

## SPORT

## Athletics

**While the Beagles seniors were showing what they can do at the European Championships, the club's youngsters were showing their potential.**

Newham were well represented at the South of England Championships for under-13s/under-15 and under-17s.

Leading the way was Aaron Ashmead-Shoye who is having a magnificent season.

The England Schools' champ, stormed to victory in the under-15 triple jump where he managed a winning leap of 13.26 metres.

And he almost made it a superb double gold as he finished an agonising second in the long jump.

His personal best of 6.16m was just two centimetres behind the winner and got him the silver medal.

The under-13 crop of Beagles have had a good summer and they were to the fore again at Lee Valley.

Ossari Acquah was in fine form. He won the 100m in 12.48 seconds and won his 200m race too with a time of 25.95.

Nathaniel Hanson and his brother Noah also did well.

Nathaniel was second in the 100m in 13.19 and won his 200m, clocking 26.19, before adding second in the high jump to complete a fine day.

Noah was third in the 100m as well as third in the 75m hurdles.



Aaron Ashmead-Shoye. Pic: NEB

Emmanuel Oke managed a new personal best of 12.98m to win a bronze medal in the under-17 triple jump, while in the under-15 300m, Nia Amaning also managed a pb of 44.22 in finishing fourth in her heat.

In the under-15 sprint, Sariya Shoyelu-Armstrong was seventh in her semi-final, clocking 13.42 after finishing fifth in her heat.

She was also fourth in her heat of the 200m, while in the under-17 100m, Leo Regis-Findlay managed sixth in his heat in 12.08.

Hannah Bell was also in action as she was second in her heat of the under-17 100m, while she was fourth in the semi-final in 12.81, just missing out on the final.

All in all a very satisfactory championships for the young Beagles.

## Bowls news



John Irvine, receiving his Trophy from Secretary Peter Wilson

**There is a glimmer of light in Central Park's tough season after they booked their place in the Group 5 Cordell Cup final.**

Taking on Aldersbrook in the semi-final it proved to be a tight encounter.

Eddie Grigg and his team of John Irvine, Phil Davis and John Lapping got off to a good start against Jerry Quay's team.

They led 15-6, before Quay changed gear and levelled at 15-15. Central grabbed two more shots, but it was Aldersbrook who ran out winners by 22-17.

Jim Grummett and his team of Harry Morley, Dave Tydeman and Fred Brocket also went down by 23-17, but it was the

other rink that turned the game.

Steve Faulkner, Bill Giles, Peter Wilson and skip Ken Cutts had the answer as they thumped Joe Staggs and his team 23-10.

That made it 57-55 to Central and a chance for some silverware.

Meanwhile, the annual sponsors James Hawes Shield took place at the weekend.

Played as a knockout series by most members, it led to an exciting and surprising final.

John Irvine took on Phil Davis in the final after Davis had beaten some seasoned members to make it through.

The final went down to the last end and it was Irvine who took the prize by a narrow margin.



Beagles star Nethaneel Mitchell-Blake celebrates his silver medal in Berlin.

Picture: PA

## Silver lining for Newham star Mitchell-Blake in Euro sprint

**The European Championships in Berlin belonged to sprinter Dina Asher-Smith after her remarkable triple gold, but the Newham & Essex Beagles sprinters were also playing a vital part for Great Britain.**

Nethaneel Mitchell-Blake had set his sights on gold in the 200 metres and though he fell just short it was still a superb display by the Newham-born sprinter.

Having finished second to Alex Lewis of Switzerland, easing down in his semi-final as he clocked 20.55 seconds, the final was always going to be a massive task.

That was because he came up against world champion Romil Guliyev from Turkey in the final.

And it was the Turk who proved the star of the show as he won in a rapid 19.76, with Mitchell-Blake grabbing silver in 20.04.

"He's world champion, but it's a

## Athletics

final and you've got to bring it out of the bag," said the 24-year-old Beagle.

"I love competing, I'm a sore loser and it's my first piece of senior silverware - I'll take that into consideration, but the season is not over."

Rabah Yousif had a mixed championships with disappointment in the individual 400m, before picking up a silver medal in the 4x400m relay.

He ran well in his individual semi-final as he finished third in a time of 45.30, but with only two automatic qualifiers, his time was only the 10th fastest and he missed out.

He bounced back in style though leading off the relay team as they finished second to Belgium for a silver medal, alongside Dwayne Cowan, Matt

Hudson-Smith and Martin Rooney.

Finette Agyapong earned her first senior medal by being part of the women's 4x400m relay squad.

The 21-year-old Plaistow-born Beagle ran the second leg in the semi-final, helping the team to finish second to Italy.

She did not make the final, but her efforts still earned her a fine silver medal.

To round off the Beagles athletes, Asha Philip helped herself to a gold medal in the sprint relay.

Philip, who was not selected for the individual 100m, ran the first leg and with Imami Lansiquoi, Bianca Williams and that girl Asher-Smith they beat the Netherlands into second place in a time of 41.88.

Four Beagles, four medals, another excellent showing by the club on the big stage.



Rabah Yousif (second left) helped the 4x400m relay team to a silver medal.

Picture: PA