and the full-of-running Dannie Bulman in the midfield engine room.

The Bees had no answer to the speed of Wanderers' attacks as Wycombe gained revenge for the 4-2 FA Cup defeat and the 1-0 league reversal Brentford had inflicted on them earlier in the season.

Sanchez said: "We were rampant. It was a good afternoon's work and we should have got more.

"Hopefully that was a glimpse of next season.

"We exposed Brentford all over the park with the pace we've now got up front.

"It's well known how fast Jocky [Jermaine McSparran] and Jonny Dixon are but Gavin Holligan came off the bench and he's got pace too. Lewis Cook is another one who's quick, if we can get him in the team somewhere."

Now Sanchez wants more of the same.

He said Saturday's performance was a vision of the future and he now plans to unleash his pace on Division Two defences next season as he bids to transform Wanderers from mid-table also-rans to serious promotion candidates.

"We will have plenty of pace next year and we saw today what that can do. We are going to get



Catch me if you can: Danny Senda and Jermaine McSparran wheel away in delight after Senda's goal in Blues' 4-0 win over Brentford

FOOTBALL By Dave Peters

pace in our team next year, that's what next season holds."

Nineteen year-old Dixon opened the floodgates with his fifth goal in seven starts after a lightning Wycombe break.

Fullback Danny Senda raced into the box for the second just 60 seconds later and the third also came on the breakaway as substitute Gavin Holligan made his mark before fellow sub Darren Currie rounded things off.

Sanchez said: "I think we have got a lot to look forward to next season."

And the good news for Wanderers fans was that 13 of the 14 players who featured against Brentford on Saturday are all signed up for next season.

Gavin Holligan was the only player whose future has yet to be decided and he did his contract hopes a power of good with Wanderers' third goal.

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