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Athletics

A depleted Newham & Essex Beagles team showed plenty of endeavour in Brighton at the weekend, but bowed to the inevitable as they were relegated from South East Division One of the Youth Development League.

It has been a tough season for the younger age group squad and for the last match they allowed some athletes to take part in events they wouldn't normally be selected for.

The relay teams taking part in the Anniversary Games the following day had a chance to perfect their baton changes and step away from the events they normally dominate.

There were still some excellent displays with the stand-out performance coming from the under-13 boys' sprint relay team of Omari Watson, Noah and Nathaniel Hanson and Ossari Acquah who won in 50.3secs.

Nathaniel Hanson had finished second in the high jump, as Acquah won the B string, but it proved tough for the other under-13 boys.

For the girls, Karis Wilson won the 75m and 150m, while Sarah Campbell took the B sprint and was fourth in the sprint hurdles and third in the high jump.

Chenoa Acquah won the B high jump and teamed up with Campbell, Chloe Gormley and Karis Wilson to win the sprint relay in style.

The under-15 boys were thin on the ground and after striking long jump gold in the English Schools' Aaron Ashmead-Shoye was fifth in the discus and javelin.

Louis Willson was a close sixth in the long jump, while Syris Vige was second in the B 100m, Emmanuel Abass was third in the 300m and Mubarik Omer managed second in the B race.

The under-15 girls put in an excellent effort, with Ernesta Amoah the star of the show.

Amoah won the B 300m and A high jump as well as taking sixth in the hammer and leading the sprint relay team to victory.

The quartet included Faith Ezelue, who managed a couple of thirds, Serena Hogan, who was fourth in the long jump and Ayokushi Adewale-Badelo, who was second in the B 100m.

It wasn't enough for the team who finished fifth out of six on the day and after winning promotion last summer, they will return to Division Two next year.

Match result: Basildon 542.5; Brighton 456; Bexley 409; Medway 382; BEAGLES 288; Lewes 264.



Nethaneel Mitchell-Blake leads the British team home in the relay at the London Stadium. Picture: PA

Going for Euro gold! Beagles sprint star Mitchell-Blake is ready for a big Berlin blast

Newham and Essex Beagles sprinter Nethaneel Mitchell-Blake says he is confident of striking gold at next week's European Championships.

The 24-year-old lowered his season's best to 20.21secs to finish fourth in men's 200m at the Muller Anniversary Games IAAF Diamond League event last Sunday at Stratford's London Stadium.

And he also anchored the sprint relay team to a superb victory with a new world leading time this season.

Newham born Mitchell-Blake has been hitting top form since successfully defending his domestic 200m crown last month in Birmingham.

"I'm back in the good mental head space," he said.

"I'm feeling good, I've been working on lots of things, my

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times are slowly and surely dropping.

"I've had a bit of a shaky part of the season earlier on where I had a couple of questions running through my mind which I voiced after winning the trials.

"I'm not staying stagnant anymore and to drop 3000th is not necessarily bad. If I can keep doing that in my next two races I'm a 20.1 low. I know I can pop something special by the end of the season."

Mitchell-Blake will now head to Berlin, Germany, the venue for the Euros, to begin his preparations.

"I'm going for the gold," he vowed as he hopes to overcome Turkey's 200m world champion Ramil Guliyev, current European champion Bruno Hortelano, as

well as fellow Brits Adam Gemili and Zharnel Hughes.

"I want to win. I'm not in this to say 'I'll be happy to make the final'. No - I feel I'm up there with the best of them. I fear no one."

Fellow Beagle Asha Philip insists she will hit form come European Championship time despite narrowly missing out on a place in the final of the women's 100m, won by Jamaica's former Olympic and World champion Shelly-Ann Fraser-Pryce (10.98).

The 27-year-old was fifth in 11.36 and said: "My form will come into place. I need to do more races. I missed out a lot in training and I'm trying to bring it back and it's not as easy as everyone thinks it is. It's okay. If they pick me for the relays that is the one for me to go to Germany." Rabah Yousif will want to forget his 400m run after registering a below-par 46.07.

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Bowls

The hot weather has played havoc with some greens and Central Park and South Woodford have proved to be two of those most hit.

The Group 5 Seeley Cup clash between the two was a case in point, but it proved to be a tight match.

At Central, Ken Cutts and his team of Harry Morley and John Lapping just managed to keep in front of a determined team led by Peter Barham as they held on 16-12.

Over at South Woodford though it was a different story as Eddie Grigg, Peter Wilson and skip Jim Grummett were behind early on.

They managed to level at 9-9, but Jim Boyce and his team took the next four ends to win it 17-12.

That proved crucial as South Woodford nicked it by 29-28.

There was better news for Central Park in their latest Ilford & District League game as this time they won a tight one against Wanstead.

Lapping and his team of Grigg and Wilson always had the upper hand as they ran out impressive 25-12 winners.

Sue Flynn and her team of Phil Davis and Grummett got off to a flier to lead 8-0, but they were pegged back to 13-12, before moving away again to lead 20-15.

The Wanstead team rallied again, but it was not quite enough as it finished 20-19.

Things did not go quite as well on the other rink as Cutts and his team of Pam Oldham and Alan Dobson were beaten 25-13, but the others had done enough to take the overall victory.

The latest Cribbs Triples League clash proved to be one to forget as Central lost all three rinks against Phoenix.

Grummett's rink fared best as they were only pipped 19-15, but both Cutts and Flynn crashed to big defeats.

It was a similar story against Clementswood in the IDL as Central lost on all three rinks to go down 73-44.

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Bowls

Plashtet Park slipped out of the Group 5 Beckett Trophy against Ilford last week.

In East Ham, Plashtet's team of Hanif Munshi, Ishmail Umarji, Peter Chilkes and skip Yusuf Saeed were playing catch up for most of the game.

They levelled at 15-15, but Ilford had a strong response and won it 28-18.

That was to prove crucial as over at Valentines Park, the team of Bashir Patel, Cliff Dye, Malcolm Brown and skip Vic Byrne fared much better.

They led 11-3, before seven shots on the next two ends, brought Ilford one behind.

Plashtet went up 16-10 and in the end held on to win 18-17.

It was not enough though. Things did not go well in the

Cribbs League clash with Poplar, despite winning two of the three rinks.

Bashir Patel and his team of Yakob Patel and Hanif Munshi won 22-20, while there was also success for Yakob Karim, Umarji and Saeed.

However, a 26-14 defeat for Del Master and his team of Mustaq Chamadia and A Patel saw Poplar take it.



Jim Grummett and Ken Cutts.