



The Beagles men pose for the cameras before their big race on Saturday in Uxbridge.

Picture: NEB

# Beagles cross that river to take first place in latest Met Cross-Country League round

**Newham & Essex Beagles' men gave their best performance of the Met Cross-Country League season so far to claim a fine victory in the third match at Uxbridge.**

They had five athletes in the top 20 and the excellent result leaves them second in the Division Two table behind Barnet.

Team manager Tony Shiret was delighted with the result and said: "You never know who is going to turn up on the day so you can't get your hopes up too high, but we had a good turnout for this one."

"Sam Farah turned up just a couple of minutes before the start, but he is clearly in good shape because he ran really well."

Farah battled home in third place in 27 minutes 37 seconds and was followed by Sean Molloy in 10th with a time of 28.06.

Two places back was Luke Conway in 28.12, while Niall Sheehan clocked 28.29 for 16th and Eoin Pearce was 18th in 28.39.

## Athletics

That was the basis for the Beagles victory on a tough course which included a ski slope and a river crossing.

"They had it last year as well, but there was a lot more water in it this time," smiled Shiret. "It proved popular for the spectators and a really tough crossing for the athletes."

Also in action was Brunel University student James Downing who was 22nd, while Christian Von Eitten was 42nd and Wayne Bell finished 78th.

To complete the men's runners, Jad El-Houssami was 100th with veteran Derek Darnell 279th in 37.11.

"Hopefully we should get promotion this season, but we often lose athletes in the new year as they start their indoor season," said Shiret.

For the women, Brunel student Bettina Rottweiler came in and

ran well, clocking 26.46, while Amber Wallace was running superbly before having to drop out after cutting her knee crossing the river.

Julia Neilson was 96th in 31.51, with Alicia Darnell 112th, Adele Stach-Kevitz 136th and Natalie Traylen (39.51) 188th.

There were three youngsters taking part although as Shiret explained there should have been five more.

"We arranged transport and chaperones for the youngsters, but unfortunately only three turned up in the morning," he said. "It was a shame. Hopefully it'll be better next time."

For those who did run Omanhene Jumah was 34th in the under-11 boys' race in 10.05, while in the girls' equivalent Sharla Sullivan was 26th in 9.51.

Edward Tiris finished in 43rd place in the under-13 race, clocking 17.46.

The next round is at Wormwood Scrubs in January.

## Netball



London Pulse training at the Copper Box Arena. Pictures: MARC MORRIS

**London Pulse are preparing for their first outing at the Copper Box Arena as they host a tri-tournament next weekend.**

The capital's new Vitality Netball Super League franchise will take on Celtic Dragons and Severn Stars on Saturday December 15.

And they will be looking to make an impact ahead of the new Super League season which starts in January.

Chief executive officer Natalie Seaton said: "We have an exciting group of players, a strong squad and high hopes to challenge the top teams in our first season."

"We are also proud to say we have signed three players into the senior squad that have been a part of our Performance Pathway from the start."

"It's great to be able to offer young athletes in London the opportunity to play netball. December 15 will be a big test for us. It will only be the third time the players have played together."

"They have been training extremely hard, so I am excited to see them play and put that work into practice."

London Pulse launched in 2016 with an under-17 and under-19 squad and was awarded a Super League spot earlier this summer, when the under-19s finished first in the National Performance League.

The club has grown to also include an under-21 squad, as

well as extending their delivery of the Performance Pathway for London-based athletes.

To find out more about London Pulse and support them in their debut season in the Vitality Super League visit [londonpulsenetball.com](http://londonpulsenetball.com).

### London Pulse Vitality Netball Super League fixtures:

Saturday January 5: Severn Stars (away, 3pm)  
 Saturday January 12: Celtic Dragons (home, 7pm)  
 Saturday January 26: Wasps (h, 7pm)  
 Monday February 4: Manchester Thunder (a, tbc)  
 Saturday February 9: Surrey Storm (h, 7pm)  
 Monday February 18: Strathclyde Sirens (h, 7.30pm)  
 Monday February 25: Benecos Mavericks (h, 7pm)  
 Saturday March 2: Loughborough Lightning (a, 6pm)  
 Monday March 11: Team Bath (h, 7.30pm)  
 Saturday March 16: Severn Stars (h, 7pm)  
 Monday March 25: Celtic Dragons (a, 7pm)  
 Sunday March 31: Wasps (a, 4pm)  
 Saturday April 6: Benecos Mavericks (h, 7pm)  
 Saturday April 13: Surrey Storm (a, 6pm)  
 Saturday April 20: Manchester Thunder (h, tbc)  
 Sunday April 21: Strathclyde (a, tbc)  
 Saturday April 27: Loughborough (h, 7pm)  
 Sunday May 4: Team Bath (a, 6pm)  
 \*home matches at Copper Box Arena.



## sport

### Rugby Union

**Kings Cross Steelers will face a huge derby clash for the Memorial Park bragging rights against East London on Friday evening.**

The Steelers currently sit in seventh place in London Three Essex while their local rivals are third going into the clash.

And they will go into the match on the back of a 17-10

victory over Old Cooperians last weekend, with chairman Matt Webb saying: "Kings Cross faced Old Cooperians in their first ever game on Saturday."

"A spirited start by the Steelers following their victory at Canvey Island saw the game being played in Old Coops territory for most of the first half."

"Lots of opportunities led to a

12-0 lead at half time, despite two penalty kicks hitting the posts in blustery conditions, Judd couldn't have done it if he tried!"

"Steelers continued with a strong performance in the second half scoring a third try but a resurgent opposition wasn't going to make it easy getting two of their own on the board before the whistle."