



Essex County Championships Chelmsford Sat 10th & Sunday 11th May 2025

Club athletes were in record breaking form as the two-day Essex County Championships were held in warm and sunny conditions at Chelmsford this weekend, with five club records falling on the way to athletes winning 13 golds and over 20 other medals.

Freddie Rowe has already started his season in impressive style and continued in the same vein as he shattered his own club Under 17 Men's 1500m record and broke the Championship record by five seconds in winning county gold. He led from the gun and progressively extended his lead to cross the line around 100m clear of the pack, clocking a brilliant 3m 53.73s, a five second improvement on his best. It was also the third fastest ever time on the club Under 20 lists and took Freddie into the club senior all-time Top 20.

Two other club youngsters also rewrote the record books. On Saturday Lila Chapelhow added the Under 17 Women's hammer record to her Under 15 mark from last year, becoming the first club Under 17 to throw beyond 40m with her 40.62m throw which won her silver. On Sunday afternoon Ayla Baker carried on her extraordinary sequence of improving the club record at each of her four competitions this year, launching the 500gm javelin to a new club record mark of 42.45m, adding over two metres to the championship best. It represented over a 12-metre improvement on her best throw from last year.

Two further records fell as Chloe Williams and Ginte Bailey both improved their own W35 bests. Chloe improved her own 100m hurdles best as she won senior gold in 14.13s, remarkably the second fastest ever time of her long career, while Ginte broke her club 1500m mark clocking a career best of 4:51.26s on Sunday, after running her fastest 800m time as a W35 in winning senior silver on Saturday, as Rebecca O'Rourke won 800m bronze in the same race. Nina Brennan set an inaugural club W40 mark for the rarely contested 300m, winning Masters gold.

The Under 20 women picked up plenty of podium places. Alicia Fairmaner won the U20W 100m and also took long jump gold and Cassie Campbell won 100m silver and 200m bronze while Maggie Smith won high jump gold and 100m hurdles silver. Lucy Chapelhow won 400m silver and 400m hurdles bronze and Abigail Swan won U20W 800m bronze.

More track success was earned by Millie Cook whose PB won her U15 Girls 300m gold and a place in the club all-time age group top 10 while PBs for Poppy Vines (1500m) and Emmie Lole (800m) won them Under 17 Women's silver and respectively, as Amy Mansell's PB won her 300m hurdles bronze. Taylor Newell won senior men's 1500m old, his first for the club, in a tactical race while Louis Berrett won senior 400m silver, and Findlay McLaren had to settle for Under 17 men's 800m silver.

The throwing events added to the medal tally. Harrison Rabess won U17M discus gold, as did Michael Tesi who won Under 20 men's equivalent, with James Brinton-Quinn claiming U20M bronze while Katie Ennis won senior discus silver and Ethan Johnson also won discus silver for the U15B. Sam Burdett won U17M javelin silver and in the Under 13 javelin events Sophia Karim won silver for the girls and Euan Cheesewright won boys' bronze and Sam Johnson's hammer PB won U17M bronze.

Jumps medals were earned by pole vaulters Claire Brennan (senior) and Scarlett Woods (U17W) who both won silver, while Derin Okubango won U15B triple jump gold and Edie Smith won U13G high jump bronze.

For club results see separate file.

See selection of podium pics on our provide Facebook Group (Members only)

Also, around 1500 pics from Steve Wilkin (Chelmsford AC) at:

Saturday: [Essex AA 2025 Track & Field Championships Day 1 10 th May Chelmsford by Steve Wilkin](#)

Sunday: [Essex AA 2025 Track & Field Championships Day 2 Chelmsford 11th May by Steve Wilkin](#)



Pic: Steve Wilkin



Pic: Tony Benton



Pic: Steve Wilkin



Pic: Peter Quinn