



Newham & Essex Beagles

AGM 14th November 2019

Chair's and Team Managers Report

Newham & Essex Beagles is a great, great club with brilliant athletes and some truly star coaches. So there is always something good to talk about when we come to review the year at our AGM.

This year is no different with a mixture of top international performances, great team efforts and the emergence of some really exciting young home-grown athletes.

Every Beagles athlete who wins a national title or even fills in to help in an event is there partly because of the support structure that allows them to develop their talents as they grow – from their parents and teachers to our coaches, administrators and team managers.

At the end of the day none of those people can run the race for the athlete – the athlete's dedication, ability, conditioning and will to win are their's alone when they step onto the track or into the throwing area. Its everyone else's job to get them to that point.

So at an early stage I would thank all of our volunteer club officers and coaches. I will come back to many of them in this review.

Looking at the athletic achievements of the year in total we were clearly much stronger in the Summer than the Winter. The Winter season was very mixed with some encouraging performances but generally a lack of numbers in the main senior men's teams. The performances of Frank Baddick and Edgars Sumskis – 14th and 25th in the National Cross country in Leeds – were the highlights. The current season has started in much the same way and we are in transition with the Men's team.

Elsewhere we have started to see the beginnings of some age group cross country teams emerging. This is mainly focused in the younger U13 age groups and results from development of the Beagles Academy and Foundation Group. Coach Jackie Simpson is now running a middle-distance group. This will take time to develop. But the sight of the Beagles vests in the U13 Met League races has been a very positive aspect of the year.

Before moving on to the track season a few words on our own meetings. This year we increased the number of mid-week indoor meetings from three to four and held two outdoor open meetings, including our first at the London Marathon Community Track (LMCT). We are booked for four indoor meetings at the beginning of 2020 and plan to hold three outdoor meetings next Summer.

The outdoor open meeting held in August was quite a success in terms of numbers but suffered from a very strong headwind. We are in talks to be able to run all races wind

assisted. We think there is big demand for events on the LMCT. This year we had to close down the entry early because so many people were applying. We also held our first trial Minithon for younger athletes which Club President Christine Ohuruogu made the presentations.

Our outdoor Summer teams were generally excellent in 2019. Both YDL teams were promoted with the Upper Age Group joint team with Basildon reaching the Southern Premiership, which is a very high standard to look forward to in 2020. Both managers - Elyzabeth Shitta-Bey and Sarah Alexander - should be congratulated.

The Men's team led by Rowan Griffiths had its best season since we last won the British League in 2010, finishing a close second in the Premiership behind Birchfield and actually leading at the half-way stage.

Tim Mundle's UK Women's League team held onto its position in Division Two with a strong last match in Glasgow. Tim has retired as Team Manager and we all thank him for the work he has done over so many years.

Next year the Men's and Women's national leagues will be combined for the first time in the National Athletics League. We will compete and see how it suits us.

The Beagles Southern Athletic League team had a mixed season. One absolute positive was the return of former club secretary Jacqui Ramsden to help Leroy Gould as team manager. We need more buy-in to this team from the coaches and athletes to make it worthwhile doing.

Before leaving the teams it is also worth noting that we remain very short of officials. In fact we are probably the only club whose members have won more Olympic Gold Medals (7) than it has qualified officials (5)! We are hoping to have a L1 Officials course at LMCT in early 2020.

Internationally the World Champs in Doha and recent Para Champs in Dubai have been successful for our athletes with medal performances in the relays from Asha Phillips and Nathaneel Mitchell-Blake, a Gold Medal at the Paras for Jonathan Broom Edwards in the High Jump and a semi-final place for the ever-great Rabah Yousif in the Men's 400m.

As with many others I have been excited by the performances coming out of our sprint teams in the younger age groups. Congratulations to Aleeya Sibbons and Joel Pascall-Menzie and their families for their amazing achievements – Joel won the English Schools 100m (and relay), the England U17 100m and 200m and topped the rankings for 100m and 200m, Aleeya was second in the Schools 100m, won the England U17 100m and topped the U17 100m rankings.

