

## SPORT

## sport

## Athletics

**Beagles star Jake Waldron was the star of the show for the club at the latest Met League cross-country league race on Saturday.**

The salubrious surroundings of Wormwood Scrubs was the venue for the fourth of the five races in this season's competition.

But Newham were hit by injuries and unavailability, particular among the women, where they could only field two runners on the day.

Star runner Reeve Walcott-Nolan had been in the top three in the first two races, but she has not run in the last two, leaving the Beagles ladies at the bare bones.

For the men, Waldron put in a fine run in muddy conditions to finish 15th in 27mins 11secs.

Next home for the Beagles was Nick Armstrong who was 62nd in 29.09, while Wayne Bell battled home in 30.12 to be 115th.

Andrew Feeney-Seale was next home in 148th, clocking 31.01, with Jad El-Houssami not far behind as he came 158th in 31.18.

Yonis Mohamed was just 20 seconds behind him as he crossed the line in 172nd, while Alex Morales was 248th in 33.11.

To round off the runners, Francois Turpault clocked 35.35 to be back in 353rd, while V40 runner Andrew Gwilliam finished in 41.06 to be 505th out of the 544 finishers.

The men are now seventh in the Met League table.

Back to the ladies and their dynamic duo was led off by Natalie Traylen. The V40 runner came home in one second over 35 minutes to be 217th on the day.

And she was tracked again by Shelley Jameson who managed 38.41 to be 251st.

The fifth and final race of the Met League season will be at Trent Park in Enfield on February 10 where the team will hope for a better turnout.



Jake Waldron was 15th in the men's race on Saturday. Picture: NEB



Emmanuel Sosanya is the South of England champion over 400 metres for the Beagles.

Picture: NEB

## Super Sosanya comes of age in senior champs with flying show to win gold in the 400m

## Athletics

## DAVE EVANS

dave.evans@archant.co.uk

**Newham & Essex Beagles star Emmanuel Sosanya came of age at the weekend as he claimed the senior 400 metres at the South of England Indoor Championships.**

Still an under-23 runner, Sosanya was second in the under-20 Championships last season, but stepped up to the mark superbly at Lee Valley over the weekend.

The youngster, coached by Coral Nourrice, won his heat and semi-final, before clocking 49.68 seconds to claim the gold medal in the final with a soaring run.

There were other excellent performances by the Beagles at the Championships with more medals to show for their efforts.

In the triple jump at under-20 level, Newham showed their excellent potential by taking gold and silver medals on the day.

Theo Fadayiro was the golden boy with a personal best of 14 metres and 54cms to win the event with ease, while he was joined on the rostrum by Andrew Adegbite.

His best effort on the day of 12.88m was enough for an excellent silver medal.

Also in the medals was Mobolaji Adeokun who competed in the senior women's 60m hurdles.

Having finished second in her



Mobolaji Adeokun was the Beagles silver lady after breaking her personal best in the 60 metre hurdles at the Lee Valley meeting. Picture: NEB

heat with a personal best of 8.51, she almost matched that in the final where her time of 8.52 was enough for a splendid silver.

Veteran Gintas Degutis started the new indoor season well as his throw of 14.56m in the shot earned him a bronze medal.

There were others who just missed out on medals on the day.

Susanna Banjo clocked 55.71 in her semi-final and though she was not quite as fast in the final, she just missed out on a medal, finishing fourth.

Lennox Thompson joined Sosanya in the 400m event, where he won both his heat and his semi as well, before finishing an unlucky fourth in the final with a

time of 50.22.

Victor Nutakor was fifth in his heat of the 400m, while that was matched by T20 athlete Jordan Andrew who clocked 54.39.

In the under-20s Alex Russo ran PBs in the semis and finished fifth in the final.

Kehinde Ademola finished sixth in her semi-final of the senior 60m with a PB of 8.20, while it was a similar story for Jasmine Okoye at under-20 level as she managed a best of 8.12 in finishing seventh.

Ndeye Binta Nam managed a best in the 200m of 28.41 before finishing sixth in the final, while Will Owoye bowed out in the semis of the 200m.

## sport



David Steed on his ultra marathon debut.

## Athletics

**Viewtube Runners were in action at the Victoria Park half marathon at the weekend.**

Lydia Wilson was first member home in 1:50.03, as Jenny Winter broke the two-hour mark for the first time with a new best of 1:58.27.

Rajesh Kerai was only just outside his personal best, clocking 2:00.53, as Chris Cameron finished ninth overall at the Battersea Park 10k in a 37.40.

David Steed made his ultra marathon debut as he finished the 42-mile country to capital event in eight hours 48 minutes.

**See [theviewtube.co.uk/runners](http://theviewtube.co.uk/runners) for more details.**

## Athletics

**A group of three intrepid East End Road Runners took on the Country to Capital Ultra race at the weekend.**

Marc Upton completed the 45 miles in just over eight hours, while Claire Adamson and Ravindra Luggah finished after 33 miles.

All three were making their debuts over the ultra distance, after two other club members had been in action at the Chase the Moon 10k at the Olympic Park.

Leena Choi finished in one hour 18 minutes, while Nuray Shoukri clocked the same time on her debut over the distance.



East End Road Runners at the Country to Capital Ultra event.