



Essex County Championships Chelmsford Sat 11th & Sunday 12th May 2024

Club athletes rose to the occasion in the warm and sunny conditions at the two-day Essex County Championships at Chelmsford this weekend, as two gold records fell on the way winning 13 golds and 33 other medals, setting two club records in the process.

Combined event English Schools international Ruby Tillson starred, winning two gold and silver in her three Under 20 events, all in PBs, setting a club record in the process. Ruby opened her account with 100m hurdles silver and then smashed her career best to win long jump gold, and she returned on Sunday to improve her high jump PB and club Under 20 and senior record to 1.76m. Her training partner Maggie Smith added Under 17 high jump gold and 300m hurdles bronze while another high jump medal went to Bode Thompson who equalled his PB for silver in the under 15 boys' event. Stephanie Okoro won Under 20 women's 400m hurdles gold on her face race over the barriers this winter and Siobhan Etemadi twice beat her previous best to win the Under 13 Girls' 70m hurdles event.

More jumps medals went to Alicia Fairmaner who was edged into Under 17 Women's long jump silver in the last round, also adding 100m bronze in a new PB, Ugo Godwin (U17M triple jump silver), Precious Fagbadegun (U20W long jump bronze), Jasmin Asmal (U15 triple jump silver) and Grace Tilson (U17W triple jump bronze) also made the podium.

There were some great sprints results as Stephanie Osuala won Under 20 100m women's gold in a tight finish as Cassie Campbell won bronze, and on Sunday Cassie smashed her best for another bronze in the 200m, as Mya Thomas twice improved her best to earn Under 17 200m silver. Matthew Agnimel set a new PB to win senior 400m silver, to move up to fifth in the clubs all time list, with Akeem Akintokun taking bronze in the same race.

Also on the track, Aidan Doherty carved five seconds off his best to win Under 15 800m silver, and Millie Cook also smashed her previous mark in winning Under 13 Girls' 800m silver, as Callum Millard Jennings won Under 13 boys 800m bronze in a PB. Ginte Bailey won the Masters 1500m and Rebecca O'Rourke was third in the senior category, and Abigail Swan added U20 Women's 800m bronze.

But the icing on the cake came from the throwers who brought home a glut of medals. The javelin throwers dominated winning eleven medals, five of them gold, as club athletes made it a clean sweep of Under 17 Mn's medals thanks to Zak Williams, Sam Burdett and Will Tillson, and Bobby Williams and Peter Brinton-Quinn added Under 20 and senior javelin golds respectively. Lucy Quinlan won Under 20 javelin gold, with Niamh Pridie taking bronze, while Jessica Page won Under 15 girls javelin gold, with Lila Chapelhow winning bronze. Scarlett Woods won Under 17 Women's javelin bronze, as well as pole vault bronze, and Under 13 Zeni Williams added javelin bronze to her discus silver. Lila Chapelhow added two more Under 15 bronzes improving her club best in the hammer in the process, and also won discus bronze. Katie Ennis added to her medal collection winning the Under 20 hammer and discus silver discus, Eboni Roach added Under 17 discus bronze, Harrison Rabess won Under 15 Boys' discus silver and Ayla Baker rounded up the medal roll with bronze in the Under 15 Girls' shot.

Selection on pics on our provide Facebook Group (Members only)

Also, around 1600 pics from Steve Wilkin Chelmsford at:

Saturday: [Essex AA Track & Field Championships Day 1 Chelmsford 11th May by Steve Wilkin \(adobe.com\)](#)

Sunday: [Essex AA Track & Field Championships Day 2 Chelmsford 12th May by Steve Wilkin \(adobe.com\)](#)