



Essex County Championships Chelmsford Sat 14th & Sunday 15th May 2022

Club athletes rose to the occasion, winning 18 golds and bagging almost 30 other top three places at the two-day Essex County Championships at Chelmsford this weekend.

The javelin throwers took the headlines winning five golds and four silvers. Bradley James won a competitive Under 20 javelin event in a new career best, with new member Simon Hill runner up and Hal Hutton making it a clean sweep in third. Siblings Mathew and Jessica Page both added gold in the Under 17 and Under 13 javelin competitions respectively, Emily Fessey Cook topped the podium places for Under 17 women, as did Under 15 Zak Williams. There were silver medals for senior throwers Peter Brinton-Quinn and Adelaide Thatcher-Gray, and Under 17 Lucy Quinlan, while Sam Burdett was third in the Under 15 competition.

The sprint events also brought success as Fisola Fagbadegun improved her best for Under 15 Girl's 100m gold. Stephanie Okoro added Under 17 Women's 200m gold, after winning her 300m hurdles speciality with ease. Olivia Boachie improved her 400m best to win Under 20 Women's gold, with the eighth fastest ever time by a club U20, and Matthew Agnimel dipped below 49 seconds for the first time to win senior 400m gold, for 13th on the senior men's all-time list. Ridwan Salaam was Under 20 Men's 100m runner up, Lewis Bailey won bronze in both senior 100m & 200m races while Bel Drake followed her bronzes in both Under 13 sprints with gold in the long jump. Miriam Adebayo was U17W 300m runner up and Amy Mansell's PB earned her bronze in the Under 15 Girls' equivalent. Paris King's PB brought her U17 100m bronze a few hours after going one better to win 80m hurdles silver in another PB as Ruby Tillson took the 80m hurdles bronze. Jacob Blanc clocked the second fastest ever time by a club U20M to win the 400m hurdles event.

Findlay McLaren and Freddie Rowe again impressed in the Under 15 middle distance events, as Findlay led all the way to take two seconds off his 800m PB for victory and Freddie Rowe's 3000m debut saw him run the second fastest ever by a club Under 15 Boy for gold. Dan Meredith won the Masters 3000m event, as did Ginte Bailey in the Masters Women 1500m, while Louis Berrett and Kieran O'Hara won senior 800m silver and bronze, Ben Davis won senior 1500m bronze, Under 20 Shane Hart won bronze medals in both 800m and 1500m events, and Maddie Barker won bronze in the U20W 1500m. Liam Battrum narrowly edged teammate Aidan Doherty out of the medals to win U13B 800m bronze, and Summer Smith was run out of Under 13 Girls' 1500m medals despite clocking the third fastest time ever by a club Under 13 Girl.

The throwers added to the medal tally as Hannah Yexley won U20 discus gold, as did Under 17 Michael Tesi, while Katie Ennis set a new hammer PB for Under 17 victory, and also won discus silver. Harrison Rabess won silvers in both discus and shot for the Under 13s, Eboni Roach won U15G bronze in both shot and discus, and James Mallon took U15 discus bronze. The medal roll was completed by Rashaun Mullings-Smith with silver in the Under 15 high jump, the same position as Ruby Tillson finished in the U17W event.

For some pics see club Facebook Group

Essex Championship Results 2022

Masters: 1st Dan Meredith 10:07.88s; 4th Matt Bland 10:30.96s

SM: 100m: 3rd Lewis Bailey 11.38; 200m: 3rd Lewis Bailey 22.38s; 4th Matthew Agnimel 22.71s; 400: 1st Matthew Agnimel 48.98; 800m: 2nd Louis Berrett 2:01.87s; 3rd Kieran O'Hara 2:04.38s; 1500m: 3rd Ben Davis 4:11.76s; 5th James Stewart 4:17.27s; 6th Louis Berrett 4:27.29s; 3000m: 4th James Stewart 9:12.47s; JT: 2nd Peter Brinton-Quinn 59.76m

U20M: 100m: 2nd Ridwan Salaam 11.46; 800m: 3rd Shane Hart 2:01.37s; 1500m: 3rd Shane Hart 4:17.08s; 4th Charlie Howell 4:35.92s; 3000m: 4th Matthew Blacklock 10:52.82s; 400mH: 1st Jacob Blanc 53.49s; LJ: 3rd Patrick McLean-Tattan 4.80m; JT: 1st Bradley James 60.57m; 2nd Simon Hill 52.78m; 3rd Hal Hutton 51.47m; 4th Patrick McLean-Tattan 43.30m;

