

Essex Schools Championships Chelmsford Saturday 13th June 2026

There were an impressive 25 podium places for club athletes at Saturday's Essex Schools Championships held in warm but breezy conditions at Chelmsford.

The medal roll started in the first race of the day as Abigail Adegite smashed her personal best by over two seconds to win gold in the Under 16 Girls' 300m hurdles for the first of seven gold medals for club youngsters. Amelie Shearing added a bronze medal in this event. Hot on her heels was Amy Mansell who also improved her best by over two seconds in winning silver in the Under 18 Women's 400m hurdles, achieving an English Schools national standard.

Two more gold medals were won over the barriers as Simeon Barker won the Under 18 men's 110m hurdles, and Joshua Buxton won the Under 16 100m hurdles, with both hoping to book places in the Essex team for the English Schools Championships. Oma Nwapa added another hurdles medal and PB in winning bronze in the Under 18 women's 100m hurdles, and Siobhan Etemadi twice improved her best in winning Under 16 80m hurdles bronze.

There was plenty of success in the throwing events as Ameer Salaam and Sam Johnson made it a one-two in the Intermediate Boys' shot, both with PBs, with Eboni Roach winning the Senior Girls' shot, and Ayla Baker winning the Inter Girls' javelin in a season's best, with Jess Page in third. Reggie Marshall won Inter discus bronze in a new PB, Keira Atwood-Kelly added junior javelin silver and Kia Hylton-Jones won junior shot silver.

Aidan Doherty won the Inter Boys' 800m, and Jack Rossington smashed his PB to win junior 800m bronze. Orla Friel and Grace Tilson both won steeplechase silvers in the Inter and senior age groups, while Millie Cook won junior 300m silver and Ava McMillian won bronze in the junior 200m.

Bode Thompson again improved his best to win an inter high jump silver, Emanuel Iwuchukwu won Inter triple jump silver, Sonny Hurrell's long jump PB claimed inter bronze, and Derin Okubanjo won junior triple jump bronze to complete the club's impressive medal haul.

The Essex County Schools' selectors met on Sunday to select the young athletes in their 70 strong team to contest the prestigious English Schools Championships at Birmingham on Friday 10th and Saturday 11th July.

Those selected will have their place confirmed in the next day or so and the club is hoping for at least eight members to be in the high-quality Essex team.



RESULTS:

Senior Boys (U20M) & U18M

110mH (U18) **1st** Simeon Barker 14.40s **#**:

Senior Girls (U20W) & U18W

100mH (U18) **3rd** Oma Nwapa 14.75s **PB**.

400mH (U18): **2nd** Amy Mansell 64.95s **PB #**.

1500 SC **2nd** Grace Tilson 6:31.79s;

SP: **1st** Eboni Roach 10.87m

Inter Boys (U17M) & U18M

100m: Heat: Peter Aderibigbe 11.51s; 200m Heat: David Ojo Ekhaton 24.27s; 800: **1st** Aidan Doherty 2:00.70s (Heat: 2:05.57); 7th Jake Tregidgo 2:09.69 (Heat: 2:09.28); 100mH (U16) **1st** Joshua Buxton 13.18s **PB #** (Heat: 13.24s); Heat: Henry Langford 15.19s; HJ: **2nd** Bode Thompson 1.91m **PB**; LJ: **3rd** Sonny Hurrell 5.88m **PB**; 6th Jayden Williamson 5.68m; TJ **2nd** Emanuel Iwuchukwu 13.29m; SP: **1st** Ameer Salaam 15.58m **PB #**; **2nd** Sam Johnson 14.73m **#**; DT: **3rd** Reggie Marshall 36.68m **PB**; JT: 6th Ethan Johnson 41.93m

Inter Girls (U17W) & U18W

100m: 8th Isabella Bryant-Afriye 13.60s (Heat: 13.50s); Heat: Keira Senior 13.42s; 200: Ava Sweeney 28.57s; Amira Bryant-Afriye 29.49s **PB**; 1500 SC **2nd** Orla Friel 5:41.74s; JT: **1st** Ayla Baker 41.35m **#**; **3rd** Jess Page 35.42m; HT: 5th Lila Chapelhow 34.86m;

Junior Boys (U15B) & U16B

100: 5th Elijah Lowe 11.87s (Heat 11.86s **PB**); Heat: Tobi Oluborude Oluseye 12.42 **PB**; 200: 5th William Hiles 25.25s (Heat: 25.15s **PB**) 300: 6th Nathan Hathaway 40.35s (Heat: 41.17); 800m: **3rd** Jack Rossington 2:08.63 **PB**; 5th Freddie Scorey-Hall 2:11.05s **PB**; 1500m: Henry Wakeling 4:47.50; Thomas Swan 5:23.58; TJ: **3rd** Derin Okubanjo 11.74m; JT: 4th Gideon Lee 38.77m

Junior Girls (U15G) & U16G

100m: 7th Esther Olajide 13.29s **PB** (Heat: 13.35s); 200: **3rd** Ava McMillan 27.10s (Heat: 27.11s); Heat: Amariah Oyelekan 29.00s 300m **2nd** Millie Cook 42.28s (Heat: 43.04s); Heat: Betsy Morrow 46.41s **PB**; 1500m: Beth Friel 5:54.14s; 80mH (U16): **3rd** Siobhan Etemadi 12.08s **PB** (Heat: 12.10s); 4th Ome Nwapa 12.14s =**PB** (Heat: 12.19s); 8th Brooke Lavey 13.25s **PB** (Heat: 13.27s); 300mH (U16) **1st** Abigail Adegite 47.09s **PB** **3rd** Amelie Shearing 55.41s; LJ: 4th Mia Borisova 4.55m **PB**; 6th Ruby Wealleans 4.51m **PB**; HJ: Isla Herrera 1.29m; SP: **2nd** Kia Hylton-Jones 10.27m **PB**; JT: **2nd** Keira Atwood-Kelly 28.29m; Sophia Karim 18.86m : HT: 10th Autumn Ely 15.84m

Gold: 7; Silver: 9; Bronze: 9; TOTAL 25

#: English Schools National Standards

Some pics on club Facebook Group (members only).