Additionally William Adeyeye won the Schools U20 110m Hurdles Gold and Aaron Ashmead-Shoye took bronze in the triple jump.

Obviously these are magnificent achievements and we would like these great athletes to understand how proud the club is of them.

I am not going to go through our national rankings here. Mo Farah top ranked at 10K, half marathon and marathon to continue his exceptional career. Asha was top ranked 60m and third in the 100m. Harry Hughes topped the Javelin in another injury-disrupted year. Our Men's 4x100m team was top ranked club (but not much faster than the Essex Boys U17 team

with Joel in both!). Michael Puplampu and George Armstrong were both highly ranked. Rabah was second in the 400m and looked the best he has done for 2-3 years.

I am happy to report that James Ellington has made a start to his comeback to sprinting after suffering a horrendous motorbike accident a year or so ago. He is a true warrior who never gives up and we wish him well for 2020.

On more everyday matters we signed a new deal with the Borough of Newham during the year covering arrangements between us for the next three years. The track at LMCT is run by a separate body, a company called LS185. After some teething problems during our first year at the new track last year was much better.

We are also seeing some progress with our Academy which is for younger athletes and some older ones wanting to try out. We are in our seventh “term” now (we operate in 10 week blocks) and the management has now been given to Mark Celaire and Maureen Egbe.

To close with some thanks – firstly to all club officers for giving their time/effort. Within this group the team managers are a very special group. The Executive Management Committee – Claudia Rabess, Nina Hepburn, Cheryl Brown and from time-to-time Adele Stich Kavitz, Barbara Willson and George Choat – is key to the club keeping going. Thanks to Elyzabeth for website and social media.

Special thanks to Christine Ohuruogu for continuing to be an inspirational President. Lastly thanks to Nina Hepburn who does so much work it is hard to describe.

I hope 2020 is another year where we can say we have moved forward working together and helped our athletes to achieve their dreams.

Tony Shiret
Chair, Newham & Essex Beagles

Senior Men’s Cross Country & Road Race Team Manager’s 2019 Review

There have been some impressive individual performances throughout the season, however unfortunately we have not been able to capitalize on this from a team perspective to medal at any Championship race during the season.

On several occasions, having exhausted every avenue on each occasion we have been unable to either get a complete team out or field an incomplete one at all. A number of our reliable Irish runners have returned back to Ireland and are not available as often. Injuries, general fitness, BUCS competitions, Training Holidays, Coach demands athletes to target other races, are just some of the reasons why availability has been an issue. We are aware of the need to attract or acquire talent, however this is easier said than done.

2019 SEAA XC Champs - No team present due to lack of athlete availability

2019 ECCA XC Champs - 14th place finish for Frank Baddick 25th Edgars Sumskis. 6 to score result 18th place.

Metleague XC - Finish 3rd place in Men's Division two, very close and only 125 points short of London City Runners which would have secure promotion.

2019 SEAA 12 Stage Road Relay Champs - 8th place finish (Qualification for Nationals (not staged in 2018))

2019 ERRRA 12 Stage Road Relay Champs - Incomplete team due to lack of athlete availability and injury

2019 SEAA 6 Stage Road Relay Champs - 18th Place for qualification to Nationals. (Finished 18th in 2018)

2019 ERRRA 6 Stage Road Relay Champs - Incomplete team due to lack of athlete availability and injury. Highlight with Frank Baddick winning the 1st leg, the 1st this happened in Beagles history I believe.

2019 SEAA XC Relay Champs - No team present due to lack of athlete availability

2019 ECCA National XC Relay Champs - 10th place finish
Wayne Bell – Cross Country & Road Race Team Manager

British Athletics League Team Manager's 2019 Review

After ending the 2018 season with a win in the last match of the year at Barnet, we started our 2019 campaign with a trip to my hometown of Swansea. A difficult and unpredictable fixture for all clubs due to the clash with the county championships. We welcomed some new recruits to the Beagles squad for 2019, Christian Von Eitzen (800m), Jonathon Ross (110H) – both scoring significant points for us on their debuts. Christian 1st in the A 800m and B 1500m and Jonathon 1st in A 110 hurdles and 2nd in B 400 hurdles. In the field George Armstrong and Harry Hughes both brought home top points in the Discus and Javelin A strings respectively.

