

## **English Schools Championships Manchester 8<sup>th</sup> & 9<sup>th</sup> July 2022**

**The class of 2022 graduated in style as the club's ten representatives came away from the prestigious English Schools Championships in Manchester, with four medals, with two of them earning call ups for the Schools International.**

Paris King twice broke the club Under 17 women's 80m hurdles record set back in 2003 on her way to silver and English Schools' International call up. In her heat on Friday Paris smashed her best to clock a new club best of 11.27s and in Saturday's final she improved further to a time of 11.20s. She will compete in the Schools Home Counties international in Belfast on Saturday.

Paris will be joined in Belfast by javelin thrower Bobby Williams who added over seven metres to his javelin best throwing a massive 61.72m third best ever by a club Under 17 for bronze, to add to his junior javelin silver last year.

Jacob Blanc added to his impressive medal tally with bronze in the senior 400m hurdles with a time of 53.94s, just outside his recent best set at the same venue. Olivia Boachie completed the clubs medal total as she was a member of the Essex Schools silver medal winning 4x100m relay squad. Olivia had earlier finished fifth in 57.79s in the senior 400m final, her highest English school's placing.

New member Jack Hignett was a commendable sixth in the Junior high jump final in his first competition at this level and Al-Ameen Salaam was seventh in the Inter Boys 100m hurdles final in 13.75s after a PB of 13.62s in his heat.

Freddy Rowe was 12<sup>th</sup> in the Junior 1500m final in 4m 16.03s after qualifying with 4:15.37s – the second fastest ever by a club Under 15 Boy.

Javelin throwers Bradley James and Simon Hill were 10<sup>th</sup> and 12<sup>th</sup> in the senior event, with throws of 55.14m and 51.49m respectively. Ruby Tillson was close to her best with a 12.04s clocking in her 80m hurdles heat in her first Schools championships, while Karis Thomas was just outside her season's best with a time of 12.49s in her senior 100m heat.

Katie Ennis was also a member of the Essex team, supporting them as a young official.