



Essex Track Relay & Under 12s Championship – Thurrock 12th July 2026

Club young athletes celebrated eight medals, five gold and three silver, at Thurrock on Sunday, as the Essex track relay championships returned after a three year absence.

The sprint relays produced the most success with five medals - two gold and three silver podium places. The Under 14 Boys quartet of Dre Overare, William Hiles, Gideon Lee and Elijah Lowe, who top the UK club rankings, equalled their fastest time to win gold.

The Under 14 Girls squad also came out on top as Betsy Morrow, Autumn Ely, Destiny Carbon and Olivia Rae Vaughan were clear of the rest.

Both Under 16 squads struck silver with Esther Olajide, Abigail Adegite, Millie Cook and Ome Nwapa making up the girls' quartet and David Ojo Ekhatior, Tobi Oluborode Oluseye, Zaire Lewin Dawkins and Joshua Buxton

RESULTS:

4x100m:

Under 14 Girls: 1st (Betsy Morrow, Autumn Ely, Destiny carbon, Olivia Rae Vaughan) 52.8s. (Heat: 53.2s)

Under 16 Girls: 2nd (Esther Olajide, Abigail Adegite, Millie Cook, Ome Nwapa) 51.7s (Heat: 52.2s). Heats: B Team (Siobhan Etemadi, Ruby Wealleans, Brooke Lavey, Scarlett Barclay) 54.8s: C Team Amelie Shearing, Samanta Karablikovaite, Mia Borisova, Tomiwa Holloway) 56.3s;

Under 14 Boys: 1st (Dre Overare, William Hiles, Gideon Lee, Elijah Lowe) 47.9s (Heat: 48.9s)

Under 16 Boys: 2nd (David Ojo Ekhatior, Tobi Oluborode Oluseye, Zaire Lewin Dawkins, Joshua Buxton) 45.9s; Heat: 46.9s; (B Team Heat: Zephaniah Smith, Kai Richardson, Derin Okubanjo, Nathan Hathaway) 48.4s

Under 18 Men: 2nd (Ryan Alexander, Tobi Bello, Romel Semper, Max Adeosun) 43.9s

4x300m: Under 16 Boys: 1st (David Ojo Ekhatior, Aidan Fairfax, Tobi Oluborode Oluseye, Nathan Hathaway) 2:38.7s; B Team 6th (Jack Forman, Jake Tregidgo, George Rogers, Timi Oluborode Oluseye,) 2:52.0s;

3x800m:

Under 14 Girls: 5th (Darcy Davies, Violet Everett, Molly Jenkinson Smith) 7:50.9s;

Under 14 Boys: 5th (Jack Rushworth, James Fenn, Max Forman) 7:46.6s; 6th B Team (Joseph Legg, Tomiwa Okubanjo, Ismail Abdal-Bari) 8:05.2s

Under 16 Boys: 1st (Jake Tregidgo , Oliver Rushworth, Aidan Fairfax) 6:37.3s; 6th B Team (Callum Millard Jennings George Rogers Freddie Scorey Hall) 7:00.0s;

Under 18 Men 1st (Sam Horsley, Shea Sweeney, Aidan Doherty) 6:41.4s

The first Essex Championships for the new Under 12 age group were also held alongside the county relays and club Year 6s came away with four medals.

Girls

75m: 3rd Demi Abiwon 11.0s (Heat: 11.0; semi 10.8s); 7th Ava Lynch 11.5s (Semi: 11.4; Heat: 11.5s)

800m: 7th Ava Lynch 2:55.9s; 11th Florence White 3:03.1s

Long Jump: 2nd Ava Lynch 3.69m

Boys:

75m: Lennie Wright Semi: 11.0s Heat: 11.2s; William West 11.1s; Alexander Ivanov Semi & Heat: 11.2s

800m: 11th Lennie Wright 2:38.7s; 12th Luke Hathaway 2:41.2s; 15th Alexander Ivanov 2:42.7s

Long Jump: 2nd Luke Hathaway 4.07m 5th Lennie Wright 4.02m; 13th Alexander Ivanov 3.42m

High Jump: 3rd Luke Hathaway 1.33m;