



## **Essex Championships Chelmsford 11<sup>th</sup> & 12<sup>th</sup> May 2024 Results**

### **Day 1 - Saturday**

**SM:** 400m: **2<sup>nd</sup>** Matthew Agnimel 47.41s **PB**; **3<sup>rd</sup>** Akeem Akintokun 50.78s; 800m: **3<sup>rd</sup>** Alex Friend 1:58.09s; 6<sup>th</sup> Louis Berrett 2:00.17s; 8<sup>th</sup> Sam Atkins 2:01.98s; 10<sup>th</sup> Kieran O'Hara 2:02.67s; 3000m: 5<sup>th</sup> James Stewart 9:04.24s; 16<sup>th</sup> Will Kirk 10:10.59.

**U20M:** 400m: 6<sup>th</sup> Dan Lammas 52.71s.

**U17M:** 100m: 8<sup>th</sup> Maxwell Adeosun 11.66m **PB** (Heat: 11.70s); Heat: Anthony Odumosu 12.32s **PB**.

**U15B:** 1500: 8<sup>th</sup> Joe Sewell 4:52.12s **PB**; 80mH: 4<sup>th</sup> Oliver Cambridge 13.22s **PB**.

**U13B:** 100m: Heats: Nathan Hathaway 14.40s **PB**; Sam Kirk 15.45s **PB**; 800: **3<sup>rd</sup>** Callum Millard Jennings 2:32.14s **PB**; 5<sup>th</sup> Nathan Hathaway 2:36.82s **PB**; 12<sup>th</sup> Cruz Carvell 2:56.52s **PB**; 13<sup>th</sup> Sam Kirk 2:56.87s **PB**; 75mH: 7<sup>th</sup> Nathan Hathaway 15.16s **PB** (Heat: 15.24s).

**Senior:** 800m: **3<sup>rd</sup>** Ginte Bailey W35 2:33.51s.

**U20W:** 100m: **1<sup>st</sup>** Stephanie Osuala 13.17s; **3<sup>rd</sup>** Cassie Campbell 13.23s; 5<sup>th</sup> Precious Fagbadegun 13.45s; 800m: **3<sup>rd</sup>** Abigail Swan 2:47.27s; 100mH: **2<sup>nd</sup>** Ruby Tillson 14.25s **PB**; LJ: **1<sup>st</sup>** Ruby Tillson 5.61 **PB**; **3<sup>rd</sup>** Precious Fagbadegun 4.94m; HT: **1<sup>st</sup>** Katie Ennis 35.25m.

**U17W:** 100m: **3<sup>rd</sup>** Alicia Fairmaner 12.71s (Heat 12.68s **PB**); 5<sup>th</sup> Mya Thomas 12.95s **PB** (Heat: 13.18s); 300: 6<sup>th</sup> Amy Mansell 42.55s (Heat: 42.77s); Heat: Grace Tilson 47.42s; 80mH: 4<sup>th</sup> Maggie Smith 12.35s; LJ: **2<sup>nd</sup>** Alicia Fairmaner 5.60m; TJ: **3<sup>rd</sup>** Grace Tilson 8.19m; HT: 4<sup>th</sup> Eboni Roach 26.23m **PB**.

**U15G:** 100m: 7<sup>th</sup> Kara Adegite 13.32s (Semi: 13.13s; Heat: 13.41s); Semi: Poppy Dent-Jones 13.47s **PB** (Heat: 13.59s); Kalea Martin 14.10s (Heat: 14.07s **PB**); 300m: 5<sup>th</sup> Jessica Page 43.48s (Heat: 43.33s **PB**); 7<sup>th</sup> Jasmine Asmal 44.60s (Heat: 44.33s **PB**); 1500: 5<sup>th</sup> Orla Friel 5:01.35s; 75mH: 5<sup>th</sup> Poppy Dent-Jones 12.34s **PB** (Heat: 12.62); Heat: Jasmine Asmal 13.99s **PB**; SP: **3<sup>rd</sup>** Ayla Baker 10.50m **PB**; 13<sup>th</sup> Orlaith McLaren 6.52m; DT: **3<sup>rd</sup>** Lila Chapelhow 22.20m; 8<sup>th</sup> Clare Coogan 19:94m **PB**; HT: **3<sup>rd</sup>** Lila Chapelhow 33.10m **PB & Club record**

**U13G:** 100m: Heats: Abigail Adegite 14.49s **PB**; Siobhan Etemadi 15.10s; Lucy Tregidgo 15.89s **PB**; 800m: **2<sup>nd</sup>** Millie Cook 2:28.26s **PB**; 8<sup>th</sup> Zeni Williams 2:44.70s **PB**; 14<sup>th</sup> Lucy Tregidgo 2:59.78s **PB**; 70mH: **1<sup>st</sup>** Siobhan Etemadi 12.17s (Heat: 12.04s **PB**); Heat: Inari Rawle 15.54s **PB**; SP: 6<sup>th</sup> Zeni Williams 5.72m; DT: **2<sup>nd</sup>** Zeni Williams 16.87m **PB**.

