



sport

Leyton Orient

Leyton Orient winger Jordan Maguire-Drew is desperate to finish the 2018/19 season with a National League winners medal, writes George Sessions.

The O's attacker has settled into life in E10 pretty well, but had to sit out last weekend's draw away to Hartlepool United.

Maguire-Drew, 21, was absent with a calf injury, but should be fit for Saturday's home game with Maidenhead United, who are 19th in the table.

"The squad's brilliant and the depth we have here at the club is unbelievable," he said.

"We have some great players who are not even playing, so it shows the depth.

"Hopefully we can keep this up and then at the end of the season we will have a winners' medal around our neck, but we have to focus on ourselves.

"If we do everything right our end then we will hopefully have no complaints."



Orient's Jordan Maguire-Drew Picture: SIMON O'CONNOR.

Orient will hope to complete a double over Maidenhead at the weekend with another E10 win.

The O's triumphed 2-0 away to the Magpies at York Road back on October 6 with James Alabi and Macauley Bonne on target.



Asha Philip celebrates a sixth 60m indoor British title in Birmingham at the weekend.

Picture: PA

Asha wins super sixth as Beagles take golds

Athletics

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It was a super six for sensational Asha Philip as she claimed a sixth British Indoor women's 60m title in Birmingham at the weekend.

The 28-year-old Newham & Essex Beagle really had to dig in before nipping past Thames Valley Harriers Rachel Miller by a mere hundredth of a second to strike gold.

Philip successfully defended her title in 7.29secs, as up-and-coming South Londoner Kristal Awuah took third in 7.35.

Philip, the cousin of fellow Beagle and England netball stars Sasha and Kadeen Corbin, will now prepare for her European title defence on the boards in Glasgow next month, but admitted Saturday's victory was not an easy one.

"I'm really happy because I had to work for that," she said. "None of my races are ever easy, but I



Michael Puplampu won gold with his final triple jump. Picture: PA

really had to dig in for that. It was a fight to the line and I'm really happy I came away with the gold.

"It was freezing downstairs when you're waiting, but when we came out to race, the atmosphere was electric and it made it such a special race for me."

Meanwhile, the search for another competition here and around Europe is on for Beagles' newly-crowned British Indoor men's triple jump champion

Michael Puplampu who has a week left to get the required 16.50m mark that would guarantee his GB spot for the Euros in Glasgow.

The 29-year-old, trained by Newham-born former British champion Tosin Oke, leapt 16.28m in the final round to snatch victory from defending champion Nathan Douglas by just one centimetre.

The plan was always for Puplampu to qualify for the Euro Indoors and he will have to put in the performance of his life to get the extra 22cms required.

"After backing myself into a corner and winning the competition on the last jump, it proves to myself and to everyone else that I'm ready to do pretty much anything I need to do," he said.

"I would've loved to have got the qualifying distance earlier and relax, but I won the competition and that was important for me.

"I've done the hard part which is coming and beating the best in the country. Now I just have to focus on myself and getting those distances and selection for the European Championships in Glasgow."

*See page 42 for more news on Newham & Essex Beagles.

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