



## **Essex Championships Chelmsford 9<sup>th</sup> & 10<sup>th</sup> May 2026 Results**

### **Day 1 - Saturday**

**SM:** 400m: **1<sup>st</sup>** Matthew Agnimel 48.78s; **3<sup>rd</sup>** Akeem Akintokun 51.74s; 800m: **2<sup>nd</sup>** Kieran O'Hara 1:58.82s; 3000m: **2<sup>nd</sup>** James Stewart 9:02.68s.

**U18M:** 100: **3<sup>rd</sup>** Romel Semper 11.26 (Heat: 11.11 **PB**); 4<sup>th</sup> Max Adeosun 11.45 (Heat: 11.27); 6<sup>th</sup> Ryan Alexander 11.54 (Heat: 11.25); Heat: Peter Aderibigbe 11.41; 1500m: **1<sup>st</sup>** Findlay McLaren 3:57.08 **PB**; 4<sup>th</sup> Shea Sweeney 4m 07.13s **PB**; SP: **1<sup>st</sup>** Sam Johnson 14.78m; HT: **1<sup>st</sup>** Sam Johnson 48.73m;

**U16B:** 100: 7<sup>th</sup> Zaire Lewin-Dawkins 11.84s **PB** (Heat: 12.19s; Semi: 12.03s); Kai Richardson Heat: 12.97s **PB**; 1500m: 14<sup>th</sup> Henry Wakeling 4:39.75s **PB**; 17<sup>th</sup> Callum Millard Jennings 4:46.19s **PB**; 23<sup>rd</sup> Luke Brewington 5:09.84 **PB**; 100mH: 4<sup>th</sup> Derin Okubanjo 16.00s **PB**; LJ: **2<sup>nd</sup>** Sonny Hurrell 5.04m; 4<sup>th</sup> Derin Okubanjo 4.77m; TJ: **1<sup>st</sup>** Derin Okubanjo 11.46m **PB**

**U14B:** 100m: **1<sup>st</sup>** Elijah Rowe 12.30s (semi: 11.91s **PB**; Heat: 12.07s); LJ: 15<sup>th</sup> Jack Rushworth 3.71m

**Senior:** 3000 **1<sup>st</sup>** Ginte Bailey 11:41.35s; **2<sup>nd</sup>** Clare Davies 12:20.58s; **3<sup>rd</sup>** Rebecca O'Rourke T20 12:35.22s; 100mH: **1<sup>st</sup>** Chloe Williams 14.26s; LJ: **3<sup>rd</sup>** Ginte Bailey 3.54m

**U20W:** 100m: **1<sup>st</sup>** Alicia Fairmaner 12.82s; 100mH: **1<sup>st</sup>** Maggie Smith 16.02s; LJ: **1<sup>st</sup>** Alicia Fairmaner 5.44m.

**U18W:** 100mH: **3<sup>rd</sup>** Oma Nwapa 14.83s **PB**; HT: 4<sup>th</sup> Lila Chapelhow 36.81m

**U16G:** 100m: Taylor Teniola Heat: 14.39s; 300m: 4<sup>th</sup> Millie Cook 42.08s **PB**; 80mH: **3<sup>rd</sup>** Ome Nwapa 12.16s (Heat: 12.14s **PB**);

**U14G:** 100m: **1<sup>st</sup>** Olivia Rae Vaughan 13.15s; (Semi: 13.07s Heat: 13.33s); 800m: 5<sup>th</sup> Violet Everett 2:34.52s; 75mH: Heat: Edie Smith 12.88s **PB**; SP: 4<sup>th</sup> Betsy Morrow 8.65m;

**Saturday Medals (19): 11 gold; 4 silver; 4 bronze**

### **Day 2 - Sunday**

**SM:** JT: **1<sup>st</sup>** Peter Brinton-Quinn 59.17m

**U18M:** 200: **3<sup>rd</sup>** Romel Semper 22.40w **PB** (Heat: 22.74w); Heat: Reggie Marshall 26.06w; 800m: **2<sup>nd</sup>** Aidan Doherty 1:58.42 **PB**; 3000: **1<sup>st</sup>** Sam Horsley 9:05.00; JT: **2<sup>nd</sup>** Sam Burdett 47.65m; **3<sup>rd</sup>** William Tilson 39.57m

**U16B:** 200: 4<sup>th</sup> Zaire Lewin-Dawkins 23.79w **PB**; Heat: 24.38s; 800m: 4<sup>th</sup> Jack Rossington 2:08.69s **PB** (Heat: 2:10.68s); 5<sup>th</sup> Jake Tregidgo 2:11.09 (Heat: 2:11.10s); 6<sup>th</sup> Aidan Fairfax 2:15.26s (Heat: 2:13.32s **PB**); ; SP **1<sup>st</sup>** Ameer Salaam 16.49m

**U14B:** 200: **2<sup>nd</sup>** Elijah Rowe 24.48w **PB**; Heat: 24.57w; **3<sup>rd</sup>** William Hiles 24.81w **PB**; Heat 25.73w; Jack Rushworth: 32.03w; SP: **2<sup>nd</sup>** William Hiles 12.02s **PB**; DT: **1<sup>st</sup>** William Hiles 33.10m **PB**; JT: Euan Cheesewright NM

**Masters:** 1500 **2<sup>nd</sup>** Ginte Bailey 5:29.77; **3<sup>rd</sup>** Clare Davies 5:42.23s

**SW:** 1500: **2<sup>nd</sup>** Rebecca O'Rourke 5:40.88s; DT: **1<sup>st</sup>** Katie Ennis 34.44m

**U20W:** 400H: : **1<sup>st</sup>** Lucy Chapelhow 66.79s; HJ: **1<sup>st</sup>** Maggie Smith 1.45m;

**U18W:** 400mH: **1<sup>st</sup>** Amy Mansell 68.26s **PB**; SP: 4<sup>th</sup> Eboni Roach 11.60m; DT: **3<sup>rd</sup>** Eboni Roach 30.32m; JT: **2<sup>nd</sup>** Jessica Page 35.16m

**U16G:** 800 Heat Elena Williams 2:47.95s; JT: **1<sup>st</sup>** Ayla Baker 36.91m

**U14G:** 1500: 11<sup>th</sup> Molly Jenkinson-Smith 5:10.70s **PB**; HJ: 4<sup>th</sup> Isla Herrera 1.40m; JT: **3<sup>rd</sup>** Sophia Karim 27.89m; 4<sup>th</sup> Keira Attwood-Kelly 27.14m **PB**;

**Sunday Medals (22): 9 gold; 7 silver; and 6 bronze.**

**Total (41): 20 gold; 11 silver; and 10 bronze**