

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Boys

1 : 541pts : Woodlands School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Fawwaz Owolabi	12.4	27pts	Fabian Nayan	12.1	29pts
100m	Joshua Cabulo	12.0	30pts	Faiz Abdul	12.7	23pts
200m	Joshua Oshitola	26.0	23pts	Oscar Clarke	26.2	22pts
300m	Jack Tomlin	41.5	21pts	Roman Dwyer	39.9	25pts
800m	Archie Brooker	2:32.7	19pts	Edward Hazelgrove	2:25.9	21pts
1500m	Charlie Cletus	4:57.7	22pts	Luca Birkett	4:58.7	22pts
Long_Jump	Joshua Oshitola	4.50	17pts	Fabian Nayan	4.53	17pts
High_Jump	Charlie Cletus	1.41	17pts	Oscar Clarke	1.50	20pts
Triple_Jump	Joshua Cabulo	11.20	25pts	Roman Dwyer	9.32	15pts
Pole_Vault						
Shot	Fawwaz Owolabi	9.96	19pts	Joshua Thomas	10.03	19pts
Discus	Jack Tomlin	27.88	22pts	Felix Rosen	27.70	22pts
Javelin	Archie Brooker	28.35	21pts	Luca Birkett	31.40	24pts
Hammer						
Relay	Felix Rosen , Faiz Abdul , Edward Hazelgrove , Joshua Thomas				54.5	19pts

2 : 531pts : The Champion School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Harrison Rabess	14.8	15pts	Jesse Okenwa	12.9	25pts
100m	Richard Adams	12.4	26pts	Bailey Anatole-Libur	12.5	25pts
200m	Ethan Mullender	26.0	23pts	Chidera Asiegbu	26.2	22pts
300m	Emanuel Iwuchukwu	41.9	20pts	Bode Thompson	41.7	21pts
800m	Brandon Ryan	2:37.3	17pts	Emmanuel Olubukola-Sog	2:36.1	18pts
1500m	Aidan Doherty	5:01.5	21pts	Barnaby Hall	5:05.0	20pts
Long_Jump	Richard Adams	5.26	24pts	Emmanuel Olubukola-Sog	4.68	18pts
High_Jump	Aidan Doherty	1.47	19pts	Bode Thompson	1.59	23pts
Triple_Jump	Emanuel Iwuchukwu	11.79	27pts	Jesse Okenwa	9.18	14pts
Pole_Vault						
Shot	Ethan Mullender	10.82	22pts	Bailey Anatole-Libur	9.46	17pts
Discus	Harrison Rabess	34.35	28pts	Chidera Asiegbu	28.50	23pts
Javelin						
Hammer	Sam Johnson	32.68	25pts	Josiah Mikana	26.89	19pts
Relay	Brandon Ryan , Josiah Mikana , Barnaby Hall , Sam Johnson				54.9	19pts

3 : 530pts : Robert Clack School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Samuel Ogbomwan	13.3	23pts	Jahmaine Aldridge	13.0	24pts
100m	Peter Aderibigbe	12.4	26pts	Chibuike Ukeh	12.8	22pts
200m	Ernest Boateng	26.2	22pts	Connor Clark	26.6	21pts
300m	Christian Akoko Eguaoje	42.6	19pts	Eugene Poku	42.1	20pts
800m	Abdulrahmon Lawel	2:31.6	19pts	Daniel Pike	2:26.8	21pts
1500m	Devontae Pike	5:11.1	19pts			
Long_Jump	Peter Aderibigbe	4.70	19pts	Jahmaine Aldridge	4.65	18pts
High_Jump	Samuel Ogbomwan	1.53	21pts	Connor Clark	1.35	15pts
Triple_Jump	Ernest Boateng	10.50	21pts	Chibuike Ukeh	11.74	27pts
Pole_Vault						
Shot	Christian Akoto Eguaoje	11.47	24pts	Christopher Akoto Eguaje	12.34	27pts
Discus	Abdulrahmon Lawel	26.58	21pts	Eugene Poku	27.50	22pts
Javelin				Daniel Pike	25.27	18pts
Hammer	Aymeric Basset	26.05	19pts	Airidas Apanavicius	32.41	24pts
Relay	Devontae Pike , Aymeric Basset , Airidas Apanavicius , Christopher Akoto E				55.3	18pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Boys

