

# Beagles make the top 10 at the National road relays as Merrien returns in fine style



Beagles team Rory Chesser, John Beattie, Josh Trigwell, Dale Clutterbuck, Wayne Bell (reserve), Lee Merrien and Luke Conway.

**Newham & Essex Beagles were the highest placed London club as they battled their way into the top 10 at the National Six-Stage Road Relay Championships in Birmingham at the weekend.**

The Beagles performance in Sutton Park certainly satisfied team manager Tony Shiret.

"I was thinking on the way up there what would be a good place to finish and I was thinking top 10, so to come eighth overall was a good performance," he said.

Shiret had former Olympic marathon man Lee Merrien in his side and he had an excellent run, with the fastest time for the Beagles, running leg two.

"Lee has been running ultra-distance races so this was like a walk in the park for him, but he is a great athlete and ran really well for us," said Shiret. "John Beattie would have been slightly disappointed with his run, but

## Athletics

after a tough, highly-competitive first leg, both Lee and John were playing catch up a little."

It was Josh Trigwell who got things started for the Beagles as his time of 18mins 3secs left them 23rd at the handover to Merrien.

He clocked 17.55 to haul the team up to 14th, before Beattie's run of 18.00 dead brought the team up to ninth place.

"All of our runners finished within 30 seconds of each other which showed how consistent we are, but if you want to finish higher you need four runners who are a little bit stronger than that," said Shiret.

Lee Conway's time of 18.22 kept the team in ninth, before Dale Clutterbuck pushed them up one more place to eighth with 18.39 and Rory Chesser kept them

there on the final leg with 18.26.

"Some of our track athletes were just coming off the break after the summer season and so weren't race fit, while there were two big hills as well," he said.

Previously it has been Bob Smith in charge of this team and the cross-country sides, but he sadly died earlier in the year and Tony is proud to take things on.

"We wanted to keep ourselves strong in the relay events and the Met League in memory of Bob and I think we started that off well in this event," said Shiret.

They certainly did. They pipped South of England winners Highgate Harriers by just three seconds, while Swamsea Harriers won overall.

Shiret revealed that they had asked Mo Farah if he would like to compete, but he had been out of the country, though he did send an email wishing the team luck.

## Athletics



Viewtube Runners at the Oxford half marathon.

**Newham's Viewtube Runners warmed up for the new season with a trip to the Oxford half marathon on Sunday.**

Vadim Mindru led their group home in one hour 39 minutes 12 seconds, with Mike Bristow (1:42.37) and Susan McDowell (1:59.23) also beating the two-hour mark.

Ahsan H Zaidi (2:01.25), Harry Papanastasiou (2:06.07), Frank Da Silva (2:11.12), Esme Pontes (2:13.22) and Paul Lewis (2:13.22) were also in action.

Closer to home, a group

of five ran the Olympic Park 10k, led by Ivaylo Enchev (44.59) and Sabjan Sama (45.12).

Ellie Page and Rosie Booz both clocked 58.18, while Jenny Winter finished in 62.42 after running a 10k the day before in 58.45.

Andre Ellis paced some of his work colleagues at the Royal Parks half marathon.

**Viewtube Runners train every Tuesday and Thursday at 7pm and Sunday at 9am in the Olympic Park area. See [runvt.org.uk](http://runvt.org.uk) for more.**

## Athletics



East End Road Runners volunteers at the Shoreditch 10k.

**East End Road Runners had a busy weekend in London and further afield.**

Nick Gorman, Toyin Omodara, Audrey Bury, Janet Campbell, Paul Jackson and George Sceats were all in action in the first Shoreditch 10k event.

Ulrike Gerstenberg, Phill Minns and Jamie Zucker worked as pacers, while the club also provided eight volunteers for the event, who had a very early start to open a lot of water bottles.

Three East End Road

Runners took on the Royal Parks half marathon challenge, with Danielle Fletcher and Kat Gibson setting new personal bests.

Meanwhile, in the north of England, Charissa Taylor and Callum Millward ran the Yorkshire 10 mile-race in one hour 21 minutes, while Naomi Elliott clocked an impressive 3:38 at the Yorkshire marathon.

**East End Road Runners welcome athletes of all abilities and ages and more details are available at [their website eerr.org.uk](http://theirwebsite.eerr.org.uk).**

## sport

### Basketball

**NASSA under-16s booked a place in the next round of the National Cup with a win over Chelmsford Lions at UEL SportsDock.**

The hosts moved five points clear after a close start and maintained their lead thanks to good all-round team play.

A strong third-quarter display saw NASSA move 54-34

up with excellent work at both ends of the court.

And although Chelmsford tried to hit back, they could not deny NASSA a 68-47 victory and a tie with Lewisham on October 29.

Coach Ryan Ocampo said: "The team worked exceptionally hard during the game and I am thrilled for them.

"Our aim now is on ensuring NASSA remains focused and prepared for the challenges ahead."

**NASSA: James Miller, Tyreese Garrod, Rylee Ocampo, Kyan Dar, Ilyas Dar, Ellis Currie-Ward, Lucas Francis, Caleb Garcia, Jaheim Harding, Jamel McKoy, Joseph Masolo, David Titilola.**