



Beagles youngsters Jon-Marc Nwosa, Funbi Osunsami and Christopher Thomson with their silver medals. Picture: NEB

Young Beagles showing their potential with impressive runs at the first Minithon

Newham & Essex Beagles youngsters stepped back on to the track at Lee Valley over the weekend as the new Minithon series returned.

After a summer of coaching and training it was time to see what they had learned under the guidance of coach Tim Mundle, and it seems that it is quite a bit.

Eleven athletes took to the track at Lee Valley to compete and everyone of them came back with a medal from the competition.

The youngsters get to choose three from a series of events to show what they can do.

In the year three girls, Kemina Nkrumah competed in the 60 metres, long jump and the 600m where she collected a silver medal.

In the year 4/5 boys' event, Omari Bailey won a silver medal for his efforts in the 60m, long jump and 200m, while Jeremiah

Athletics

Oham did the same events and struck gold.

Musa Abdul-Alim earned a silver medal after competing in the 60m, 200m and turbo javelin, while Shamou Mill-Foster grabbed gold in the 60m, 600m and the 200m.

The year six and seven girls' event saw Chenoa Acquah grab a bronze medal after her 60m, long jump and 200m, with Karis Wilson also winning bronze after competing in the 60m, long jump and the shot put.

To round off a good day, the year six and seven boys were in fine form.

It was gold for Ossari Acquah who competed in the 60m and the long jump and stormed to victory by an amazing 20 metres in the 200m.

And there were silver medals for the other three athletes.

Jon-Marc Nwosa ran an exceptional 600m and also competed in the 60m and 200m, while Christopher Thompson did well in the 60m, long jump and the 200m.

Funbi Osunsami also competed in the 60m, long jump and the 200m at the end of some fine athletics at Lee Valley.

"It was a really enjoyable day," said coach Mindle afterwards.

"The youngsters can't compete outdoors because they have to come under AAA rules, so it is nice to get inside and put them through their paces in competition.

"There are a lot of good young athletes here. Some of them will move up a level at the end of this year, but I think they will all be able to compete at the UK Youth Development level.

Athletics



The Beagles team of Dale Clutterback, Eoin Pearce, Victor Nutakor and Wayne Bell. Picture: NEB

Newham & Essex Beagles had to settle for fifth place at the South of England Cross-Country relays, despite leading for half of the race.

Wormwood Scrubs was the venue for the four-stage relay event and it could not have started better for the Beagles.

Dale Clutterback clocked 14mins 2secs to hand over to Eoin Pearce in the lead.

And the Beagles new boy then ran a fine leg of 14.16 to keep that lead to 30 seconds.

Victor Nutakor ran 14.37

to leave them in third place, before Wayne Bell ran the anchor leg in 15.35 as the team finished fifth.

"We didn't quite have a strong enough team to hold on," said team manager Tony Shiret. "Dale and Eoin are in good form and will run in the nationals in Mansfield in a couple of weeks and hopefully we can have a strong team out for that."

"The South of England Cross-Country is not a high profile event and it is tough to get the best team out, but we have a good reputation in these events."

Karate



The London Black Belt Academy (LBBA) celebrate after picking up 39 medals at the Irish International Open.

It has been another year to remember for the London Black Belt Academy (LBBA).

Under the guidance of instructor Master Kieran Mackey, the Newham-based club have gone on to achieve success at several events.

LBBA competed at the UK Open Championship at Cardiff in April and held their own event in June at the Newham Sports Centre.

Next up was a trip to Cambridge to take part in the British Championship in July before LBBA rounded off 2017 with

success at the Irish International Open.

Master Mackey said: "I'm very happy with how this year has gone and everyone at the club has done really well. We have people from all over involved and so many different nationalities and we're just a big family. "We've done four main tournaments this year and I've been really proud of the way they've performed at each of them."

If you are interested in taking up martial arts, call 07899 711477 or email kieranmackey52@yahoo.co.uk

sport

Boxing

Cruiserweight Lawrence Okolie aims to continue his victory march in Cardiff on Saturday when Anthony Joshua defends his world heavyweight title against Carlos Takam.

Unbeaten prospect Lawrence hopes to erase the memory of a disappointing night at Wembley

in April when Joshua defeated Wladimir Klitschko.

Local hope Okolie admitted he was "sick and beyond gutted" when his supporting bout was called off to make way for global TV coverage of the main event.

Now the 24-year-old, with five straight wins including four first round stoppages, aims to shine on another memorable

title night at the Principality Stadium.

Two other east London cruiserweights get title action at York Hall on November 25 when Wadi Camacho defends the Southern Area belt against Jose Lopes.

The winner could be matched with big hitting Okolie in a future clash.