

DONS COLUMN



James Reeve posts his Cowshed Commentaries blog on our website. You can get involved at onemk.co.uk

DONS earned a 1-1 draw at home against Fulham this weekend with a long-serving player grabbing his second goal in three matches.

Dean Bowditch started the match against Fulham filling in for the injured Ben Reeves, playing in the attacking midfielder and number 10 position behind lone striker Nicky Maynard.

It was Bowditch that got the Dons started with a 30th minute goal helping the boys from MK1 take an early 1-0 lead over the visitors from London.

Despite being unable to see out the win, Bowditch performed exceptionally well in the number 10 spot and the argument can be made for him to receive more playing time considering his recent performances.

Bowditch entered the season determined, scoring in the opening fixture against Rotherham United.

But he was unlucky to pick up an injury in the 3-1 away loss to Derby County back in September.

Bowds was out for a month before returning, then he scored the only goal of the match in a 1-0 victory over Charlton Athletic.

In his past three fixtures, starting with the Charlton match, Bowditch has scored two goals and was the Dons' standout performer this weekend.

The Dons have struggled to score many goals this season.

But Bowditch is now the team's top goal scorer with three goals in the Championship.

Perhaps playing him frequently behind Maynard could see the Dons' fortunes change in their survival bid.

FIXTURES

- SAT WOLVES (A)
- DEC 5 BRENTFORD (A)
- DEC 12 IPSWICH (H)
- DEC 15 SHEFF WED (H)
- DEC 19 NOTTS FOREST (A)

CHAMPIONSHIP TABLE

Team	P	Home					Away					GD	PTS
		W	D	L	F	A	W	D	L	F	A		
1 Hull City	17	6	2	0	16	3	4	3	2	11	6	18	26
2 Brighton	17	6	2	0	10	4	3	6	0	12	9	9	26
3 Millwall	17	7	1	1	16	2	3	2	3	9	10	13	33
4 Derby County	17	5	3	1	15	6	4	3	1	9	5	13	33
5 Burnley	17	6	2	1	17	9	3	4	1	7	6	9	33
6 Birmingham	17	3	2	4	9	11	5	2	1	15	7	6	28
7 Reading	17	4	4	1	13	6	3	2	3	12	12	7	27
8 Sheff Wed	17	5	3	1	15	9	2	3	3	8	11	3	27
9 Cardiff City	17	5	2	1	10	4	1	5	3	7	10	3	25
10 Ipswich Town	17	3	5	1	13	9	3	2	3	12	16	0	25
11 Brentford	17	4	1	4	11	14	3	2	3	12	10	-1	24
12 Fulham	17	3	2	3	15	15	2	4	3	15	14	1	21
13 Blackburn	17	2	4	2	8	5	2	4	3	9	11	1	20
14 Wolves	17	2	3	3	9	10	3	2	4	13	13	-2	20
15 QPR	17	3	4	1	16	11	2	1	6	6	14	-3	20
16 Leeds United	17	1	3	5	5	11	3	4	1	11	9	-4	19
17 Preston	17	1	5	3	6	8	2	3	3	6	7	-3	17
18 Notts Forest	17	2	3	3	7	8	2	2	5	6	10	-5	17
19 Bristol City	17	2	3	4	11	16	1	4	3	7	11	-9	17
20 Charlton	17	3	2	3	11	13	1	2	6	4	13	-11	16
21 Huddersfield	17	2	3	3	10	10	1	3	5	7	16	-9	15
22 MK Dons	17	3	1	5	8	11	1	2	5	7	13	-9	15
23 Rotherham	17	1	2	5	9	18	2	1	6	9	15	-15	12
24 Bolton	17	1	6	1	6	6	0	2	7	5	18	-13	11

MK LIGHTNING

Shootout defeats deny Lightning

BY JAMES AVERILL
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MK LIGHTNING suffered two shootout defeats in what proved to be a frustrating weekend.

Pete Russell's side saw their league campaign suffer a blow when they gave away a three-goal lead to end up 4-3 losers in a penalty shootout against Sheffield Steeldogs at MK Arena on Sunday.

Just a day earlier Lightning had also lost 3-2 in a shootout away at Basingstoke Bison.

But it is the home defeat that will have proved most frustrating for Russell and his players.

Having gone 3-0 in front two minutes into the second period, they were in control until the mid-point of the encounter.

The strikes came courtesy of captain Adam Carr, Marko Luomala and Blaz Emersic.

But soon after the Steeldogs stepped up the pace of their play, and managed to cut the deficit to one goal by the second interval.

The home side then spent most of the third period trying to hang on to the lead but Sheffield eventually found the goal in the 52nd minute to send the game into



So near: MK Lightning suffered two shootout defeats over the weekend - including losing a 3-0 lead against the Steeldogs at MK Arena on Sunday

overtime.

Things got worse then when Lightning ended the extra period a man short when Leigh Jamieson was given his marching orders on a five minutes plus game penalty for high sticks.

Despite that the home team held on for the shootout which

was eventually decided on sudden death shots.

But David Clements failed to get his shot away before Laseck put one past Jordan Marr to seal the points for the Steeldogs.

