

## SPORT

## sport

## Athletics

**Sir Mo Farah will aim to become the first runner to win five Great North Runs when he races next month.**

The four-time Olympic champion has confirmed he will continue his road racing career on September 9 in Newcastle.

And having won the last four races, Farah will aim to make history in the half marathon event ahead of October's Chicago marathon.

Farah, a six-time world champion, has competed in every Great North Run since 2013, finishing second in his first outing and winning in 2014, 2015, 2016 and 2017.

Newham & Essex Beagles' Farah said: "I can't wait to come back to Newcastle and race again."

"It's something I look forward to every year, the crowds are always unbelievable and it's a good course for racing."

"To be the best in the world you have to beat the best and it's going to be no different here. I'm looking forward to the challenge."

Last year's fourth win equalled Benson Masya's record, with the Kenyan winning over the 13.1-mile distance in 1991, 1992, 1994 and 1996.

Olympic and World champion Vivian Cheruiyot will also return to Tyneside as she bids to make it two victories in three years.

Cheruiyot won on her debut over the distance in 2016 and finished second to Mary Keitany last year.

She said: "I am looking forward to returning to England for the Simplyhealth Great North Run."

"It was a magnificent race when I won for the first time in 2016 and I want to be on top of that podium again next month."



Sir Mo Farah celebrates his success in Manchester earlier this year. Picture: PA



Katie Head and Grace Jenkins won their hammer competitions for Newham & Essex Beagles. Pictures: CLAIRE JONES



## Hammer heroes help Beagles cause to pick up Southern League clean sweep

## Athletics

## LEE POWER

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**Newham & Essex Beagles held the upper hand in the hammer competitions in their final Southern League meeting of the season at Hemel Hempstead.**

The club claimed wins in all four competitions, with Alex Warner taking the men's A string with 57 metres and Ramzan Mohsan claiming top spot in the B string with a personal best of 36.63m.

Katie Head won the women's event with a best throw of 55.28m, with Grace Jenkins (39.38m) completing the win double.

Jenkins was second in the shot (10.35m) and also came out on top in the main discus event with a best of 41.79m, with Matt Baptiste winning the men's competition with 46.49m.

The men produced two more wins in the field thanks to high jumper Emmanuel Sosanya's 1.90m clearance and Aaron Edwards' 12.95m in the shot.

And they also recorded five wins on the track, with Will Rial



Throws specialist Matt Baptiste (above, left) was also successful in the hammer for Beagles, while young Joel Pascall-Menzie (right) won the B 200m. Pictures: CLAIRE JONES/NEB



taking the 2000m steeplechase in 6.28.4, with Joel Pascall-Menzie victorious in the B 200m in 23.3secs and Andre Coggins a winner of the B 800m in 2.01.1.

The 4x400m relay squad also came home first in 3.31.9 and there was a B string 400m hurdles win for busy Akwasi Nkrumah, who ran a new best of 67.6.

It was one of eight events that Nkrumah tackled for the Beagles cause – claiming five personal bests – as he threw 33.91m for third place in the javelin and also ran the flat 400m in a personal best of 55.9 for fourth place.

Nkrumah was fourth in the pole vault (2.60m), triple jump (10.72m), B shot (7.69m) and B discus (16.04), while completing his day with fifth in the long jump with a personal best of 5.48m.

Pascall-Menzie (11.3) and Yuki Edogiawerie (12.1) were second in the 100m, with Christopher Johnson (22.9) second in the 200m and Rial a runner-up in the 400m hurdles (65.3).

Ogie Oliha was second in the B triple jump (11.07m), while Hannah Bell was second in the women's 200m in a personal best of 26.6, as Kehinde Ademola took third in the B string in 27.3.

The 4x100m relay squad were second in 51.7, while Kirsty Smith was third in the triple jump with 11.02m.

Shelley Jameson (800m), Harmony Lembe (long jump) and Sinead Macaulay (B discus) all recorded fourth-place finishes, while Ada Okuguni set new personal bests in the 100m (13.6) and long jump (4.08m) for a pair of fifth places.