

Hockey

Patience is a virtue in win

Brentwood 0 East London 3

PATIENCE was the key for East London as a controlled performance at Brentwood earned them another precious league victory.

The home side sit at the foot of League Division Three SE, but they were no pushovers as East London were restricted to a just a handful of first-half chances, despite having most of the possession.

However, two early goals in the second half sent East London on their way to victory.

First Rory Feldman flicked a loose ball in the D, high into the Brentwood goal, before Dan Hyden set up Adam Willoughby, whose initial strike was deflected past the unfortunate goalkeeper.

East London then began to dominate, with Steve Peck and Dan Tonkin outstanding in defence.

Hyden rounded things off when he deflected a well-worked short corner over the line to seal the victory.

■ THE second XI lost 2-0 at home to Old Southendian.

East London had a raft of chances to score, but were unable to find the target.

The defeat leaves them chasing a seven-point gap to the final promotion spot from Division 5SE with only five games remaining.

The third XI fared better returning from Thurrock with a 4-0 victory.

A hat-trick from Adam Lord helped East London to take all three points and they now hold a strong position, lying second in Division 6SE.

Maldon mauled by East London

Maldon 22 East London 57
EAST LONDON returned to winning ways with a convincing victory over mid-table rivals Maldon on Saturday.

Following the narrow defeat to Thames three weeks earlier, the visitors appeared refreshed after their two week break and played excellent rugby.

Blindsie flanker Dan Bracken picked up his second hat-trick of the season with some fine support running and winger Ross Goodman also added a couple of well-taken tries.

The remaining four tries were scored by prop Sam Alexander, hooker Will Masters, winger Michael Anderson and centre Dave Eve.

The ever-reliable boot of fly-half Ali Gorse completed seven out of the nine conversion attempts to secure the win.

East London host Clacton this weekend, a team that beat them in the reverse fixture earlier in the season.

Rugby Union

East London Wyverns 89 Rochford 10

THE WYVERNS, East London's second team, cemented their position at the top of Merit Division Four with a resounding home win on Saturday.

Despite a last-minute reshuffling of the team due to unavailability, the Wyverns outclassed their opponents.

One of the late changes saw wing Matt Stockwell move to outside centre, which turned out to be an inspired move as Matt Banahan finished with an impressive tally of six tries.

Apart from the heroics of Matt Stockwell, Richard Wheadon and Frank Murphy also produced some fine offensive play, while Steven Dezzo and Jack De Santos showed great commitment in defence.

The Wyverns play Maldon's second team this weekend as they look to continue their fine run of form.

King James is the star for NASSA boys

Spelthorne 41 NASSA 114
NEWHAM ALL STAR SPORTS ACADEMY (NASSA) under-13 basketball team blew their opponents off the court after a stunning performance.

The win was even more welcome given that NASSA (*below*) took only eight players to the match.

Excellent team work set the NASSA boys on the right track with Jonathan James the star player, but Calvin Kintu and Daniel Fatomide

Basketball news

also demonstrated good team work.

Spelthorne made a valiant effort but were no match for the visitors.

Greenhouse Giants 26 NASSA 81
NASSA'S under-14 basketball team had a fantastic win this weekend in their away game against Greenhouse Giants.

The east London boys were strong in all elements of their game including

defence, fast breaks and offence as Greenhouse were simply outmatched.

The NASSA boys established an early lead and kept a steady pace throughout the game to give them the result that they needed.

NASSA 96 Worthing Thunder 87
NASSA'S under-15 basketball team took on Worthing Thunder at home at the weekend.

The game was close from the beginning until a late surge allowed NASSA to lead by 26 baskets at half-time.

The third quarter saw Worthing Thunder come back strongly and work hard to close the gap and, by the end of it, the pressure was beginning to show with NASSA's top scorer William Acheampong (32 points) fouled out.

The fourth quarter saw another NASSA player fouled out of the game and, with Worthing Thunder closing in, NASSA had to dig deep to keep the game moving in their favour.

In a tense finish, their efforts paid off and NASSA managed to keep their lead and win the game by just nine points.



Time running out despite Lewis win

And it's back to square one for disillusioned Tomlinson

NEWHAM AND ESSEX BEAGLES pole vaulter Steve Lewis is preparing a last-gasp attempt to board the plane to Doha after falling short of the qualifying mark at the World Indoor Trials and UK Championships at the weekend.

