



Coloma Girl wins Gold Medal in the UK Sainsbury's School Judo Games

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Article written by Sophie Roots, two times gold medallist in the UK Sainsbury's School Games.



I was fortunate enough to be given the opportunity to compete in the Sainsbury's School Games by England Judo in Manchester. It was my first experience of the games and I had an amazing experience.

The games started with an opening ceremony and parades followed by entertainment and live interviews with Olympic Athletes. Then the competitions began! My weight group competed on Friday 4th September. In this event I had four fights. I won my first with a 'throw' followed by a 'hold down' against another girl on the English team. I then fought a member of team Scotland, winning by a 'strangle'. This win placed me in the semi-finals where I fought a Welsh athlete. After throwing the girl, I won the fight. Now into the final, I faced an English girl who I had fought seven times before, not once winning a fight. The contest lasted the full duration but I secured a 'middle scoring throw', winning me the gold medal.

On Sunday a team event was held where each team, England, Northern Ireland, Scotland, Wales, Brazil and the rest of the world could chose four boys and four girls

from their teams to compete. I was selected following my performance on Friday. I was off to a good start, winning my first fight by a 'strangle' in less than two minutes. The rest of team England went on to win their fights, putting us through to the final against Scotland, the previous winners. Team England won our first four fights meaning that if we won the next fight, the trophy was ours. My name was called and I stepped up to fight a girl I had watched the previous day. She had been undefeated throughout the day and the nerves began to get to me. I walked into the fight and almost immediately scored a 'throw'. She then went on to match my score and gain another score. This is where my favourite memory of the event occurred. I had taken a hard knock to my head and my confidence was low; I was losing and didn't see much chance of coming back. But the England team were cheering and chanting and it gave me the push I needed to get my grip and throw my opponent for an 'ippon', giving me an immediate win. England won both the individual and team event and I won two gold medals.