

SPORT

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Bowls News

Plashet Park took the bragging right from their first East Ham derby of the summer as they were far too good for Central Park in their Cribbs Triples League clash.

The hosts won on all three rinks to take maximum points on a sunny, but chilly evening.

The biggest scorers on the day were Vic Byrne and his team of Ilyas Shariff and Bashir Patel who got the better of Jim Grummett's team of Mo Hackett and Alan Dobson.

Jim's boys did win eight ends, but it was nowhere near enough as the final score was 32-16 after Plashet sent out plenty of full length jacks.

Dave Tydeman, Phil Davis and skip Sue Flynn only managed to win four ends, although they were holding shot on a number of others.

They were knocked off by Del Master and his team of Hanif Munshi and Ishmail Umarji on their way to an impressive 21-5 victory.

Completing the rout for Plashet Park was Ayub Khan, Peter Chilkes and Yusuf Saeed who got the better of Central's John Plunkett, Colin West and John Lapping.

The central trio were always chasing the game and in the end, Plashet ran out winners by 21-10.

That made the overall score 74-31 in Plashet's favour.

Plashet Park continued their fine start to the summer as they eased past big-boys Wanstead Central in their Ilford & District League clash on Sunday over at Nutter Lane.

They won two of the three rinks with only Bashir Patel and his team of Hanif Munshi and Cliff Dye missing out as they were pipped 20-15 by Ken Spicer and his boys.

For the rest there was nothing but joy.

Ayub Patel, Alan Hogwood and skip Vic Byrne had a close match as the game stood at 6-6, but they took nine points on the next three ends to open up a handsome lead and eventually get across the line at 20-11.

Yusuf Saeed and his team of Ilyas Shariff and Ismail Umarji got of to a flier with seven shots on the first end.

They kept a solid lead from then on against Jim Reynolds and his team and although Central fought back to within four, Plashet pulled away.

They won the game 26-11 and overall that translated to a 61-42 victory.



Newham & Essex Beagles under-15 girls' 4x100m relay squad.

Picture: NEB

Beagles sprint to second as relay teams take clean sweep

Newham & Essex Beagles youngsters stayed on course for promotion in the Youth Development League with a second stirring performance at the weekend.

The opening match had placed them in second, only for them to be named as winners on a recount and they could have won this match too.

Team manager Sarah Alexander said: "It was a good day and we performed really well. We finished 19 points behind winners Lewes on the day, but we were deducted 20 points for not having a level two field official."

That would have tipped the balance in their favour and they hope to have one in the future, but on the bright side there were some excellent performances on the day.

"We won all four sprint relays which was brilliant and shows just how good we are in the sprints," added Alexander.

The sprints were the key again for the lower age group team, beginning with the under-15 boys where Ossari Acquah won the sprint double in 11.8 and 24.4.

Omari Watson took the B 100m in 12.2, while brothers Nathaniel and Noah Hanson also had busy and successful days.

Nat won the B 200m and long jump while he was second in the high jump, while Noah was second in the 300m, before winning the B long jump and 80m hurdles.

Jonny Walcott also did well to win the B 300m and was third in the discus and second in the B javelin, as Gabriel Holder-Reyes won the B high jump.

Athletics

"It was great to see Louis Willson having a go in the pole vault and not only did he not finish last, he also managed a personal best," said Alexander.

The under-15 girls saw Sarah Shoyele-Armstrong win the 100m in 12.8 and finish second in the 200m in 27.4.

Camille Cabral-Oluwole won the B short sprint, with Olivia Tinubo the B 200m in 27.8.

Nia Manning won the 300m, where Chloe Waterhouse took the B event as well as finishing fourth in the sprint hurdles.

Chinalo Machie was second in the long jump and third in the shot, Chioma Oruca won the B shot, while Megan Page had an interesting afternoon.

"Megan was having doubts about running the 1,500m which can be a daunting distance on the track," said Alexander.

"But she was really brave and ran it superbly and that will give her a lot of confidence."

The under-13 boys unusually just missed out on winning the sprints as Funbi Osunsami was second in the 100m with Kai Quinn runner-up in the B event.

Osunsami did win the 75m hurdles, while at 200m Jonmark Nwosa was first in 28.9 as well as second in the long jump.

Sanjay Saunders was second in the B 200m and first in the B high jump, while there were two entrants in the 1,500m.

Miles Sellens-Flack was fourth in the A race with Ben Lane winning the B event, but the fact

that they had runners in the event was the important thing.

Tobias Tinubu was second in the long jump with Kevin James Richards winning the B event, while there were also wins for Jeffrey Echebauwaye and Jayden Halley in the shot.

The under-13 girls saw Karis Wilson continue her superb start to the season with another win in the 75m, clocking 10.4.

"Karis is an excellent athlete and I think she can go even faster because at the moment she is not being challenged," said Alexander.

Wilson was pipped in the 200m and second in the B long jump, while Momisola Israel-Oludiya won the B 75m as well as being second in the 70m hurdles and third in the javelin.

Chenoa Acquah won the 150m, while there were some good field performances by newcomers Tessa Holder-Reyes and Ninioala Salmon-Alarah.

"Our relay teams were all outstanding and the team spirit amongst the whole team is excellent," said Alexander.

"Everyone looks out for everybody else and hopefully this team can go on and win the league and get promotion.

"There was a youngster there for the first time called Thea Callender who was taking part in the non-scoring events. She was very timid and tearful, but by the end of the day she really felt part of the squad and that is what it is all about."

The next match is in Ashford on Sunday, June 23.

Result: Lewes 585; BEAGLES 566; Ashford 432; East Grinstead 399; Orion 372; Hastings 211; Medway 147.

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Sport

An all-star line-up of student athletes from a variety of sports will be honoured at University of East London's annual sports celebration tonight (Wednesday).

The event at The O2 will see British and Commonwealth boxing champion Lawrence Okolie present some of the prizes to top scholar athletes.

And special guest Christine Ohuruogu MBE, the former Commonwealth, World and Olympic 400m champion, will also present an award for individual achievement.

The event celebrates UEL's sporting achievers and recognises their hard work and success during the year. Student-athletes include top slalom canoeist and Tokyo Olympic hopeful Chris Bowers and seated shot put paralympian athlete Vanessa Wallace, who won gold at the IPC Athletic European Championships.

Director of sport Matthew Tansley said: "I'm proud to celebrate the incredible achievements made in sport at UEL this year. The sporting talent being honoured at these awards resonates with our 10-year strategy, Vision 2028 to make a positive difference to student, graduate and community success.

"Our goal is to become the leading careers-focused, enterprising university in the UK and sport is one of the key areas where UEL already stands above other London universities.

"Through its accreditation with the Talented Athlete Scholarship Scheme (TASS), UEL is the only institution in the capital to offer a full support package to our talented athletes with this Sport England funded partnership."

Okolie began boxing at the age of 18 after watching Anthony Joshua win gold at the 2012 Olympics in London and pursued psycho-social studies at UEL.

Although currently on a break from his studies, UEL remains his home training base and Okolie gives boxing masterclasses to students.

He said: "Having come into boxing at 18, I appreciate how young people coming into the sport are keen to have the best training available.

"UEL have really helped and supported me throughout my career and I'm keen to give something back to help up-and-coming athletes excel at this great sport. While my ambition is to become a world champion, it's a privilege to be in a position to help people closest to me and causes that resonate with me."