

Great sports

Youngsters in Stepney Green and Whitechapel took part in a sports event to promote fair play.

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Taekwondo stars hit new heights

Stepney-based Hadri Taekwondo Club soared to record heights when their 14-strong team went to Bournemouth and picked up a record ten medals, including five gold.

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Sport



The mayor, Cllr Ahmed Omer, with Team Tower Hamlets at the St George's Pools gala

By George, what great performances

YOUNG people battled it out in the pool at the Inter Borough Swimming Gala for Disabled People held at St George's Pools in Wapping last month.

Joining forces with Hackney, Team Tower Hamlets performed outstandingly, gaining several top three finishes.

In the 50m butterfly race Tower Hamlets had a clean sweep with Jessica Harper coming first in the girls' race, while

Leigh Irmakli came first in the boys.

Tony Albert also shone, highlighting his future potential after demonstrating his command over all four strokes in his first outing in the medley.

Lead councillor for leisure Rofique U Ahmed congratulated everybody who took part in the event.

"In less than three years the eyes of the world will turn to the East End, as we play host to the

London 2012 Olympic and Paralympic Games.

"I hope events like these encourage residents to take part in sport and discover their Olympic and Paralympic potential."

While playing host to the annual event, Tower Hamlets also took the opportunity to sign up to the pan-London action plan Inclusive and Active which increases sporting opportunities for disabled Londoners.

Sporting chance



Rizwaan plays table-tennis

FAIR play, friendship and community cohesion were the main themes of a half-term sports event hosted for youth groups in the Whitechapel and Stepney Green (LAP 3) areas.

Young people aged 13 to 19 came together at Haileybury Youth Centre in Stepney for a day of sport and healthy activities including football, table tennis and pool.

And it proved to be a huge success for all the participants.

"We wanted to encourage young people to have positive attitudes towards themselves and healthy living and to be actively involved in sport as participants and leaders," Zuber Ahmed, a senior youth worker told East End Life.

"The event also provided signposting to other sports and health organisations in Tower Hamlets that may be of use to young people."

Meet the record breakers

BY DAVE BROWN

MEMBERS of borough-based Hadri Taekwondo Club travelled to Bournemouth during half-term to take on the UK's best fighters at the Southern Championships – and came home with a club record ten medals.

A squad of 14, aged from eight to adults, set off from the club's Bishop Challoner School, Stepney base with high hopes.

Their optimism proved justified as they produced some incredible performances, coming home with five gold medals, one silver and four bronze.

The day began with eight-year-old Mujahid Rahman, the youngest member of the team, winning his gold with a spectacular head shot that had his opponent in tears.

His result inspired his teammates and next up was nine-year-old Nadim Miah who dodged superbly and showed great defensive techniques to take gold with a 6-0 victory.

Next was Afia Ahmed Chaudhury in the ladies section. After a slow start and a few words from coach Esrar Ahmed she exploded into action in the second round, winning 9-1.

Fadouia Threadwell, a gold medal winner in previous events, showed her experience, dominating her match to win a tight 6-5 bout for the club's fourth gold.

"I'm extremely proud of the

team, they have smashed all previous club records. The dedication and focus was fantastic," Esrar said.

The squad's achievements were celebrated at a special awards ceremony last weekend when Shadwell councillor Abjol Miah, who won a bronze and silver medal for Great Britain in 1994 and is an expert in stick fighting, was principal guest and gave out the awards.

"This is a fantastic achievement," said Cllr Miah.

"I am delighted to witness so many young people participating in this sport which promotes health and self-discipline without injury.

"Martial arts are an under-promoted sport in Britain but we may be looking at future Olympic champions here as this is will be in the 2012 Olympics."

Cllr Miah said he was particularly happy that so many women and girls were now participating in the sport – and that the first female instructors had come from this club.

"We want this to be a sport for all sections of the community and for men and women, boys and girls.

"In particular, I want to encourage more women both to participate and to train to become instructors," he said.

Hadri Taekwondo is opening up more classes and has plenty for spaces for teenagers and adults. Contact Esrar Ahmed for details on 07946 376435.



Club members get in training for future competition



Cllr Abjal Miah with members of the record-breaking Hadri Taekwondo Club