

SPORT

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Football

Clapton manager Jonny Fowell believes Friday night is the start of a huge month for his side as they face Barkingside.

The Tons travel to face east London rivals Barkingside at Cricklefield Stadium (7.45pm) as they look to make it eight straight wins in the Essex Senior League.

"We've basically got five cup finals coming up. We've got Barkingside, then we've got Redbridge, FC Romania, Basildon and Ilford, so it's a massive month for us," said Fowell.

"I have set a target of 11 to 12 points in that month. We're taking it one game at a time though."

The manager is expecting a tough match and believes former Clapton manager Michael Walther will want to get one over his old club.

"They got beat heavily on Saturday so I'm expecting them to come out all guns blazing against us," he said. "Mike is a good friend and is a good manager and I'm sure he'll be eager to get them back on track."

"It will be a difficult game and they'll want to bounce back and Mike will also want to beat his old club, which is only normal to want that."

The former Enfield Town under-21s coach believes there should be a good crowd and he is hoping the fans will put their boycott to one side to help his side push for promotion.

"Friday nights normally bring in a good crowd, so hopefully it will be a big crowd and hopefully we can get rid of this stand-off between the fans and Vince (McBean), move forward together and work for promotion."

Dylan Ebengo will return from suspension for the match and Tayo Adoweru is expected to return from injury.

Fowell was named Essex Senior League manager of the month for October but admits the credit must go to his players.

"I'm absolutely delighted, I felt I should have got a few last season!" he joked

"Credit has got to go to the players. We set out what we want and they go out and do it."

"I have also got to give praise to my coaching staff, Colin Reid has been excellent since he came in, Wayne (Seal) has been great as well and I've also got to give praise to Andre Thomas who started the month with us."

Clapton will also travel to Redbridge on Tuesday and Fowell added: "That one is going to be a tough game. Ricky (Eaton) has got a good little team down there."



The Beagles team of (left to right) Niall Sheehan, Dale King, Eoin Pierce, and Jayme Rossiter who finished ninth. Picture: NEB

National pride for Beagles as they battle to ninth place in the cross-country relays

Athletics

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Newham & Essex Beagles team manager Tony Shiret declared himself 'satisfied' with his team after they battled to a top 10 finish at the National Four-Stage Cross-Country relay in Mansfield on Saturday.

The Beagles battled their way to finish ninth on the day, though Shiret felt they could have gone even higher.

"I am not exactly jumping for you, but I was happy with a top 10 finish, it is just about where we are at the moment," he said this week. "I think if we had out the team we had selected at the beginning of the week, then we could have been around sixth, but we are not quite of the calibre of the winners at the moment."

The winning team was Tonbridge after a battling display on the last leg saw them hold off a talented Aldershot, Farnham & District team, while the Beagles were just over two minutes down on the winners.

"We had Josh Trigwell pencilled in for the last leg and then when he was unavailable, Victor Nutakor came in, but he is struggling with injury," explained Shiret.

"In the end we got Niall Sheehan who always keeps himself pretty fit and he did really well. He dropped one place



Beagles youngsters at the free training day on Sunday morning at the London Marathon Community Track. Picture: NEB

on the last leg, but I thought he ran well."

Dale Clutterbuck led the team off, finishing in 16mins 11secs to hand over in 22nd place.

The top runner for the Beagles was Jayme Rossiter on leg two who lifted them to ninth with a run of 15.58.

"He has come from Loughborough University and is a steeplechaser so this sort of event is great for him and he did really well," said Shiret.

Eoin Pierce lifted them another place to eighth with 16.37, while Sheehan clocked 16.46 as the team finished ninth.

"It was annoying to get beaten

by a B team (Aldershot), but we have been consistent this season."

Newham take a strong team to Welwyn for the second Met League match this weekend.

Meanwhile, the Beagles held the first of their weekly coaching sessions for youngsters at their new London Marathon Community Track.

Around a dozen young athletes attended the session and the club will look to build up from there.

Anyone is welcome to the free sessions, with registration at 10am and the sessions starting at 10.30am as part of the Inspirations Programme.

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Athletics

Newham & Essex Beagles Finette Agyapong has been shortlisted for SportsAid's One to Watch award.

Currently studying a law degree at Brunel University, Agyapong is training for the Commonwealth Games after being selected for England's 4x400m relay squad.

And the European under-23 champion at 200m, with a personal best of 22.86secs, she is delighted to be nominated.

"A lot of people don't see how much work you put in as an athlete, they just see the finished product," said the 20-year-old, who receives SportsAid support from Caesars Entertainment.

"It's difficult balancing my degree and training. I've got my dissertation and coursework on top of everything. I've got exams at the end of the year, there's a lot going on so it's about time management and getting everything done as soon as possible – especially because Commonwealths are next year."

"I didn't expect it, I knew about the awards and some of the people who've been shortlisted in the past but I never thought I'd be one of those athletes."

"I actually train by myself at university – I've been doing that for the past two years because my coach is on the other side of London."

Agyapong is one of ten nominees selected from over 1,000 rising British stars supported by SportsAid across more than 60 different sports and added: "This year has been above and beyond what I expected. It's weird to think without the funding, none of this would have happened but because of the support it's been really good."

"It's so important to have the support of SportsAid. I'm expecting Commonwealths to be amazing, I'll hopefully gain good experience competing at such a high level."

"I'm hoping I'll learn from the other athletes, because I'll be around some experienced people and that's who I want to be around."

The winner of SportsAid's prestigious One-to-Watch Award will be revealed at the charity's annual SportsBall in London on Thursday 23 November. All funds raised from the SportsBall help to support the next generation of British athletes. Visit sportsball.org.uk for ticket information.