4 : 525pts : The King John School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Paul Odukogbe	12.7	26pts	Henry Mills	12.9	25pts
100m	Oliver Plumb	12.0	30pts	Ellis Lyons	12.9	21pts
200m	Alper Sahan	26.1	22pts	Ronan Brown	26.2	22pts
300m	Sam Clarke	40.2	24pts	Issac Barnes	45.0	15pts
800m	Lucas Sand Hughes	2:36.6	18pts	Kieran Crighton	2:24.4	21pts
1500m				Jude Tomlinson	4:56.7	22pts
Long_Jump	Alper Sahan	4.48	16pts	Ellis Lyons	4.68	18pts
High_Jump	Sam Clarke	1.50	20pts	Ronan Brown	1.41	17pts
Triple_Jump	Ethan Johnson	9.86	18pts	Ife Adepeju	9.75	17pts
Pole_Vault						
Shot	Paul Odukogbe	11.80	25pts	Isaac Barnes	11.54	24pts
Discus	Lucas Sand Hughes	17.82	12pts	Kieran Crighton	18.64	13pts
Javelin	Rowan Mellish	32.08	25pts	Henry Mills	30.11	23pts
Hammer	Oliver Plumb	42.86	33pts			
Relay	Ethan Johnson , Rowan Mellish , Ife Adepeju , Jude Tomlinson				55.3	18pts

5 : 523pts : Southend High School for Boys, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Edward Grange	13.2	23pts	Lloyd Uwadie	13.3	23pts
100m	Jeremy Andersen	12.2	28pts	Razzaq Okeyode	12.8	22pts
200m	Will Stevens	26.6	21pts	Ethan Williams	26.5	21pts
300m	Jermain Ntow	43.3	18pts	Taylen Emmons	43.9	17pts
800m	George Safwat	2:27.2	21pts	Jude Hearn	2:18.4	23pts
1500m	George White	4:43.8	26pts	Hayden Potton	4:54.6	23pts
Long_Jump	George White	4.61	18pts	Taylen Emmons	4.31	15pts
High_Jump	Edward Grange	1.44	18pts			
Triple_Jump	Jermain Ntow	10.73	22pts	Lloyd Uwadie	10.62	22pts
Pole_Vault				Ethan Williams	2.40	21pts
Shot	Jeremy Andersen	15.75	38pts			
Discus	George Safwat	23.10	17pts	Razzaq Okeyode	25.26	19pts
Javelin	Will Stevens	28.89	21pts	Alex Dennis	35.87	28pts
Hammer				Isa Hasan	NM	0pts
Relay	Hayden Potton , Isa Hasan , Jude Hearn , Alex Dennis				56.0	18pts

6 : 519pts : Westcliff High School for Boys Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Charlie Burzotta	13.2	23pts	Timothy Olojo	13.5	22pts
100m	Joshua Babalola	13.5	15pts	Joseph Burdett	12.7	23pts
200m	Benaiah Osei-Poku	24.5	28pts	James Carnaje	25.9	23pts
300m	Ajay Whiteman	40.2	24pts	Reggie Herron	43.3	18pts
800m	James Byford	2:48.4	14pts	Finlay Williams	2:35.4	18pts
1500m	Victor Janus	5:03.0	21pts	Toby Wood	5:12.1	18pts
Long_Jump	Charlie Burzotta	4.53	17pts	Timothy Olojo	4.68	18pts
High_Jump	Ajay Whiteman	1.47	19pts			
Triple_Jump	Benaiah Osei-Poku	12.20	30pts	Jayden Ikechukwu	10.00	19pts
Pole_Vault						
Shot	James Carnaje	8.73	15pts			
Discus	James Byford	26.66	21pts	Joseph Burdett	33.54	28pts
Javelin	Victor Janus	26.34	19pts	Charles Harvey	37.10	30pts
Hammer				Reggie Herron	47.75	37pts
Relay	Finlay Williams , Clay Chan , Toby Wood , Jayden Ikechukwu				54.9	19pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Boys

