

## SPORT

## Athletics



The Viewtube runners with their medals from the Birmingham half-marathon.

#### Warm weather and some tricky hills made for a tough day for Newham-based Viewtube Runners.

They had five athletes at the Birmingham half-marathon and all knew that they had been in a race by the end of it after gruelling runs.

Leading the way for Viewtube was Ivaylo

Enchev who clocked 1hr 39mins and 38secs.

He was followed by Sabjan Sama who finished in 1:48.06, while Ellie Page was their first woman home with a time of 2:12.03.

Danuta Grosz finished in 2:13.41, while the Viewtube line-up was completed by Jaroslava Collier who finished in 2:53.08.

## Karate

#### Shoujin Karate Kai club brothers Mate and Laszlo Galambos helped them pick up an impressive 18-medal haul at the KDF Open Karate competition held at Barking on Sunday.

A number of competitors were embarking on their first ever event, seeing if they had what it takes to go toe-to-toe with other students from around the country.

Some of the Plaistow-based club's competitors were as young as seven on the day, while a few of the club's elite squad also participated.

They made the short journey back from Barking with a total of eight golds, five silver and five bronze medals to show for their efforts and cap a successful showing in east London.

The Galambos brothers, who hail from Beckton, were the star though as



Mate and Laszlo Galambos face the camera after their recent success with Shoujin Karate Kai Club.

they won the respective seven and eight year old kumite categories.

Coach Peter Bowtell was delighted with their efforts at Barking last weekend and the brothers (pictured below) are tipped for a bright future in the sport.



The Newham & Essex Beagles men pose for the camera before their opening Met League match on Saturday.

Picture: NEB

## No youngsters at all in the Beagles team but there are still some promising displays

## Athletics

## DAVE EVANS

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#### The Met Cross Country League season is usually greeted by freezing weather, rain and most of all mud, lots and lots of mud.

But the opening match of the season at Claybury Park on Saturday saw lovely sunshine and beautiful warm weather.

There were some decent runs by Newham & Essex Beagles on the day, but some glaring gaps in their starting list as the men finished eighth in division two and the ladies ninth.

"I was pleased with the turnout for the men in particular, but not really with the results," said a slightly disappointed team manager in Tony Shiret.

"Renee Walcott-Nolan ran well for the ladies and the vets also turned out and did well, while Luke Conway is running really well at the moment, but we need to get more athletes out there."

Most disturbingly, Newham had no juniors taking part. "We have a good tradition of sprinters and hurdlers coming from the area, but we have always struggled with middle-distance and cross-country runners," said Shiret.

"For the club that includes Mo Farah that is strange, but we haven't got the infrastructure or the coaches to get more runners.



The ladies team, including their veterans, were in decent form at the opening match of the Met League season at Claybury Park.

Picture: NEB

If you have plenty of youngsters to start with then that will attract coaches, but in Newham, even the Parkruns are poorly attended.

"You have to go to the suburbs to find the athletes, so that is something we have to work on."

Walcott-Nolan battled home in fifth place in the ladies race, clocking 21mins 57secs

Almost all the rest of the ladies were veterans who helped the team to second place in Division Three.

Adele Stach-Kevitz was 139th, with V60 runner Catherine Apps 155th in 28.25. She was followed by V40 Lisa Naylor in 170th, with another V40 in Natalie Traylen in 181st.

Also running were Natalya Dinca, Claire Aedamson, Sherry Horn, Shelley Jameson, Judie Regis-Findlay and Davindra Luggah.

For the men, there was an excellent run by Conway, who finished in 12th, clocking 25.56, while Dale Clutterbuck was 23rd, new boy Eion Pearce was 25th and Victor Nutakor came home 55th.

"To get four in the top 50 or so is great, but to make a real splash you need 10 really," said Shiret.

Also running were Angelo Pieris, Ian Pithouse, Francois Turpault, Derek Darnell, Liban Samater, Andrew Gwilliam and Paul Jackson.