



Essex Track Relay Championships – Chelmsford 15th July 2022

Club athletes celebrated the return of the Essex Relays after a three-year absence by winning nine medals at Chelmsford on Friday.

The sprint relays produced three medals a gold and two silvers as the Under 17 Women's squad of Steph Okoro, Precious Fagbadegun, Cassie Campbell and Chizara Okocha struck **gold**, with silver service from the U17 men's foursome of Leon Bengo Reece Malcolm, Jeffrey Fenoo and Ike Okwudi and the Under 15 girls quartet of Fisola Fagbadegun, Leila Jones, Laine Forrester-Smith and Mya Thomas.

The 4x300m and 4x400m events added three more podium places. The Under 17 men won silver in the 4x400m relay thanks to Jeffrey Fenoo, Daniel Lammas, Charlie Burgess and Joseph Gray, as did the U15 Boys 4x300m team of Joseph Finch, William Tilson, Shea Sweeney and Findlay McLaren, while there was bronze for the U15 Girls' 4x300m squad of Amy Mansell, Oma Nwapa, Charlotte Cassey-Sweeney and Isobel Pickard.

Another three medals came in the 3x800m races as the Under 15 Boys trio of Freddie Rowe, Jack West and Findlay McLaren won **gold**, with the Under 13 girls' team of Jasmine Asmal, Summer Smith and Jessica Page winning silver and the Under 17 men team of Nathan Hart, Daniel Lammas and Owen Fisher winning bronze.

RESULTS:

4x100m: Under 13 Girls: 4th (Kara Adegite, Callie Ziepe, Isobel Pridie, Bel Drake) 57.2s. B Team 6th (Holy Copping, Sophia-Rae Ahmad, Isabelle, Florence) 61.5s ; **Under 15 Girls: 2nd** (Fisola Fagbadegun, Leila Jones, Laine Forrester-Smith & Mya Thomas) 51.7s (Heat: 52.2s). B Team (Libby ward, Emily Quinlan, Tigerlily Gascoyne-Odle, Christine Atumonyogo): Heat 58.8s ; **Under 17 Women: 1st** (Steph Okoro, Precious Fagbadegun, Cassie Campbell & Zara Okocha) 50.2s; **Under 13 Boys: 5th** (Harrison, Isaac, George, Jayden) 58.9s; **Under 15 Boys: 4th** () 51.0s; 6th B Team () 55.0s; **Under 17 men: 2nd** (Leon Bengo Reece Malcolm, Jeffrey Fenoo & Ike Okwudi) 46.2s
4x300m: Under 15 Boys: 2nd (Joseph Finch, William Tilson, Shea Sweeney & Findlay McLaren) 2:49.1s; B Team 4th () 3:00.2; **Under 15 Girls: 3rd** (Oma Nwapa, Charlotte Cassey-Sweeney, Isobel Pickard, Amy Mansell) 3:01.1s. **4x400m U17 men: 2nd** (Jeffrey Fenoo, Daniel Lammas, Charlie Burgess & Joseph Gray) 3:45.5.
3x800m: Under 13 Girls: 2nd (Jasmine Asmal, Summer Smith & Jessica Page) 7:46.7s; 8th B team (Amelie, Poppy, Emmie) 9:30.9. **Under 15 Girls: 5th A Team (Ruby Price, Maggie Smith, Rosie Warner) 8:02.3s;** B Team: 8th (Grace, Abi, Scarlett); **Under 13 Boys: 4th** (Liam, Oliver, Aidan) **7:57.6**; **Under 15 Boys: 1st** (Freddie Rowe, Jack West & Findlay McLaren) 6:36.1 (**Club Record**); 4th B Team () 7:00.5s **Under 17 Men 3rd** (Nathan Hart, Daniel Lammas & Owen Fisher) 6:41.3s; B Team 4th (Charlie Burgess, Finley Wolton, Michael Tesi) 6:50.6