Difficulties filling events and significantly under strength due to the county champs clash, left us travelling back to London with a pleasing result of 2nd on the day.

1st – Birchfield 349

2nd – NEB 311.5

3rd – Harrow 293

Match 2 was much closer to home at Allianz Park, Barnet. No such clashes with fixtures for this match meant, we were able to secure the services of many more of the Beagles squad. The highlight of the day for me was the emergence of future star in the making, Joel Pascall-Menzie. Obvious early form suggested, despite his age of 16, Joel would not be out of his depth in the BAL. Finishing a respectable 2nd in the B 100m with a time of 10.78 would only point to what Joel would achieve later in the year. His disappointment with his time and 2nd placing indicated his drive and determination for the season. Olympic, World and allstar Beagle Rabah Yousif was again on hand to support the team, winning the 400m with ease. On the day, we were only out of the top 4 on the track in 1 race for all A and B events and that was due to an athlete cramping during the race. The field was also stronger than in

Swansea, with Michael Puplampu bringing home significant points with 1st in his own event of the Triple Jump and 2nd in the Long Jump A too.

A stronger squad with significant depth took the win on the day and moved us in to the lead after 2 matches.

1st – NEB 362

2nd – Birchfield 312

3rd – Shaftesbury 291

After 2 matches

1st – NEB 15 points (673 match points)

2nd – Birchfield 15 points (661 match points)

3rd – Harrow 11 points (576 match points)

We travelled North for match 3 to Sheffield with our UK women's team. Again a strong track squad was the key to our success 'up north'. Joel Pascall-Menzie progressed significantly to run 10.54 in the B 100m, but was again disappointed with his 2nd place, showed the determination of the young man. Alex Alameen and Jonathon Ross brought home full points in the 110's. Someone who must be the Beagles all-time top BAL scorer of right up there, Frank Baddick ran a great 5k only just to be pipped on the line. Rabah Yousif, was again on hand to bring home 2nd in the A 400m with a more than capable future Beagles star in the making Lewis Davey, running very well to also bring home 2nd in the B event. A great track day ended with two wins in the relays. In the field George Armstrong was only beaten by his coach Zane Duquemin, so we can possibly let him off and Matthew Beatty, his training partner winning the B Discus. Joe Harris made a great Beagles debut to win the A Javelin.

On the day we backed up earlier match results with another 2nd place.

1st – Birchfield 362

2nd – NEB 318.5

3rd – Sheffield 294

After 3 matches

1st – Birchfield 23 points (1023 match points)

2nd – NEB 22 points (992 match points)

3rd – Harrow 16 points (848 match points)

Going into the last match, we knew we were up against it as Birchfield were the host club and had their tails up. We rallied the troops but knew it would be tough.

A tough match could not have started worse with a suspect DQ for a true gentleman and Beagles hero Jason Harvey, and then an injury withdrawal of Lennox Thompson after warm in the 400H left us with a uphill battle after event 1. From that point we knew it was an even tough ask. The squad stuck to it and threw themselves head and shoulders into every event.

Despite his obvious disappointment with his earlier DQ, Jason Harvey rolled up his sleeves and got back to basics. Jason was a talented multi eventer in his youth and rolled back the years to help the team with spectacular 1.95m in the HJ. Dan Mees (800m), Rory Chesser (Steeplechase) and Joel Pascal Menzie (100m) all brought home great points in the events with 2nd places. Ben Snaith ran an incredible race from lane 8 to win the 400m with 46.51 and Eoin Pierce topped off an epic season with another win in the 1500m. Frank Baddick again topped up his BAL account with another 2nd in the 5k. The sprint relay team finished their season in style with yet another triumph and ‘arm raised’ David Bollarinwa winning the 4x100m. Field hero again was Michael Puplampu, winning both the LJ (7.50) and TJ (16.50), which must be some sort of cumulative record for the horizontal jumps at a BAL match.

