



## **Essex & Eastern Indoor Champions Lee Valley Sat 28<sup>th</sup> Feb & Sun 1<sup>st</sup> March**

**Club athletes brought home over 20 medals including five gold from at the two-day Essex and Eastern Indoor Championships held at Lee Valley this weekend.**

The first medals went not surprisingly to the shot pairing of Ameer Salaam and Sam Johnson who had won gold and silver in the Southern Champs and third and fourth nationally three weeks earlier. This time it was Ameer who struck gold with a massive new best of 15.20m with Sam comfortably winning silver.

Southern silver medallist Millie Cook won Under 15 300m gold from gun to tape in a new indoor best, and behind her Abigail Adegite improved her career best to win bronze. Soon afterwards Matthew Agnimel added to his large collections of county medals by winning gold in the senior 200m.

The final two gold medals came late on Sunday afternoon after Aidan Doherty ran a well-judged Under 17 men's heat to make the 800m final then made no mistake a few hours with a powerful run to win gold in the final.

Derin Okubanjo had a busy weekend but still had energy to spare on Sunday afternoon to win the Under 15 triple jump with a new PB, to add gold to his silver medals in the hurdles and long jump on Saturday. Also in the U15s, Jack Rossington's 800m PB won him bronze and another 800m bronze went to senior Andrew Adebousoye.

Training partners Romel Semper and Max Adeosun traded medals as Romel won the U20 men's 60m silver with Max winning bronze, then on Sunday Max won 200m silver edging Romel into bronze. Any Mansell improved her best to win U20W 400m bronze, after winning long jump bronze. Maggie Smith (U20W) and Ava Lynch (U13G) both won hurdles bronzes.

Bode Thompson equalled his high jump best for U17M silver, Oma Nwapa won U20W high jump silver and Luke Hathaway impressed to win U13B long jump silver.

*Meanwhile Stateside Ruby Tillson had her best results for the University of Connecticut when she won the Big East Indoor Championship pentathlon in a new PB points tally. She opened with a win in the 60m hurdles in a fast 8.63s, and extended her lead with a high jump win with 1.70m season best clearance. Another season best in the shot (9.94m) and a long jump of 5.53m left her leading as she lined up in her weakest event, the 800m. A committed run saw her track her team mate through the first 600m and hang on for a new PB of 2m 17.77s which was enough to win gold by 35 points, and add over 100 points to her previous tally.*

**Senior Men:** 60m: 4<sup>th</sup> Matthew Agnimel 7.20s; 200m: **1<sup>st</sup>** Matthew Agnimel 22.34s; 800m: **3<sup>rd</sup>** Andrew Adebousoye 2:06.68s

**Under 20 Men:** 60m: **2<sup>nd</sup>** Romel Semper 7.18s (Semi: 7.16s PB; 7.19s) **3<sup>rd</sup>**; Max Adeosun 7.22s (Semi: 7.20s; 7.21s); Ryan Alexander (Semi: 7.21s; 7.19s); 200m: **2<sup>nd</sup>** Max Adeosun 22.81s (Semi: 22.98s); **3<sup>rd</sup>** Romel Semper 22.89s PB (semi: 23.31); 400m: Ryan Alexander 52.55s; 800m: 4<sup>th</sup> Shea Sweeney 2:01.91s (Heat: 2:00.89s);

**Under 20 Women:** 400 **3<sup>rd</sup>** Amy Mansell 61.39s PB (Heat: 63.07s); 4<sup>th</sup> Lucy Chapelhow 62.44s (Heat: 63.59s); 60m H: **3<sup>rd</sup>** Maggie Smith 9.69s; HJ: **2<sup>nd</sup>** Oma Nwapa 1.50m; Long Jump: **3<sup>rd</sup>** Amy Mansell 4.85m; 5<sup>th</sup> Oma Nwapa 4.53m

**Under 17 Men:** 200: David Ojo Ekhaton 24.56s; 800: **1<sup>st</sup>** Aidan Doherty 1:59.89s (Heat: 2:07.20s); Heats: Jake Tregidgo 2:12.99 PB; Oliver Rushworth 2:20.51s; HJ: **2<sup>nd</sup>** Bode Thompson 1.85m =PB; SP: **1<sup>st</sup>** Ameer Salaam 15.20 PB & CB); **2<sup>nd</sup>** Sam Johnson 13.96s

**Under 17 Women:** 60m: Isabella Brtant Afriyie 8.27s (Heat) 8.24s; Kalea Martin 8.81s; 200m Kara Adegite 28.04s; Kalea Martin 28.94s; Amira Bryant-Afriyie 29.48; 60m H 4<sup>th</sup> Ome Nwapa 9.47s (Heat 9.46s); LJ: 8<sup>th</sup> Ome Nwapa 4.47m

**Under 15 Girls:** 60m Olivia Rae Vaughan 8.38s (Heat 8.49s); Esther Olajide 8.66s (Heat: 8.58s); Ria Sandhu-Nelson 9.13s; Elsie Smith 9.45s; 200m: Ava McMillan 28.37s (Heat: 28.06s); Ria Sandhu-Nelson 29.94s; Edie Smith 30.23s; 300: **1<sup>st</sup>** Millie Cook 42.53s (Heat: 43.29s); **3<sup>rd</sup>** Abigail Adegite 44.42s (Heat: 44.14s); Ava

McMillan 45.87s; 800: Lucy Tregidgo 2:36.60s; 60mH: Edie Smith 10.89s; Lucy Tregidgo 11.08s; Siobahn Etemadi DNF; LJ: 19<sup>th</sup> Lucy Tregidgo 3.39m; HJ' Elsie Smith; Esther Olajide; Isla Herrera

**Under 15 Boys:** 60m: Nathan Hathaway 8.07s (Heat: 8.08s); Derin Okubanjo 8.09s; Kai Richardson: 8.24 (Ht: 8.27s); 200: Jack Rushworth DQ; Elijah Lowe DQ; 800: **3<sup>rd</sup>** Jack Rossington 2:18.89s; 60mH **3<sup>rd</sup>** Derin Okubanjo 9.56s (Heat 9.58s); 6<sup>th</sup> Nathan Hathaway 10.03s (Heat 10.08s); LJ **3<sup>rd</sup>** Derin Okubanjo 4.92m; 9<sup>th</sup> Jack Rushworth 3.52m; TJ **1<sup>st</sup>** Derin Okubanjo 11.03m PB; 6<sup>th</sup> Jack Rushworth 8.69m;

**Under 13 Girls:** 60m: Ava Lynch 9.27s PB; (Heat: 9.29s); 60mH: **3<sup>rd</sup>** Ava Lynch 11.09s

**Under 13 Boys:** 60m: Tomiwa Okubanjo 9.19s PB (Heat: 9.26s); Luke Hathaway 9.32s (Heat: 9.31s); Ivan Dunbar 9.87s; LJ: **2<sup>nd</sup>** Luke Hathaway 3.93m:





***More medal pics on club Face Book group (members only)***