



Beagle Julia Neilson was in the senior women's race, with Ben Lane and Kevin Jake-Richards in the under-11s. Pictures: NEB

All hail to the Beagles after a day of Met League success



Newham & Essex Beagles youngster Sharla Sullivan (above, left) had a good race in the Met League, while Reveen Walcott-Nolan (right) finished in a fine fifth place in the women's race. Pictures: NEB

Athletics

Newham & Essex Beagles braved the hail, wind and rain of Welwyn Garden City on Saturday to register some excellent results in the latest Met League cross-country meeting.

And the team found a new star in Loughborough student Jamie Webb who battled to an excellent sixth place in the senior men's race.

Webb, who was in the top 10 of last season's 800m rankings, showed he was equally able over a longer distance and in the mud as he clocked 26 minutes 20 seconds.

The Beagles had four athletes in the top 20 with Luke Conway 14th in 26.47, Eoin Pierce 18th in 27.04 and Sean Molloy one place and five seconds behind him.

But despite that packing, the Beagles could only finish third on the day.

"The way the scoring is worked, even though we had four runners in the top 20, we were still beaten by Barnet, who only had one in the top 20, but lots of others further down," said team manager Tony Shiret.

"It was a good day for us, though the weather was really terrible. The course is on the side of a hill and for the men's race the hail came down for about 15 minutes non-stop, it was horrible out there."

The rest of the men's team was made up of Dale Clutterbuck in 83rd, Wayne Bell next in 113th, Jad El-Houssami in 166th, Sean Trott (237th), Derek Darnell (378th) and veteran Andrew Gwilliam (521st).

In the women's race, Reveen Walcott-Nolan returned to



Abdullah Hashi and Edita Sabaliauskaite. Pictures: NEB

Beagles colours and finished in a fine fifth place, clocking an excellent 22.40.

Julia Neilson also took part, finishing in 117th in 27.48.

"One thing I was really pleased about was that we had some age group runners taking part," added Shiret. "We would like to have some more, but we had a few in the under-11s and they did well which was good to see and they would have learned a lot from the experience."

In the under-11 boys' race Kevin Jake-Richards clocked 6.27 to finish 18th, while Ben Lane was 33rd in 7.01.

For the girls, Sharla Sullivan battled to 28th place in 7.16 to complete an excellent race.

Edward Tiris was 67th in the under-13 race in a time of 15.36, while in the junior boys race, Beagle Abdullah Hashi was a fine 40th in 16.19.

In the junior girls' race Edita

Sabaliauskaite was 60th in 24.46 to complete the Beagles in action.

"One of my jobs as team manager is to put up the marquee for the Beagles athletes and it was very much needed on Saturday with the weather," said Shiret.

"The trouble is that it continued to rain as we took it down again and it is now in my car and stinking it out!"

The next race is in Uxbridge next month and Shiret is hoping for an even better result.

"We should have some runners from Brunel University on the day who haven't run so far, so hopefully we can do even better."

"We tend to do all right in the first three meetings, but in the last two in the new year we find that many of our athletes have started their indoor season so we struggle."

"Hopefully we can sort that out this time, because we would like to gain promotion if we can."

Martial Arts

Rommel Bernarte at the Martial Arts UK hall of fame ceremony with wife Venus.



Rommel Bernarte received his Hall of Fame award from Martial Arts UK at the National Brewery Centre in Burton-upon-Trent on Sunday.

Master Bernarte teaches at the St Mark's Community Centre in Beckton and is the chief instructor for London and the South East.

And he was honoured in recognition for his hard work, dedication and commitment to

the art of Tang Soo Do karate and the World Tang Soo Do Association for over 25 years.

Bernarte was delighted to pick up his award, alongside wife Venus, saying: "I feel honoured and humbled to receive this award. I dedicate this accolade to all of my students."

If you would like to try Tang Soo Do karate, you can contact Bernarte on 07768 394725 or email master.bernarte@gbtsda.com.