7 : 499pts : Forest School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Cosmo Cooper	13.2	23pts	Patrik Stromgren	13.1	24pts
100m	Lawrence Foster	12.0	30pts	Joshua Avery	12.4	26pts
200m	Henry Tyfield	27.0	20pts	Aaron Johnson Campbell	26.4	21pts
300m	Oskar Kyson	40.6	23pts	Jude Dempsey Thompson	42.5	19pts
800m	Callum Whiteside	2:26.6	21pts	Rory Willis	2:31.8	19pts
1500m	Hamza Khan	4:41.2	26pts	Sebastian Reid	4:55.4	23pts
Long_Jump	Lawrence Foster	4.73	19pts			
High_Jump	Patrik Stromgren	1.47	19pts			
Triple_Jump	Aaron Johnson Campbell	9.85	18pts	Hamza Khan	9.46	16pts
Pole_Vault						
Shot	Rehan Akram	9.95	19pts	Cosmo Cooper	8.85	15pts
Discus	Henry Tyfield	22.52	17pts	Jude Dempsey Thompson	22.77	17pts
Javelin	Oskar Kyson	24.19	17pts	Callum Whiteside	23.31	16pts
Hammer	Joshua Avery	23.85	16pts	James Balleny	28.57	21pts
Relay	Seb Reid , Rory Willis , Rehan Akram , James Balleny				59.2	14pts

8 : 473pts : The Coopers' Company and Coborn School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Sanderson Campbell	13.1	24pts	Baris Muratogla	13.3	23pts
100m	Jayden Singh Bal	12.4	26pts	Jamie Pink	12.9	21pts
200m	Reggie Marshall	31.0	10pts	Theo Laronde	26.7	20pts
300m	Jayden Wilkinson	40.3	24pts	Josh Gosling	46.3	13pts
800m	Karolis Bartkus	2:35.2	18pts	Matthew Mia	2:28.1	20pts
1500m	Henry Leigh	5:06.2	20pts	Archie Baily	4:53.8	23pts
Long_Jump	Jayden Wilkinson	4.87	20pts	Karolis Bartkus	4.52	17pts
High_Jump	Jayden Singh Bal	1.38	16pts	Ewan Lowrie	1.44	18pts
Triple_Jump	Sanderson Campbell	9.50	16pts	Josh Gosling	8.32	10pts
Pole_Vault						
Shot	Theo Laronde	13.94	32pts	Jamie Pink	8.94	16pts
Discus	Reggie Marshall	28.32	22pts	Matthew Mia	19.65	14pts
Javelin	Jacob Brook	23.85	16pts	Baris Muratogla	26.72	19pts
Hammer						
Relay	Ewan Lowrie , Archie Baily , Henry Leigh , Jacob Brook				58.2	15pts

9 : 472pts : The Eastwood Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Harvey Anteh	13.0	24pts	George Twist	13.9	20pts
100m	Cameron Nevil-Blaize	12.1	29pts	JJ Neife	13.3	17pts
200m	Albie Lyons	24.8	27pts	Sam Munday	27.5	18pts
300m	Josh High	44.9	15pts	Roger Walker	44.2	17pts
800m	Remi MacDonald	2:37.1	17pts	Charlie Sloman	2:30.0	20pts
1500m	Noah Tundervary	4:57.0	22pts	Connor Payne	5:07.2	20pts
Long_Jump	Remi MacDonald	4.05	12pts	JJ Neife	2.25	0pts
High_Jump	Harvey Anteh	1.50	20pts	Charlie Sloman	1.38	16pts
Triple_Jump	Cameron Nevil-Blaize	10.33	20pts	Roger Walker	10.05	19pts
Pole_Vault	Josh High	2.60	25pts			
Shot						
Discus	Albie Lyons	24.95	19pts	George Twist	20.80	15pts
Javelin	Noah Tundervary	20.39	13pts	Tom Buscombe	32.04	25pts
Hammer	Ben Pacey	36.10	27pts			
Relay	Sam Munday , Connor Payne , Tom Buscombe , Ben Pacey				58.0	15pts

