



Essex County Championships Thurrock Sat 13th & Sunday 14th May 2023

Club athletes flourished at the two-day Essex County Championships at Thurrock this weekend, winning 24 golds and bagging 28 other medals, setting two club records in the process.

Ruby Tillson was in superb form, running faster than before to claim Under 17 80m hurdles gold on Saturday and added a second gold on Sunday in the high jump. Having already won the competition, she improved her PB to 1.70m and then went even higher with a 1.73m clearance – to equal the club record dating from 1962 set by Linda Knowles competing for Great Britain in the European Championships.

The second record came from Summer Smith who won the Under 13 Girls' 1500m in style, taking six seconds off her best to clock 4m 53.99 secs beating Megan Foley's previous club best set in 2000.

The javelin throwers took the headlines winning five golds, two silvers and two bronzes. There was a clean sweep in the Under 15 boys' event as Zak Williams, Sam Burdett and Will Tilson took all three medals, all in career bests. Peter Brinton-Quinn and Hal Hutton took senior gold and silver respectively and Patrick Tattan-McLean smashed his best for U20 gold, as did Niamh Pridie in winning the U20 women's equivalent and Bobby Williams in the U17 men's competition. Scarlett Woods won bronze with a PB in the Under 15 girls javelin, to add to her pole vault gold.

There were eleven other throws medals. Patrick McLean-Tattan completed his hat-trick of throws golds taking the U20M shot and discus, Katie Ennis won the U20W hammer in a new PB and was discus runner up, and Tilly Bunn won silver in both the U17 hammer and discus events. Michael Tesi and James Mallon (PB) won U17 discus gold and silver. Ethan Johnson won U13B discus silver and there were discus bronzes and PBs for Toby Bishop (senior) and Summer Smith (U13G).

There were seven other middle-distance medals to back up Summer Smith's record gold. Findlay McLaren improved his best in defending his U15B 800m title, and Ginte Bailey and Rebecca O'Rourke both won gold in the Masters' and senior women's 1500m and James Connor was victorious in the Masters' 3000m race. Ben Davis won senior 3000m bronze while Rosie Warner and Abi Swan won silver and bronze in the U17W 3000m.

The hurdles events produced six other medals in addition to Ruby Tilson's U17W gold. Chloe Williams and Paris King won senior and U20W 100m hurdles golds, and Steph Okoro and Jacob Blanc both won their U20 400m hurdles specialities. Simeon Barker had to settle for silver in the U15B 80m hurdles as he was pipped on the run in but improved his PB, as did Maggie Smith in winning bronze in the U17W 300m hurdles event.

There were nine sprint medals. Matthew Agnimel defended his senior 400m title and added bronze in the 200m, and Cassie Campbell returned to her best to win the U17W 200m. Silver medals went to Paris King (U20W 100m), Ronnie Adoma (U20M 200m), Fisola Fagbadegun (U15G 100m) and Tobias Samuel (U15B 100m), while Zara Okocha won U17W 100m bronze as did Kara Adegite (U15G 100m).

Ronnie Adoma added U20M long jump gold, and Ryan Alexander (U15B HJ – PB) and Zak Williams won U15 pole vault gold to add to his javelin win. Rashaun Mullings-Smith won U17M high jump silver, and Miriam Adebayo won U17 triple jump silver. There were jump silvers for Tobias Samuel (again) in the U15B long jump, Harrison Rabess (U15 triple jump), an U13G long jump bronze for Cleo Drake and Patrick McLean-Tattan's fourth medal was an U20 long jump bronze.