

# **Schools East Anglian Region Combined Events Championships**

## **Bedford, Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> June 2026**

**Club multi eveners performed well for Essex Schools at the weekend helping the county teams to qualify for the national final in September.**

Ome Nwapa led all the way to win the Intermediate event winning the sprint hurdles and never looking back as she set PBs in four of the seven events, to win by over 300 points with her tally of 3955.

In the senior heptathlon her older sister Oma won the hurdles and held the overall lead until the sixth event, the javelin, and despite three PBs had to settle for second behind Essex team mate Milana Thorpe (Chelmsford). Amy Mansell set two PBs and came through strongly to finish third, while Maggie Smith improved her hurdles PB on her way to a fifth place finish.

Josh Buxton was third in the Inter Boys Octathlon, after a solid performance which saw him start with a win in the hurdles, which was close to his best. Abigail Adegite was a fine fourth in the junior girls' pentathlon setting PBs in three of her five events.

### **Senior Girls Heptathlon**

2<sup>nd</sup> Oma Nwapa 3821 points

(100mH: 14.8s ; HJ: 1.53m; SP: 8.97m **PB** 200m: 27.1s **PB**; LJ: 4.73m; JT: 21.16m; 800m: 2:47.7s **PB**

3<sup>rd</sup> Amy Mansell 3599 pts (16.8s **PB**; 1.41m; 8.70m **PB**; 26.7s; 5.03m; 17.92m; 2:44.6s)

5<sup>th</sup> Maggie Smith 3494 pts (15.6s **PB**; 1.53m; 8.47m; 28.7s; 4.54m; 14.72m; 2:47.5s)

### **Intermediate Boys Octathlon**

3<sup>rd</sup> Josh Buxton 3981 points

LJ: 5.56m; DT: 34.86m; JT: 30.43m **PB**; 400m: 57.2s **PB**; 100mH: 13.2s; HJ: 1.62m; SP: 9.81m; 1500: 6:13.1 **PB**

### **Junior Girls Pentathlon**

4<sup>th</sup> Abigail Adegite 2573 points

80H:12.9s **PB**; SP: 6.93m **PB**; HJ: 1.50m; LJ: 4.25m; 800: 2.41.0s **PB**

