



Essex Track Relay Championships – Chelmsford 14th July 2023

Club athletes were “singing in the rain” as they celebrated 14 medals, six of them gold at the Essex relay championships held in wet conditions throughout at Chelmsford track on Friday evening.

The most success came in the 3x800m races which yielded six medals. With two recent club record breakers in the trio, the Under 15 Boys were always favourites to defend their title and gold for Freddie Rowe, Shea Sweeney and English Schools 800m champion Findlay McLaren was never in doubt as they took ten seconds off their club record set last year. Joe Sewell, George Bangs and Oliver West added gold for the Under 13 boys, and the reliable Under 17 women's trio of Abi Swan, Hannah & Charlotte Evans made it three 3x800m golds. The U17 Women's B team of Madi Heil, Maggie Smith & Rosie Warner added bronze as did the u13 Girls trio of Zeni Williams, Orlaith McLaren and Elena Williams, and the U15 Girls team of Emmie Lole, Abi Rogers and Jasmine Asmal.

Three more golds and a silver came in the 4x300m and 4x400m events. The U15 Boys 4x300m quartet of Ryan Alexander, Freddie Rowe, Simeon Barker and Findlay McLaren won gold and just missed out on the club record, while the U15 Girls' 4x300m squad of Bel Drake, Jess Page, Daisy Leech and Amy Mansell clocked the fastest time by a club team since the record breaking quartet in 2019. The U17 Men's 4x400m team of Adem Bouadjadja, Daniel Lammas, Joe Finch & Joseph Gray also won gold in the fastest club team performance since 2019. There was silver for the U17 Women's 4x300 team of Izzy Pickard, Maggie Smith, Miriam Adebayo & Ruby Tillson.

The sprint relays produced four medals - a gold and three bronze podium places - as the U17 Women's squad of Precious Fagbadegun, Mya Thomas, Cassie Campbell and Zara Okocha struck gold in a season's best with silver medals won by the U13 Girls team of Talia Malcolm, Cleo Drake, Ayla Baker & Poppy Dent-Jones, the U15 Boys quartet of Ryan Alexander, Jake Shaw, Adrian Shalujo-Afolabi & Tobias Samuel and the Under 17 Men's foursome of Jack Hignett, Dan Lammas, Emmanuel Asirifi-Otchere & Ike Okwudi who just fell short of gold. It was a good workout for the Under 17 squads who will both be competing in the UK Athletics Club:Connect relays which are a curtain raiser at next Sunday's Diamond League at the Olympic Stadium.

RESULTS:

4x100m: Under 13 Girls: 2nd (Talia Malcolm, Cleo Drake, Ayla Baker & Poppy Dent-Jones) 55.69s. B Team 6th (Lauren Devine, Isabelle Ridley, Jess & Siobhan Etemadi) 62.45s ; **Under 15 Girls: 5th** (Fisola Fagbadegun, Bel Drake, Ava Wheldon, Kara Adegite) 53.49s (Heat: 52.97s). B Team (Scarlett Woods, Lottie Guynan, Poppy Vines, Jasmine Asmal: Heat 59.63s ; **Under 17 Women: 1st** (Precious Fagbadegun, Mya Thomas, Cassie Campbell & Zara Okocha) 50.89s; **Under 13 Boys: 5th** (Jesse Crawley, Michael Lesser, Logan Hunt, Nathan Bia) 57.19s; **Under 15 Boys: 2nd** (Ryan Alexander, Jake Shaw, Adrian Shalujo-Afolabi & Tobias Samuel) 47.38s; 6th B Team (Simeon Barker, Maxwell Adeosun, Aidan Doherty & Bode Thompson) 50.88s; **Under 17 Men: 2nd** (Jack Hignett, Dan Lammas, Emmanuel Asirifi-Otchere & Ike Okwudi) 44.50s

4x300m: Under 15 Boys: 1st (Ryan Alexander, Freddie Rowe, Simeon Barker & Findlay McLaren) 2:36.99s; B Team 4th (Jayden Wilkinson, Shea Sweeney, Maxwell Adeosun & Bode Thompson) 2:52.56s; **Under 15 Girls: 1st** (Bel Drake, Jess Page, Daisy Leech, Amy Mansell) 2:54.72s. **4x300m U17 Women: 2nd** (Izzy Pickard, Maggie Smith, Miriam Adebayo & Ruby Tillson) 2:56.53s; **4x400m U17 men: 1st** (Adem Bouadjadja, Daniel Lammas, Joe Finch & Joseph Gray) 3:39.60s;

3x800m: Under 13 Girls: 3rd (Zeni Williams, Orlaith McLaren & Elena Williams) 8:52.30s; **Under 15 Girls: 3rd** A Team (Emmie Lole, Abi Rogers, Jasmine Asmal) 7:32.21s; B Team: 9th (Ruby Price, Poppy Vines, Orla Friel) 8:03.12s; **Under 13 Boys: 1st** (Joe Sewell, George Bangs, Oliver West) 7:43.49s; **Under 15 Boys: 1st** (Freddie Rowe, Shea Sweeney & Findlay McLaren) 6:26.83s (**Club Record**); 8th B Team (Jayden Wilkinson, Fabio Reina, Aidan Doherty) 7:30.99s; **Under 17 Men 9th** (Nathan Hart, Oliver Taylor-Bush Sean Langan) 6:47.63s; **Under 17 Women 1st** (Abi Swan, Hannah & Charlotte Evans) 7:47.17s; B Team **3rd** (Madi Heil, Maggie Smith & Rosie Warner) 7:59.59s



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