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Tomlinson flies to Euro qualification



CHAMPION: Chris Tomlinson's leap of 8.17m was enough victory in Birmingham at the weekend.

LONG-JUMPER Chris Tomlinson led the charge for Newham and Essex Beagles at the European Trials and UK Championships by leaping to gold in Birmingham.

The 28-year-old took the national title with a leap of 8.17m – 33cm clear of nearest rival JJ Jegede – thereby securing his ticket to Barcelona for next month's European Championships.

With GB national record holder Greg Rutherford absent from the trials Tomlinson, who will compete at the Super8 in Glasgow next week, was always going to be the odds-on favourite to lift the title.

But despite living up to his pre-match billing in Birmingham, Tomlinson was quick to warn his European rivals he has not hit his top form yet.

"It was nice to obviously come here and win, with a good distance like 8.17," said Tomlinson.

"But to be honest I am still not entirely happy with it because I felt like I could have jumped a lot further. So while I am clearly chuffed to have a gold medal around my neck, I am still a little bit disappointed that I haven't jumped further.

"I keep telling everyone that I am going to

Athletics News by Ben Baker

jump 8.50, but talk is cheap and I won't be happy until I actually do it. But I hope that I am just saving it for the Europeans and I am going to pull it out when it really matters in Barcelona.

"The Europeans are the biggest competition this season and they have been on my radar since the beginning so I can't wait to jump out in Barcelona.

"I am also looking at the Commonwealth Games but I am just taking it one stage at a time and I am not taking my eye off Barcelona."

While Tomlinson appeared to have shaken off his early season gremlins club-mate Steve Lewis opted not to appear after failing to register a height in the pole vault at the European Team Championships in Bergen the weekend before.

Super8 is based on a City v City format, the event was piloted in Cardiff in 2009 and will make a long-anticipated return in Glasgow on Wednesday July 7.

Tickets are available by visiting or Ticket Hotline 08000 55 60 56.

Farah grabs a super second

Beagles Extra

CHRIS TOMLINSON may have grabbed the headlines for the Beagles at the weekend with his first place at the Aviva European Trials and UK Championships, but there were plenty of other excellent performances from the Newham athletes.

Sam Farah, younger brother of Great Britain star Mo, showed that he has plenty of potential over the steeplechase as he battled his way to a superb second place.

Farah (right) clocked a season's best of 8.52.42 to show his credentials, though it was still some 15 seconds adrift of winner Luke Gunn.

Max Eaves was another excellent runner-up as he was pipped to the javelin title by a whisker.

Eaves' height of 5.35m was two centimetres off his best, and the same height as the winner, but he was to miss out on count back and had to settle for second.

The Beagles' domination of the long jump was not confined to Tomlinson's efforts. Right behind him was team-mate JJ Jegede who leapt a season's best of 7.84m to claim second, while Andre Fernandez was ninth with 7.26m.

Robbie Grabarz was third in the high jump thanks to an effort of 2.25m, with fellow Beagle Matthew Roberts not far behind with 2.15m for fifth.

In the 800m, James Shane won his heat in 1.50.32, before booking his place in the final with a 1.48.42 for third in the semis.

The final was one step too far though as the 20-year-old found winner Michael Rimmer too hot to handle and he had to settle for a creditable sixth place, in his slowest time of the championship – 1.50.80.

In the women's race, Leigh Lennon, last week's under-20 UK champion, rubbed shoulders with the big girls.

In a blanket finish in her heat, experience told against her as she finished seventh in 2.10.19, almost the same time that won her last week's race.

The experienced Mark Findlay made his way into the final of the 100m with some composed displays.

He was second in his heat in a season's best of 10.46 seconds and then second to Marlon Devonish in the semi-final, clocking 10.53.

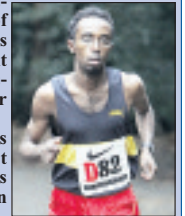
In the final though, he had to settle for seventh place behind winner Dwain Chambers as he finished in 10.48.

Also in the sprint, Aiden Syers and Ryan Scott both made it through their groups, before being eliminated in the semi-final, Syers just missing a final slot with a 10.55 for fourth place.

