



The boys' under-13 sprint relay team stormed to victory.

Picture: NEB

Adeyemi has a four-some day but Beagles are down in fifth

Damope Adeyemi was one of the stars of the show for Newham & Essex Beagles at their second UK Youth Development Lower Age Group match of the season.

Adeyemi bettered his performance from the first match by claiming four under-15 first places down in Lewes in Sussex, but though the Beagles dominated the sprints, their all-round squad was only good enough for fifth place once again.

Adeyemi kicked off by winning the 80m hurdles in 12.40 seconds and he followed that with wins in the long jump with a best of 6.02 metres and the high jump, where he managed 1.74m.

To round off a great day he was in the sprint relay squad with Mubarik Omer, Emmanuel Abass and Aaron Ashmead-Shoye which clocked 49.60 to give him his fourth win of the meeting.

Ashmead-Shoye was also in fine form as he collected B wins in the high and long jumps as well second in the A 100m in 12.20,

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where Abass won the B in 12.70. Abass was also fourth in the 200m, with Louis Willson fourth in the B event.

For the under-15 girls, Sarah Shoyelu-Armstrong clocked 13.10 to win the 100m, with Faith Ezelue backing her up in the B event, where she won in 13.30.

Ernesta Amoah won the high jump, while that intrepid trio, along with Ayokosibe Adewale-Badero were a battling second in the sprint relay in 53.40.

There were plenty of excellent displays for the under-13s too, with Ossari Acquah, one of the stars of last week's county championships, coming up with another four wins.

He won the 200m in a time of 26.20, before winning the shorter sprint in 12.70, where B string winner Omari Wilson's time of 12.80 was second behind Acquah.

Ossari then won the B high jump before rounding it off in the

sprint relay where his anchor leg earned Beagles the win by over two seconds.

Nathaniel Hanson was also part of that relay squad, crowning a great day for him.

He also won the long jump with a leap of 4.70m, the high jump where he managed 1.48m and the B 200m, clocking 26.60.

Noah Hanson also had a good day winning the 75m hurdles, the sprint relay and finishing second in the long jump.

For the girls, Karis Wilson had a good day as she won the 75m in 10.80, where Chloe Gormley was third in the B, and also the 150m.

Sarah Campbell won the B 150m event in 22 seconds and was fourth in the 70m hurdles, where Gormley was again third in the B.

There were still glaring holes in the team for the longer distances, though, and they had to settle for fifth out of six teams.

Match score: Brighton & Hove 612; Lewes 462; Bexley 440.5; Medway 432.5; BEAGLES 398; Basildon 393.

six-time world and five-time European champion admitted he had found it hard going, before kicking for home with 100 metres to go.

"I've got great speed and I know that at the end of the races I can use it if the guys haven't hurt me enough," he said.

"So it was a matter of hanging in there. I was pretty tired. Having competed in the

marathon not so long ago, it was hard work."

Farah was appearing in the race for the first time since 2007 and took part in the minute's silence before the start in tribute to the 22 people who died in last year's Manchester Arena bombing.

Ethiopian Tirunesh Dibaba won the women's race for the third successive year.

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Viewtube Runners at Hackney.

Viewtube Runners took on various events over the past week, including an aquathlon at Newham Leisure Centre.

Others tackled the Run the Sun 10k in the Olympic Park, with more supporting the seventh anniversary of the Wanstead Flats parkrun, before 25 also ran the Hackney 5k.

A group of 10 ran the Hackney Half Marathon on Sunday, while 20 members

manned a water station. **Results, Hackney Half:** Lucy Hastings 1:37.16; Tatenda Kupara 1:43.24; Eddie Carillo 1:43.57; Jorge Arango 1:55.00; Harry Papanastasiou 2:00.22; Rajesh Kerai 2:02.44; Jean Munroe 2:08.13; Ruth Jacob 2:09.17; Deborah Harouma 2:32.13; Michelle Angela Panyandee 2:33.11.

Hackney 5k: Oisseal Crd 19.29; Eddy Spofford 21.13; Mike Bristow 21.23; Raul M Jimenez 21.43; Ivaylo Enchev 23.41; Jorge Arango 23.43; Marcin Sikorski 26.11; Clem Cook 26.41; Susan McDowell 26.59; Jenny Winter 27.10; Frank Da Silva 28.04; Paul Lewis 28.08; Tony Lobo 28.16; Petter Axby 29.47; Linn Axby 29.47; Ellie Page 30.07; Danuta Grosz 30.56; Eddie Carillo 31.03; Robert Skedgell 33.50; Gianne Fanti 36.18; Suzi Brent 40.58; Tanveer Ahmed Mirza 45.07; Danielle Ashley Turner 47.14; Stephanie MacCallum 47.15; Elizabeth Worrell-Jude 47.15.

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East End Road Runners at the Hackney half marathon.

East End Road Runners were out in force at the Hackney Half and other events at the weekend.

A total of 22 members ran the 13.1-mile course, with Ian McClelland and Grace McCorry making their debuts over the distance.

Jolly Lazar, Remi Kubar, Tamsin Briggs, Tanya Earle and Yogesh Patel all achieved personal bests and the runners were cheered on by their team of purple army supporters.

Others acted as volunteers on various tasks

to support the event, including Rachel Terry who ran as the two-hour pacer.

Ian Pithouse, Lazar and Miia Amara all set new bests at the latest Beckton parkrun, as Marcia Elizab made her 5k debut.

Han Cherry traveled north to the Great Manchester half marathon, achieving a new personal best of 2:05, and the Liverpool Rock n Roll Marathon saw a distance debut for Nick Keeble.

For more information on the club see eerr.or.uk.

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Newham & Essex Beagles' Sir Mo Farah claimed his first win at the Great Manchester 10k Run.

The 35-year-old Farah had finished third at the London Marathon last month in a new British record and raced past Moses Kipsiro of Uganda to win in 28 minutes 27 seconds.

But the four-time Olympic,