

## Essex County Championships 2015 - Report

After two days of competition at the Essex County Championships, Chelmsford athletes came away with an enormous haul of medals and PB's. In all, club members won an incredible 32 Golds, 23 Silver, and 21 Bronze medals – and recorded an amazing 62 PB's! There was even a new Club Record set!

Undoubtedly leading the way in terms of her weight in Gold was U13 Ndidi Okoh, who triumphed in the 800m (PB), 1500m (SB) and Long Jump (PB). On top of a Gold in the Essex Combined Events in the previous weekend, Ndidi added FOUR Gold medals to her collection in ONE week!

Four athletes won two Golds at the Championships. Amongst these was a remarkable performance from Khai Mhlanga, who literally ran from the finish line of the 1500m (SB), to the start line of the 300m (PB) in winning Gold in both events! Training partner Jodie Judd actually went one better than Khai, by winning a Silver in the 1500m, to put alongside her own Gold medals in the 800m (PB) and 3000m. The other athletes returning home with two Golds were Elliott Cordery (1500m PB, and 3000m PB), and Gabby Quigley (Shot and Discus).

In terms of the total number of medals won, the multi-talented Hannah Bardo outstripped everyone, by winning FOUR – a Silver in Javelin (PB), and three Bronzes (High Jump, Long Jump (PB) and Discus (PB))!

Moving on to athletes with one Gold and one Silver medal, these included:

- Caitlin O'Reilly (Long Jump (PB) and 100m)
- Georgia Tuckfield (800m (PB) and 1500m)
- Alex Leslie (80mH (PB) and 300mH)
- Bradley Reed (100mH and 400mH)
- Kevin Wilson (Shot and Discus (PB))
- Laura Runciman (Hammer (PB, CR) and Shot)

...while the following athletes grabbed a Gold and a Bronze:

- Darren Blackwell (800m (PB) and 1500m (PB))
- Connie Forman (Long Jump and 75mH (PB))
- Elizabeth Hughes (Triple Jump and Long Jump)
- Levi Causton (Hammer and Discus (PB))

Last, but by no means least, Laura Runciman broke the U15 Girls Hammer club record for the THIRD time this season, in winning her event with a throw of 46.73m!

The full list of Gold medal winners was:

Name	Event
<b>Khai Mhlanga (U17W)</b>	300m (PB), 1500m (SB)
<b>Darren Blackwell (U20M)</b>	800m (PB)
<b>Joceline Monteiro (SW)</b>	800m
<b>Georgia Tuckfield (U20W)</b>	800m (PB)
<b>Jodie Judd (U17W)</b>	800m (PB), 3000m
<b>Ndidi Okoh (U13G)</b>	800m (PB), 1500m (SB), Long Jump (PB)
<b>Callum Charleston (U20M)</b>	1500m
<b>Elliott Cordery (U15B)</b>	1500m (PB), 3000m (PB)

<b>Madeline Henderson (U20W)</b>	3000m (PB)
<b>Alex Leslie (U17W)</b>	80mH (PB)
<b>Bradley Reed (SM)</b>	110mH
<b>Chay Clark (U20W)</b>	400mH
<b>James Murrell (U20M)</b>	High Jump
<b>John Boyle (U15B)</b>	High Jump
<b>Seb Clatworthy (U13B)</b>	High Jump
<b>Charlotte Boyle (U17W)</b>	High Jump
<b>James Allway (U20M)</b>	Pole Vault (PB)
<b>Caitlin Boyle (U17W)</b>	Pole Vault
<b>Jade Harding (U20W)</b>	Long Jump
<b>Caitlin O'Reilly (U17W)</b>	Long Jump (PB)
<b>Connie Forman (U15G)</b>	Long Jump
<b>Elizabeth Hughes (U17W)</b>	Triple Jump
<b>Kevin Wilson (SM)</b>	Shot
<b>Gabby Quigley (U17W)</b>	Shot, Discus
<b>Levi Causton (U17M)</b>	Hammer
<b>Laura Runciman (U15G)</b>	Hammer (PB) (CR)

Silver medal winners were:

