

## **South of England Athletics Under 14, Under 16 & Under 18 Championships** **Chelmsford, Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> June 2026**

**Club athletes enjoyed a successful weekend as they came away with five medals and other PB performances at the South of England Age Group Championships at Chelmsford at the weekend.**

Sam Johnson won Under 18 shot gold, to upgrade on his Under 17 bronze last year. He also added fourth in the hammer. Ameer Salaam won silver in the high quality Under 16 shot event. Both will represent Essex Schools in the English Schools Championships in Birmingham on 10<sup>th</sup> & 11<sup>th</sup> July.

William Hiles won Under 14 silver in both the shot and discus, both in personal best performances. The fifth and final club medal came from Romel Semper who won Under 18 100m bronze, equalling his best and he was edged into fifth in a photo finish in the 200m.

Aidan Doherty and Shea Sweeney both improved their career bests in finishing fifth and sixth in the U18 800m. In the U14 sprints Elijah Lowe was fourth in the 200m and sixth in the 100m, and Olivia Rae Vaughan and Ava McMillan were both seventh in the 100m and 200m finals respectively.

Throws finalists saw Sam Burdett (U18), Ayla baker (U16) and Keira Attwood-Kelly (u14) all place fourth. Derin Okubanjo was fifth in the U16 triple jump and sixth in the sprint hurdles, and Betsy Morrow seventh in the U14 shot.

### **U18M**

100m: **3<sup>rd</sup> (bronze)** Romel Semper 11.11s = **PB** (Heat: 11.22s); 200m: Romel Semper Heat: 22.52s ; 800m. 5<sup>th</sup> Aidan Doherty 1:56.48s (Heat: 2:00.53s) **PB**; 6<sup>th</sup> Shea Sweeney 1:56.66s **PB** (Heat: 1:58.53);

SP **1<sup>st</sup> (gold)** Sam Johnson 14.74m **PB**; HT 4<sup>th</sup> Sam Johnson 46.99m; JT: 4<sup>th</sup> Sam Burdett 53.35m

### **U16G**

300m: Heat: Millie Cook 43.65s; 80mH: Heat: Siobhan Etemadi 13.54s; JT: 4<sup>th</sup> Ayla Baker 35.33m

### **U16B:**

800m: Heats: Jack Rossington 2:07.15s **PB**; Jake Tregidgo 2:07.57s **PB**; Cruz Carvell 2:21.46s **PB**; 1500m: Freddie Scorey-Hall 4:20.51s **PB**; SP **2<sup>nd</sup> (silver)** Ameer Salaam 17.23m; 100mH: 6<sup>th</sup> Derin Okubanjo 20.35s; TJ: 5<sup>th</sup> Derin Okubanjo 12.24m **PB**

### **U14B:**

100: 6<sup>th</sup> Elijah Lowe 12.09s (Heat: 12.01s); Heat: Jeremiah-Judah Akinyosade 14.54s; 200: 4<sup>th</sup> Elijah Lowe 24.06s (Heat: 24.09s); Heat: Jeremiah-Judah Akinyosade 29.85s **PB**; LJ: 10<sup>th</sup> Tomiwa Okubanjo 3.88m (Qual: 4.31m); SP: **2<sup>nd</sup> (silver)** William Hiles 12.47m **PB**; DT: **2<sup>nd</sup> (silver)** William Hiles 35.46m **PB**;

### **U14G:**

100: 7<sup>th</sup> Olivia-Rae Vaughan 12.97s (Heat: 13.06s); 200: 7<sup>th</sup> Ava McMillan 27.81s (Heat: 26.66s **PB**); Heat: Betsy Morrow 28.76s **PB**; 800: Heat: Lucy Tregidgo 2:40.05s; 1500m: Molly Jenkinson-Smith 5:15.91s; 75mH: Heat: Ava McMillan 12.24s; Lucy Tregidgo 12.90s; Edie Smith 12.96s; SP: 7<sup>th</sup> Betsy Morrow 8.59m; JT: 4<sup>th</sup> Keira Attwood-Kelly 29.54m **PB**