For more match reports and club news from Lightning, log on to www.onemk.co.uk

BADMINTON

Adcocks exit early in Hong Kong

CHRIS and Gabby Adcock crashed out in the first round of the Hong Kong Open - a competition which they had won just two years ago.

The 21-9, 21-15 defeat to Korean pair Shin Baek Cheol and Yoo Jung Chae last Wednesday sent the sixth seed duo home earlier than they hoped for.

After the defeat, Chris tweeted: "Nothing really went right, and up against tough opposition it cost us. It's hard to take, but we'll make sure we learn from our mistakes and improve from them. The next focus is the Superseries finals in Dubai and it's a great opportunity to put things right."

Meanwhile it has been confirmed that Milton Keynes-based Peter Briggs will travel to the YONEX Brazil Open this week - in what is hoped to be a test event ahead of the Olympics in Rio next summer.

Briggs will partner Tom Wolfenden, with whom he reached last month's Swiss International final.



Knocked out: Nothing went right for Gabby and Chris Adcock as they lost in the Hong Kong Open first round

RUGBY UNION

MK continue 100 per cent record

MILTON KEYNES RUFC secured a vital win away at fellow top-of-the-table contenders Abingdon.

They ran out comfortable 17-0 winners in a game which they dominated from the off, with outside centre Tim Parkinson having an easy run in to open the scoring with barely a minute on the clock. Brian Purcell made

sure of the conversion before further tries from Michael Dean and Nathan Thomas made sure of the victory - although they couldn't quite do enough for the bonus point.

The win ensured their 100 per cent record in the Berks/Bucks and Oxon Premier Division.

In the Midlands Two East

(South) Olney secured another win as they beat Rushden and Higham by 25-20, while the ladies side blitzed Woodbrige Amazons 43-0 in the cup.

And in the Southern Counties North, Bletchley continued a fine weekend for the local sides when they won 19-6 against Buckingham.

SPORTS SHORTS

NON-LEAGUE FOOTBALL

NEWPORT Pagnell Town recorded two wins in a week to bounce back from their 5-1 thrashing against top side Leicester Nirvana.

Town remain 14 points behind Nirvana, although they have two games in hand and have closed the gap. Last Tuesday they saw off Sileby Rangers 1-0 courtesy of Fazel Koriya, before they completed a 4-2 home victory over Desborough Town on Saturday, with the impressive Koriya bagging all four.

Olney Town also picked up a good result in Division One, putting four past Oakham United in a 4-1 away victory.

In the Spartan South Midlands Division One, New Bradwell St Peter picked up a respectable 1-1 draw away at Winslow United. In Division Two, Old Bradwell United overcame Wolverton Town 3-1 in a city derby, Clean State drew 1-1 at Grendon Rangers, while Stony Stratford Town fell to a 2-1 loss at Hale Leys United.

ATHLETICS

THE Milton Keynes Secondary Schools Cross-Country Championships were dominated by athletes coached by Milton Keynes Marshall Athletics Club.

Charlotte Underwood (Denbigh) won the Year 7 Girls race by a 32-second margin, whilst Alex Brent (Denbigh) won the corresponding Boys race with Aidan Murphy (Ousedale) runner-up.

The Year 8 & 9 Girls race was won by Barbara De Koning (Ousedale), while James Dowsett (Stantonbury) won the Year 8 & 9 Boys.

Emma Mears (Oakgrove) edged out Enya Deyssel (Denbigh) by 33 seconds in the Year 10 & 11 Girls. Things were close in the Boys race in the same age range as Alfie Yabsley (Stantonbury) won by eight seconds over Jack Meijer (Walton High).

Oakgrove won the overall schools title from Denbigh (2nd) and Hazeley (3rd)

And finally Jack Kee and Emma Beardmore endured the incredibly cold weather over the weekend in Swindon taking part in the weight pentathlon.

TABLE TENNIS

COMPREHENSIVE 10-0 wins for both MK Spinners and Greenleys Monarchs over Greenleys Kings and MK Phoenix means that Monarchs will need to wait at least another week for a shot at leading the table.

Monarchs dipped into their extensive catalogue of players to give a debut to Dan Smalley and it was maximums all round for Dan Appanna and Martin Hall representing Monarchs, and Alan Cherry, Craig Brown and Gary Jones for Spinners.

Staying in the Premier Division, MK Powers slumped back to losing ways in yet another 10-0 defeat. This was a much needed win for opponents MK Kingpins too after three straight defeats.

The final contest of the weekend in the top division did prove slightly more competitive, as MK Walking Wounded posted an 8-2 victory over MK Sasaki.

In Division One, MK Rovers kept their place at the top of the league by putting Greenleys Eagles to the sword 8-2.

AMATEUR BOXING

MK VICTORS Boxing Club will be holding its annual Dinner Show on Friday evening.

The event takes place at the Jury's Inn on Midsummer Boulevard, and doors open at 6.30pm. Guests will be treated to a four-course meal before the boxing commences at 9pm, where there are sure to be some entertaining bouts in front of the great and good of the boxing scene. For more please contact Lynn at mkvictors@gmail.com or by calling 07880 954 756.