

Essex Schools Championships Chelmsford Saturday 8th June 2024

There were two club records on the way to 16 podium places at Saturday's Essex Schools Championships at Chelmsford.

Joel Ajayi once again provided the standout performances. After breaking the championship best in his heat, he broke it again in the final and his winning time of 10.49s was not only another championship best but broke his own club u17 and U20 record and was the fastest time in the UK by an Under 17 this year.

Alicia Fairmaner again improved her long jump best to take intermediate gold and her winning performance of 5.75m equalled Lucy Sargent's club record from 2004.

There were javelin golds for Zak Williams in the inter boys with his first 50 metre plus throw and Jessica Page who took junior girls gold while Emily Quinlan added inter girls javelin silver. More throws medals went to Harrison Rabess with gold in the junior discus and Sam Johnson who added shot gold in a pb in the same age group.

Bode Thompson won junior high jump gold and Jayden Wilkinson took long jump bronze in the same age group, while Tomi Ojolowo won junior girls' long jump bronze.

Maggie Smith won intermediate 300m hurdles silver and Simeon Barker improved his next in winning 100m hurdles bronze. Track sprint medals went to Mya Thomas who won inter 200m silver and Amy Mansell who won 300m bronze in this age group. Findlay McLaren had to settle for inter 800m silver, as did Freddie Rowe in the 3000m.



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