



## **English Schools Combined Events Regional Final Boston Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> June 2023**

**Ruby Tillson won the East Anglia Schools Regional Intermediate Girls heptathlon competition at Boston Lincolnshire at the weekend, improving the club Under 17 women's record in the process.**

Ruby took the lead from the outset, winning the 80m hurdles in a new PB of 11.5s and was never headed. She dominated the high jump, clearing 1.72m, her second best ever, as was her 10.92m shot putt and she ended Day 1 with a 25.9s PB in the 200m to lead her Essex teammate Zoe Gregory by over 200 points.

Ruby's Day 2 performances were solid, with a 5.14m long jump and 30.30m javelin and her total points after six events already exceeded her previous best score. Zoe Hughes' 2014 club record was in sight, and Zoe Gregory needed a huge margin in the final event the 800m to claw back Ruby's 117 point lead. Both athletes set new PBs in the 800m with Zoe's 2m 29.4s taking her to an excellent 4808 points as Ruby was close behind her clocking 2m 30.0s to finish on 4918 points, adding 104 points to the previous club best.

Both head to the National Finals at Bedford in September as part of the strong Essex team which has every chance of victory.

Maggie Smith was a guest in the same competition and competed well, with big improvements in her high jump and long jump PBs, with a 1.54m clearance and 4.95m leap.

