

SPORT

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Football

Clapton manager Jonny Fowell is confident ahead of his side kick starting their Essex Senior League campaign this weekend.

The Tons will travel away to face Basildon United in their season opener on Saturday and Fowell is 'looking forward' to getting the campaign started.

"We have got two of the big boys who have got a bit of money behind them to start," he admitted.

"I think Basildon, Ilford, Redbridge, Sawbridgeworth and FC Romania will all be up the top as they have money.

"We don't have any money, but we have just got to play the best of our ability and show that we can beat those teams."

The boss admitted it should be a good match between the two sides on Saturday afternoon and he's not phased by starting the season on the road.

"We had the best away record last year, so that's not a problem for us," Fowell said.

"We will be setting the standard as high as we did last year."

Jonny Fowell's men finished second in the Essex Senior League last year and will look to try and improve on that this time around.

"I want to win the league there is no two ways about it and I'm sure the fans do too."

He also admitted he 'can't wait' to get the league fixtures started.

"I can't wait, it's been a long pre-season," Fowell explained.

"We just want to start the season with a strong squad and hopefully keep that squad together throughout, but we know if we get off to a good start, that will be hard."

Clapton also look set to have Lanre Vigo and Tayo Awoderu return to the club from their trials at Barking.

"We just got Lanre back from Barking after his trial, which is a big boost, as I believe he is the best right-back in the league.

"Tayo our left-back should be coming back from Barking as well."

Clapton face Clacton FC in the FA Cup on Saturday, August 5.

"Every manager dreams of winning the FA Cup," Fowell admitted. "It will be my first FA Cup game so I'm really looking forward to it.

"I just want to see how far we can go."



Theo Fadairo gets ready in the long jump, while, right, Emmanuel Sosanya storms round the bend.



Pictures: CLAIRE JONES

Theo's leaps of faith help the Beagles to finish final match of UKYDL season on a high

Newham & Essex Beagles completed their UK Youth Development League season with a battling performance at Parliament Hill Fields on Sunday.

The upper age group team consisting of under-17 and under-20 athletes have been consistent all season and though the team was affected a little by the holidays, they still put in some fine individual performances to complete what has been an excellent campaign.

The Newham/Basildon composite have been just behind Team ATIP all season, running them close in all four matches and this one was no different.

Theo Fadairo had a busy and successful day for the men's under-20s. He won the triple jump and then finished third in both the high jump and the triple jump to complete his points tally.

Emmanuel Sosanya stormed to victory in the 200m, clocking 22.5

Athletics

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seconds and he also chipped in with third in the 4x100m relay and first in the 4x400m.

Mayowa Osunsami claimed the 110m hurdles and was also part of that winning relay team, while Chosen Odushoga was second in the B 100m.

For the under-17 men, Rotimi Osunsami followed up his British League experience last week with first in the B 200m and second in the sprint hurdles.

Emmanuel Oyimbo-Coker won the B 100m, with Odushago, runner-up in the A 200m.

Andrew Adegbite came home from his England debut with plenty of confidence as he won both the long jump and the triple

jump in style, while Emmanuel ogunmola and Ramzan Mohsan had wins in shot and hammer respectively.

There was a first and a second for the Beagles in the relays.

For the under-20 girls, wins were harder to come by, but Dolita Shaw managed it in the 200m, with Jasmine Okoye adding to that in the B race, while they also won in both relays.

Blessing Joshua was in fine form for the under-17 girls as she battled to a win in the shot and second place in the discus.

Team manager Elyzabeth Shitta-Bey said: "it has been an extremely difficult season in terms of available athletes, however I couldn't be more appreciative of those who did compete.

"On Sunday a number of athletes who had been kit carriers at the Para World Champs, dashed over from the London Stadium to compete at Highgate."

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Bowls

There will be an all Newham tie in the quarter-final of the Group 5 Waur Trophy after some excellent play in the second round.

Singles specialist George Warren, pictured, from the Phoenix Club booked his place in the last eight with an impressive 21-10 win over South



Woodford's Brian Powell. And he will now meet Moosa Patel of Plashet Park after he recorded a superb win over Dave Baxter of Wanstead Central by 21-15.

Del Master of Plashet Park will fly the East Ham club's flag in the Group 5 veterans cup quarter-final.

He surprisingly got the better

of last year's finalist John Sandell by 21-10 and will now take on Terry Hardie in the next round, to be played by the end of the month.

Warren, meanwhile is still going in the Group 5 Geoff Hatfield Trophy.

He got the better of Moosa Patel by 21-11 and will now play Bill Parsons in the last eight. Those ties are to be played by August 3.

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Bowls

Central Park got the better of Western Division rivals Phoenix in their latest Cribbs Triples League battle, but they had to work hard in an away match that saw them win two of the three rinks.

Ken Cutts and his team of Mo Hackett and Sue Flynn found things tough against a determined home rink, skipped by John Lambert.

They found themselves 9-2 down, but then found some form to pull it back to 9-8.

But that was the signal for a Phoenix revival and they mustered six shots in the next two ends, to put themselves in control, going on to win 19-13.

However, Central faired much better on the other two rinks as first John Irvine, Eddie Grigg and skip Tracy Hicks found some late form.

Trailing 16-15 against George Warren and his boys going into the final end, they put in a grandstand finish to score four shots and take the game by 19-16.

The other rink was the more emphatic for Jim Grummett and his team of Alan Dobson and John Huckstepp.

They opened up a big 19-5 lead and though it was Phoenix who took the last five ends, they only managed a single on each as the game finished 19-10 and overall 51-45 yo Central.

It was a trip to Clementswood for Central Park on Sunday for their latest Ilford & District League clash and they came through with an impressive win.

Cutts and his team of Huckstepp and Hicks proved the strongest by far as they stormed to a 31-12 win to get the wood rolling.

It was much closer on Grigg's rink as he and his team of Pam Oldham and Dennis Leach had a nip and tuck match.

The opposition grabbed eight shots in two ends to go in front, but that signalled some fine bowls by the Central boys who won six shots on the trot to open up a 20-10 lead.

It wasn't over there though as Clementswood won the next four to go in front at 22-20 only for Grigg to hold his nerve and score four on the last to win it 24-22.

They did lose out on the other rink as Flynn, Harry Morley and skip Grummett went down 20-16, but the rest had done enough to win overall by 71-54.