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Athletics

Newham & Essex Beagles Dale King-Clutterbuck says he is keen to get his dream Great Britain squad place in this summer's European Championships, writes Ziad Chaudry.

The 26-year-old appeared in his only indoor appearance this season at the Müller Indoor Grand Prix at Emirates Arena, Glasgow last Sunday where he acted as a pacemaker for the first 400m of the men's 1,500m which was won by Kenya's Bethwel Birgen in 3:37.76.

In fact the whole of his winter training schedule was taken over by his own athlete representation company he recently started up – FORTE Sports and Model Management.

"The business has taken up most of my time now," said King-Clutterbuck. "I started that up and it took a lot of time during winter so I'm not in the condition as I was this time last winter."

"But it was a bit of a blessing because usually I get the indoor season really right and when I get to the summer I'm a bit tired. So I'm hoping just by that it will hold me back a little bit."

King-Clutterbuck has a habit of making a rare appearance in these lucrative IAAF meets and in 2015 he mingled with some of the world's best in the prestigious Memorial Van Damme IAAF Diamond League in Brussels, Belgium. Appearing in the final event of IAAF World Indoor Tour in Glasgow last Sunday was also a nice little earner for the Beagles man.

"A bit of money, a bit of race practice and a bit more prime as well," added King-Clutterbuck.

The 2018 European Championships take place in August at the Olympic Stadium, Berlin, Germany which will hopefully feature King-Clutterbuck.

"I'm going to train actively hard this summer season and hopefully it will go well," he added.

"I'd love to give the European Championships a crack. I'd love to make that team, so that is the only main plan."

Meanwhile, British sprint star CJ Ujah praised the indoor track at Newham Leisure Centre after an electric 60 metre run there.

Competing in the Newham Sprint Series event, Ujah clocked a superb 6.53 seconds over the short distance.

It was faster than he managed in winning the British Championships in Birmingham last week.



The Beagles youngsters with Asha Philip and coaches Tim Mundle and Segrid Ayers (back right). Picture: NEB

Inspirational Asha happy to meet next generation of Beagles at minithon event

Athletics

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Newham & Essex Beagles sprint star Asha Philip met up with some of the club's potential stars on Saturday at the latest minithon event at Lee Valley.

While the rest of us froze outside, there was a warm front at Lee Valley as 16 of the Beagles Foundation squad took part in the competition among a field of 340.

And for Olympic 4x100m relay bronze medalist Philip, it was a nervy moment as Beagles coach Tim Mundle related.

"I have known Asha since she first started athletics and I have to say she is one of the noisiest people I have ever met. But when she was going to make a speech to all the youngsters she froze," said Mundle.

"After that she was brilliant. She had photos and chatted with so many youngsters and must have been doing that for an hour. Then she came over and had a picture with the Beagles youngsters."

Newham have taken on a new section of youngsters from year three to seven who have joined via the London Stadium track and it has given them a boost in talent.

Many were taking part for the first time and they all excelled in the competition, where athletes chose three events to take part in.



Christopher Thompson meets Newham sprint star Asha Philip during the minithon at Lee Valley on Saturday. Picture: NEB

In the year three category, Sonali Pasco competed in the 60 metres, 200 metres and the turbo javelin and won a gold medal.

At year four and five, Jeremiah Oham won gold in the 60m, long jump and 200m, while Romero Newton-Waite claimed a bronze, competing in the 200m, 600m and turbo javelin, while there were some fine performances among the girls too.

Grace Ring won bronze for her 60m, long jump and 200m and was matched by Mary Akanki, who did 60m, 60m hurdles and the long jump, while Abigail Ashwaju did 60m, 200m and long jump for another bronze medal.

There were more bronzes for

Mini Israel-Oluida and Oriana Mpanzu, while Lilia Hector did the 200m, turbo javelin and vertical jump to win silver.

Omari Bailey completed the age group and recorded a personal best in the 200m on the way to a silver medal.

For the year six and seven athletes there was plenty more experience and plenty of golds.

Karis Wilson got things started with a gold, while there were bronzes for Chenoa Acquah and Sarah Campbell and a gold for Mo Israel-Oluida.

There was also gold for both Christopher Thompson and Ossari Acquah to complete an excellent day for the Beagles.

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When it comes to the big events, Newham & Essex Beagles invariably step up to the plate and they did it once again on Saturday.

The National Cross-Country Championships at Parliament Hill is always a high quality event and the Beagles team proved to be in decent form on the day.

Fastest Beagle on the day was Jayme Rossiter, who coped well with the muddy conditions to finish 29th in 41mins 45secs.

The experienced Frank Baddick had another good run on the day as he clocked 42.43 to cross the line in 63rd spot.

Jake Waldron had been the star of a disappointing Met League season and he ran well again in this race as he finished 103rd in 43.27.

Bruce Raeside was the fourth Beagle home as he came 220th in 45.43, while John Gordon was 313th, finishing in 46.49.

Completing the Beagles contingent was the reliable Wayne Bell who clocked 47.30 and was 375th.

Newham had a real tussle with great rivals Woodford Green and both finished on exactly the same points score.

However, it was Woodford who got the nod, courtesy of their highest-placed runner finishing in 21st spot.

That made the Beagles 17th on the day, with Woodford taking 16th spot.

The overall winners on the day were Tonbridge, with Bristol West second and Aldershot, Farnham & District third.

The individual winner on the day was Adam Hickey from Southend in a stunning field of 2,328 runners.



Jayme Rossiter battles through the mud. Picture: SAUCONY