ESAA English Schools' Track and Field Cup 2023
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Junior Boys

10 : 436pts : The FitzWimarc School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Oliver Bryant	15.1	14pts	Mason Russell	13.8	20pts
100m	Alex Cane	12.9	21pts	Cem Yagiz	12.4	26pts
200m	Olly Williams	27.3	19pts	Fionn Chisholm	29.5	13pts
300m	Tommy Walker	40.3	24pts	Leo Parham	41.7	21pts
800m	Frankie Butcher	2:34.8	18pts	Max Westley	2:29.2	20pts
1500m	Archie Roberts	5:13.7	18pts	Zain Quereshi	5:16.4	17pts
Long_Jump				Cem Yagiz	4.55	17pts
High_Jump	Alex Cane	1.53	21pts	Leo Parham	1.47	19pts
Triple_Jump	Tommy Walker	10.15	19pts	Fionn Chisholm	9.04	14pts
Pole_Vault	Frankie Butcher	2.00	13pts			
Shot	Oliver Bryant	8.91	16pts	Max Westley	6.90	9pts
Discus	Ashton Gwanzura	21.94	16pts			
Javelin	Olly Williams	19.12	12pts	Dexter Burton	29.07	22pts
Hammer				Mason Russell	23.98	16pts
Relay	Archie Roberts , Ashton Gwanzura , Dexter Burton , Zain Quereshi				61.9	11pts

11 : 335pts : Wymondham College, Norfolk

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Joe Dwyer	14.9	15pts	Oscar Russell	20.4	0pts
100m	Lewis Chambers	12.4	26pts	Tobi Adeloje	15.0	7pts
200m	Krish Chilleystone	27.4	19pts	Harley Slater	29.5	13pts
300m	Isaiah Amoako	43.4	18pts	Alfie Sparkes	48.4	10pts
800m	Marlone Sibanda	2:34.9	18pts	Roman Hancy	2:38.0	17pts
1500m	Vito Machin	5:02.0	21pts	Will Pattison	5:39.2	12pts
Long_Jump	Lewis Chambers	4.84	20pts	Tobi Adeloje	3.97	11pts
High_Jump	Isaiah Amoako	1.35	15pts	Roman Hancy	1.32	14pts
Triple_Jump	Alfie Sparkes	8.52	11pts	Harley Slater	7.96	8pts
Pole_Vault						
Shot	Hugh Furness	10.14	20pts	Krish Chilleystone	8.66	15pts
Discus	Joe Dwyer	17.07	11pts	Ruben Vargas	14.49	8pts
Javelin	Will Pattison	16.74	9pts	Oscar Russell	17.08	10pts
Hammer						
Relay	Hugh Furness , Joe Dwyer , Ruben Vargas , Vito Machin				65.8	7pts

