

sport

Rugby

Kings Cross Steelers will be looking to make it back-to-back derby victories before heading into the Christmas break.

The Steelers will travel to east London rivals Millwall RFC and their Millwall Park home on Saturday as they look to make it four consecutive wins in the London 3 Essex.

Dean Cutting and his side still sit seventh in the table after a slow start but will now be eager to build on their recent form.

They go into the clash on the back of a comfortable 17-3 victory against ground-sharers East London last weekend.

Director of Rugby Dean Cutting said: "All of us at Kings Cross Steelers are pleased with the result having beaten our club hosts for the first time ever in 23 years, but not a complete surprise to us.

"We have felt that we have been improving weekly in different areas and things were coming together nicely so this is a credit to the hard work the players have been putting into training and match-days.

"Regarding the game we felt we played well but left a few scores out on the pitch, as I am sure East London feel the same, but KXS defence and will to win I felt was the defining factor on the night.

"Holding a strong running East London team try less for the first time this season was reward enough, but most importantly to us it is another victory in the league and a well deserved four points on the table."

"This weekend we face Millwall and we'll be trying to get another victory to see us into, and over the Christmas break."

The Steelers will not play after this weekend until Saturday, January 5 when they return from the festive break to face another rival in Ilford Wanderers at Memorial Park.



A Kings Cross Steelers player in action. Picture: TIM EDWARDS



The young Beagles show off their medals from the latest Lee Valley Minithon at the weekend.

Picture: NEB

Record Beagles turnout for latest Lee Valley Minithon

Athletics

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Newham & Essex Beagles had a record 25 young athletes at the latest Lee Valley Minithon on Saturday and all of them showed their potential.

Coach Tim Mundle could not have been more pleased with the turnout on a day when 320 kids took part in various activities.

"It was a fantastic day," he said. "I would like to thank all the athletes for coming along, to the parents that were there to support them as well, it really was great to see.

"I would also like to give special thanks to my fellow coach Sonia Allman who gave up her birthday to be there all day."

Team GB discus thrower Abdul

Buhari was the special guest, coming down at the last minute to chat to the kids, many of whom were competing for the first time.

The athletes get a choice of competing in three out of seven events – the 60 metres, long jump, 200m, shot, turbo javelin and the 60m hurdles.

All competitors get a medal with the colour depending on how well they do in their three events.

"There was a lovely moment when Omari Bailey broke his PB for the 60m, going under nine seconds," added Mundle.

"He is only a youngster and he got quite emotional about it, but a few of the others went over to pat him on the back, which shows a lovely team spirit."

Bailey won the gold alongside Joshua Esho in the boys' year four and five group.

Lewis Walters won bronze, while new boys Abel Daniel, Malachi Walters and Jeremiah Frank did the same.

For the girls in year four and

five there was gold for Khadijah Daanwi, silver for Oyinlade Ogubule and bronze medals for Sonali Pasco, Grace Ring and new girls Angel Alexander-Darko and Mya Warren.

There were two golds for the girls in the year six and seven category where Karis Wilson put in another fine display.

Sarah Campbell improved on her silver from last time to strike gold, while Chenoa Acquah managed silver.

Debut girls Jayden Harley, Mary Ogunde and Sharae Burgess all took bronzes, along with Agboola Salmon-Alaran.

For the boys there was a gold and three silvers with Christopher Thompson leading the way in his final season of minithon.

Sanjay Saunders, Jeremiah Oham and Fundi Osunsami all struck silver, while bronzes went to Jeffrey Egbeobauwaye and another new boy in Yoel Daniel on another great day.

sport

Rugby Union

East London will hope to end the calendar year on a high when they visit Campion on London Three Essex on Saturday.

The Memorial Park outfit head to Cottons Park on Saturday for their last game before the league takes a break over Christmas.

Head coach Eddie Gooby will hope his side respond at Campion after a disappointing outing at home to Kings Cross Steelers last weekend.

Under the Friday night lights, Gooby's men suffered a surprise defeat as they went down 17-3 to Steelers.

The home team's solitary score came from the boot of fly-half Ryan Billinghamurst, who kicked a first-half penalty.

