



Essex & Eastern Indoor Championships Lee Valley Sat 4th & Sun 5th March

Club athletes bagged almost 30 medals, 12 of them gold, at the Essex and Eastern Indoor Championships at Lee Valley at the weekend.

The strong **Under 20 Men's** squad contributed nine medals to the tally. Jacob Blanc returned to the sprint hurdles to win the 60m hurdles event, Shane Hart won gold in the 800m and Ridwan Salaam's PB won 60m sprint silver. There was a clean sweep of medals in the long jump as Ronnie Adoma won on his first competition at the event, Tom Atkins' PB won silver and all-rounder Patrick McLean-Tattan won bronze. McLean-Tattan took shot gold and pole vault bronze and Adoma later won 200m silver. Matthew Agnimel's career best in the 400m won him **Senior Men's** silver.

The four **Under 20 Women** brought home five medals. Paris King won the 60m hurdles in a new championship best and added 60m sprint bronze in a new PB. Stephanie Okoro front ran the 400m to win gold in another championship best as Olivia Boachie chased her home in silver, and Natalie Sewell won 800m gold in a new indoor PB.

In the **Under 17** events Miriam Adebayo's consistent series won triple jump gold and Ruby Tillson won silvers in both the 60m hurdles and high jump, only losing gold in the latter on count back. Joseph Gray's 400m bronze was the only podium place for the Under 17 men.

The highlight of the **Under 15 Boys** events was the 800m where Freddie Rowe took 10 seconds off his best to win, with Shea Sweeney also improving his best for silver. It would have been a clean sweep for club athletes as asthmatic Findlay McLaren had to drop out with 200m to go when leading. Simeon Barker's PB won Essex gold in the 60m hurdles while there were silvers for Freddie Hatcher (shot) and Ryan Alexander (high jump) and a long jump bronze for Ryan Alexander.

There was a good club turn out in the **Under 15 Girls** age group and plenty of PB performances capped by two medals as Scarlett Woods won pole vault gold and Amy Mansell won 300m silver. The medal roll was completed by the **Under 13 Girls** as Ome Nwapa won high jump gold and Cleo Drake topped the long jump podium, both impressing on their debuts in club colours.

Results: Essex & Eastern Indoor Championships

Positions are for Essex Championships

Senior Men: 400m: 2nd Matthew Agnimel 48.95s PB; (Heat: 50.29s); 800m: 4th Louis Berrett 2:01.17s

Under 20 Men: 60m: 2nd Ridwan Salaam 7.10s PB (Heat 7.24s); Heat: Patrick McLean-Tattan 7.62s; 200m: 2nd Ronnie Adoma 22.48 (Heat: 22.83s) Heat: Archie Winney 23.94s PB; Calvin Sanni-Ajani 24.98s; 400m: 5th Joshua Lee-Prime 55.61s (Heat 54.95s) Heat: Calvin Sanni-Ajana 56.55s; 800m: 1st Shane Hart 2:03.60s; 60m Hurdles: 1st Jacob Blanc 8.10s; Shot: 1st Patrick McLean-Tattan 12.04m; Long Jump: 1st Ronnie Adoma 6.46m PB; 2nd Tom Atkins 6.06m; 3rd Patrick McLean-Tattan 5.80m; Pole Vault: 3rd Patrick McLean-Tattan 2.70m

Under 20 Women: 60m: 3rd Paris King 7.72s (Heat 7.69s PB); 400m 1st Stephanie Okoro 55.77s CBP; 2nd Olivia Boachie 57.50s; 800m: 1st Natalie Sewell 2:17.14s; 60m Hurdles: 1st Paris King 8.59s CBP

Under 17 Men: 200m: Semi: Ike Okwudi 23.52s PB (Heat 23.50s =PB); Heat: Rashaun Mullings-Smith 24.58s PB; 400m: 3rd Joseph Gray 56.37 PB (Heat: 57.22s PB); 800m: Heat: Nathan Hart 2:11.34s; Toby Johnson 2:11.47s PB

Under 17 Women: 60m Mya Thomas Semi 8.32s PB (Heat: 8.39s PB); Heats: Cassie Campbell 8.50s; Tahlia Sinclair 8.83s PB; 200m: Heat: Cassie Campbell 27.98s; 60m Hurdles: 2nd Ruby Tillson 9.04s (Heat: 9.06s); 6th Maggie Smith 9.73s (Heat: 9.76s); High Jump: 2nd Ruby Tillson 1.58m; Sophia Willson 1.48m; Triple Jump: 1st Miriam Adebayo 10.95m.

Under 15 Girls: 60m: 7th Kara Adegite 8.45 (Semi: 8.41s; Heat: 8.40s PB); Bel Drake 8.49s (Heat: 8.41s PB); Tomilola Ojowolo 8.74s PB; 200m: Heat: Fisola Fagbadegun 26.90s; 300m 2nd Amy Mansell 44.74s (Heat:

44.93s); 5th Bel Drake 46.80s (Heat: 45.25s **PB**); 800m: 6th Jessica Page 2:33.73 (Heat: 2:27.63s **PB**) 60m Hurdles: 5th Oma Nwapa 9.83s **PB** (Heat 9.84s **PB**); Long Jump: Tomilola Ojowolo 4.04m **PB**; Oma Nwapa 3.67s; Pole Vault 1st Scarlett Woods 2.00m; High Jump: 5th Oma Nwapa 1.45m; 9th Bel Drake 1.40m;

Under 15 Boys: 60m 4th Tobias Samuel 7.53s **PB** (Heat 7.67s); Heat: Aiden Doherty 8.80s; 800m: 1st Freddie Rowe 2:04.23 **PB** (Heat: 2:17.16s); 2nd Shea Sweeney 2:16.11 **PB** (Heat: 2:21.12s) ; 5th Aiden Doherty 2:26.51s (Heat: 2:22.35 **PB**) DNF Findlay McLaren (Heat:2:18.29s); 60m Hurdles 1st Simeon Barker 9.21s **PB**; Shot: 2nd Freddie Hatcher 7.65m **PB**; Long Jump 3rd Tobias Samuel 5.47m **PB**; High Jump 2nd Ryan Alexander 1.62m; 4th Aiden Doherty 1.48m

Under 13 Girls: 60m: 4th Cleo Drake 8.69s **PB** (Heat 8.74s **PB**) : Heat: Kyra Sinclair 9.32s **PB**; High Jump: 1st Ome Nwapa 1.32m **PB**; Long Jump: 1st Cleo Drake 4.22m **PB**; 5th Ome Nwapa 3.17m

Thanks to everyone who posted pictures on Facebook. Also Gary Howard for action shots on FB











