

Every newspaper, every magazine, every TV station in the UK is full of the football and to be honest full of criticisms for the England players and management. But we don't want to go there... In the same month that 'our boys' crashed out we actually had some glorious sporting moments.

Consider the cricket for example: Jonathan Trott hit a perfectly paced 118 as England Lions beat West Indies A by five wickets to ensure a winning start to the triangular series.



The 29-year-old's second one-day hundred this season, which spanned 130 deliveries and included 14 fours, was the mainstay of a successful chase which saw the Lions reach their target of 280 with eight balls remaining.



And in the NatWest Series at Old Trafford England wrapped up victory over the Australians by a single wicket making it 3-0 overall with two one-day internationals still to play. "There aren't many sides that go 3-0 up against Australia, so I think we should take a huge amount of confidence from the way we've played," said Captain Andrew Strauss.

England play five NatWest Series One Day Internationals against Australia in June and July 2010 - then three against Bangladesh in July; and two more against Pakistan at the end of the season in September.

And what about the F1? Although Sebastien Vettel took the high spot on the podium in Spain, Lewis was second and Jenson third.



Next up, of course is the British Grand Prix on July 11 and both lads are up-for-it.

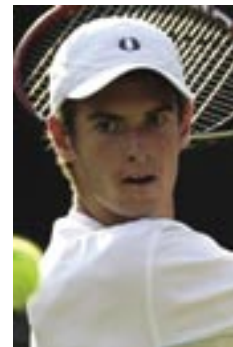
"I'm a British fan, but I don't just want a British winner. I want to win myself. I've a lot of competition with Lewis because he's very quick, and in the last few races he has

finished in front of me, albeit just in front of me, but he has finished in front of me. said Jenson.

"I want to win the grand prix. I'm sure Lewis does. He won't feel any different to me, so we are going to go out there and have some fun and hopefully one of us will win it."

"I'm sure Jenson does want to win" said Hamilton, "but it doesn't mean he wants it more than me, so we'll have to wait and see. Although I've won the grand prix before (in 2008), I'd love to win again"

And what about the tennis? As I write, Andy Murray is still in with a shot at Wimbledon, not a single other Brit mind you, but on the day the Queen paid her first visit to the home of Tennis for 33 years, Murray put on an impressive 6-3, 6-4, 6-2 win over Finland's Jarko Nieminen with 18 aces and multiple flashes of pure genius.



And it's not just the mainstream stuff. Have you heard of Martyn Rooney? 23 year old Rooney, at 6ft 6ins the only world-class sprinter taller than Usain Bolt burst onto the scene when he finished 6th in the 2008 Olympics.



Born in Croydon, South London to Irish parents, Liam and Marie, Rooney began life as a cross country and middle-distance runner while attending John Fisher School in Purley.

Rooney cruised to a convincing victory over 400m at the Aviva European Trials and UK Championships in June to book his place on the British team bound

for Barcelona, where he will start as one of the favourites for gold. His impressive time of 44.99 seconds equalled his own season's best while he remains the joint-fastest athlete over one lap in the continent, alongside Belgium's Jonathan Borlee.

There will be high expectations for Rooney to deliver the goods for his country in July and claim his first major international medal but he insists he's not daunted by any pressure.

"It goes with the territory," said Rooney, "If you're number one in Britain you should want to go on and be top in Europe and the world - and I've got to keep pushing on to next year's World Championships and of course London 2012. I'd like to finish this year as European champion and at least be ranked in the top three in the world, so I still need to run faster."

Barcelona is hosting the European Athletics Championships which start with an opening ceremony on the 26th July. The Men's 400m is scheduled for 7pm on the 28th.