



South of England Inter Counties Championships Kingston 13th September 2026

Eight club youngsters did the club proud as they all achieved top three finishes for the Essex team at the South of England Inter Counties Championships at Kingston on Sunday.

National medallist Ameer Salaam notched up another win in his impressive season when he won the Under 16 Boys' shot, and he was also sixth in the discus.

Josh Buxton returned to form with a second place in the U16 boys' 100m hurdles, and was also third in the 100m sprint, while another second place over the barriers came from Abigail Adegite in the U16 Girls' 300m hurdles event.

Ayla Baker threw a season's best, just short of her career best, in placing second in the U16 Girls javelin and Sam Burdett added another javelin second place in the U18 men's competition.

There were two personal bests in the throws as Sam Johnson increased his best in placing second in the U18 men's shot, and Harrison Rabess was third in the U18 discus with another PB. Bode Thompson's U18 high jump third place completed the club line up.

RESULTS:

U16B SP 1st Ameer Salaam 17.16m

U16B DT 6th Ameer 32.98m

U16B 100 hurdles 2nd Josh Buxton 13.37s

U16B 100 3rd Josh Buxton 11.59s (heat 11.55s)

U16G 300 hurdles 2nd Abigail Adegite 47.77s

U16G JT 2nd Ayla Baker 42.25m

U18M SP 2nd Sam Johnson 14.99m **PB**

U18M JT 2nd Sam Burdett 51.84m *(pictured below: credit Peter Burdett)*

U18M HJ 3rd Bode Thompson 1.75m

U18M DT 3rd Harrison Rabess 40.55m **PB**

Results link: [Roster Athletics · SEAA - South of England U16/U18 Inter Counties Championships 2026](#)

