



English Schools East Anglian Regional Combined Events Final Chelmsford Sat 22nd & Sunday 23rd June 2024

The club's young multi eventers did themselves, the club and Essex Schools proud with excellent results at the recent English Schools East Anglian Combined events final.

Ruby Tillson excelled winning the Senior Girls heptathlon competition and posting a total of 5128 points, over 160 points higher than her Under 17 total and the second best ever by a club U20 woman, and third best by a club female and also the second-best score in the UK this summer by an Under 20 woman.

On the way Ruby equalled her recent club U20 and senior high jump record of 1.77m and improved her PBs in the javelin, adding almost five metres to her best with 33.71m and took almost five seconds off her 800m best, clocking 2m 21.8s. Ruby's other results were 100m Hurdles 14.6s, Shot 9.32m, 200m 26.0s and Long Jump 5.56m.

In the Intermediate Girls event at Chelmsford Maggie Smith added over 150 points to her previous best with 3827 points to finish fourth overall as her Essex team won the event to qualify for the National Final in September.

Two other club athletes competed as guests in the intermediate event. Amy Mansell produced a standout performance and scored 3954 on her heptathlon debut, which would have placed her second in the match event. Amy produced PBs in six of the seven events and was just shy of her best in the other one. Her results have earned her selection for the National Final, alongside Maggie. Oma Nwapa was also a guest scoring 3519 on her debut with PBs in the 200m and long jump.

Zak Williams was also in action as a guest in the Inter Boys' Octathlon setting PBs in the 100m hurdles, 1500m discus and high jump to record 3798 points.

Results:

Maggie Smith: 80mH: 12.6s; HJ: 1.57m; SP: 8.79m; 200m: 28.3s; LJ: 4.75m; JT: 18.77m; 800: 2:38.7s)

Amy Mansell: 80mH: 13.1s PB; HJ: 1.39m PB; SP: 10.80m PB; 200m: 26.2s PB; LJ: 4.99m PB; JT: 19.28m; 800: 2:38.2s PB).

Oma Nwapa 80mH: 12.6; HJ: 1.45m; SP:8.38; 200m: 28.4s PB; LJ: 4.95m PB; JT: 16.57m; 800m: 2:52.9s

Zak Williams: LJ: 5.08m; DT: 27.05 PB; JT: 49.46m; 400m: 57.3; 100mH: 15.2 PB; HJ: 1.44m PB; SP: 9.19m; 1500m: 5:20.0 PB

