



## **Essex County Championships Chelmsford Sat 9<sup>th</sup> & Sunday 10<sup>th</sup> May 2026**

**Club athletes were in medal-winning form as they earned over 40 medals, half of them gold, at the two-day Essex County Championships held in contrasting conditions at Chelmsford this weekend as Saturday's warm and sunny weather gave way to a cold and blustery Sunday.**

The medal roll started on Saturday morning as hurdlers Chloe Williams (senior) and Maggie Smith (Under 20) took gold in the sprint hurdles and sisters Oma (Under18) and Ome (Under 16) earned sprint hurdles bronze in their age groups. More hurdles golds were added on Sunday as Lucy Chapelhow (Under 20) and Amy Mansell (Under 18) took the 400m hurdles titles.

Two new sprint stars emerged to win county golds as Olivia Rae Vaughan won the Under 14 girls 100m and Elijah Lowe the boys equivalent, with Elijah also earning 200m silver on Sunday. Matthew Agnimel won senior 400m gold with Akeem Akintokun taking bronze, with Romel Semper adding Under 18 100m bronze, and also claiming 200m bronze on Sunday. Alicia Fairmaner defended her Under 20 100m and long jump titles, and Maggie Smith won U20 high jump gold, while Derin Okunbanjo's triple jump PB topped the U16 podium, and Sonny Hurrell was second in the long jump in the same age group.

The middle distance events produced a rich crop of medals. Ginte Bailey, Clare Davies and Rebecca O'Rourke made a clean sweep of the senior 3000m places on Saturday and all added 1500m medals on Sunday, with Ginte and Clare with silver and bronze in the Masters only event and Rebecca (silver) in the senior. Findlay McLaren's PB saw him well in front in the U18 1500m, Sam Horsely dominated the 3000m in the same age group on Sunday. Aidan Doherty's PB won 800m U18 silver and in the senior events Kieran O'Hara won 800m silver and James Stewart senior 3000m bronze.

There was plenty of success in the throwing events too. William Hiles won the U14 discus in a new PB and was edged into shot silver – for good measure he won 200m bronze as well making a full set of medals. Ameer Salaam dominated the U16 shot and Sam Johnson won both the U18 shot and hammer, while Katie Ennis won the senior discus and Eboni Roach U18 discus bronze. Peter Brinton-Quinn returned to action with senior javelin gold, and Ayla Baker added the U16 javelin title. Sam Burdett and William Tilson won U18 javelin silver and bronze, Jess Page was U16 runner up, and Sophia Karim won u14 javelin bronze.

Club team action returns next Saturday as the senior men's and women's team start their Southern League Division one season with the short trip to Woodford where they also face Norwich, Chelmsford and Ipswich/Colchester combined who all finished above them in last year's table.





*More medal pics on club Face Book group (members only)*