

SPORT

sport

Athletics

Young Beagles star Ossari Acquah grabbed four excellent first places at the latest UK Youth Development League match in Lewes at the weekend.

There were some fine displays, but a lack of numbers cost them dear as they finished fifth and remain rooted to the bottom.

Acquah competed in the under-13 boys and stormed to a sprint double with 12.11 seconds in the 100m and 25.0 seconds in the 200m.

He also finished first in the B high jump and to round off a superb day he teamed up with Muyiwa Oladokun, Nathaniel Hanson and Noah Hanson to anchor the sprint relay team to victory in 52.85 seconds.

The Hanson twins also had a big part to play for the under-13s. Nathaniel was first in the B 200m, as well as second in the long jump and first in the high jump, where his best was 1.49m.

Noah was fifth in the 800m and second in both the sprint hurdles and long jump.

Omari Watson grabbed fourth in the B 100m, but won the B 800m.

For the under-13 girls, Karis Wilson had a good day with a win in the 75m in 10.27, the 150m in 20.59 and second in the sprint relay along with Chloe Gormley, Sarah Campbell and Momisola Israel-Oludiya.

Aaron Ashmead-Shoye did well in the under-15s, despite only coming third in the 100m.

He won the long jump and high jump and anchored the sprint relay team to victory in 48.44 along with Emmanuel Abass, Syris Vige and Mubarik Omer.

Vige was second in the B 100m and third in the 200m, before he chipped in with fourth in the javelin, while Abass was second over 300m, where Louis Willson was fourth in the B as well as second in the B long jump.

The under-15 girls saw a sprint double in the 100m for Sarah Shoyelu-Armstrong in 12.60 and Faith Ezelue in 13.06. Shoyelu-Armstrong was second in the 200m, with Chinazu Machie third in the B and second in the B shot.

Nia Armstrong won the B 300m as Ernesta Amoah was third in the A race and also the winner of the high jump, while Serena Hogan was second in the B long jump and fifth in the sprint hurdles.

Olivia Tinuba was third in the B 800m, while Tamara Greatrex, Ezelue, Hogan and Shoyelu-Armstrong won the sprint relay.



Thomas Somers storms round the bend on his way to gold in the 200 metres.

Picture: NEB

Golden weekend for Beagles as Somers, Armstrong and Head storm to big victories

Athletics

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Newham & Essex Beagles grabbed three superb gold medals at the England under-23/under-20 championships in Bedford over the weekend.

It proved a brilliant day for Thomas Somers in the under-23 200 metres.

The former Loughborough University student blasted his way to victory in his heat as he clocked 21.25 seconds and he then topped that in the final with 20.93 to strike gold.

There were two more golds in the field with Katie Head showing just how talented she is once again in the under-20 hammer. The youngster, coached by father Paul, threw a superb 57.96 metres to take the gold. And to compete the golden weekend, George Armstrong was in imperious form in the discus where his 55.79m was better than the rest of the field to make it three golds.

There were a number of other Beagles in action at the prestigious championships and some good displays.

Karl Johnson, fresh from his gold medal at the South of England Championships last



George Armstrong struck gold in the discus in the England Championships.

weekend, made the final of the under-20 400m hurdles this week by finishing third in his heat.

He bettered his time in the final, where he clocked 52.43 to be fifth.

Emmanuel Sosanya was in the under-23 400m and was second in his heat with a time of 49.18.

That was enough for a place in the final where his time of 48.39 was only enough for an agonising fourth place.

Multi-events star Emma Nwofor went in the 100m hurdles where she made the final with a run of 13.44.

She was slower in the final and

had to settle for fifth, while Mayowa Osunsami made the final of the 110m hurdles where he was fifth in 14.01.

Zoe Thompson made the semi-final of the 200m where she finished seventh in 25.34, while Theo Fadayiro was seventh in the under-20 triple jump with 14.27, with Andrew Adegbite back in 10th.

Dolita Shaw was fifth in the under-20 100m with a time of 12.34.

It rounded off an excellent weekend for the Beagles, who once again show just how much talent they have.

sport

Bowls

Central Park played some good bowls, but in the end it was not enough to win their latest matches.

North Greenwich were the visitors last Wednesday in the Cribbs and Central lost out on two of the three rinks.

Their one win came on Ken Cutts' rink as he and his team of Phil Davis and Sue Flynn went from 12-11 up to lead 19-11, holding on at 19-16.

The other two rinks were close with Steve Faulkner, Tracy Hicks and skip John Lapping being pipped 22-18.

Jim Grummett and his team of Alan Dobson and Eddie Grigg went down 16-13 to make it 54-50 to the visitors.

Central Park travelled to Wanstead Central on Sunday and once again could only win one of the three rinks.

Cutts, Davis and Flynn were beaten 22-16, while Lapping and his team of Harry Morley and Tracy Hicks lost 21-16.

The victory was on Alan Dobson's rink as he and his team of Pam Oldham and Grigg sneaked home 20-19 against Steve Welsh's boys.

That made it 62-52 in Wanstead Central's favour.

Bowls

Plashet Park bounced back from last week's loss to Poplar to beat Phoenix in their latest Cribbs Triples League clash.

Plashet found themselves up against a team that included talented 11-year-old Alfie Cossington, but though he played well as lead, it was Plashet who won the day.

It wasn't all plain sailing as Malcolm Brown and his team of Ilyas Patel and Farook Patel lost 27-12.

However, Hanif Munshi, Bashir Patel and skip Vic Byrne won 28-13.

That made it all square overall, leaving it to the decider where Yusuf Saeed, Ayub Patel and Ishmail Umarji took on 11-year-old Cossington and his team.

It was tight, but Plashet got home 19-10 to secure the match by 59-50.

Meanwhile, in the Group 5 Waur Trophy, Del Master moved into the next round with a comfortable 21-8 win over Dave Paton of Old Dagenham.

But there was no joy in the Seeley Trophy against Wanstead.

On home ground, Plashet earned a 19-19 draw after Wanstead hit back from 17-6 down, but over at Wanstead, the home side won 31-6.