Havering AC

Essex County Championships, Chelmsford 31ˢᵗ July & 1ˢᵗ August 2021

While all eyes were on Team GB in Tokyo, club athletes had their own championships closer to home as the delayed Essex Championships were held at a showery Chelmsford this weekend. A busy two days of action saw them come home with almost 80 medals – the largest tally of podium places in recent memory.

The sprints squad were in fine form with a 23-medal haul. In the blue riband event, the 100m Denzel Achi cruised to victory in the Under 17 Men's race in a PB of 11.11s, with the sixth fastest time by a club U17 as Ayo Babatunde took silver. Fisola Fagbadegun also improved her best in winning the Under 13 girls 100m, as Amy Mansell took bronze. Fisola won silver in the 200m, with Leila Jones in bronze. In-form Richard Akinyebo took the senior 200m, and new member Ronnie Adoma won the U17 200m in a blanket finish, with Jacob Blanc in bronze while Cassie Campbell ran faster than before to take U15 200m gold. Al-Ameen Salaam edged out Chris Agnimel in the U15B 100m as the pair won silver & bronze, and Esther Agnimel won U20W bronze as Karis Thomas' PB took U17W bronze, while Shea Sweeney won U13B 200m bronze. Olivia Boachie won U17W 300m gold, as Uche Okpalauko won silver, and Olivia added 200m bronze. Ike Okwudi came from behind to win U15B 300m gold, with Liana Constable winning U15G 300m bronze. There were three 400m silvers thanks to Matthew Agnimel (senior) and Jade Kavanagh and Reece Harriott in the U20 races.

There were 22 throws medals with Patrick McLean-Tattan winning four of them, with U17M golds in the shot, discus and hammer, and javelin silver. His sister Zoe won U15G discus gold, with Tilly Bunn in silver. Alice Brown won the U20W discus and Hannah Yexley won U17W gold, as Katie Ennis had to settle for silver. Toby Bishop won U20 discus silver, while the u13 discus events Luca Rawle won U13B gold and Isabelle Foley the U13G silver.

Siblings Bobby and Zak Williams made it a family double javelin gold with wins in the U15 and U13 boys events, as Sam Burdett (silver) and Taylor Dixon (bronze) made it a clean sweep of U13B javelin medals, while Scarlett Woods and Emily Quinlan won javelin silver and bronze in the U13G event. In the U20 javelin Brad James won gold, ahead of Peter Brinton-Quinn in silver, as Adelaide Thatcher-Gray won U20W javelin silver. Lucia Ward and Zikora Ezeonwuka both added bronzes in the U15 javelin and shot.

There was double gold for Findlay McLaren who won U13B 800m gold on Saturday, with Shea Sweeney in bronze, and added a second win in the 1500m on Sunday. Natalie Sewell led all the way for U17W 800m victory, and Dan Peters was edged into silver in a close finish in the U17M 800m. More silver service came from Ginte Bailey who was second in both the senior 1500m & 3000m, Maddie Barker who was U17W 1500m runner up, and Rosie Warner in the U15G 3000m, as Matthew Blacklock won U17M 3000m bronze. Alex Ford added U20 3000m silver to his gold in the U20M 2k chase, as Rob Warner won the senior section. Sydney Foley won the U20W chase comfortably as Louis Berrett won bronze in the U20M chase.

Also over the barriers club athletes did well in the hurdles races. English Schools Champion Jacob Blanc eased to victory in the U17M 100m hurdles, with Chloe Williams adding another senior 100m hurdles gold to her collection. Steph Okoro improved the championship best win winning the U17W 300m title, as Adam McCarthy ran his fastest time for five years in winning the senior 400m hurdles. More hurdles medals came from Al-Ameen Salaam in the U15B 80m hurdles and Paris King in the U17W 80m event, while Harrison Palmer won U13B hurdles silver, and Brad James' PB won U20M 110m hurdles bronze.

Steph Okoro added long jump gold to her hurdles win, as Denzel Achi added U17M long jump gold to his 100m title, while behind him Jacob Blanc's third medal in silver and Lewis Dixon in third. Uche Okpalauko won the U17W high jump, Aaron Eweka added U20 high jump silver, as did Abigail Rogers in the U13G equivalent, with Ryan Alexander winning U13B bronze.