**NORTHANTS BASKETBALL CLUB**



**PRESS RELEASE**

**Junior Women hold on to beat Eagles.**

**Under 18 Girls South Conference**

**Abingdon Eagles 50 – 54 Northants Lightning**

The Northants Lightning Under 18 girls travelled to Abingdon Eagles last Saturday and returned with a four point win after a low scoring encounter.

With three minutes remaining of the contest, Lightning looked to be cruising to a comfortable win after establishing a 50-38 lead. Eagles however, had other ideas and over the final three minutes poured in 12 points including a brace of three-pointers; Lightning keeping their noses in front thanks to buckets from Poppy Barnett and Lucy Needham

Both teams made a nervous start to the game with scoring being at a premium. Lightning managed just eight points during the first ten minutes of play but their excellent defence kept the hosts to just four. Lightning played their best basketball in the second period outscoring Eagles by 20 points to nine to establish a 28-13 half time lead.

Abingdon were a far more effective threat in the third period forcing Lightning to switch to a zone defence in which Lucie Wilson-Grey and Grace Cosford worked hard. Both teams exchanged baskets at the start of the final period of play before Eagles mounted their late but ultimately futile challenge.

In the battling four point win Lightning’s scoring was led by Lucy Needham with 21 points while Niamh Sausell made an invaluable 12-point contribution.

**Under 14 Girls keep up the winning habit with excellent road win over Rockets**

**Under 14 Girls South Conference**

**Southend Rockets 46 – 81 Northants Lightning**

The Northants Under 14 girls made it four wins on the bounce with a convincing win over Southend Rockets, the win coming after a stunning fourth period .

Lightning dominated the first two periods of play and by half time had moved ahead by 36 points to 21 but their efforts to extend that lead in the third period were thwarted by some stubborn Rockets defence which restricted them to just 15 points. Lightning had also been miserly with Southend also managing just 13 points so the game was still up for grabs going into the fourth period.

Lightning coach, Kim Thompson urged her team to make a big effort in the final period of play and they responded superbly. The whole team worked hard and with Mia Gajaga ripping down countless rebounds Lightning were able to mount numerous fast breaks with Athena Thompson catching the eye with a number of scores. Lightning outscored Rockets 30-12 over the final ten minutes to secure an impressive 35 points win.

Lightning’s scoring was led by Thompson and Gajaga with Brooke Leo making a significant contribution but Coach Thompson was keen to stress that the win had been based on an excellent all-round team effort

**Tough day in Manchester for Under 13 Girls**

**Under 13 Girls Non-Conference games**

Northants Lightning under 13 girls had their first taste of the National League experience when they travelled to Manchester Mystics to play against teams from England's strongest and most dominant club.  A three-hour minibus journey was the indication of things to come as the players were given the opportunity of getting to know their teammates a little better.

Whilst the results of the two games were never in doubt, both convincing wins for the hosts, the Northants girls got the chance to see where they need to get to, in order to compete against the best in the country.  With players as young as eight in the squad, this was a huge learning experience for the whole team.  With both teams sitting together to eat between the matches, this was a huge bonding exercise in every way.

**THIS WEEKEND’S ACTION**

**Saturday 23rd November**

 **9-30am until 10-30am** Budding Ballers

 **9-30am until 11-00am**  Junior Ballers

 **11-00am until 12-30pm** Boys and Girls Ballers Academy

  **1-00pm** Thunder Storm U14 Boys versus Braintree

  **2-15pm** Under 14 Boys Braintree versus Brentwood

  **3-30pm** Thunder Storm Under 14 Boys versus Brentwood

 **5-00pm** Under 16 Boys versus Nottingham Hoods

All the Ballers activities and the games will take place at the **Northants Basketball Centre** which is based at Northampton School for Girls in Spinney Hill Road, Northampton

Spectators are welcome and admission is **FREE**

 Under 12 Boys travel to play Leicester Riders Black

 Under 16 Girls travel to N.E.B.C. Titans

For more information on this Press Release contact: **John Collins** on **07801 533 151**