



Eastern Counties & Essex Pentathlon Championships Peterborough Sunday 24th September 2023

A trio of club youngsters ended their summer season in style as they all picked up medals at the Eastern Counties and Essex Pentathlon Championships at Peterborough on Sunday.

Maggie Smith opened her campaign in the Under 17 women's event with a solid 12.73s hurdles, the second fastest on the day, and was second again in the shot put as she added almost a metre to her PB with a 9.41m effort to take a narrow lead. Maggie improved her high jump best with a 1.56m clearance but a 4.62m long jump saw her ranked third as she lined up for the final event the 800m. Maggie's season's best of 2m 44.01s saw her edged Charlotte Gilding (Norwich) into third by just two pints as she totalled a new best of 2873 points, as Chelmsford's Sophie Catchpole took gold.

Bel Drake added over 200 points to her previous best in winning bronze in the Under 15 Girls' competition with her 2636 points score. Her long jump of 4.86m was a new PB and put her in early medal contention and was followed by a 7.07m shot put and a high jump PB of 1.53m before her 2m 43.30s 800m ensured a third place podium finish.

Aidan Doherty added over 50 points to his previous best scoring 1692 points in the Under 15 boys' event, winning Essex bronze and placing fourth in the Eastern Counties competition. A 16.28s hurdles run was followed by a PB of 7.68m in the shot, a 4.32m long jump and 1.47m high jump before a storming 2m 23.41s 800m confirmed his Essex bronze.

All three athletes have another year in their age group and will look forward to further improvements next summer.