1st – Birchfield 396

2nd – NEB 342

3rd – Shaftesbury 319

Final Standings

1st – Birchfield 31 points (1419 match points)

2nd – NEB 29 Points (1334 match points)

3rd – Shaftesbury 21 Points (1139 match points)

At the end of the day and the season, we were just short of what was required to challenge Birchfield. Very worthy winners of the league again. Obviously, we would have loved to have won the league this season, but our strength is not quite there yet – it is true that you can’t challenge for the title of British Champions with your Team Manager doing 5 events in the season – I put my hands up and say I hold the responsibility for us not quite bringing it home, but I will recruit and nurture to get us closer next year. We have turned a corner and are building well. We will return and challenge.

Rowan Griffiths – BAL Team Manager

UK Women’s Athletics League Team Manager 2019 Review

For the 2019 season the ladies were in division two of the UK Women’s Athletics League. The season again for the team of locally based athletes from Newham Stratford and Dagenham and supplemented with a few HCA’s has again to proven to be a hard one. But as usual the ladies gave their all.

Again, this year there were three meetings, the 1st one was in Chelmsford where we finished 5th.

At Sheffield we were 6th and at the final meeting in Glasgow we were 4th. Leaving us in a final position of 5th overall in division two.

Now with the formation of the National Athletics League in order for the ladies’ section to be more competitive we would need to recruit a significant number of athletes to strengthen the team.

Once again, I would like to thank all the ladies for their efforts on behalf of Newham & Essex Beagles.

Tim Mundle – UKWL Team Manager

YDL (UAG) Team Manager's 2019 Review

Massive credit and appreciation to every athlete who competed throughout the season whilst juggling studies, work, and other competition clashes for one heck of a superb season.

There were so many superb performances to mention, however on June 30th the U17M relay squad broke the 4x100m Youth Development League record, in a time of 42.6 seconds.

The UAG had four fantastic wins from four fixtures, with maximum league points, to gain promotion to the Premier division for the 2020 season.

The UAG team's elation of promotion at the final fixture, was somewhat overshadowed by what can only be referred to as unconscious bias, which resulted in an apology from the host club, and the league.

The UAG team's promotion to Premier division was dedicated to the memory of the late Bob Smith (6 August 1955 - 26 July 2017). It was Bob's bright idea for Basildon AC and Newham and Essex Beagles AC to join forces as a composite team back in 2007, and competed in the Premier division of the then National Junior League.

The Club UAG trophy for 2019 is jointly awarded to **Aleeya Sibbons** and **Joel Pascall-Menzie** at the 2019 AGM for their individual, and team outstanding performances for club, county, and country.

Some of my fellow team managers will agree, that team managing can sometimes be a frustrating task.... if you haven't already done so, I suggest you read 'Getting The Buggers To Turn Out', by Bob Smith.

Frustration aside, immense gratitude as always goes to all those selfless individuals, who provided invaluable unwavering officiating support throughout the season. Thank you!!
Elyzabeth Shitta-Bey - UAG Team Manager

YDL (LAG) Team Manager's 2019 Review

This season all athletes performed exceptionally.

I would like to thank all the parents who attend the YDL meetings and showed us support as well as Tim, Nina, Barbara, Claudia & Sonia for officiating.

We finished 2nd in our league and are have been promoted, hopefully with the new influx of athletes from the academy we will have enough competitors to allow us to stay up!

We have lost 10 U15 athletes and hope that they have the opportunity to continue competing for the club in the upper age group YDL & SAL.

The lower age athletes of the year are Sariyah Shoyelu-Armstrong and Ossari Acquah who regularly top the clubs page on the power of 10 website & both had outstanding performances this season.

Sarah Alexander- LAG Team Manager