

Essex Schools Championships Chelmsford Saturday 11th June 2022

Havering's youngsters came home with 29 medals, nine of the gold, from Saturday's Essex Schools Championships at a blustery Chelmsford.

The sprinters and hurdlers produced the richest crop with 11 podium places. Stephanie Okoro won the Intermediate Girls' 300m hurdles title in style, setting a new championship best with the fastest time in the UK this year. Zara Okocha won the Inter 100m by the slimmest of margins in a photo finish, but Cassie Campbell was edged out of Inter 200m gold and Miriam Adebayo won Inter 300m silver. Fisola Fagbadegun and Mya Thomas won silver and bronze in the Junior 100m, as Amy Mansell won Junior 300m bronze. Paris King shrugged off injury to earn Inter 80m hurdles silver, as Ruby Tillson won bronze, and Al-Ameen Salaam won silver in the Inter 100m hurdles, as did Daniel Lammas in the Inter 400m.

The quality of the club's throwers shone through with nine medals, eight of them gold or silver, as Bobby Williams and Matthew Page won Inter javelin gold and silver, as did Lucy Quinlan and Emily Fessey Cook in the Inter girls equivalent. Katie Ennis and Erin Delea won gold and silver in the Inter discus, as there were junior golds for Zak Williams in the javelin and Zoe McLean-Tattan in the discus and Zikora Ezeonwuka completed the medal roll with inter shot bronze.

Freddie Rowe won the Junior 1500m with the fifth fastest time by a club Under 15, as Findlay McLaren won bronze. Charlotte Evans and Abi Swan won silver and bronze in the Inter Girls 1500m, there were more medals for the Inters as Owen Fisher and Charlie Burgess won silver and bronze in the steeplechase, and Sam Mahoney won 800m bronze.

Sophia Willson's high jump PB won her silver in the junior girls' competition and Eliza Poulson also set a new personal mark for bronze in the Inter Triple jump.

Junior Girls (U15):

100: **2nd** Fisola Fagbadegun 13.10s; **3rd** Mya Thomas 13.23s; Heat: Laine Forrester Smith 13.92s; Maddie Powell 14.80s; 200: Heats: Libby Ward 28.47s; 300: **3rd** Amy Mansell 42.55s (Heat: 42.45s) 4th Leila Jones 42.92s; 800: Heat: Abi Rogers 2:50.83s; 1500: 5th Rosie Warner 5:03.00; 13th Ruby Price 5:59.34; 75mH: 5th Maggie Smith 12.35s; 6th Oma Nwapa 12.37s; HJ: **2nd** Sophia Willson 1.50m; SP: 13th Maisie Lee 6.90m; DT: **1st** Zoe McLean-Tattan 25.75m; 7th Isabelle Foley 18.02; JT: 6th Scarlett Woods 22.91

Inter Girls (U17):

100m: **1st** Zara Okocha 12.80s; 200m: **2nd** Cassie Campbell 26.93s; 300m: **2nd** Miriam Adebayo 43.00s (Heat: 42.71s); 7th Lucia Ward 47.55s; 1500m: **2nd** Charlotte Evans 5:08.7; **3rd** Abi Swan 5:13.84; 6th Hannah Evans 5:18.19; 80mH: **2nd** Paris King 11.69s; **3rd** Ruby Tillson 12.25s; 300mH: **1st** Steph Okoro 42.26s **CBP**; TJ: **3rd** Eliza Poulson 9.70m; DT: **1st** Katie Ennis 31.29m; **2nd** Erin Delea 25.41m; JT: **1st** Lucy Quinlan 35.97m; **2nd** Emily Fessey Cook 34.28m; SP: **3rd** Zikora Ezeonwuka 10.34m

Junior Boys (U15):

300: 7th Joel Ajayi 40.33s (Heat: 39.57s); 800m. 5th Adem Bouadjadja 2:11.80 (Heat: 2:11.35); 1500: **1st** Freddie Rowe 4:18.06s; **3rd** Findlay McLaren 4:27.27; HJ: 4th Rashaun Mullings-Smith 1.67m; DT: 9th Dillon Humphrey 23.97m; JT: **1st** Zak Williams 37.26m; 4th Sam Burdett 34.36m

Inter Boys (U17):

100m: Heat: Leon Bengo 12.30s; 200m: Heat: Teddy Matthews 24.48s; Ike Okwudi 25.95s; 400: **2nd** Daniel Lammas 52.09s (Heat: 51.78s); 800m: **3rd** Sam Mahoney 2:03.06 (Heat: 2:01.90); 6th Oscar Shearing 2:05.70; 1500: 8th Finley Wolton 4:39.72; 3000m: 5th Nathan Hart 10:20.33; 6th Toby Johnson 10:24.14; 100mH: **2nd** Al-Ameen Salaam 13.84s; 1500 SC: **2nd** Owen Fisher 5:05.67; **3rd** Charlie Burgess 5:06.04; HJ: 11th Oliver Taylor-Bush 1.72m; DT: 4th Michael Tesi 32.41m; 7th Noah Harriott 28.25m; JT: **1st** Bobby Williams 46.68m; **2nd** Matthew Page 45.73m