



## **Essex & Eastern Indoor Championships Lee Valley Sat 1<sup>st</sup> & Sun 2<sup>nd</sup> March**

**Club athletes were in medal winning action at the two-day Essex and Eastern Indoor Championships at Lee Valley bringing home 17 medals, five of them gold, from the 30+ club competitors.**

The proceeding got underway on Saturday afternoon with the 60m sprints and some field events and there were four podium places to celebrate. Chloe Williams defended her senior 60m hurdles title to make it six senior wins at these championships while Maggie Smith won Essex Under 20 hurdles silver for her first indoor hurdles medal and Siobhan Etemadi three times ran inside her previous best to win Under 15 Essex bronze. Two more silvers followed on the field as Oba Samuel improved his PB to win Under 15 Boys long jump silver and Betsy Morrow added silver in the Under 13 Girls shot.

On Sunday Cassie Campbell upgraded her Under 20 Women's 200m bronze from last year with gold this time and 400m hurdles specialist Isaac Ogunlade led from gun to tape to win the senior 400m title. Two more medals followed in the 200m events as Maxwell Adeosun improved through the rounds to win Under 17 men's bronze in a new career best, indoors or out and Calvin Sanni took a break from his Essex University studies to improve his indoor 200m best to win senior Essex silver and Eastern bronze.

Alicia Fairmaner not only improved her indoor best but also added a Championship record with a win in the Under 20 long jump, as Maggie Smith added Essex silver and she made it a hat-trick of silver medals with another silver in the high jump. More jump seals followed in the Under 17 high jump as Bode Thompson equalled his best to win Under 17 silver, and Tobias Samuel matched his silver last year with Under 17 long jump runners up medal, to make it a good weekend for the Samuel brothers.

The medal roll was completed in the middle distance events as Millie Cook stepped up to the Under 15 age group in style to win Essex 800m gold and Eastern Counties silver slashing almost three seconds off her previous best while Poppy Vines built on her successful cross country season to take over eight seconds off her 1500m best to win Under 17 bronze in her first race in the age group. The final medal came in the senior 800m as Sam Mahoney won bronze

**Senior Men:** 200m: **3<sup>rd</sup>** (& **2<sup>nd</sup> Essex**) Calvin Sanni 24.26s **iPB**; 400m: **1<sup>st</sup>** Isaac Ogunlade 50.54s; 800m: **3<sup>rd</sup>** Sam Mahoney 2:01.88

**Senior Women:** 60m Hurdles: **1<sup>st</sup>** Chloe Williams W35 9.00s;

**Under 20 Men:** 200m: **Heat:** Emmanuel Asirifi-Otchere 22.54s; 1500m: 8<sup>th</sup> Charlie Burgess 4:16.17 **PB**.

**Under 20 Women:** 200 **1<sup>st</sup>** Cassie Campbell 26.75s (Heat: 26.79s); 60m Hurdles: 4<sup>th</sup> (& **2<sup>nd</sup> Essex**) Maggie Smith 9.59s; High Jump: 4<sup>th</sup> (& **2<sup>nd</sup> Essex**) Maggie Smith 1.45m; Long Jump: **1<sup>st</sup>** Alicia Fairmaner 5.58m **CBP**; 4<sup>th</sup> (& **2<sup>nd</sup> Essex**) Maggie Smith;

**Under 17 Men:** 60m 6<sup>th</sup> Maxwell Adeosun 7.30s; (Heat: 7.26s; Semi: 7.15s **PB**); Teddy Monk 7.89s; 200m: **3<sup>rd</sup>** Maxwell Adeosun 22.82s **PB** (Heat: 23.11s; Semi: 22.91s). Heats: Jake Shaw 24.62s **iPB**; Bode Thompson 24.71s; High Jump: 4<sup>th</sup> (& **3<sup>rd</sup> Essex**) Bode Thompson 1.75m **=PB**; 6<sup>th</sup> (5<sup>th</sup> Essex) Ryan Alexander 1.65m; Long Jump: **2<sup>nd</sup>** Tobias Samuel 5.60m

**Under 17 Women:** 60m Honey Peck 8.68s; 200m Honey Peck 28.75s; 1500m: **3<sup>rd</sup>** Poppy Vines 5:00.74s **PB**; Pole Vault: 5<sup>th</sup> Scarlett Woods 2.20m