<b>Name</b>	<b>Event</b>
<b>Caitlin O'Reilly (U17W)</b>	100m
<b>Caroline Hill (SW)</b>	400m
<b>Erin Minton-Branfoot (U20W)</b>	400m
<b>Emma Perks (U17W)</b>	800m
<b>Martha Smith (U13G)</b>	800m, 1500m (PB)
<b>Mark Woodley (SM)</b>	1500m
<b>Georgia Tuckfield (U20W)</b>	1500m
<b>Jodie Judd (U17W)</b>	1500m
<b>Hayley Pegg (SW)</b>	3000m, 5000m
<b>Alex Leslie (U17W)</b>	300mH
<b>Bradley Reed (SM)</b>	400mH
<b>Rhys Collings (U20M)</b>	400mH
<b>Henry Wood (U15B)</b>	High Jump
<b>Hannah Badger (U17W)</b>	High Jump (PB)
<b>Fluke Ladphanna (U17M)</b>	Triple Jump
<b>Victor Adebisi (U17M)</b>	Shot
<b>Laura Runciman (U15G)</b>	Shot
<b>Kevin Wilson (SM)</b>	Discus (PB)
<b>Alex Reynolds (U17M)</b>	Discus
<b>Shirley Quinn (V60)</b>	Discus
<b>Hannah Bardo (U13G)</b>	Javelin (PB)

Bronze medal winners were:

<b>Name</b>	<b>Event</b>
<b>Nathaniel Sherger (U17M)</b>	100m
<b>Erin Minton-Branfoot (U20W)</b>	200m

<b>Sam Rawlinson (U15B)</b>	300m (PB)
<b>Tara Lewis (U17W)</b>	300m (PB)
<b>Mark Woodley (SM)</b>	800m
<b>Rachel Broome (U17W)</b>	800m
<b>Georgia Tombs (U13G)</b>	800m, 1500m (PB)
<b>Darren Blackwell (U20M)</b>	1500m (PB)
<b>Connie Forman (U15G)</b>	75mH (PB)
<b>Rhys Collings (U20M)</b>	110mH
<b>Thomas Hewes</b>	High Jump
<b>Hannah Bardo (U13G)</b>	High Jump, Long Jump (PB), Discus (PB)
<b>Fluke Ladphanna (U17M)</b>	Long Jump (PB)
<b>Elizabeth Hughes (U17W)</b>	Long Jump
<b>Geoff Tyler (V65)</b>	Shot
<b>Levi Causton (U17M)</b>	Discus (PB)
<b>Alex Reynolds (U17M)</b>	Hammer
<b>Rebecxa Healy (SW)</b>	Hammer

### Other PB's

- Sean Donovan (U13B) – 100m, 75mH
- Arthur Day (U13B) – 100m
- Alisha Hayes (U17W) – 100m
- Amber Whitehorne (U13G) – 100m
- Ben Kirwin (U15B) – 200m, 800m, Shot
- Tara Lewis (U17W) – 200m
- Matthew Bruce (U15B) – 300m
- Emma Perks (U17W) – 300m
- Andrew Hill (U17M) – 400m
- Jordan Denyer (U17M) – 800m, 1500m
- Dom Clatworthy (U15B) – 800m
- Hannah Smith (U15G) – 800m
- Lucy Aitchison (U15G) – 800m, 1500m
- Thea Smith (U15G) – 800m
- Rachel Dunn (U15G) – 800m
- Hannah Bolton (U13G) – 800m
- Owen Thomas (U17M) – 1500m, 3000m
- Megan Williams (U20W) – 1500m
- Rachel Broome (U17W) – 1500m
- Alice Bauckham (U15G) – 1500m
- Faye Sweeting (U13G) – 1500m
- Evie Smith (U15G) – 1500m
- Ndidi Okoh (U13G) – 70mH
- Amelia Day (U15G) – 75mH
- Georgia Ray (U17W) – High Jump
- Aliya Hanson (U17W) – Long Jump
- Issy Beazley-Long (U15G) – Long Jump
- Dominika Czekajlo (U13G) – Long Jump

- Jessica Hopkins (U15G) – Shot
- Alex Skingle (U17M) – Hammer
- James Regan (U17M) – Javelin
- Matthew Kerridge (U17M) - Hammer
- Caitlin O'Reilly (U17W) – 200m