12 : 305pts : Farlingaye High School, Suffolk

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Charlie Cooper	18.0	2pts	Archie Farrow	15.7	11pts
100m	Adam Tomlin	14.1	11pts	Aidan Painter	12.9	21pts
200m	Aden Chandler	27.6	18pts	Jack Turner	26.4	21pts
300m	Aiden Hall	46.0	14pts	Jake Shelley	50.0	8pts
800m	Gabriel Roche	DNF	0pts	Toby Page	2:59.7	10pts
1500m	Mason Bramhald	4:32.6	29pts	Luke Houchell	5:22.9	16pts
Long_Jump	Aden Chandler	3.63	8pts	Adam Tomlin	4.01	12pts
High_Jump	Mason Bramhald	1.41	17pts	Aidan Painter	1.35	15pts
Triple_Jump	Archie Farrow	9.16	14pts	Ollie Grace	7.93	7pts
Pole_Vault						
Shot	Lewis Fookes	7.65	11pts	Jack Turner	7.95	12pts
Discus	Jake Shelley	19.98	14pts	Adain Hall	10.34	3pts
Javelin	Gabriel Roche	26.97	19pts	Charlie Cooper	4.11	0pts
Hammer						
Relay	Lewis Fookes , Toby Page , Ollie Grace , Luke Houchell				60.7	12pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Girls

1 : 466pts : The Coopers' Company and Coborn School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Isabelle James	12.9	24pts	Amelie Shearing	13.7	20pts
100m	Tomi Ojelowo	13.6	23pts			
200m	Cleo Drake	28.3	23pts	Poppy Dent-Jones	28.7	22pts
300m	Annabella Drake	43.5	27pts			
800m	Jessica Page	2:28.2	28pts	Alice Watts	2:51.2	20pts
1500m	Summer Smith	5:02.4	30pts	Orla Friel	5:14.3	27pts
Long_Jump	Tomi Ojelowo	4.48	20pts	Cleo Drake	4.11	16pts
High_Jump	Annabella Drake	1.35	19pts	Amelie Shearing	1.23	15pts
Triple_Jump						
Pole_Vault						
Shot	Ayla Baker	9.48	28pts			
Discus	Summer Smith	16.63	15pts	Isabelle James	19.78	19pts
Javelin	Jessica Page	29.30	30pts	Orla Friel	15.70	14pts
Hammer	Lila Chapelhow	29.67	24pts			
Relay	Lila Chapelhow , Ayla Baker , Poppy Dent-Jones , Alice Watts				57.6	22pts

2 : 443pts : The FitzWimarc School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Connie Sutton	13.3	22pts	Sienna McCoy	12.4	27pts
100m	Erin Norris	13.2	27pts	Sophie Stanford	15.6	9pts
200m	Lily Hartman	26.2	30pts	Stevie Makepeace	29.2	20pts
300m	Ava Bailey	49.3	15pts	Grace Tilbrook	47.4	18pts
800m	Lily Naylor	2:44.0	23pts	Millie Casey	2:46.3	22pts
1500m	Amy Hines	5:49.5	21pts	Ezrah Harold	4:55.3	32pts
Long_Jump	Erin Norris	4.76	25pts	Lily Hartman	4.42	19pts
High_Jump	Ava Bailey	1.38	20pts		1.26	16pts
Triple_Jump						
Pole_Vault	Millie Casey	1.80	18pts			
Shot	Connie Sutton	8.27	22pts	Sienna McCoy	6.50	13pts
Discus						
Javelin				Sophie Stanford	23.25	24pts
Hammer						
Relay	Grace Tilbrook , Lily Naylor , Amy Hines , Ezrah Harold				58.6	20pts

3 : 432pts : The Eastwood Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Amy Pugsley	12.8	25pts	Alice Bird	12.1	28pts
100m	Eva Baxter	14.3	16pts	Ava Masters	13.7	22pts
200m	Olivia Tyler	28.9	21pts	Heidi Whatton	28.1	24pts
300m	Violet Burrell	45.9	21pts	Cali Gall	45.8	21pts
800m	Jessica Cunningham	2:55.9	19pts	Freya Walls	2:45.2	22pts
1500m	Camille Catling	5:16.9	27pts	Nancy Argent	6:51.9	11pts
Long_Jump	Eva Baxter	4.01	15pts	Heidi Whatton	4.19	17pts
High_Jump	Amy Pugsley	1.53	25pts	Cali Gall	1.26	16pts
Triple_Jump						
Pole_Vault				Alice Bird	2.30	26pts
Shot	Violet Burrell	8.31	22pts			
Discus				Freya Walls	18.79	18pts
Javelin				Ava Masters	19.10	18pts
Hammer						
Relay	Olivia Tyler , Jessica Cunningham , Nancy Argent , Camille Catling				60.1	18pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Girls

