



Weekend Round Up 22nd & 23rd July 2023

There were two medals for the club's representatives at the England Athletics Senior and Disability Championships at Chelmsford this weekend.

Peter Brinton-Quinn's last round throw of 64.42m brought him senior javelin silver to add to his impressive season of podium places in the Eastern, Southern and England Under 23 Championships.

Rebecca O'Rourke continued her fine series of winning medals in these championships as she won bronze in the women's ambulant 1500m race with her 5m 3879s clocking.

The third club representative was Matthew Agnimel who clocked 48.91s in the men's 400m.

Two club relay teams had the experience of their athletic careers so far on Sunday when they took part in the Club: Connect relays, which brought together the fastest teams in London, held as part of the World Athletics Diamond League meeting which returned to the London Stadium for the first time since 2019.

The men's Under 17 quartet of Emmanuel Asirifi-Otchere, Joel Ajayi, Dan Lammas and Ike Okwudi sliced a second off their previous best this year with their 43.49s clocking in placing fifth and for good measure also improved on the club record set in the equivalent Club: Connect competition held at Lee Valley in September 2020 after the return from lockdown.

The Under 17 women's team of Precious Fagbadegun, Mya Thomas, Miriam Adebayo and Zara Okocha also ran faster than before this summer finishing sixth with 50.24s, half a second better than their earlier time.

Kieran O'Hara also relished the experience of running in the 2012 Olympic Stadium taking four seconds off his previous personal best with a time of 4m 01.77s as he finished fourth in the Ambulant 1500m event.

