



Luke Conway (left) and Jayme Rossiter in cross-country action for Beagles.

Pictures: NEB

Jayme shows his class for Beagles but team slip down the national relay standings

Newham & Essex Beagles settled for a battling 21st place at the National four-stage cross-country relays in Mansfield over the weekend.

Missing a lot of their top athletes on the day, they made great strides with Jayme Rossiter on the opening leg, but dropped back on the next two, before Samater Farah guided them back up to 21st by the end.

Team manager Tony Shiret was philosophical about the race, which saw Leeds City take the honours.

"I think we finished in about the position I expected to be honest," said Shiret.

"We are very much in a transition with the team this year, but we got some athletes out there and gave it a go."

Athletics

Rossiter put in a fine run of 15 minutes 22 seconds on the first leg to hand over in an excellent 11th place.

"Jayme had an excellent run, he is a class athlete, but the rest are not quite that standard," admitted Shiret. "If we had athletes like Dale Clutterbuck and Eoin Pearce we could well have finished in the top six, but we didn't. Mindy you if we had Mo Farah we would have won it!"

Luke Conway was on the second leg and clocked 16.10 to hand over in 14th place, while John Gordon took leg three.

"It was John's first experience of this level and the Mansfield course is a bit funny," said Shiret.

"I think he started a bit fast and

paid for it later on in the race. He will certainly have learned a lot from the experience and will come back stronger."

Gordon eventually clocked 17.13 which dropped the Beagles to 27th place before Farah took the last leg.

He pulled some of those places back with a decent time of 16.04, which left the team in 21st place overall.

This weekend it is back on the mud with the second Met League race of the season.

Welwyn Garden City is the venue and Shiret has been putting his team together.

"It will be whoever turns up on the day," he laughed.

"It is more about how many runners you have rather than quality in the Met League, but we will give it a go as always."

Athletics



Viewtube Runners at the Great South Run in Portsmouth.

Viewtube Runners took on a host of challenges over the past week, starting with their inaugural Halloween Headtorch 5k.

Several members competed in the Jubilee Park Trick or Treat 5k earlier in the day, before running around Wanstead Flats in the dark.

Conall Kirley (1:45) and Lindsey Buckley (1:52) ran the North Wales half marathon, as Ruth Jacobs, Susan McDowell, Jenny Winter and Mike Bristow completed the Beachy Head marathon in 4:30.

Lydia Wilson just missed a good-for-age London Marathon qualifying time at the Abingdon Marathon, clocking 3:46 on her debut.

But Ellie Page set a new



Viewtube Runners at the Beachy Head marathon.

10-mile best of 1:28 at the Great South Run down in Portsmouth, where clubmates Ivaylo Enchev (1:20), Sabjan Sama (1:22) and Michelle Panyandee (1:41) were also in action.

The club welcomes social and competitive runners, with more information online at runvt.org.uk.



Viewtube Runners on their Halloween Headtorch 5k outing.

sport

Basketball

London Lions will look to stay at the top of the British Basketball League (BBL) table as they make the trip to face Leicester Riders on Friday evening.

Coach Vince Macaulay and his side will travel to Leicester Arena as they look to pick up their seventh win of the season in their opening eight fixtures.

Rob Paternostro's Riders are still undefeated in the league after playing just two fixtures so

far and will be the biggest challenge for the Lions yet.

The defending BBL champions handed Newcastle their first loss of the season with an 84-68 win before the Eagles also lost to second-place Bristol Flyers on the weekend.

Lions go into the match on the back of an 86-83 win at Manchester Giants – meaning they've secured 10 consecutive wins against their opponents.

They led almost from tip to

buzzer – the Giants had a one-point lead midway through the first quarter – and took the opening stanza 18-14.

Sharp shooting from League MVP, Justin Robinson meant Lions led 34-42 at half time and, missing Flo Larkai and Lamar Roberts, they battled inside against foul trouble to see the game out.

James Jones' three brought the Giants back within a single score at 65-68 before Lions responded

with a 10-0 run to re-establish control with a double-digit advantage. A late surge from the Giants kept it close late on, but the visitors held firm.

A superb 20-from-22 at the free throw line contributed for the Lions as Robinson nailed 22 points and Brandon Peel notched 19 and seven boards.

However it was their defensive work that made the difference as McCall and Butler were held for a total five points.

*Lions could not get revenge on the Big Ballers USA side as their opponents claimed a 151-137 victory at the Copper Box Arena last Friday.

Macaulay's side are set to return to their home court to host the Worcester Wolves on Sunday, November 18 for a BBL Cup quarter-final clash, two days after travelling to face the Wolves in the league at the University of Worcester. For ticket details visit thelondonlions.com.