Youngster Alex Al Ameen impressed in his sprint hurdles heat to book a place in the A Final, where the 21-year-old eventually finished sixth in a time of 13.92, while another youngster, 19-year-old Rashid Kakoza, was seventh in his 200m heat in a slightly disappointing 22.07.

Rounding things off, Mark Bown was seventh in the 400m heats, Chris Mackay was five seconds off his best in finishing 13th in his 1,500m heat, while Mark Warmby did not finish in the 5,000m.

Kevin Skinner ran a season's best of 29.50.44 to claim 13th in the 10,000m, while Steve Green was fifth in his 400m hurdles heat, Simon Bown was sixth in the hammer with a throw of 66.29m and Hayley Thomas' throw of 45.50m was enough for sixth in the javelin.



Plenty of hot stuff in sunny West Ham Park

RUNNERS converged on West Ham Park for the 5k Run Summer Series at the weekend.

The event, organised by the Tessa Sanderson Foundation with support from the *Newham Recorder*, saw 80 competitors battle it out in the first run of the series.

Igor Cojusneanu of Moldova won the men's race with a time of 18 minutes and 53 seconds.

Matt Ponting (19.05.50) of Thames Valley Harriers and Muhammad Tariq (20.36.90) finished in second and third place respectively.

In the women's section Havering Mayesbrook's Robyn Matson finished in first place clocking 19.38.30.

Annika Notron and Zalika Wallace took second and third place.

In the women over-35 category Dagenham 88 runners' Inga Hayden-Cooper crossed the line first, recording a time of 24.25, while stand-up comedian Andi Osho finished second in 25.23. Nicky Brown was third in 27.05.

There was intense competition in the men's over-40 race with Glenge Brown emerging victorious with a time of 23.12, beating Martin O'Toole (23.27) and David Watkinson (23.31).

There will be a total a seven Sunday Runs in the Summer Series, which will end on August 8 and all are welcome.



WINNERS: Olympic gold medallist Tessa Sanderson poses with Park winners Robyn Matson (left) and Moldovan Igor Cojusneanu after the race.

Shaw fire bronze for Rachel

NEWHAM SWORDS Fencing Club continued its medal rush at the English Youth Championships last weekend.

In the girls' under-11 event in Hatfield, Rachel Shaw, took the bronze medal, whilst team-mates Alice Campbell and Camilia Houzaz came 16th and 20th respectively.

In the boys' under-13 event, Alan Lozovic took the silver medal and his team-mates Kamal Minott, Pearce Clarke, Ilyas Hakim and Nathan Dickison came 5th, 18th, 30th and 32nd.

Fencing news

In the boys' under-15 age group, Jai Birch took the bronze, whilst team-mates Habib Adebajo and James Urdzal finished 29th and 28th respectively.

These set of results now mean that Birch and Lozovic have automatically qualified for the England under-15 team, which will be in action in Paris next February.

"We are really proud of what the fencers achieved at this competition, particular-

ly Jai and Alan who have now qualified for the England under-15 team at the age of 12 and 13", said Swords manager, Linda Strachan.

"This now means that Newham Swords Fencing Club has four England internationals (Jai Birch, Rajan Rai, Alan Lozovic and Kamal Minnott) as well as three GB Internationals (Alex Savin, Amol Rattan and Ife Kubler) – honours which have all been achieved this season," added Swords head coach, Pierre Harper.



SIMPLY THE BEST: The Newham Swords made a splash at the English Youth Championships. (Left to Right) Pierre Harper (coach), Jai Birch, Rachel Shaw, Alan Lozovic and Linda Strachan (coach).

Dahbi earns first British call-up

NEWHAM triathlete Venita Dahbi will wear the vest of Great Britain for the first time when she travels to Ireland at the weekend for the European Sprint and Standard distance Championships.

Beagle Dahbi, finished in the top four of her age group to book a

qualifying place for the team in some tough conditions and some early starts that meant some very cold swims.

This is her first year in the sport as an elite woman, but she will be looking to make an impression in what is likely to be a high-class field.

This year's event will be held in Athlone with competitors swimming the River Shannon, cycling along the Galway Road, before heading out for a run through the historic old town of Athlone, complete with its own castle.

See next week's newspaper to find out how she gets on.

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