

## SPORT

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## Athletics

**It proved to be a tough opening fixture for the Newham & Essex Beagles in the UK Women's League, but once again their stunning team spirit saw them battle home in fifth place.**

There were some great performances and manager Tim Mundle was proud of his team on the day.

"It was the same for all the teams of course, but we were missing athletes because of exams and a couple of injuries," he said.

"But the team spirit was incredible. I pick the athletes and then they look at the gaps we have and they get together and fill them. It was such a good day."

Two of those gap fillers were Julia Neilson and Adele Stach-Kevitz who ran in the 3,000 metres and then went straight over to run the 400m.

"We had no runners in the 400m, so they both decided to use that race as a warm down," said Mundle.

"It scored us more points and shows just how committed the team is."

Perhaps the star of the day was Meg Rapley. The youngster won the B 400m hurdles with a best of 66.02 and then won the 2,000m steeplechase where her time of 7.23.7 was a new best by a whopping 23 seconds.

Tanyaradzwa Paine-Motsi was second in the sprint hurdles, while Stephanie Ugbo was third in the 400m hurdles.

In the field, Katie Head was a brilliant second in the hammer, throwing 58.30 metres, with Grace Jenkins fourth in the B event.

Jenkins also came second in the discus with 43.69m and third in the B shot.

The triple jump proved fruitful for the Beagles as Victoria Oshunremi was second in the A event with 11.49m, while Rochelle Jones managed the same in the B with 10.91m.

Demi Bromfield was third in the A javelin, while there was also a win in the B event as well as fifth in the A shot.

"It is going to be a tough season, but we will battle all the way and hopefully have a stronger team out for the next match," said Mundle.

**Match Score: Enfield & Haringey 189; Bristol & West 188.5; Victoria Park (Glasgow) 186; City of Sheffield 163; BEAGLES 152; Havering 139; Nene Valley 120; Sale Harriers 67.**



Rory Chesser takes the water jump in the 3,000m steeplechase during Sunday's British League victory in Barnet. Pictures: WAYNE BELL

# Birchfield beaten as brilliant Beagles storm to the top of British League standings

**Newham & Essex Beagles were celebrating at the weekend as they not only won match two in the British League, they also moved to the top of the table in the overall standings.**

Mighty Birchfield Harriers have been almost ever present at the top in the last few years, so Beagles team manager Rowan Griffiths was rightly proud of his team at the weekend.

"It was a big improvement on the first match in Swansea and that was a pretty good day," said a delighted Griffiths.

"Consistency was the key on the day and that is what Birchfield have always been so good at.

"We didn't have that many individual wins, but on the track, all bar one made the top four and the only one who didn't was because he cramped up."

There was a remarkable debut for Joel Pascal who as Griffiths explained, was only along for the

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## DAVE EVANS

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ride at Barnet.

"He is only 16 and was going to run in a non-scoring race for experience. But when Aidan Syers, who is one of our oldies, had to drop out, he came in to the B 100m.

"Joel is very slight and very little and to see him stand next to the Birchfield athlete was funny – he looked double his size!"

In the end he battled home in second place in 10.78 seconds, while David Bolarinwa was also a close second in the A string.

"It was great to see David looking back to his best," added Griffiths.

"He has had such a tough time with injuries, but he has never

given up and only lost on the line with the same time as the winner."

Olympic athlete Rabah Yousif won the 400m in 46.34 with Lewis Davey adding the B honours.

In the sprint hurdles, Jonathan Ross stormed home in the A race and was matched by Alex Al-Ameen in the B event.

There was more success in the steeplechase with second for Rory Chesser in the A race and a win for Olivier Heaslip in the B event, while Ben Snaith was second in the 200m.

"Ben was injured at the start of the season, so it was great to have him back and he ran really well," said Griffiths.

"He also helped the 4x400m relay team to finish second."

In the field, there were second places for Hassan Abdelgawad and Thomas Head, while the returning Michael Pupilampu put in a superb display by not only winning his own event in the triple jump, but also finishing second in the long jump.

Matt Beatty had a good day with a win in the B discus and third in the B shot.

"We were still missing one or two, but I was really confident going into the match," said Griffiths.

"It was probably the best team we have had for a couple of years and everyone performed well.

"We are top of the table, with a little bit of a cushion in terms of points, but it all starts again in the next match. It is now a two-match league."

The third match is in Sheffield in July.

**Result: Beagles 362; Birchfield 312; Shaftesbury 291; Harrow 283; Woodford 274; City of Sheffield 250; Blackheath 207; Cardiff 205.**



Beagles in action in the British League.

## sport

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**Newham & Essex Beagles youngster Joel Pascal began a weekend to remember on Saturday at the Essex Schools' Championships.**

Chelmsford was the venue for a team of intrepid Beagles with Pascal leading the way in the Intermediate boys 100 metres.

The 16-year-old won his heat in a time of 11.19 seconds, before improving that time to 11.04 to win the gold medal in the final.

Just a day later the youngster made a stunning debut for the Beagles team in the British League.

Back in Chelmsford there were more medals for the Beagles.

Aaron Ashmead-Shoye won a fine silver medal in the triple jump with an effort of 13.94 metres, while Damope Akinyemi picked up a bronze in the long jump, leaping 6.61m.

In the junior boys, Ossari Acquah won his 200m heat in 24.31, before picking up the silver medal in the final with a time of 24.16.

For the junior girls there was also a couple of medals.

Sariya Shoyelu-Armstrong won her heat of the 100m, before clocking a fine 12.60 to claim a superb silver in the final.

And to round things off, Ernesta Acquah managed a leap of 1.46m in the high jump for the bronze medal.



Joel Pascall (above, centre) and Aaron Ashmead-Shoye (below) celebrate.

Pictures: NEB

