



Essex Championships Thurrock 13th & 14th May 2023 Results

Day 1 - Saturday

VM: 3000m: **1st** James Connor M40 8:57.41

SM: 400m: **1st** Matthew Agnimel 49.76; 800m: 6th Louis Berrett 2:00.28 **PB**; 7th Alex Friend 2:03.28; 3000m: **3rd** Ben Davis 8:42.12; 5th James Stewart 9:04.64; 6th Sam Atkins 9:28.98 **DT:** **3rd** Toby Bishop 33.91 **PB**; **SP:** 5th Toby Bishop 10.54 **PB**; 9th Mark Bishop M55 9.06

U20M: 100m: 4th Ronnie Adoma 11.11; 400m: 4th Archie Winney 52.92s **PB**; 800m: 6th Owen Fisher 2:05.74; 7th Charlie Burgess 2:06.38 **PB**; **PV:** 4th Matthew Page 3.40m **PB**; **SP:** **1st** Patrick McLean-Tattan 12.15; **DT:** **1st** Patrick McLean-Tattan 38.55

U17M: 100m: 6th Ike Okwudi 11.56 (Heat 11.45); 400m: 4th Joe Finch 54.95 **PB** (Heat 55.52); **HJ:** **2nd** Rashaun Mullings-Smith 1.83m; **DT:** **1st** Michael Tesi 32.55; **2nd** James Mallon 32.09 **PB**; **HT:** 4th James Mallon 23.64 **PB**;

U15B: 100m: **2nd** Tobias Samuel 11.80w (Heat: 11.81w) Heats: Adrian Shalujo-Afolabi 12.52w; Harrison Rabess 14.16w; 80mH: **2nd** Simeon Barker 12.31 **PB**; **LJ:** **3rd** Tobias Samuel 5.41; **PV:** **1st** Zak Williams 3.00; **TJ:** **3rd** Harrison Rabess 9.50

U13B: 100m: Heat Michael Lesser 15.14 **PB**; 800m: 12th Isaac Shearing 2:42.76; 75mH: 5th George Rogers 14.48w

SW: 100mH: **1st** Chloe Williams W35 14.48

U20W: 100m: **2nd** Paris King 12.34; 100mH: **1st** Paris King 14.68 **PB**; **HT:** **1st** Katie Ennis 36.47 **PB**

U17W: 100m: **3rd** Zara Okocha 13.00w (heat: 13.06w); 4th Mya Thomas 13.04w (13.22w); 1500: 5th Abi Swan 5:25.14;

80mH: **1st** Ruby Tillson 11.60w; 6th Maggie Smith 12.66w; **LJ:** 5th Maggie Smith 4.33; **TJ:** **2nd** Miriam Adebayo 10.42; **HT:** **2nd** Tilly Bunn 27.08

U15G: 100m: **2nd** Fisola Fagbadegun 12.97w; (Heat: 12.92; Semi: 12.79w); **3rd** Kara Adegite 13.11w; (Heat: 13.08; Semi: 13.05w); Christine Atumonyogo Heat 13.28 **PB**; Semi: 13.50w; 300m: 4th Amy Mansell 44.06 (Heat 44.57s) 75mH Heat: Isabelle James 13.31w; **HJ:** 5th Bel Drake 1.38; 6th Jasmine Asmal 1.28m **PB**

U13G: 800m: 9th Amelie Shearing 2:49.67; **DT:** **3rd** Summer Smith 20.87

Saturday Medals (24): 10 gold; 7 silver; 7 bronze

Day 2 - Sunday

SM: 200m: **3rd** Matthew Agnimel 22.55 (Heat: 22.71); 1500m: 5th Sam Atkins 4:12.09; 6th Alex Friend 4:14.78; 7th Louis Berrett 4:18.30; **JT:** **1st** Peter Brinton-Quinn 59.23; **2nd** Hal Hutton 48.54;

U20M: 200m: **2nd** Ronnie Adoma 22.35 =**PB** (Heat: 22.63) 5th Calvin Sanni 24.06 (Heat: 24.03 **PB**); 400mH: **1st** Jacob Blanc 54.78s; **JT:** **1st** Ronnie Adoma 6.54 **PB**; **3rd** Patrick McLean-Tattan 6.17; **JT:** **1st** Patrick McLean-Tattan 52.53 **PB**

U17M: **JT:** **1st** Bobby Williams 63.50 **PB**

U15B: 200m: Heat: Jake Shaw 25.80 **PB**; 800m: **1st** Findlay McLaren 2:02.04 **PB** (Heat: 2:14.44); Heat: Shea Sweeney 2:20.41; **HJ:** **1st** Ryan Alexander 1.70; **JT:** **1st** Zak Williams 47.27 **PB**; **2nd** Sam Burdett 42.51 **PB**; **3rd** William Tilson 38.89 **PB**; **SP:** 7th Freddie Hatcher 7.98 **PB**

U13B: 1500m: 12th Joe Sewell 5:16.77; **DT:** **2nd** Ethan Johnson 21.51 **PB**; **JT:** 5th Ethan Johnson 21.70; 7th George Rogers 20.45.

SW: 1500m: **1st** Ginte Bailey W35 5:01.75; **2nd** Rebecca O'Rourke 5:41.90

U20W: 200m: 5th Lucy Natrass 28.37; 400mH: **1st** Steph Okoro 60.89s; **DT:** **2nd** Katie Ennis 32.93; **JT:** **1st** Niamh Pridie 29.13 **PB**

U17W: 200m: **1st** Cassie Campbell 26.25 (Heat: 26.71); 5th Mya Thomas 27.30 (Heat: 27.45); 3000m: **2nd** Rosie Warner 11:39.32; **3rd** Abi Swan 12:01.38; 300mH: **3rd** Maggie Smith 47.56 **PB**; **HJ:** **1st** Ruby Tillson 1.73 **PB & Equal club U17W record**; 4th Sophia Willson 1.40; **DT:** **2nd** Tilly Bunn 25.44

U15G: 200m: Heat: Jasmine Asmal 30.21; 800m: Heats: Jessica Page 2:25.81; Jasmine Asmal 2:35.44; Abi Rogers 2:38.54; **PV:** **1st** Scarlett Woods 2.00; **JT:** **3rd** Scarlett Woods 29.47 **PB**; 4th Emily Quinlan 28.14 **PB**; 5th Jessica Page 25.93 **PB**; 7th Jasmine Asmal 19.97; 9th Isobel Pridie 15.97 **PB**; **TJ:** 4th Jasmine Asmal 7.72 **PB**

U13G: 200m: 4th Cleo Drake 28.46 (Heat: 28.39 **PB**); Heat: Isabelle Ridley 31.51; 1500m: **1st** Summer Smith 4:53.99 **PB Club U13G record** **LJ:** **3rd** Cleo Drake 3.94; 8th Jessica Latham 3.27

Sunday Medals (27): 14 gold; 7 silver; 6 bronze

Total (53): 25 gold; 15 silver; 13 bronze