U17M: 200m: 5th Ike Okwudi 23.92s (Heat: 23.86s); 800m: Nathan Hart; Daniel Lammas; Toby Johnson; Finley Wolton; 1500m: Heat: 9th Nathan Hart 4:35.03; 100mH: 4th Al-Ameen Salaam 14.19s; DT: 1st Michael Tesi 27.45m; JT: 1st Matthew Page 48.34m

U15B: 100m: Heat: Ryan Alexander 13.66s; 800m: 1st Findlay McLaren 2:06.81s (Heat: 2:14.11s); 4th Jack West 2:12.00s (Heat: 2:15.29s); Heat: Shea Sweeney 2:21.08s; 3000m: 1st Freddie Rowe 9:22.65s; 80mH: 6th Simeon Barker 13.19s (Heat: 13.54s); HJ: 2nd Rashaun Mullings-Smith 1.64m; SP: 7th James Campbell 7.36m; 8th Dillon Humphrey 7.21m; DT: 3rd James Mallon 24.94m; 4th Dillon Humphrey 24.77m; 5th James Campbell 20.90m; JT: 1st Zak Williams 38.44m; 3rd Sam Burdett 31.41m;

U13B: 100m: 8th Aidan Doherty 13.54s (Heat: 13.59s); Heat: Harrison Rabess 14.17s; 200m: 5th Harrison Rabess 30.93s; 800: 3rd Liam Battrum 2:26.59s; 4th Aidan Doherty 2:26.65s; 1500m: 9th Oliver West 5:14.23s; SP: 2nd Harrison Rabess 6.71m; 4th Spencer Hart 5.38m; DT: 2nd Harrison Rabess 22.70m;

Masters: 1500m 1st Ginte Bailey 4:56.07s;

SW: JT: 2nd Adelaide Thatcher-Gray 39.64m

U20W: 100m: 6th Karis Thomas 12.63s (Heat: 12.43s); Heat: Emma Ramsden 13.02s; 200m: 4th Emma Ramsden 26.85s; 400m: 1st Olivia Boachie 57.15s; 1500m 3rd Maddie Barker 4:47.11s; JT: Niamh Pridie 23.12m; DT: 1st Hannah Yexley 28.24m;

U17W: 100m: 3rd Paris King 12.56s (Heat: 12.98); 6th Cassie Campbell 12.98s (Heat: 13.23); 7th Zara Okocha 13.01s (Heat: 13.20s); Heat: Precious Fagbadegun 13.44s; 200m: 1st Stephanie Okoro 25.33s (Heat: 25.15s); 4th Miriam Adebayo 26.63s (Heat: 26.52s); 5th Cassie Campbell 27.06s (Heat: 26.45s); 6th Precious Fagbadegun 27.13s (Heat: 26.83s); 300m: 2nd Miriam Adebayo 42.67s; 1500m: 5th Abigail Swan 5:12.75s; 3000m: Abigail Swan 11:41.68s; 80mH: 2nd Paris King 11.68s; 3rd Ruby Tillson 12.35s; 300mH: 1st Stephanie Okoro 43.21s; HJ: 2nd Ruby Tillson 1.50m; DT: 2nd Katie Ennis 30.12m; 4th Tilly Bunn 24.50m; HT: 1st Katie Ennis 35.47s; JT: 1st Emily Fessey Cook 32.01m; 2nd Lucy Quinlan 31.52m;

U15G: 100m: 1st: Fisola Fagbadegun 12.92s (Heat: 13.15s); 4th Mya Thomas 13.29s (Heat: 13.37s); Heats: Leila Jones 13.52s; Lottie Guynan 14.83s; 200m: 4th Mya Thomas 26.96s (Heat: 27.13s); 7th Fisola Fagbadegun 28.07s (Heat: 27.13s); 8th Libby-Jane Ward 28.65s (Heat: 28.05s); Heats: Charlotte Casey-Sweeney 28.18s; Tigerlily Gascoyne-Odle 28.76s; 300m: 3rd Amy Mansell 43.20s (Heat: 42.92s); Heat: Charlotte Casey-Sweeney 45.49; 75mH: 7th Maggie Smith 12.90s (Heat: 12.80s) LJ: 6th Amy Mansell 4.47m; HJ: Oma Nwapa; SP: 3rd Eboni Roach 8.70m; 8th Maisie Lee 7.36m; DT: 3rd Eboni Roach 19.72m; JT: 5th Emily Quinlan 23.40m; 6th Scarlett Woods 21.88m

U13G: 100m: 3rd Bel Drake 13.65s (Heat: 13.72s); 200m: 3rd Bel Drake 27.71s (Heat: 27.55s); 5th Jessica Page 29.26s (Heat: 28.94s); 800m: 7th Jessica Page 2:38.40; 1500m: 4th Summer Smith 5:00.32s; LJ: 1st Bel Drake 4.25m; JT: 1st Jessica Page 22.81m