



Essex Championships Chelmsford 9th & 10th May 2026 Results

Day 1 - Saturday

SM: 400m: **1st** Matthew Agnimel 48.78s; **3rd** Akeem Akintokun 51.74s; 800m: **2nd** Kieran O'Hara 1:58.82s; 3000m: **2nd** James Stewart 9:02.68s.

U18M: 100: **3rd** Romel Semper 11.26 (Heat: 11.11 **PB**); 4th Max Adeosun 11.45 (Heat: 11.27); 6th Ryan Alexander 11.54 (Heat: 11.25); Heat: Peter Aderibigbe 11.41; 1500m: **1st** Findlay McLaren 3:57.08 **PB**; 4th Shea Sweeney 4m 07.13s **PB**; SP: **1st** Sam Johnson 14.78m; HT: **1st** Sam Johnson 48.73m;

U16B: 100: 7th Zaire Lewin-Dawkins 11.84s **PB** (Heat: 12.19s; Semi: 12.03s); Kai Richardson Heat: 12.97s **PB**; 1500m: 14th Henry Wakeling 4:39.75s **PB**; 17th Callum Millard Jennings 4:46.19s **PB**; 23rd Luke Brewington 5:09.84 **PB**; 100mH: 4th Derin Okubanjo 16.00s **PB**; LJ: **2nd** Sonny Hurrell 5.04m; 4th Derin Okubanjo 4.77m; TJ: **1st** Derin Okubanjo 11.46m **PB**

U14B: 100m: **1st** Elijah Lowe 12.30s (semi: 11.91s **PB**; Heat: 12.07s); LJ: 15th Jack Rushworth 3.71m

Senior: 3000 **1st** Ginte Bailey 11:41.35s; **2nd** Clare Davies 12:20.58s; **3rd** Rebecca O'Rourke T20 12:35.22s; 100mH: **1st** Chloe Williams 14.26s; LJ: **3rd** Ginte Bailey 3.54m

U20W: 100m: **1st** Alicia Fairmaner 12.82s; 100mH: **1st** Maggie Smith 16.02s; LJ: **1st** Alicia Fairmaner 5.44m.

U18W: 100mH: **3rd** Oma Nwapa 14.83s **PB**; HT: 4th Lila Chapelhow 36.81m

U16G: 100m: Taylor Teniola Heat: 14.39s; 300m: 4th Millie Cook 42.08s **PB**; 80mH: **3rd** Ome Nwapa 12.16s (Heat: 12.14s **PB**);

U14G: 100m: **1st** Olivia Rae Vaughan 13.15s; (Semi: 13.07s Heat: 13.33s); 800m: 5th Violet Everett 2:34.52s; 75mH: Heat: Edie Smith 12.88s **PB**; SP: 4th Betsy Morrow 8.65m;

Saturday Medals (19): 11 gold; 4 silver; 4 bronze

Day 2 - Sunday

SM: JT: **1st** Peter Brinton-Quinn 59.17m

U18M: 200: **3rd** Romel Semper 22.40w **PB** (Heat: 22.74w); Heat: Reggie Marshall 26.06w; 800m: **2nd** Aidan Doherty 1:58.42 **PB**; 3000: **1st** Sam Horsley 9:05.00; JT: **2nd** Sam Burdett 47.65m; **3rd** William Tilson 39.57m

U16B: 200: 4th Zaire Lewin-Dawkins 23.79w **PB**; Heat: 24.38s; 800m: 4th Jack Rossington 2:08.69s **PB** (Heat: 2:10.68s); 5th Jake Tregidgo 2:11.09 (Heat: 2:11.10s); 6th Aidan Fairfax 2:15.26s (Heat: 2:13.32s **PB**); ; SP **1st** Ameer Salaam 16.49m

U14B: 200: **2nd** Elijah Lowe 24.48w **PB**; Heat: 24.57w; **3rd** William Hiles 24.81w **PB**; Heat 25.73w; Jack Rushworth: 32.03w; SP: **2nd** William Hiles 12.02s **PB**; DT: **1st** William Hiles 33.10m **PB**; JT: Euan Cheesewright NM

Masters: 1500 **2nd** Ginte Bailey 5:29.77; **3rd** Clare Davies 5:42.23s

SW: 1500: **2nd** Rebecca O'Rourke 5:40.88s; DT: **1st** Katie Ennis 34.44m

U20W: 400H: : **1st** Lucy Chapelhow 66.79s; HJ: **1st** Maggie Smith 1.45m;

U18W: 400mH: **1st** Amy Mansell 68.26s **PB**; SP: 4th Eboni Roach 11.60m; DT: **3rd** Eboni Roach 30.32m; JT: **2nd** Jessica Page 35.16m

U16G: 800 Heat Elena Williams 2:47.95s; JT: **1st** Ayla Baker 36.91m

U14G: 1500: 11th Molly Jenkinson-Smith 5:10.70s **PB**; HJ: 4th Isla Herrera 1.40m; JT: **3rd** Sophia Karim 27.89m; 4th Keira Attwood-Kelly 27.14m **PB**;

Sunday Medals (22): 9 gold; 7 silver; and 6 bronze.

Total (41): 20 gold; 11 silver; and 10 bronze