

## sport

## Bowls

**It was a quiet week for Central Park Bowls Club with no Cribbs Triples to play, while the Ilford & District League game with South Woodford has been rearranged for August.**

There was some action in the county pairs though as Jim Grummett and Ken Cutts took on Hainault pair Coffey and Doe.

They marched through by 19-6, but their run was ended over at Wanstead Central.

Taking on the powerful Kevin Fitzgerald and Paco Rodriguez they found the home team too powerful and went down by 25-15.

In the county triples, again over at Wanstead Central, the team of Eddie Grigg, Grummett and Cutts had a really tight game against Len Welton and his team of Moosa Patel and Keith Lloyd.

In the end it was the home side who held their nerve on the last end as they sneaked home by 14-13.

In the Group 5 Veterans Cup, John Lapping went down 23-15 to Gerry Rose of Wanstead Central, where the lead changed hands until Rose took four shots to win the game.

## Bowls

**Plashet Park's decent form took a turn for the worst as they found Poplar too hot to handle in their latest Cribb Triples League clash.**

Poplar won on all three rinks to take maximum points as the Plashet boys struggled to make an impression.

Yusuf Saeed and his team of Patrick Hickey and Hanif Munshi had the best result as they went down by 21-14.

Not far behind was Ilyas Patel, Del Master and skip Bashir Patel who lost out by 23-14.

The big loss came on the rink of Farook Patel and his team of Ayub Patel and Ismail Umarji who were defeated 30-12 to leave the final score at 74-40.

Poplar top the Western Division of the league with Plashet down in fourth.

Meanwhile, Saturday's game in the Ilford & District League against Clah Hall was unfortunately cancelled.

It seems that Clay Hall are looking to pull out of the league because of a lack of numbers – a sad state of affairs in many clubs.



Beagle Karl Johnson (centre) with his gold medal from the South of England Championships in Bedford.

Picture: NEB

## Jet-propelled Johnson is one of three golden Beagles boys

## Athletics

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**Newham & Essex Beagles showed they have some real stars amongst their ranks as they picked up three golds and a host of other medals at the prestigious South of England Championships in Bedford at the weekend.**

Leading the way was Karl Johnson in the under-20 400 metre hurdles.

Coached by Tony Jarrett, Johnson had managed to beat the under-18 qualifying standard of 53.50 seconds for the European Championships a couple of weeks ago.

And he showed he is still in fine form at the weekend as he clocked 53.51 to strike gold.

Hurdles was the secret for another Beagles gold as Alex Al-Ameen was in superb form in the senior sprint hurdles.

He won his heat in 14.36 and clocked a slightly faster 14.35 to triumph in style in the final.

The third gold went to Andrew Adebite in the under-20 triple jump.

The youngster has been in splendid form in recent weeks and, as well as picking up a Jack Petchey Foundation certificate for June, he now also has a gold medal from the Bedford meeting with a leap of 13.74m.

Aside from the gold medals there were also some other excellent performances by the



Andrew Adebite with his Jack Petchey award for June.

Picture: NEB

Newham athletes as Michael Pupilampu, who had been in fine form at the last British League meeting, finished third in the senior triple jump, where his best effort was a leap of 16.10m.

The experienced Gintas Degutis won the silver medal in the shot put, where his best effort of 15.07m was just six centimetres behind the winner.

Ben Snaith was in fine form in the 200m as he followed up a good display in the British League by winning both his heat and semi-final in 21.55 and 21.19 respectively.

And in the final he managed 21.33 to earn a superb silver medal.

The senior 400m was a high quality one with three Beagles

vying for glory.

Akeem Akintokun was second in his heat in 49.51, but bowed out in the semi-final where his 48.53 was enough for third, but not a place in the final.

Will Oyode came through his heat in 49.76 and then made the final thanks to second place in his semi-final in a time of 48.40.

In the final, he finished in eighth place, clocking a slightly slower 48.61, but it was an excellent championships.

The big star for the Beagles, though, was youngster Emmanuel Sosanya.

Coached by Coral Nourrice, he won his heat in 48.77 and also his semi-final in 48.83.

In the final he stormed to a new personal best of 47.80, but was agonisingly short of a medal in fourth place.

Luke Conway had a busy weekend and was fifth in his 800m heat, where Victor Nutakor was third and Christopher Reid was eighth.

Conway then took on the 1,500m, making the final with second place in a time of 4.01.86 and then finishing fifth in the big one in a slightly slower time.

Mayowa Osunsami was an unlucky fourth in the under-20 sprint hurdles in 13.93, while Stephanie Ugbo was fifth in the high jump with a clearance of 1.60m.

Leo Regis-Findlay went out in the heats of the under-20 100m, clocking 11.23, while there were early exits in the 200m for Dennis Jefia and in the senior women's 100m for Kehinde Ademola (13.03) and Tiffany Ammar (13.76).

All in all, a very successful weekend for the Beagles athletes.

## sport

## Athletics

**While the older Newham & Essex Beagles were showing what they could do in Bedford, the younger ones were also coming to the top of the pile.**

Looking to qualify for the England Schools' Championships, there were plenty competing at the regional qualifier.

In the intermediate boys' 100m, Joel Pascall-Menzie was in superb form as he clocked 11.41 seconds to make the final.

He improved that to an excellent 11.15 in the final grabbing a silver medal and only missing gold by one hundredth of a second.

Joseph Harding did strike gold in the sprint hurdles where his time of 13.29 beat the field by over a second and a half.

The intermediate girls saw four Beagles taking part in the 100m.

Aleeya Sibbons made the final thanks to a time of 12.54 and was joined by Hannah Bell who clocked 12.82.

Also in action were Adele Monty who was fifth in her heat with 12.50 and Grace Alatise, who clocked 13.35 in third place.

In the final, Sibbons battled home in a superb second with a time of 12.34, while Bell was just behind her in third, clocking 12.70.

In the junior boys, Aaron Ashmead-Shoye battled for gold in the triple jump with a leap of 13.0 metres.

As well as plenty of Beagles there were others representing Newham Schools at the competition.

Ayokusibe Adewale made her way into the final of the 100m with a time of 13.11, where she was joined by Ashanti Nkale who finished in 13.05.

In the final, Adewale got the better of her team-mate, crossing the line in 12.89 for fourth, while Nkale was sixth.

Sarah Nkale was in the 200m where she clocked 27.14 in winning her heat and was then fourth in the final with a time of 27.10.

Marcia Da Silva competed in the 800m, where she finished a fine fourth in the final of the intermediate girls' race in a time of 2.32.86.

Faisolat Akanji was fourth in the 200m in 27.74, while in the junior boys' 300m final, Samuel Oshodi came home in seventh place.

Also in action in the intermediate boys was Selasi Tay who was seventh in his 200m heat in 24.35, while in the triple jump, John Gray was 11th with a best of 11.33 metres.