Lewis topped the podium at the English Institute of Sport in Sheffield with a clearance of 5.56m to cement his status as the UK's top vaulter.

But despite retaining his crown ahead of Manchester's Andrew Sutcliffe and Luke Cutts of Dearnside, Lewis failed with three attempts at the crucial height of 5.71m.

And the 23-year-old admits he's running out of time to meet the standard ahead of the February 21 deadline.

"Unfortunately I couldn't beat the Doha qualifying standard even though I gave it everything," said Lewis.

"I gave myself three shots at it but it just wasn't going to happen.

"The deadline is getting closer and closer but everything is there or thereabouts so I'm sure I'll get there soon enough.

"Winter training was really good and I'm very happy with where I am right now.

"I've also got the Commonwealth Games to think about and it is an event I really enjoy.

"It's good to compete on such a high level and it is something that definitely motivates me.

"Before the Commonwealths I've also got the Europeans as well so they are my immediate aim and everything is looking good for it."

Fellow Newham and Essex

Athletics news By David Jordan

Beagles athlete Chris Tomlinson insists his plans for Doha are on the back burner after he failed to defend his long jump title.

The 2008 world indoor silver medallist produced a final leap of 7.75m, but was forced to settle for silver behind GB rival Greg Rutherford.

And the 28-year-old insists he's taking his technique back to the drawing board before making any decisions on his 2010 itinerary.

"It wasn't my day today, Greg jumped well and so the title goes to him and I just have to congratulate him," said Tomlinson.

"I don't know if I'll be going to Doha or not, it doesn't matter really because until I get my long jump sorted it doesn't really matter where I go.

"I'm not really interested in competing anywhere at the moment, whether that is the world indoors, the Europeans or the Commonwealths because I'm not jumping well enough for it to be worthwhile.

"I'm tired of going to competitions and not being able to compete for medals. "My long jump hasn't been right for too long now and it is time I addressed it.

"I've been to plenty of major finals, I don't need the experience, and I don't want to go places just to make up the numbers in the finals anymore."

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OVER YOU GO: Steve Lewis in action during the UK trials in Sheffield at the weekend.

Beagle Harun is 'Love Run' champ



VICTORY: Beagles' runner Harun Abdi.

HARUN ABDI of the Newham & Essex Beagles club took first place in the men's section of the City of London West Ham Park 5km run series.

In the event held at West Ham Park on Valentine's Day, and dubbed the "Love Run", Abdi clocked a time 17 minutes 51 seconds, the fastest timing of the series so far.

John O'Shea of Highgate Harriers continued to dominate the series with a third win in the men's 40-plus category with a time of 18.45.

Diana Kennedy of Woodford Green Ladies won her second consecutive women's 5km run with a time of 19.22.

Eton Manor's Rachel Brittle sealed her second victory in the women's 35-plus

ATHLETICS EXTRA

category by completing the course in 26.29.

O'Shea and Rachel Lund won the fastest couple title in a field of more than five couples in the specially-themed category.

Tessa Sanderson CBE presented prizes to all of the winners.

The fourth and final build-up run of the Newham Classic 10km run will be held on February 28 at West Ham Park.

Overall winners of the series will be awarded with prizes during the Newham Classic 10km, which will be held on April 18, at West Ham Park.

Ten-pin Bowling

Still going like the Clappers!

CLAPPERS regained the lead on pin count as they moved level with Rat Pack at the top of the Sunday Trios ten-pin league at Dagenham Bowling.

Misfits remained in third. In the handicap division, Cobras stay top from Pinball Wizards and the A Team.

Pinpals finally moved into double figures at the bottom of the handicap table as in their latest hard-fought game they lost by a

narrow margin.

High games came from Alan Jones and Steve Bryant with 202.

High series came from Asad Khan with 548, Albert Chinniah with 544, Becky Martin with 530, Richard Halls with 528, Steve Bryant with 524, Alan Jones with 522.

Results: Clappers 8 Three Ks and a P 0 (handicap 8-0); Cobras 4 Misfits 4 (5-3); Pinball Wizards 8 Pinpals 0 (6-2); The A Team 4 Rat Pack 4 (8-0).