

South of England Inter Counties – Oxford Sat 13th & Sun 14th August 2025

There were also medal winning performance for club athletes in the red Essex colours at the South of England Inter Counties Championships at Oxford at the weekend.

Essex county champion Michael Tesi threw a new career best of 35.39m to win Under 20 discus gold, beating higher ranked athletes in the process.

Alicia Fairmaner also won Under 20 gold in a new PB with her fourth round 5.94m long jump, after equalling her best in the previous round to move closer to the six metre barrier, with another year in the age group to look forward to. She was also seventh in the 100m final with 12.86s.

English Schools silver medallist Ayla Baker added to her medal collection when she won silver in the Under 15 Girls javelin with her final round throw of 34.27s and there was a bronze medal in the Under 17 Women's age group for Amy Mansell in her first Essex appearance when she clocked her second fastest 300m hurdles time of 46.54s.

Also in action for Essex were Harrison Rabess who was fourth in the U17M discus with a best throw of 38.27m, Poppy Vines who was fifth in the U17W 800m clocking 2m 23.89s, while another fifth place was earned by Cassie Campbell in the U20W 200m with 26.98s and Millie Cook clocked 43.65s in both her Under 15 girls' 300m heat and final, where she placed sixth.

