

SPORT

Athletic



The relay teams produced some fine results.

Picture: NEB

The World Cup and glorious sunshine had a massive effect on the composite Newham & Essex Beagles and Basildon team in their latest UK Youth Development League match at Croydon.

But it had little effect on their overall performance in the upper age group match as they finished in a battling third place on the day and remain in second place in the table.

There were lots of gaps in the team, but those who did take part put in some fine displays and there were plenty of wins and second places.

The under-20 men certainly seemed to have stitched up the triple jump where they won both A and B events.

Andrew Adegbite managed a leap of 12.47 metres to win the B event, while Theo Fadayiro, after finishing third in the long jump, won the A string with a leap of 13.73.

William Adeyeye clocked 14.97 to win the sprint hurdles, while there were second places for Chosen James in the 100 and B 200m, Mayowa Osunsami in the A 200m, plus Basildon boys Harrison Chapman and Isaac Brown over one lap.

Jerome Henry was fourth in the shot, while the Beagles were second in the 4x100m relay and claimed victory in the 4x400m.

Their team of Brown, Jamie Rushbrook, Chapman and

anchor man Osunsami clocked 3.30.1.

Dolita Shaw had a good day for the under-20 women as she won the 200m in 26.25 and the high jump with 1.30m, as well as finishing fourth in the shot.

Jazmin Whitehead-Shakes was second in the 100m, while Danielle Bakare managed the same in the B 200m.

Basildon athlete Devon Matthews had a good day, while Myomi Tonge was part of the sprint relay team that finished second.

In the under-17 boys, Joseph Harding won the 100m hurdles in 13.61 and was second in the 100m, as Joel Pascale-Menzie won the B 100m and was second in the A 200m.

Judah Effah managed a second in the B 200m, while Jerome Henry was second in the high jump and Emmanuel Oke won the triple jump.

Jeremie St Valchikne had another good day by winning the B shot and B discus.

Alleya Sibbons won the under-17 girls' long jump and was second in the 100m, while Hannah Bell was second in the sprint and the high jump.

Judith Vanderpuije won the 300m hurdles and was second in the B long jump, while Grace Alatise scored in the shot and discus.

Match score: Havering 609; Tonbridge 559; Basildon/Beagles 544; Croydon 484; ATIP 359; Stevenage 320.



There is plenty of camaraderie in the Beagles.

Picture: NEB



Nethaneel Mitchell-Blake celebrates his British title in the 200m at Birmingham on Sunday.

Pictures: PA

Golden boy Mitchell-Blake is Beagles star in Birmingham

Athletics

It may not have been the hardest test Nethaneel Mitchell-Blake has had so far, but the Newham & Essex Beagle retained his British men's 200m title with flying colours in baking hot conditions in Birmingham, writes Ziad Chaudry.

The 24-year-old chased Adam Gemili, who clocked 20.26secs, to the line for a championship record and a season's best 20.24, while hometown representative Leon Reid took bronze with 20.31.

Just 24 hours after finishing fourth in the men's 100m final, which was won by Reece Prescod, Newham native Mitchell-Blake secured his GB spot for the European Championships with a morale-boosting triumph.

"This is the hardest test I've had in athletics," he said.

"It's been such an up-and-down season. I saw some little children earlier and they said good luck to me, but I told them I have to pull it out of the bag.

"I had no idea how I'd perform. I've been drawing inspiration from every facet of the Earth. I've had four races in two days which is crazy.

"Before I had times where I would have called it a season because nothing was clicking so this is extra motivation. I want to keep representing Great Britain as much as I can."

Clubmate Rabah Yousif secured his European Championship place next month in Berlin after clinching second in the 400m final in a season's best of 45.39sec.

Local Birchfield Harriers crowd



Nethaneel Mitchell-Blake hugs Adam Gemili after their race.

favourite and Berlin-bound Matthew Hudson-Smith retained his British title with a comfortable 44.68 success, with Dwayne Cowan third in 46.12.

"I feel good with that race," said a busy Yousif after his tenth 400m appearance of this outdoor season since the Gold Coast Commonwealth Games.

"It takes me forever to get going, but I am going in the right direction now and I know I am not far from where I need to be.

"I've been competing on the circuit a lot recently and I'm just trying to get myself race fit. "I came here to get the job done, qualify for the European Championships and then go and get the job done there. There is no relaxing in this event."

George Armstrong (discus, 55.39m) and Michael Puplampu (triple jump, 16.20m) both missed out on bronze in their respective events, as did Emma Nwofor who finished fourth (13.58) in the 100m

hurdles final.

Meanwhile, 21-year-old Finette Agyapong who was hoping to secure a Euro spot after registering the qualifying standard earlier in the season, was fifth in a highly-competitive 200m final in a season's best 22.95.

Jack Roach improved his best to 7.71m in the long jump, where he finished sixth as another Beagles new boy in Joe Harris grabbed a bronze in the javelin with a throw of 66.11 metres.

Lennox Thompson was third in his 400m hurdles heat in 51.12, but failed to qualify, while Josh Trigwell and Luke Conway went out in the heats of the 1.500m.

In the 400m, Susanna Banjo and Victoria Ohuruogu missed out in the heats, while Dolita Shaw was fifth in her 100m heat.

Thomas Somers ran well in his heat of the 200m, but missed out on the final after clocking 21.52, while Ben Snaith was third in his heat over one lap and Emmanuel Sosanya was seventh.

sport

Bowls news

Central Park bowler Ken Cutts had mixed fortunes in the Group 5 singles competitions in the last week.

He blasted through in the Geoff Hatfield trophy with an impressive 21-13 win over Jerry Quy of Aldersbrook.

But he fell to a 21-14 defeat in the champion of champions against Peter Barham of South Woodford.