

## SPORT

# Beagles men bank best haul yet in British League fixture

## Athletics

**Newham & Essex Beagles had their biggest points tally of the British League season as they took fourth place in Bedford.**

The result leaves them fifth overall with one match to come and the day pleased team manager Rowan Griffiths.

"That points tally would have put us second and third in the opening two matches so I was pleased with that score," he said.

"We had one or two gaps, but our new boys gave us such a boost and a lot of points. We had Thomas Somers and Chris O'Donnell making British League debuts and Ben Snaith as well and they must have scored the best part of 100 points."

Snaith won the 400 metres in 47.75 seconds, with O'Donnell adding the B race in 47.56, while Snaith took the B 200m and Somers came third in the A event.

"Rabah Yousif phoned me up to apologise for pulling out as he had been selected for the World Cup," said Griffiths. "But we didn't need him as we won both 400m races and the relay – he was surplus to requirements," he laughed.

Rory Chesser won the steeplechase and was fourth in the 1,500m, as Lennox Thompson took second in the B 400m hurdles and Victor Nutakor was third in the 800m.

In the field there were some excellent displays, but only one win, from the unlikeliest source.

"Greg Beard has been playing semi-professional darts for about



Beagles face the camera in sunny Bedford.

Picture: NEB

four-and-a-half years, but phoned me up and said he wanted to come back to us and do something different," said Griffiths.

The former Great Britain shot putter and discus thrower opted for the shot, although perhaps it should have been the javelin.

He won the B event with 5.55m, while Kai Jones threw a season's best for fifth in the A string.

There were fine second places for Hassan Arwelgahad in the hammer with a big throw of 67.60m, Jack Roach (7.32) in the long jump and Michael Pupilumpu (15.86) in the triple jump, while Griffiths was impressed with their B string athlete.

"Andrew Adegbite made his British League debut and he was excellent for a youngster. He looks a great prospect," he said, after Adegbite took second with 13.90.

Matthew Baptiste was second in the B discus and there were third places for Thomas Head (B hammer), Jerome Henry (B high jump) and George Armstrong (A discus) before with two magnificent wins in the relays.

Lewis Davey, Emmanuel Sosanya, Somers and Snaith stormed home in the 4x100m in 41.86 and then Somers, Davey, Sosanya and O'Donnell linked up to win the 4x400m in 3.12.51.

The Beagles will hope for even better when they travel to Barnet for the final match of the season where Birchfield Harriers are set to be crowned champions again.

**Result: Birchfield 340; Woodford Green 325; Shaftesbury 317; BEAGLES 310; Sheffield 248; Thames Valley Harriers 248; Cardiff 228; Swansea 137.**

## Athletics



East End Runners pose at London Stadium.

Picture: LEENA CHOI

**East End Road Runners had plenty to shout about as they entered a total of 14 teams to take part in the Great Team Relay at the Olympic Stadium.**

The first of the 14 teams consisting of Jimmi Lee, Adam Dent, Simon Leung-Chester and Ian Pithouse, came in 10th out of 500 teams finishing with a total time of 1:20.16.

Members who did not take part in the run came forward to offer their services as marshals around the course,

providing some much needed support on a very humid evening!

Jacqueline Fernandez and Pavish Karnik revisited the Olympic Park on Saturday to take part in the Summer Series 10k, with both smashing it in the hot weather.

Further afield, Fraser Smart took part in The Engadin Ultraks run in St Moritz.

For more information on the club, which welcomes all abilities over the age of 18, you can visit the club's website [eerr.org.uk](http://eerr.org.uk).

## Boxing



Danny Dignum hits out.

Picture: NATALIE MAYHEW/BUTTERFLY BOXING

**Local boxers are booked on three shows in two nights at Bethnal Green's York Hall on Friday and the Grays Civic Hall on Saturday.**

The York Hall show sees two fighters who enjoyed amateur success with local clubs continue pro campaigns in Sammy McNess and Danny Dignum.

Hard hitting ex-West Ham amateur McNess has eight wins in nine bouts at super-welterweight, while former Newham amateur Dignum seeks a seventh straight pro win at super-middleweight.

Larry Ekundayo and John

Thain meet in one of two 10-rounders, as Siar Ozgul faces Mikey Sakyi in the other, while Boy Jones junior, Dan Azeez, Hamzah Sheeraz and Harley Benn also feature.

A packed 20-bout Mick Helliet bill the following night features Newham cruiserweight Robin Dupre whose lone pro defeat came when he challenged for the Commonwealth belt last year.

Also on Saturday, local cruiserweight Tony Conquest will be looking for his 18th win in 20 bouts on the Grays show headed by Tey Lynn Jones v Darren Codona for a Southern Area middleweight belt.

## sport

### Football

**Clapton midfielder Nathan Cook has reportedly joined Bostik North outfit Witham Town ahead of the 2018/19 season.**

The 28-year-old announced he was leaving the club last month on Twitter and has joined the Essex club for their pre-season.

Cook joined Clapton in the summer of 2015 and was part of both Mike Walther's team that won the Gordon Brasted Trophy and Jon Fowell's side that finished as Essex Senior League runners-up.

He bagged eight goals from midfield in 2015/16, went one better the next season, then finished an injury-hit 2017/18 season with two goals in the final two games after missing the majority of the campaign.



The midfielder played for Witham in a 7-1 pre-season victory against Eastern Counties League Premier Division side Haverhill Borough at the weekend.

Cook will be hoping to get more chances to impress away to Sawbridgeworth Town on Saturday and Harwich on Tuesday.

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