

SPORT

sport

Athletics

While Newham & Essex Beagles' British League team were struggling in the field events in their opening fixture of the season, it was a very different story at the British Universities Championships.

Representing their universities in Bedford, there were some excellent performances from Beagles.

Jack Roach and JJ Jegede both came through their long jump qualifying pools with flying colours and it was a similar story in the final.

Roach was in sensational form as he leapt 7.64 metres to strike gold, while Jegede battled to bronze with 7.36m.

George Armstrong was in superb form. Having eased through qualifying in the discus with a throw of 50.91m, he went even further in the final as the Beagle struck gold with a best of 54.55m.

Kai Jones grabbed a shot put silver after a throw of 14.95m for second.

And another Beagles athlete who has been a superb junior is Thomas Head, who he earned an excellent bronze in the hammer as he managed a best of 63.15m.

Archie McNeillis was also in action in the pole vault where he managed fifth place in his qualifying pool.

For the women, Emma Nwofor continued her remarkable form.

The under-23 won her heat of the 100m hurdles in 14.02 seconds and was an unlucky fourth in the final where she clocked 13.95.

However, Nwofor bounced back as she battled to third place for a fine bronze in the long jump, leaping 5.99m.

In the triple jump, Victoria Oshunremi was sixth with a best of 11.62m, with fellow Beagle Rochelle Jones eighth.

Tayla Carter had a good championships in the 100m, where she won her heat in 12.51, before finishing second in the semi-finals in 12.24.

Carter improved her time further in the final, clocking 12.13 for fifth place.

Ndeya Binta Nam clocked 13.21 in her heat of the same event and Abass Hemoh clocked 23.01 in the 200m heats, while Daniel Mees was sixth in the semi-final of the 800m.

Jayne Rossiter made the final of the steeplechase where he finished a fine fifth and that placing was matched by Lennox Thompson in the 400m hurdles.

Both Emmanuel Sosanya and Michael Oku-Ampofo missed out on the 400m final, despite Sosanya managing a personal best of 48.35.



New Beagles signing Jack Roach stormed to British Universities gold in the long jump in Bedford.

Picture: BUCS

Field of nightmares for the Beagles as they are seventh in the British League opener

Athletics

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Newham & Essex Beagles team manager Rowan Griffiths was left a frustrated man as his team drifted to seventh out of eight teams in their British League Premier Division opener.

It could all have been so different for the hopeful Beagles, but with the BUCS Championships happening on the same day, it caused carnage.

"Our field event team were decimated by the BUCS event. I have never known anything like it," said Welshman Griffiths.

"Looking at the amount of medals they won there, it would have made all the difference.

"We had 36 missing through unavailability and injury, plus one athlete didn't turn up which cost us more points. It was so frustrating."

Such was the tightness of the match score, had the missing athlete competed then they would probably have been in fourth place, while the influx of the field events guys would probably have propelled them to second place.

"On the track we were only second to Birchfield, so to be seventh is very disappointing. At least we finished ahead of Swansea or I'd never have heard the end of it," he smiled.



Rabah Yousif ran the 200 metres for Beagles on Saturday.

Picture: PA

There were plenty of positives to be had for the Beagles.

They started with a win for Niall Flannery in the 400m hurdles, while Josh Trigwell was second in the 1,500m and Rabah Yousif was also in action.

"Rabah is a brilliant clubman and though his coach didn't want him to compete in the 400m, he did the 200m for us," said Griffiths. "He is a very tall man and was drawn in lane one, but he still ran well and then he was brilliant in the 4x400m relay."

Griffiths was also impressed by others on the day, adding: "We had a 17-year-old called Joey Croft in the B steeplechase who won his race. He usually runs 2,000m and

he said the last couple of laps were very hard.

"Lewis Davey came in and run a great leg in the 4x400m relay where we were second, while Frank Baddick showed all of his experience to win the 3,000m.

"He covered every move and then said 'I've had enough of this' and moved away to win."

Beagles are expecting much better things in match two which is on June 2 in Cardiff, when they should have a full squad.

Result: Birchfield 345; Sheffield 318; Cardiff 280; Shaftesbury 259; Thames Valley 250; Woodford Green 246; BEAGLES 242; Swansea 236.

sport

Bowls

It was Plashet Park who claimed the early season bragging rights against near neighbours Central Park as they recorded an impressive victory in their opening Cribbs Triples League match of the summer.

And it was Farook Patel and his experienced team of Hanif Munshi and Del Master who were to prove the strongest rink on the day on a heavy green in East Ham.

The Central rink of Sue Flynn, Derek Oldham and skip Alan Dobson put some good woods into the head, but Patel was too strong as his men ran out winners by an emphatic 26-10 margin.

There was better news for Central's rink of Colin West, John Lapping and skip Jim Grummett who opened up a healthy 8-3 lead on Vic Byrne's Plashet rink of Peter Chilkes and Alan Hogwood.

Byrne his back with a three count, but they could only manage three more singles for the rest of the match as Central ran out winners by 18-9.

The other rink proved to be a topsy turvy clash as Ken Cutts and his Central team of Pam Oldham and Eddie Grigg took early command of their match as they opened up a lead of 9-5 by the 12th end.

However, disaster struck on the 13th and 14th end for Central as Yussed Saeed and his Plashet team of Bashir Patel and Ishmael Umarji picked up 10 shots to turn the game on its head.

In the end they won by 18-11 to make it two rinks to one and an overall victory of 53-39.

No doubt there will be plenty of chances for Central to redress the balance during the summer.

Meanwhile, Central Park are on the hunt for new members for this coming summer.

They are looking for both experienced and novice players.

Club spokesman Harry Morley said: "We have players who will give friendly instructions and help people to enjoy the game.

"There are health benefits to taking up the game as it is gentle exercise for all ages, both men and women."

The club hold roll-up days on Mondays and Wednesdays at their green in East Ham, between 2pm and 6pm and anyone is welcome to come along and give it a go.