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Athletics

Newham & Essex Beagles' Mayowa Osunsami continued his superb indoor season with an excellent medal at the England Age Group Championships.

The under-20 Essex & Eastern 60 metre hurdle champion travelled to Belgium and put in two fast runs and it warmed him up well for this prestigious competition.

Osunsami won his heat in Sheffield in 8.21 seconds to make the final and battled to bronze in 8.04, just 0.01 away from the silver medal.

There were other Beagles in action at the Championships with another Tony Jarrett coached youngster in fine form.

Karl Johnson was in the under-20 400m event set new personal bests in all three rounds.

He began with second place in his heat, clocking 49.52, before improving that in the semis where he was fourth in 49.37.

He could only finish sixth in the final, but improved his best to an excellent 49.21.

Aaron Ashmead-Shoye was in three separate events at under-15 level, beginning with the 60m.

Fourth in his heat in 7.82, he improved to 7.80 as he was fourth in the semi-final.

He also competed in the 200m, and was third in his heat with a new best of 25.11, and he was 10th in the long jump.

Zoe Thompson managed fourth place in her heat of the under-20 200m, clocking 25.24, while Rotimi Osunsami managed a best of 9.28 in his 60m hurdles heat where he finished seventh.

To complete the Beagles contingent, William Adeyeye was third in his sprint hurdles heat in 8.44 and Theo Fadayiro managed a new best of 17.54 metres as he finished seventh in the under-20 triple jump.



Beagles youngster Mayowa Osunsami had more indoor success recently. Picture: NEB



Beagles' high jumper Robbie Grabarz had a tough time at the World Indoor Championships in Birmingham.

Picture: PA

Beagle Philip scuppered by luck of the draw as Grabarz can't reach those big heights

Athletics

ZIAD CHAUDRY

sport@newhamrecorder.co.uk

Newham & Essex Beagles duo Robbie Grabarz and Asha Philip were left to think about what might have been after disappointing displays at the World Indoor Championships in Birmingham at the weekend.

The pair went into the championships with high hopes, but a troubled preparation for the high jumper and a ridiculously tough semi-final draw for the sprinter saw them suffer.

Grabarz could not reproduce the form that saw him strike silver in the 2016 Championships in Portland and he was left despairing after going out early.

The 30-year-old cleared 2.20 metres at the third attempt and then failed three times at 2.25m to go out of the competition in joint ninth.

His personal best is 2.37m and that would have been enough to grab the gold medal on the day, so predictably he was upset.

"It's not good enough," said 2012 Olympic bronze medalist Grabarz, who knows he must perform better at next month's Commonwealth Games in Australia.

"A couple of issues cropped up which affected my training in the build-up – I couldn't compete at



Asha Philip went out in a tough semi-final in Birmingham.

Picture: PA

the British Championships. It's a shame it has happened now, but I can't do anything about it. I'm trying to not get too down.

"I expected it to be a tough battle for the medals. It was a shame the competition didn't really take off until most of us had gone out. I would have loved to be part of that battle at the end so that is the real shame."

It was a similar story for Beagle Philip, who would have hoped for a place in the final of the 60m, as the current European Indoor champion.

Philip looked comfortable in her heat as she finished second to eventual gold medalist Murielle

Ahoure of the Ivory Coast, clocking 7.18 seconds.

But in the semis she was drawn against Ahoure again as well as Elaine Thompson of Jamaica and Dafne Schippers of the Netherlands.

In the end she finished fifth in a time of 7.13 to go out of the competition, but had she been in either of the other two semi-finals, she would have qualified for the final.

Both Beagles will look for better things when they travel to Australia for the Commonwealth Games next month.

They will jet off to Brisbane later this month to prepare.

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The weather outside was frightful, but the fire of the athletes at Newham Leisure Centre was delightful at the latest Newham Sprint Series.

Organisers decided the event should go ahead as planned last Wednesday and it proved to be a perfect recipe for the athletes to get out of the cold.

There were 11 heats for the men and six for the women with plenty of athletes from further afield.

For the men, Emmanuel Sosanya was the fastest Beagle as his heat time of 7.06 seconds over 60 metres put him into the second final where he came sixth in 7.22.

Christopher Johnson followed up his 7.26 with 7.34 in final three, though he was beaten by Michael Oku-Ampofo whose new best of 7.25 also put him in final three, where he was fourth.

Dennis Jefia made the same final, clocking 7.27 and then 7.37 and Joel Pascall-Menzie also had a good night as the under-17 made the fourth final, where his time of 7.29 gave him a fine fourth.

Andrew Elie won final five in 7.37, and under-17 Leo Regis-Findlay reached final six as he managed a new best of 7.49, while there were personal bests for Yuki Edogiawerie (7.64), under-13 Ossari Acquah (7.88), Lemar Forrest Oshane (8.19), Syris Vige (7.88), Zain Dar (8.14) and Remell Le Blanc (8.72).

Meanwhile, there was plenty of Beagles talent on show in the women's event where both Aleeya Sibbons and Zoe Thompson made the main final.

Thompson clocked 7.90 to finish a fine third, while Sibbons was fifth in 8.04.

Sariyan Shoyelu-Armstrong had a good night as she made the second final with a new best of 8.16. The under-15 was then fourth with 8.27.

Kehinde Ademola won the third final in 8.16, with Jasmine Okoye third, Priscille Manangu fourth, Myomi Tonge fifth and Judith Vanderpuije seventh.

Mya Miller-Thomas took fourth final honours when the under-15 girl ran 8.40, while in the fifth final Ernesta Amash was third, after a best of 8.61 in her heat, Vanna Arthur was fourth in 8.69, Grace Alatisse was fifth and Serena Hogan came home seventh.

Also in action were Hannah Bell, who clocked 8.17, as well as Anayi Francis, Esther Bakare, Lauren Browne and F12 under-17 athlete Mercedes Jacdonmi, who managed a new best of 9.18.

Worth wading through the snow for: