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Athletics

Newham & Essex Beagles athletes struck gold at the BUCS Championships in Sheffield over the weekend.

Emma Nwofor won the 60m hurdles for Brunel University in a personal best of 8.23seconds, as clubmate Mobalaji Adeokun took bronze for UEL in 8.43.

And Nwofor – who is coached by Linford Christie – added high jump gold with a clearance of 1.75 metres, while also winning bronze in the long jump with another personal best of 5.92.

Fellow Beagle Kai Jones – also representing Brunel – won shot put gold with a best effort of 15.73, which left him 11cm clear of his nearest rival.

And UEL's Corinna Humphreys won 60m silver in 7.48, as Beagles' Tayla Carter finished sixth in the final in a personal best of 7.67.

Beagle Kehinde Ademola, also running for UEL, clocked a personal best of 26.79 in her 200m heat, as Emmanuel Sosanya ran a season's best 48.88 in his 400m semi-final and then went on to win a bronze medal for UEL in the 4x200m relay.

Beagles pole vaulter Archie McNeillis cleared 4.70m while representing Oxford University and Rochelle Jones leapt 11.78m to qualify for the women's triple jump final, but could then only manage 11.12 for UEL.

Other Beagles were in action at the British Indoor Championships in Birmingham, where Asha Philip and Finette Agyapong claimed titles.

Michael Warner clocked 6.99 in his 60m heat, while Dolita Awala-Shaw ran a fastest-ever 7.69 in her heat.

Susanna Banjo stopped the clock at 55.81 in her 400m heat and Alex Al-Ameen finished his 60m hurdles race in 8.27.

Meanwhile, Paralympic silver medalist Jonathan Broom-Edwards produced a first-time clearance at 2.03m in the high jump, before three failed attempts at 2.08.



Beagles' Emma Nwofor.



Asha Philip celebrates after her latest title on the track. Picture: PA

In-form Philip pushing for a world indoor medal, as best from Agyapong secures title

Athletics

After retaining her British Indoor women's 60m title in Birmingham, Newham & Essex Beagles Asha Philip is focusing on a dream world medal, writes Ziad Chaudry.

The 28-year-old rubber-stamped her IAAF World Indoor Championships spot with a relatively comfortable 7.12secs victory ahead of Daryll Neita (7.26) and Bianca Williams (7.28).

Philip will go into her fourth World Indoor campaign in a rich vein of form having won six of her eight 60m races and clocked a season's best of 7.12 in Karlsruhe, Germany last month.

"I felt like I had a great winter and the indoor has started well so I just had to execute the race and confirm my place on the team for the World Indoor Championships," said Philip.

"It was the perfect preparation to compete on the same track as the championships. You can't be complacent at these championships. It was about doing the job and qualifying.

"I still have so much to learn, so every race is giving me new experiences. The times I am running are good – I opened the season with 7.18, my fastest-ever opener, so it gave me a lot of confidence for every race. It has been an improvement each race, so I know Asha is in shape."

The next time Philip steps back on the Arena Birmingham track



Finette Agyapong wins the 200m in Birmingham. Picture: PA

will be at the World Indoors in a couple of weeks time.

"It is a bit daunting competing here," added Philip. "The next time I'm in here, I'll be racing at the World Indoors so that was in the back of my mind. It did build up a bit of tension but it was the perfect rehearsal.

"I will only accept a medal at the World Indoors. This is my fourth time: I've finished fourth, fifth, out in semi-finals but I'm not doing that this time."

Beagles clubmate Finette Agyapong retained her maiden British Indoor 200m title with a

superb 23.30 personal best win.

After finishing sixth in the 60m dash the 20-year-old Plaistow born sprint specialist beat home favourite Meghan Beasley (23.57) and Amber Anning (23.94).

"I'm so pleased to come out of this as British champion and with a personal best," said Agyapong. "It is tough going through three rounds in a day but I've really enjoyed it. I've had to work hard for that title but it shows me all my training is paying off so I can take a lot from my performances and move into my next block of training."

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Football

Clapton assistant manager Wayne Seal wants his men to bounce back against local rivals Sporting Bengal United this weekend.

The Tons welcome Imrul Gazi's men to the Old Spotted Dog on Saturday (3pm) as they look to get back on a run after falling to a 1-0 defeat to Takeley last weekend.

Jonny Fowell and Seal's men currently sit sixth in the table and are hoping to keep chasing down the top five in the Essex Senior League.

"It's another home game and a chance to put things right from the Takeley defeat," Seal said.

"The expectation from our point of view is to go out there, win the game and get as high up the league as possible."

Seal praised Gazi for watching them against Takeley and admits it will be a tough test as Bengal will be desperate for points.

"I know their manager came to watch our last game as he posted on social media that he came," he added.

"They're in a dog fight, they've got some good individual players, but every point at this stage means everything to them.

"What we're expecting is a highly technical team, in my opinion they're a very good group of individuals, whether that makes you a good team or not is different.

"I'm not saying this with any disrespect, but they're in a dog fight."

Former Witham Town coach Seal admits anything could happen with the league yet as the top five have all got to play each other.

"Anyone can beat anyone on their day in this league, the league is such a rollercoaster of a league," he said.

"Great Wakering drew with Redbridge, Romania have got to play Wakering and Basildon, and we've got to play Basildon and Redbridge, so if we can get back to winning ways as soon as possible, it give us a chance."

The Tons could also be bolstered by the return of winger Ryan Reed on a more permanent basis from Bostik North side Barking, with Seal adding: "We hopefully might be having Ryan Reed on a bit more of a permanent basis.

"It will be great to get 'Reedy' back. Not only do we know him, he knows all of the boys so it's an easy transition."