**Saturday Medals (21): 4 gold; 5 silver; 12 bronze**

### **Day 2 - Sunday**

**SM:** 200m: 4<sup>th</sup> Matthew Agnimel 22.14s (Heat: 22.17s); 5<sup>th</sup> Akeem Akintokun 22.50s (Heat: 22.71s); 1500: 5<sup>th</sup> Kieran O'Hara 4:05.19s; 8<sup>th</sup> Alex Friend 4:09.51s; 9<sup>th</sup> James Stewart 4:17.87s; 10<sup>th</sup> Louis Berrett 4:19.44s; JT: **1<sup>st</sup>** Peter Brinton-Quinn 62.55m

**U20M:** JT: **1<sup>st</sup>** Bobby Williams 55.21m **PB**.

**U17M:** 800m: Heat: Shea Sweeney 2:12.89s; LJ: 5<sup>th</sup> Anthony Odumosu 6.08m **PB**; TJ: **2<sup>nd</sup>** Ugo Godwin 12.75m **PB**; 4<sup>th</sup> Maxwell Adeosun 12.16m **PB**; JT: **1<sup>st</sup>** Zak Williams 46.75; **2<sup>nd</sup>** Sam Burdett 40.39m **PB**; **3<sup>rd</sup>** Will Tilson 37.56m **PB**; 4<sup>th</sup> James Brinton-Quinn 30.82m **PB**.

**U15B:** 200: Heat: Zaire Lewin-Dawkins 29.24s **PB**; 800m: **2<sup>nd</sup>** Aidan Doherty 2:09.33s **PB**; HJ: **2<sup>nd</sup>** Bode Thompson 1.70m =**PB**; DT: **2<sup>nd</sup>** Harrison Rabess 33.50m

**U13B:** 200: 6<sup>th</sup> Jack Rossington 30.03s (Heat: 29.75s **PB**); 1500: 6<sup>th</sup> Callum Millard Jennings 5:04.69s **PB**. JT: 8<sup>th</sup> Euan Cheesewright 20.15m **PB**

**Masters:** 1500: **1<sup>st</sup>** Ginte Bailey 5:07.97s

**SW:** 1500: **3<sup>rd</sup>** Rebecca O'Rourke 5:43.53s

**U20W:** 200m: **3<sup>rd</sup>** Cassie Campbell 25.71s **PB**; 400H: **1<sup>st</sup>** Stephanie Okoro 61.66s; HJ: **1<sup>st</sup>** Ruby Tillson 1.76m **PB & Club U20 & senior record**; DT: **2<sup>nd</sup>** Katie Ennis 33.81m; JT: **1<sup>st</sup>** Lucy Quinlan 32.83; **3<sup>rd</sup>** Niamh Pridie 28.99m

**U17W:** 200m: **2<sup>nd</sup>** Mya Thomas 25.91s **PB** (Heat: 26.22s **PB**); 300H: **3<sup>rd</sup>** Maggie Smith 47.54s; HJ: **1<sup>st</sup>** Maggie Smith 1.55m; PV: **3<sup>rd</sup>** Scarlett Woods 2.20m; SP: 4<sup>th</sup> Eboni Roach 10.84m **PB**; 5<sup>th</sup> Amy Mansell 10.41m; DT: **3<sup>rd</sup>** Eboni Roach 25.31m; JT: **3<sup>rd</sup>** Scarlett Woods 27.80m.

**U15G:** 200m: Heat: Kalea Martin 28.42s **PB**; Leah Jones 30.17s **PB**; 800m: 4<sup>th</sup> Jasmine Asmal 2:24.20 **PB**; 14<sup>th</sup> Poppy Vines 2:45.10s; HJ: 6<sup>th</sup> Jasmine Asmal 1.30m; TJ: **2<sup>nd</sup>** Jasmine Asmal 8.97m **PB**; JT: **1<sup>st</sup>** Jessica Page 31.45m; **3<sup>rd</sup>** Lila Chapelhow 26.68m **PB**; 5<sup>th</sup> Jasmin Asmal 24.62m **PB**; 6<sup>th</sup> Isobel Pridie 20.65m **PB**; 9<sup>th</sup> Ayla Baker 16.77m; 11<sup>th</sup> Alana Graves 16.32m.

**U13G:** JT: **3<sup>rd</sup>** Zeni Williams 19.46m **PB**.

**Sunday Medals (26): 9 gold; 7 silver; and 10 bronze.**

**Total (47): 13 gold; 12 silver; and 22 bronze**