

Essex Schools Championships Chelmsford Saturday 14th June 2025

There were 18 podium places for club athletes at Saturday's Essex Schools Championships held in hot but breezy conditions at Chelmsford.

The medal roll started in the first race of the day as Amy Mansell smashed her personal best by almost a second to win gold in the Inter Girls' 300m hurdles for the first of five gold medals for club youngsters.

Findlay McLaren upgraded his Inter Boys' 800m silver from last year to gold this time round and Freddie Rowe comfortably added gold in the Inter 1500m championships.

The other two golds came on the field as club record holder Ayla Baker dominated the Junior girls' javelin and Lila Chapelhow added Inter hammer gold.

There were 13 other podium places, seven silver and six bronze.

Poppy Vines and Orla Friel (PB) both won Inter track silvers in the 1500m and 3000m respectively, while Sam Horsley added Inter boys 3000m silver and recent recruit Denzel Mwasha smashed his PB on the way to junior boys' 200m silver too. Emanuel Iwuchukwu improved his triple jump best for Inter boys silver and another field event silver went to Harrison Rabess in the Inter discus.

Four of the six bronze medals were gained by the Inter boys as Max Adeosun's PB earned a 200m podium place and the other three gongs came in the field thanks to Bode Thompson with a high jump PB, and throwers Sam Johnson, hammer and Sam Burdett, javelin.

Emmie Lole improved her best for Inter 800m bronze as did Grace Tilson with bronze in the 1500m steeplechase.

The Essex County Schools' selectors met on Sunday to select the young athletes in their 70 strong team to contest the prestigious English Schools Championship sat Birmingham on Friday 11th and Saturday 12th July. Those selected will have their place confirmed in the next day or so.

Inter Boys (U17M)

100m: Tom Backham 12.51s; 200m: **3rd** Max Adeosun 22.53s **PB**; (Heat: 22.90s); 400m: Shea Sweeney 54.96; 800: **1st** Findlay McLaren 1:59.28 (Heat: 2:03.07) 4th Aidan Doherty 2:03.04s (Heat: 2:03.61); 1500: **1st** Freddie Rowe 4:04.25; 3000: **2nd** Sam Horsley 9:22.85; HJ: **3rd** Bode Thompson 1.85m **PB**; 5th Ryan Alexander 1.80m; TJ **2nd** Emanuel Iwuchukwu 13.94w **PB**; HT: **3rd** Sam Thompson 46.32m; DT: **2nd** Harrison Rabess 38.18m; JT **3rd** Sam Burdett 41.93m

Inter Girls (U17W)

200: Holly Bradbury 31.05s; 300m: 7th Jessie Lynes 44.28s **PB**; 8th Daisy Cossey-Atkins 45.68s **PB**; 800: **3rd** Emmie Lole 2:18.10s **PB**; (Heat: 2:20.93); Olivia Bradbury 2:51.11; 1500: **2nd** Poppy Vines 4:52.70; 3000m: **2nd** Orla Friel; 10:38.88 **PB**; 300mH: **1st** Amy Mansell 45.93s **PB**; 1500 SC **3rd** Grace Tilson; LJ: **2nd** Tomi Ojelowo 4.75; 7th Liberty Jamlick 4.50m; TJ 4th Jasmine Asmal 10.25m; PV 4th Scarlett Woods 2.20m; HT: **1st** Lila Chapelhow 38.60m; SP 4th Eboni Roach 12.01m

Junior Boys (U15B)

200: **2nd** Denzel Mwasha 24.09s **PB** (Heat: 24.28s) 800: Nathan Hathaway 2:21.05s; HJ: 14th Henry Langford 1.50m

Junior Girls (U15G)

200: Scarlett Barclay 28.92s **PB**; 800m Millie Cook 2:24.57; 75mH: Brooke Lavey 13.23s; LJ: 6th Mia Borisova 4.27m; HJ: 5th Ome Nwapa 1.45; 8th Abigail Adegite 1.35m; SP: 6th Dulce Smith-Rodrigues 9.39m; 7th Kia Hylton-Jones 9.16m; JT: **1st** Ayla Baker 38.11m.

Updated following receipt of event results.



More podium pics on club Facebook Group (members only).