Despite plenty of effort, neither side were able to register a single point in the second half of a match that was played in testing conditions.

But East London head coach Gooby was magnanimous in defeat and praised Kings Cross for their performance.

"Congratulations to the Steelers," he said. "They defended very well and despite a lot of pressure we just couldn't take the opportunities we created."

The head coach will hope to see East London bounce back on Saturday when they visit Campion.

However, East London will be aware of the difficult nature of the game with their hosts one point and one place better off in third.

sport

Latest tables

Basketball

British League

| | P | W | D | L | Pts |
|--------------------|----|---|---|----|-----|
| London Lions | 11 | 9 | 0 | 2 | 18 |
| Sheffield Sharks | 11 | 8 | 0 | 3 | 16 |
| Bristol Flyers | 9 | 7 | 0 | 2 | 14 |
| Newcastle Eagles | 11 | 7 | 0 | 4 | 14 |
| Leicester Riders | 8 | 6 | 0 | 2 | 12 |
| London City Royals | 8 | 5 | 0 | 3 | 10 |
| Plymouth Raiders | 11 | 5 | 0 | 6 | 10 |
| Cheshire Phoenix | 11 | 4 | 0 | 7 | 8 |
| Manchester Giants | 7 | 3 | 0 | 4 | 6 |
| Glasgow Rocks | 11 | 3 | 0 | 8 | 6 |
| Surrey Scorchers | 11 | 2 | 0 | 9 | 4 |
| Worcester Wolves | 11 | 1 | 0 | 10 | 2 |

Football

Women's Super League

| | P | W | D | L | F | A | Pts |
|-----------------|----|---|---|----|----|----|-----|
| Arsenal | 10 | 9 | 0 | 1 | 42 | 7 | 27 |
| Manchester City | 11 | 8 | 3 | 0 | 33 | 6 | 27 |
| Chelsea | 11 | 6 | 4 | 1 | 15 | 5 | 22 |
| Birmingham City | 11 | 7 | 1 | 3 | 14 | 8 | 22 |
| Reading | 11 | 5 | 3 | 3 | 17 | 13 | 18 |
| West Ham United | 11 | 5 | 1 | 5 | 16 | 19 | 16 |
| Bristol City | 10 | 4 | 2 | 4 | 9 | 14 | 14 |
| Liverpool | 11 | 3 | 1 | 7 | 8 | 19 | 10 |
| Everton | 10 | 1 | 2 | 7 | 7 | 20 | 5 |
| Brighton & Hove | 11 | 1 | 1 | 9 | 7 | 28 | 4 |
| Yeovil Town | 11 | 1 | 0 | 10 | 6 | 35 | 3 |

Results: Brighton 0 Chelsea 4; Everton 0 Bristol City 2; Man City 1 Birmingham 0; Reading 2 Liverpool 2; Yeovil 0 West Ham 5.

Rugby

London Three Essex

| | P | W | D | L | F | A | Pts |
|---------------|----|----|---|----|-----|-----|-----|
| Epping UC | 11 | 10 | 0 | 1 | 405 | 179 | 50 |
| Chelmsford | 11 | 9 | 0 | 2 | 313 | 147 | 44 |
| Campion | 11 | 8 | 0 | 3 | 284 | 226 | 39 |
| East London | 11 | 7 | 0 | 4 | 356 | 176 | 38 |
| Braintree | 11 | 7 | 0 | 4 | 285 | 182 | 36 |
| Ilford | 11 | 6 | 0 | 5 | 224 | 242 | 31 |
| KX Steelers | 11 | 6 | 0 | 5 | 215 | 170 | 27 |
| Barking | 11 | 4 | 0 | 7 | 246 | 265 | 22 |
| Cooperians | 11 | 4 | 0 | 7 | 259 | 269 | 21 |
| Canvey Island | 11 | 3 | 0 | 8 | 152 | 294 | 16 |
| Maldon | 11 | 2 | 0 | 9 | 181 | 345 | 14 |
| Millwall | 11 | 0 | 0 | 11 | 97 | 522 | 1 |