

Essex Schools Championships Chelmsford Saturday 11th June 2022

Club athletes bagged over 20 podium places at Saturday's Essex Schools Championships, held in sweltering conditions at Thurrock.

Freddie Rowe once again claimed the headlines. Just a week after improving the club U15 3000m record in lifting the Southern title, Freddie bettered his own club 1500m record in winning the junior boys' title. His winning time of 4m 6.94s took two seconds off the championship best performance which had stood for 40 years. Another championship best fell to Findlay McLaren who won the junior boys' 800m crown with a PB of 2m 00.99s, the second fastest time ever by a club U15. Both will be heading to Birmingham as part of the Essex Schools team competing at the English Schools Championships on 30th June/1st July.

The Williams brothers will also both be competing at the Birmingham event after both won gold in their respective javelin competitions. Intermediate winner Bobby will hope to improve on his English Schools' bronze medal from last year, while it will be the first English Schools appearance for county Junior javelin winner Zak.

Sprinter Joel Ajayi's breakthrough season saw him set a new PB and gain the judges verdict after a photo-finish confirmed that he won the Inter 100m, sharing the same time as the runner up. Joel's 10.94s clocking was the third fastest ever by a club Under 17. Al-Ameen Salaam won gold in the 100m hurdles in a season's best.

Track podium places were gained by Cassie Campbell, who was edged into silver in the Inter 200m, Tobias Samuel whose PB won Junior 200m bronze and took him into the all-time U15 club top 10. There were sprint bronze medals for Fisola Fagbadegun (Junior 100m), Amy Mansell (Junior 300m), Izzy Pickard (Inter 300m PB) and Maggie Smith won Inter 80m hurdles bronze.

Ruby Tillson's Inter Girls' high jump victory confirmed her English Schools selection and she will travel to Birmingham among the medal contenders. A high jump silver came from Rashaun Mullings-Smith while Faith Wicks won Inter pole vault gold and Scarlett Woods improved her pole vault best for junior silver.

Jessica Page won Junior javelin gold in a new PB, Michael Tesi's PB won him Inter discus silver, Tilly Bunn's hammer PB won her Inter bronze and there were field junior bronzes for Sam Burdett (javelin) and Dillon Humphrey (discus).

Junior Girls (U15):

100m: **3rd** Fisola Fagbadegun 12.93s (Heat: 12.82s) 200m: Heat: Grace Tilson 30.68; 300m: **3rd** Amy Mansell 43.23s (Heat: 43.58s) 800m: 5th Emmie Lole 2:28.01 (Heat: 2:24.83); 6th Daisy Leech 2:30.84 (heat: 2:24.20s); Heat: Abi Rogers 2:36.32; 1500m: 7th Orla Friel 5:12.21; 14th Laiba Kabuye 6:09.43s 75mH: 7th Isabelle James 13.00s (Heat: 13.18s); Heat Florence Tillson 13.34s; JT: **1st** Jessica Page 28.83m; PV: **2nd** Scarlett Woods 2.20m; LJ: 6th Tomi Ojowolo 4.53m

Inter Girls (U17):

100m: 4th Precious Fagbadegun 13.09s (Heat: 13.20s); Heat: Mya Thomas 13.36s; 200m: **2nd** Cassie Campbell 26.45 (Heat 26.62s); 6th Stephanie Osuala 27.08s (Heat: 27.49s); 300m: **2nd** Izzy Pickard 43.13s (Heat: 43.67); 800m: 5th Hannah Evans 2:33.19 (Heat: 2:32.05); 1500m: 5th Charlotte Evans 5:14.58; 6th Rosie Warner 5:15.58; 80mH: **3rd** Maggie Smith 12.73s; HJ: **1st** Ruby Tillson 1.70m; TJ: **3rd** Miriam Adebayo 10.81m; PV: **1st** Faith Wicks 2.10m; HT: **3rd** Tilly Bunn 31.43m;

Junior Boys (U15):

200m: **3rd** Tobias Samuel 23.67 (Heat: 24.02); Heat: Jake Shaw 25.70s; 800m: **1st** Findlay McLaren 2:00.99 **CBP** (Heat: 2:10.45s); 6th Shea Sweeney 2:17.26 (Heat: 2:11.95s); 1500m: **1st** Freddie Rowe 4:06.94s **** Club record & CBP** 10th Callum Atwood-Kelly 4:51.96; HJ: 5th Bode Thompson 1.60m; DT: **3rd** Dillon Humphrey 28.05m; JT: **1st** Zak Williams 49.92m; **3rd** Sam Burdett 39.23; 4th Will Tilson 37.30m

Inter Boys (U17):

100m: **1st** Joel Ajayi 10.94s (Heat: 11.14s); 4th Ike Okwudi 11.33s (Heat: 11.36s); 200m: DNF Emmanuel Asirifi-Otchere (Heat: 23.88s); 400m: 6th Joe Finch 53.95 (Heat: 53.93s); 7th Daniel Lammas 54.28 (Heat: 52.30s); 800m: 6th Toby Johnson 2:07.97 (Heat: 2:06.72s); 100mH **1st** Al-Ameen

Salaam 14.04; DT: **2nd** Michael Tesi 36.55m; 5th Noah Harriott 31.88m; JT: **1st** Bobby Williams 62.09m; PV: 5th Oliver Pullen 2.60; HJ: **2nd** Rashaun Mullings-Smith 1.85m; 4th Jack Hignett 1.75m