



Essex & Eastern Counties Indoor Championships Lee Valley Saturday 12th & Sunday 13th February

Club produced their best when it counted at the two-day Essex and Eastern Counties Championships at Lee Valley this weekend.

The medal roll was started on Saturday when Toby Bishop improved his best to win the Under 20 men's 60m hurdles, then rushed off to add a second gold in the shot. He was soon followed by Chloe Williams who improved her five-year old best to add another senior hurdles title to her collection. The third hurdles gold came from Ruby Tillson who set a new PB in winning Under 17 hurdles gold and Ruby returned on Sunday to add high jump silver.

Fisola Fagbadegun smashed her previous best to win Under 15 Girls 60m gold, and added 200m Essex bronze the next day. Mya Thomas was third Essex athlete home in the Under 15 Girls 60m to win bronze and added Essex 200m silver (and Eastern Counties bronze) on Sunday. Her older sibling Karis Thomas was pipped in a photo finish for Under 20 women's 60m gold, and had to settle for silver after improving her best in winning her heat. Cassie Campbell improved her best in heat and final to win Under 17 women's 200m silver.

Aidan Doherty starred in the Under 13 Boys' events winning two golds and a silver, all in new best times. He started with 60m silver on Saturday and the next day dominated both 200m and 800m finals for gold in both.

Field event golds went to Under 15s Lochlan Dyer (pole vault) and James Campbell (shot), both setting new PBs.

Sam Mahoney impressed in running away with the Under 17 men's 800m title after a fierce last lap kick. An Eastern Counties 800m bronze went to Louis Berrett (senior) and Eastern 400m silver medals were earned by Matthew Agnimmel (senior silver), Dan Peters (U20) and Archie Winney (U17). Leila Jones' PB won her Under 15 girls' 300m silver and Calvin Sanni won U20M 200m silver.

Lee Valley Results

Senior Men: 400m 2nd Matthew Agnimmel 51.39s; 800m: 3rd Louis Berrett 2:02.81 iPB

Senior Women: 60mH 1st Chloe Williams 8.86s PB

Under 20 Men: 200m: 2nd Calvin Sanni 25.49s iPB; 400m 2nd Dan Peters 55.26s; 60mH 1st Toby Bishop 8.45s PB. Shot: 1st Toby Bishop 11.46m

Under 20 Women: 60m: 2nd Karis Thomas 7.81s (heat 7.78s PB); 4th Aaliyah Payne 8.17s (heat 8.19s); 200m 5th Emma Ramsden 27.31s iPB (Ht: 27.60s)

Under 17 Men 60m heat Lewis Dixon 7.9s PB; 400m 3rd (Essex 2nd) Archie Winney 55.74s PB (Ht: 56.51s); 800m: 1st Sam Mahoney 2:05.16s; 4th Owen Fisher 2:08.09s; 5th Dan Lammas 2:10.54s; 7th Waleed Kabuye 2:25.90s

Under 17 Women 60m 6th Zara Okocha 8.26s (8.12s PB heat); Heats: Cassie Campbell 8.31s PB, Miriam Adebayo 8.35s PB, Precious Fagbadegun 8.37s; 200m: 2nd Cassie Campbell 26.59s PB (Heat: 26.75s); 4th Miriam Adebayo 27.30s iPB (Heat: 27.43s); 6th Ruby Tillson 27.98s (Heat: 27.62s iPB); 60mH: 1st Ruby Tillson 9.17s PB (heat 9.30s); 6th Zara Okocha 10.26s (heat 9.93s PB); High Jump: 2nd Ruby Tillson 1.54m; Long Jump: 8th Precious Fagbadegun 3.73m

Under 15 Boys: Pole Vault 1st Lochlan Dyer 2.43m PB; Shot. 1st James Campbell 7.79m PB

Under 15 Girls: 60m 1st Fisola Fagbadegun 8.20s PB (heat 8.34s); 4th (3rd Essex) Maya Thomas 8.42s PB.

In heats: Leila Jones 8.69s, Fiyin Adebayo 8.74s, Amy Mansell 8.76s. 200m 3rd (Essex 2nd) Mya Thomas 27.85s PB (Heat: 28.10); 4th (Essex 3rd) Fisola Fagbadegun 27.99s iPB (Heat: 28.27s); 300m: 2nd Leila Jones 43.84s PB; 4th Amy Mansell 46.20s PB. 800m 6th Scarlett Woods 3:04.03s; 60mH Heat Leila Jones 10.44. Long Jump. 6th Amy Mansell 4.28m PB

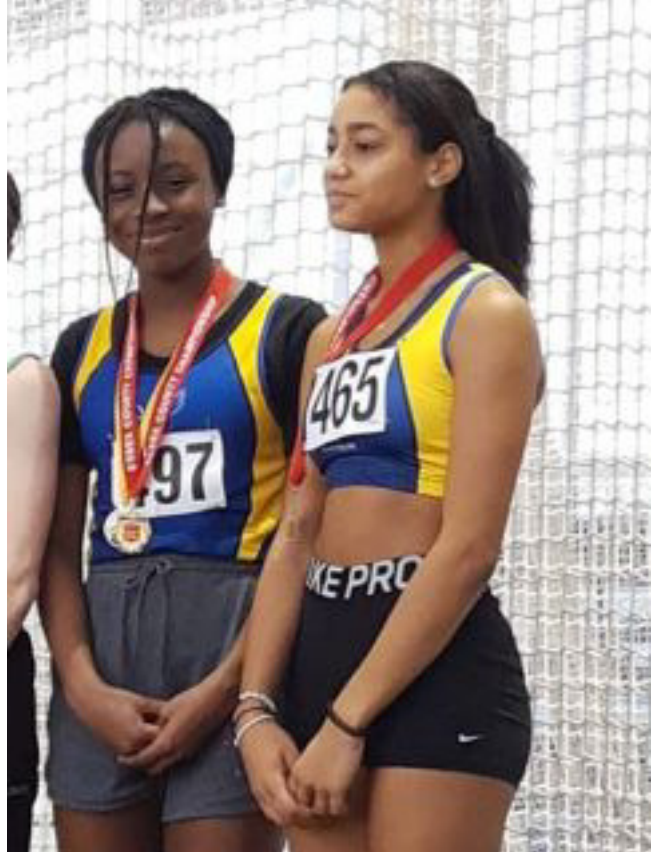
Under 13 Boys: 60m 2nd Aidan Doherty 8.41s PB; 200m 1st Aidan Doherty 27.42s PB; 800m 1st Aidan Doherty 2:29.39s PB

Under 13 Girls: 800m 4th Jessica Page 2:38.73s PB

PB = Personal Best, indoors or outdoors. iPB = Indoor Personal Best.

Eastern Counties medals awarded to first three:

Essex medals according to the number of Essex entries.







***England Athletics Indoor Age Group Championships EIS Sheffield
Saturday 12th & Sunday 13th February***

Five club athletes made the long trip north to compete in the England Athletes age group championships for Under 15s, Under 17s and Under 20s with varying fortunes.

Ridwan Salaam shaved one hundredth off his club Under 20 men's 60m record in the first heat clocking 7.14s but Denzel Achi went even faster in a later heat to reclaim the record with a swift 7.05s, and clocked 7.06s for fourth in the semi-final. Denzel also placed 12th in the long jump.

Paris King was third in her Under 17 women's 60m hurdles heat and set a new career best of 9.01s in her semi final but missed out on a final place, as did Al-Ameen Salaam with his 8.62s clocking in the Under 17 men's event. But Jacob Blanc was disqualified for a false start in his Under 20 hurdles heat so had a wasted journey.