

SPORT

Beagles extra

Newham & Essex Beagles began their new UK Women's League season with a battling third place on Sunday at Bedford.

Tim Mundle's team fought valiantly with many doubling up on events, but in the end, absentees cost them an even higher placing.

"It was a good day for us," said Mundle. "We had three or four drop out in the week before the meeting, but that happens to every team."

"The important thing is that the girls rallied round to cover as many events as they could – I was very pleased with them."

The coach was keen to emphasise the team spirit within the group rather than individual success, but there were some fine performances.

Grace Jenkins threw a new personal best in the discus of 44.63 metres to win, while she also scored points in the shot and B hammer, where Katie Head was third in the A.

"The hammer was top quality," said Mundle. "Katie threw over 59 metres and was still only third."

There were second and third places for sprinters Tayla Carter and Jazmin Whitehead-Shakes, while Zoe Thompson

was a fine second in the 200m, before the three combined with Victoria Oshunremi to take a superb relay win.

Oshunremi was also second in the long jump and third in the B shot and the A triple jump, where Rochelle Jones took the B event honours.

It was another excellent day for Emma Nwofor who won the sprint hurdles and long jump and was also third in the high jump.

"Emily Bullis did really well considering she has been away from us for a couple of years," said Mundle. "She ran the steeplechase and managed an excellent second and a new PB by about nine seconds."

New girl Kelly Thorneycroft also had a good day in the 3,000m, finishing second to leave Mundle confident.

"I think it bodes well for the future," he said. "I feared the worst earlier in the week, but we performed well."

The second of the three matches in the league is at Liverpool on July 7.

Match Score: Wigan Harriers 214; Herts Phoenix 199.5; BEAGLES 180; Bedford 163; Sheffield 159.5; Milton Keynes 158; Bristol 153; Victoria Park 122.

Athletics



Viewtube Runners at the Westminster Mile.

Viewtube Runners were out in force at the Vitality Westminster Mile.

As well as providing volunteers for bag drop duties and chaperoning school teams, the Newham-based club saw several runners take on the warm weather in a field of 8,000.

Alessio Cardone was first member home in 5.34, ahead of Ivaylo Enchev (5.52), Mike Bristow (6.17), Eddie Carillo (6.32), Harry Papanastasiou (7.01) and Paul Lewis (7.01).

Also in action in the capital were Jean Munroe (7.48),

Frank Da Silva (8.26), Anna Mutunga (8.30), Eszter Nyíri (9.06) and Suzy Brent (11.42).

The next day saw some return to do the 10k, with Rajesh Kerai (54.08) setting a new best as Frank Da Silva clocked 56.25 and Gianne Fanti 69.30.

Angela Rockson completed the London to Brighton 44k trail run in 6:42, becoming the first female to finish that distance, as Susan McDowell and Jenny Winter ran the Brussels 20k.

Amanda Mawn set a new best of 4:12.42 at the Edinburgh Marathon.



Michael Puplampu returned from the United States in time for an excellent display for the Beagles.

Picture: NEB

Warm weather training is key to success for Beagles jumper

Newham & Essex Beagles jumper Michael Puplampu was the star of the show at the second British League match of the season, but they could still only finish fifth.

The Beagle has just returned from warm-weather training in the States and it looks to have done him a world of good.

"He was excellent," said a delighted team manager Rowan Griffiths. "He has not been back long, but he jumped to within 19 centimetres of a European qualifying place in the long jump. "He was second in that and he won his best event in the triple jump, so it was an excellent day."

It was certainly a good day in the field for the Beagles, but they were missing a few on the track which cost them points, much to the frustration of Griffiths.

"In the first match we had a terrible time with missing athletes in the field, this time we won the field events," he said.

"But we were missing a few on the track this time and if we can get both sides working together, we can get right up there."

Beagles had a good hammer

Athletics

with Hassan Abrelgawad throwing 67.49 metres for second in the A, while Thomas Head won the B event in Cardiff.

Puplampu's second place and PB in the long jump was backed up by Jack Roach, who won the B string, while George Armstrong was second in the discus, while Matthew Baptiste won the B.

"We had a lot of athletes back who were at the British University Championships for the first match, so it was good to see them return," added Griffiths.

"We also had 15-year-old Jerome Henry who was a superb third in the high jump with 1.88m which looked like two metres.

"Archie McNeillis was an excellent third in his first match in the British League in the pole vault, while Robert Kingman is now in his 26th year in the event and I think he is held together by Blutack and super glue!"

Things did not go so well on the track as the Beagles were missing a few, including Rabah Yousif who had just run four races in

nine days across Europe, clocking sub-46 seconds for all of them.

There were no wins, although both Sam Farah and Dara Chesser managed second places in the steeplechase, while Ben Snaith was second in the 400m.

Dale Clutterbuck returned to the team in the 1,500m and felt positive afterwards as he came home in fourth.

Jake Lindacher was third in the sprint hurdles and was also part of the sprint relay team which included Michael Warner, David Bolarinwa and Snaith who also finished third.

It was still only fifth place, but Griffiths was more pleased than last time, adding: "I am very positive and I think we are going in the right direction. If we can get our track stars out next time then we can go very close."

The next meeting will be in Bedford on July 7.

Match score: Birchfield 337; Shaftesbury Barnet 308; Woodford Green 299; Sheffield 273.5; BEAGLES 272.5; Cardiff 264.5; Thames Valley Harriers 226.5; Swansea 213.

sport

Athletics

It has been another busy and successful week for East End Road Runners and for one member in particular.

International club runner Tess Healey (right) was in Sydney to make her marathon distance debut at the Western Sydney Marathon and broke the club record with three hours, 36 minutes and 30 seconds.

Elsewhere, 38 members took part in the Dagenham 88 Runners five-mile summer race to kick-off the East London Five Interclub Series (ELVIS).

There were distance debuts for Leena Choi, Nick Reeve, Grace McCorry, Charissa Taylor, Jacob Radford, Emily Risness, Gustavo Moratorio, Callum Millward, In-Yong Hwang, Jimmi Lee and Angelo Pieris.

East End Road Runners also had 11 members take part in the Queen Elizabeth Olympic Park 10k, while Kat Gibson and Pavisk Karnik high-fived the Wombles at Wimbledon's half marathon.

For more details on the club visit eerr.or.uk.