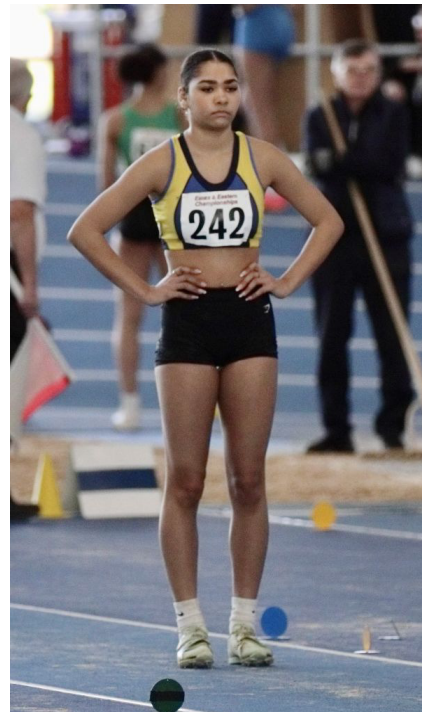
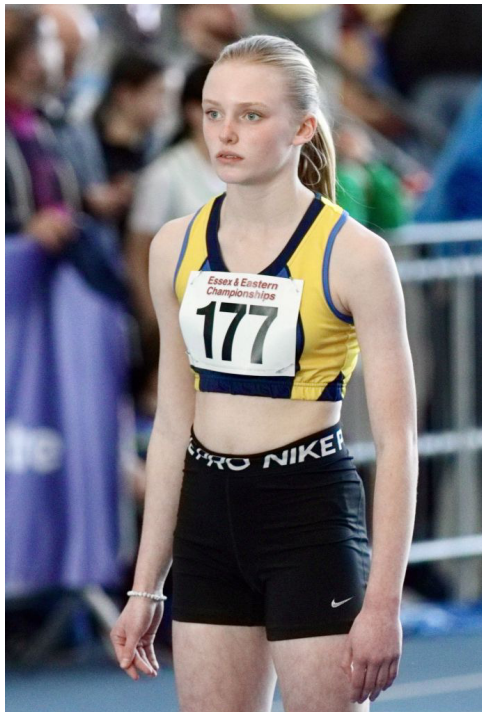
**Under 15 Girls:** 60m Leah Jones 9.42s **PB**; 200m: Leah Jones 31.21s; 800m: **2<sup>nd</sup>** (& **1<sup>st</sup> Essex**) Millie Cook 2:24.54s **PB**; 60m Hurdles: 4<sup>th</sup> (& **3<sup>rd</sup> Essex**) Siobahn Etemadi 9.92s (Heat: 9.90s; Semi: 9.75s **PB**); 7<sup>th</sup> Brooke Lavey 10.26s (Heat: 10.11s; Semi: 10.03s **PB**); Long Jump: 15<sup>th</sup> Mia Borisova 3.93m

**Under 15 Boys:** 60m: Heats: Oba Samuel 8.18s **PB**; Roy Mumbamarwo 8.34s **PB**; 200m: Derin Okubanjo 28.21s **PB**; 60m Hurdles: 5<sup>th</sup> Derin Okubanjo 10.20s (Heat: 10.13s **PB**); Heat: Nathan Hathaway 11.22s; Long Jump: **3<sup>rd</sup>** Oba Samuel 4.97m **PB**; 9<sup>th</sup> Derin Okubanjo 4.40m **PB**; 10<sup>th</sup> Roy Mumbamarwo 4.32m **PB**. Shot: Nathan Hathaway 6.78m **PB**;

**Under 13 Girls:** 60m: Betsy Morrow Heat: 9.33s; Semi: 9.48s; **Heats:** Elsie Smith 9.55s; Isla Green 9.77s; Isla Herrera 9.86s; **All PBs** ; 200m: Isla Herrera 33.28s **PB**; 800m: Edie Smith 2:58.17 **PB**; Isla Herrera 3:02.96 **PB**; 60m Hurdles: **Heats:** Lucy Tregidgo 11.18s; Edie Smith 11.53s; Isla Herrera 11.92s; Isla Green 13.36s; **All PBs** Long Jump: 20<sup>th</sup> Edie Smith 3.14m **PB**. Shot: **2<sup>nd</sup>** Betsy Morrow 7.89m; 6<sup>th</sup> Edie Smith 5.78m

**Under 13 Boys:** 800m: Austin Broadhurst 2:34.14s

***Thanks to Steve Wilkin & all parents & coaches who posted pics***





***More pics on club Facebook Group (private members only)***