



ESSEX / EASTERN COUNTIES INDOOR CHAMPIONSHIPS

There were a glut of medals gained by our members from these championships staged at the Lee Valley Centre, Enfield, including 20 winners of the county events of which 14 also took the Eastern Counties titles.

Going through the age groups in the senior men Harry McQueen won the 60m in 7.07s with Alex Cooke taking second place in 7.12s. Bradley Reed took the hurdles title with a PB of 8.54s and there was a third place from Paul Owen (2m 01.8s) over 800m.

Max Paulin soared over 2.03m as he claimed the under 20 high jump title with a PB of 2.03m whilst another reaching great heights was Liam Yarwood another under 20 cleared 4.20m in the pole vault for another `pair` of golds.

In the under 15 boys group James Regan with 1.60m in the high jump and Joseph Ellis in the hurdles recording 8.93s for a PB both placed third in their events for Eastern bronze but were to be silver medallists in the Essex championships.

To the female events and the seniors saw Lauren Longhurst taking the 200m title with a time of 27.4s and then finishing second over 400m in the Essex results whilst there were two seconds for Evie Castle from the hurdles(10.03s) and shot putt (10.82m)

In the under 20`s it was a busy meeting for Hayley McLean as she claimed six titles, three each of Essex and Eastern design. The 200m (25.23s) and 400m(56.85s) came as she achieved PBs whilst the hurdles was won with 8.85s. The 60m sprint brought her a second.

In the 400m Christy Dailly 400 took second place with a PB of 59.96s and in the hurdles Poppy Lake picked up the Essex bronze with a PB time of 9.56s. Poppy also recorded a best in the shot putt (8.61m) to take the Essex title with Debbie Castle placing second. Most satisfying for Poppy, however came in the high jump for a personal best of 1.78m ranks number one in the UK.

Kim Johansen in an unfamiliar event (400m) collected the Essex bronze but went one better in the 800m. From the long jump there was a silver medal for Jade Harding.

The under 17`s saw outstanding performances from Moesha Howard and Nicole McKechnie. Moesha won the 60m (7.91s) and the hurdles (8.73s) both with PBs. Nicole took the 200m and 300m titles with times of 25.66s and 40.74s. Both athletes are ranked in the top two in the country. There were also medals for April Castle - first in the triple jump with a PB of 10.17m, Georgina Duke third in the hurdles, Rosa Prideaux another with a PB of 2m15.29s from the 800m as she took the Essex title but beaten for the Eastern title by a tenth of a second. Sarah Prescott-Smith took medals from both the high and long jump events; in the later Abigail Frith collected a bronze as she went beyond the five metres for the first time.

For the under 15 girls three who have been outstanding during the cross country season took to the 800m here and Jodie Judd claimed gold in 2m19.9s with Emma Perks following her in - Rachel Broome took fifth place. There were Essex medals for Hannah Badger and Phoebe Jeffery in the form of gold and silver in the 300metres - both with PBs. Charlotte Boyle another to achieve a best won the high jump with 1.45m. Jessica Down took a gold for the Essex hurdles and third in the long jump. Shannon McNeil picked up second from both the 60m and 200m and there was gold for Caitlin Boyle with her best ever in the pole vault.

Roy Meadowcroft
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