



Essex & Eastern Indoor Championships Lee Valley Sat 2nd & Sun 3rd March

While British Athletes were taking on the world's best at the World Indoor Championships in Glasgow at the weekend, club athletes were in medal winning action at the two day Essex and Eastern Indoor Championships at Lee Valley. There were 25 medals; 11 of them gold, from the 30+ club competitors.

Ruby Tillson opened up her account in the U20W age group with wins in both high jump and 60m hurdles. Chloe Williams won the senior hurdles and Maggie Smith added Essex gold with a PB in the U17 high jump.

Jack Hignett improved his best in winning the Under 17 Men's high jump, as did Bode Thompson in the Under 15 Boys' equivalent, as Aidan Doherty won Essex bronze in the same competition. The pair also won medals in the 300m as Bode won Essex silver and Aidan won bronze, both setting new PBs. Tobias Samuel added Under 17 Men's long jump silver with a new best.

Matthew Agnimmel and Lewis Bailey made it a one-two in the senior men's 200m event and Natalie Sewell stepped up to the senior age group with victory in the 1500m. Emmanuel Asirifi-Otchere and Findlay McLaren added Essex Under 17 Men's 400m gold and silver, both in new career bests, and Stephanie Okoro comfortably defended her Under 20 Women's 400m title.

National medallist Joel Ajayi made no mistake with victory in the Under 17 men's 60m and more sprint medals went to Mya Thomas with Essex bronze in the Under 17 Women's 60m and Cassie Campbell's bronze in the U20 Women's 200m.

Jessica Page won Under 15 Girls' 800m silver and County bronze medals were earned by Amy Mansell (U17W 300m), Scarlett Woods (U17W pole vault), Oliver Cambridge (U15B 60m hurdles) and Under 13s Callum Millard Jennings (boys' 800m) and Zenobia Williams (girls' shot).

Senior Men: 200m: **1st** Matthew Agnimmel 22.56 (Heat 22.60s); **2nd** Lewis Bailey 23.18s (Heat 23.67); 800m: heat Louis Berrett 2:05.47

Senior Women: 60m Hurdles: **1st** Chloe Williams 9.08s; 1500m: **1st** Natalie Sewell 4:45.18s

Under 20 Men: 60m: **Heat** Archie Winney .33s

Under 20 Women: 60m: 5th Stephanie Osuala 8.08s =PB (heat 8.08 PB); 6th Precious Fagbadegun 8.19s (8.11 heat PB); 8th Cassie Campbell 8.38s (8.31 heat); 200 **3rd** Cassie Campbell 26.41s (heat 26.69s); 400 **1st** Stephanie Okoro 57.41s; 60m Hurdles: **1st** Ruby Tillson 8.82s PB; High Jump: **1st** Ruby Tillson 1.73m

Under 17 Men: 60m **1st** Gold Joel Ajayi 6.84s (semi 6.86s, heat 7.19); semi Tobias Samuel 7.33 s =PB (semi heat 7.42); 400m: **3rd** (Essex **1st**) Emmanuel Asirifi-Otchere 54.10 PB (heat 56.58); 4th (Essex **2nd**) Findlay McLaren 54.61 PB; 800m: Heat Shea Sweeney 2:12.42s; High Jump: **1st** Jack Hignett 1.91m; Long Jump: **2nd** Tobias Samuel 6.14m PB; Triple Jump: 7th Maxwell Adeosun 11.19m

Under 17 Women: 60m 6th (Essex **3rd**) Mya Thomas 8.15s PB (Semi 8.24s; Heat 8.31s); 8th Fisola Fagbadegun 8.22s (semi 8.14s; heat 8.18s; Heat Christine Atumonyogo 8.68s; 300m: 4th (Essex **3rd**) Amy Mansell 42.79s (Heat 43.22s); 60m Hurdles: 4th Maggie Smith 9.36s PB (Heat 9.40s PB); High Jump: **2nd** (Essex **1st**) Maggie Smith 1.60mPB; Long Jump: 8th Amy Mansell 4.48; Pole Vault: 4th (Essex **3rd**) Scarlett Woods 2.10m; Shot: 4th Amy Mansell 10.42m PB; 5th Maggie Smith 9.03m

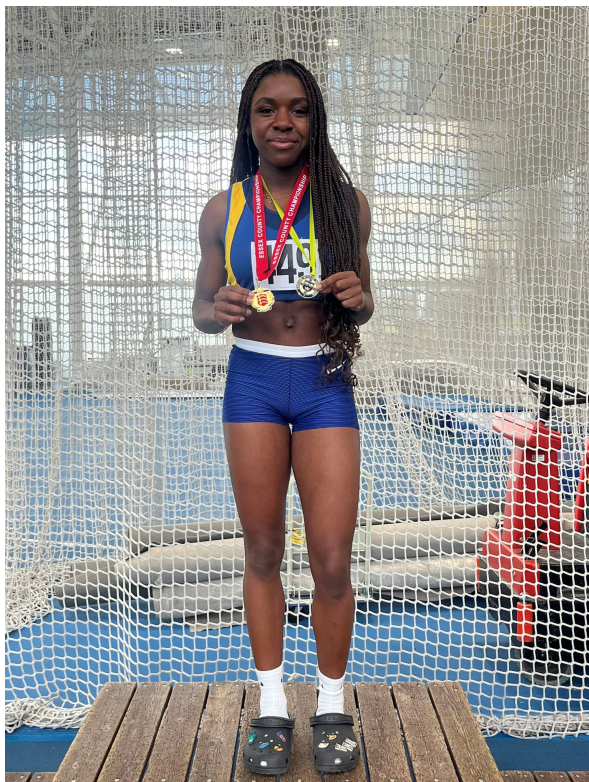
Under 15 Girls: 60m. 4th Kara Adegite 8.19s PB (heat & semi: 8.25). Heat: Tomiwa Holloway 9.23 pb Semi Poppy Dent-Jones 8.43s (heat 8.35s PB) 200m: semi Poppy Dent-Jones 28.28s (heat 28.13s); 800m: **3rd** (Essex **2nd**) Jessica Page 2:30.54s (heat 2:24.77s); 60m Hurdles: 7th Poppy Dent-Jones 10.08s (Heat 10.04s PB).

Under 15 Boys: 300m **3rd** (Essex **2nd**) Bode Thompson 41.01 PB (heat 41.06); 5th (Essex **3rd**) Aidan Doherty 42.88 (heat 41.55 pb); 800 heats Aidan Doherty 2:31.10: Sean Mugagga 2:35.02 PB;

60mH. 3rd Bronze Oliver Cambridge 9.95s PB; High Jump **1st** Bode Thompson 1.70 PB; 4th (Essex **3rd**) Aidan Doherty 1.45m

Under 13 Girls: 60m: Heat Abigail Adegite 9.35s PB; 200m: Heat Zeni Williams 33.19s; Shot: **3rd** Zeni Williams 5.89m PB

Under 13 Boys: 60m: Heat - Nathan Hathaway 9.19s PB; 200m: Heat - Cruz Carvell 34.56s; 800m: 4th (Essex **3rd**) Callum Millard Jennings 2:35.20 PB



More pics on club Facebook Group (private members only)