



MEETING REPORT

Essex Schools Championships Chelmsford 12th June 2021

Club athletes excelled in sweltering conditions at the Essex Schools championships at Chelmsford on Saturday, bringing home over 30 medals, 13 of them gold.

There were rich pickings in the sprints with a 10-medal tally. There was a clean sweep of the medals in the Inter (Under 17) Girls 300m as Olivia Boachie's late charge overhauled Stephanie Okoro to win in a photo finish, with Uche Okpalauko adding bronze. Ayo Babatunde won the Inter 200, as Ridwan Salaam added the inter 100m title, and younger brother Al-Ameen Salaam was victorious in the Junior (Under 15) 200m. Cassie Campbell's PB won the junior 100m in a photo finish, and Karis Thomas earned inter 100m bronze with a new career best. Ike Okwudi won silver in the junior 300m as Teddy Mathews took bronze.

The middle distance events brought three golds and two silvers. Maddie Barker was comfortable winner of the Inter 1500m as was Natalie Sewell in the 3000m in that age group. Shane Hart smashed his PB by almost eight seconds to win Inter 1500m gold, while Dan Peters won 800m silver, as did Daniel Lammas with a new PB in the junior equivalent.

In the hurdles events, Jacob Blanc started the ball rolling with silver in the first event of the day, the 400m hurdles, while in the sprint hurdles Paris King's PB brought her Inter 80m hurdles silver, with Paige Robinson in bronze, and in junior 75m hurdles event Beth Jarret improved her best for silver, and Eliza Poulson returned from injury to set a big new PB for bronze.

The throwing events brought an impressive crop of seven medals, four gold. There were javelin golds for Bobby Williams (junior) and Oliver Yexley (inter), with Oliver Grundy winning bronze, both in PBs, and Faith Reilly's PB earned her Inter silver and was the third longest ever by a club Under 17. Patrick McLean-Tattan won Inter discus gold, while Hannah Yexley won the Inter girls, edging out Katie Ennis into silver.

Four jump medals went to Denzel Achi and Dikachi Godwin who both set big PBs to win Inter gold and silver in the long jump, Chris Brown who won Inter triple jump silver, and Ruby Tillson whose PB brought her junior high jump silver.

The Essex County selectors will meet on Saturday 19th June to select those athletes they will nominate to the National organisers who will issue invitations to the top 16 athletes ranked in each event to compete in the English Schools Championships in Manchester from Friday 9th to Sunday 11th July with each of the three age groups – Junior, Intermediate and Senior – this year being held on different days to minimise overall numbers.

See club results on next page

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Intermediate Boys (U17s):

100m **1st** Ridwan Salaam 11.31s; 7th Dominic Alexandru 11.65; 200m **1st** Ayo Babatunde 23.30; 800m **2nd** Dan Peters 1:59.13s; 1500m **1st** Shane Hart 4:24.05s; 4th Matthew Blacklock 4:32.26s 400m Hurdles: **2nd** Jacob Blanc 57.84s; JT: **1st** Oliver Yexley 49.53m; **3rd** Oliver Grundy 43.82m; DT: **1st** Patrick McLean-Tattan 40.40m; 4th Brendan Burgess 30.81m; LJ: **1st** Denzel Achi 6.71m; **2nd** Dikachi Godwin 6.41m; TJ: **2nd** Chris Brown 13.42m

Intermediate Girls (U17s):

100m **3rd** Karis Thomas 12.26s; 6th Aymna Willock 12.68s; 300m **1st** Olivia Boachie 40.41s; **2nd** Stephanie Okoro 41.44s; **3rd** Uche Okpalauko 43.18s; 4th Lucy Nattrass 45.06s; 800m 5th Freya Long 2:24.37; 1500m **1st** Maddie Barker 4:56.59; 3000m **1st** Natalie Sewell 10:45.16; 80mH **2nd** Paris King 11.95; **3rd** Paige Robinson 12.50s; 6th Kayla Wyatt 12.97s DT: **1st** Hannah Yexley 29.93s; **2nd** Katie Ennis 29.42; JT: **2nd** Faith Reilly 33.14

Junior Boys (U15s):

200m **1st** Al-Ameen Salaam 23.78; 300m **2nd** Ike Okwudi 39.58s; **3rd** Teddy Matthews 40.31s; 800m **2nd** Daniel Lammas 2:08.34; Joseph Gray 2:29.02s; 1500m: 8th Oliver Taylor-Bush 4:39.25s; 9th Nathan Hart 4:41.11s; 11th Ryan Carroll 4:43.01; HJ: 8th Leon Bengo 1.59m; JT: **1st** Bobby Williams 45.26m; DT: 5th Michael Tesi 29.82s; 6th Noah Harriot 27.11s; 8th Ronin Valydon 24.05s

Junior Girls (U15s):

100m **1st** Cassie Campbell 13.15s; 1500m 5th Charlotte Evans 5:09.47; 6th Rosie Warner 5:11.05; 9th Hannah Evans 5:15.92; 20th Lucy Bacon 5:30.73; 75mH **2nd** Beth Jarret 11.76; **3rd** Eliza Poulson 12.08; 9th Maggie Smith 12.97s; HJ: **2nd** Ruby Tillson 1.53

Some next page for pics of our gold & other medallists

Some of our gold & other medallists