4 : 431pts : Southend High School for Girls, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Dakota Sladden	13.8	20pts	Annabel Hutley	13.5	21pts
100m	Elicia Richardson	14.3	16pts	Francesca Probert	14.7	13pts
200m	Alice Williams	28.5	23pts	Elouise Thomas	30.3	17pts
300m	Emily Archer	46.2	20pts	Holly Bowdler	47.7	17pts
800m				Niamh Staunton	2:37.0	25pts
1500m	Annalise Burrows	5:25.5	25pts			
Long_Jump	Alice Williams	3.81	13pts	Francesca Probert	4.11	16pts
High_Jump	Emily Archer	1.57	27pts	Elouise Thomas	1.50	24pts
Triple_Jump						
Pole_Vault						
Shot	Monica Mallaga	10.66	34pts	Holly Bowdler	7.64	19pts
Discus	Dakota Sladden	15.20	13pts	Shalom Bajomo	18.37	17pts
Javelin	Elicia Richardson	27.48	28pts	Niamh Staunton	24.17	25pts
Hammer						
Relay	<u>Monica Mallaga , Annalise Burrows , Shalom Bajomo , Annabel Hutley</u>				60.1	18pts

5 : 394pts : Woodlands School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Ayla Laguda	13.5	21pts	Florence Butler	12.9	24pts
100m	Joshualle Cabulo	13.4	25pts	Lacey Bunce Knight	14.7	13pts
200m	Chiamaka Nwoka	31.9	11pts	Sarah Ilia	30.6	16pts
300m	Emilija Ratkelyte	49.6	14pts	Eva Adamchuk	50.9	13pts
800m	Nicole Hawkins	2:30.3	27pts			
1500m	Lily May Kehler	5:50.3	21pts	Katie Hawkins	5:50.6	21pts
Long_Jump	Joshualle Cabulo	3.75	12pts	Sarah Ilia	3.41	9pts
High_Jump	Ayla Laguda	1.38	20pts	Florence Butler	1.44	22pts
Triple_Jump						
Pole_Vault						
Shot	Chiamaka Nwoka	7.85	20pts			
Discus	Nicole Hawkins	17.01	16pts			
Javelin	Gracie Dupree	22.17	22pts	Eva Adamchuk	25.24	26pts
Hammer	Emilija Ratkelyte	28.77	23pts			
Relay	<u>Kaite Hawkins , Lacey Bunce Knight , Lily May Kehler , Gracie Dupree</u>				60.1	18pts

6 : 384pts : Chelmsford County High School for Girls, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Caitlin Li	13.3	22pts	Daisy Oludipe	14.4	17pts
100m	Isabella Johnson	13.4	25pts	Lana Burton	15.1	11pts
200m	Everly Platts	32.2	10pts	Muna Ozono	28.8	22pts
300m						
800m	Frankie Philipps	2:33.1	26pts	Isobelle Eida	2:34.8	26pts
1500m	Esme Thomas	5:51.1	21pts	Lilly Sanford	5:25.9	25pts
Long_Jump	Isabella Johnson	4.52	20pts	Caitlin Li	3.75	12pts
High_Jump	Everly Platts	1.23	15pts	Nicole Mwanache	1.20	14pts
Triple_Jump						
Pole_Vault						
Shot	Matilda Wilson	7.83	20pts	Muna Ozono	9.17	26pts
Discus	Esme Thomas	11.75	8pts	Daisy Oludipe	17.30	16pts
Javelin	Frankie Philipps	12.37	9pts	Lana Burton	21.06	21pts
Hammer						
Relay	<u>Matilda Wilson , Isobelle Eida , Lilly Sanford , Nicole Mwanache</u>				60.3	18pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Girls

7 : 383pts : Forest School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Lennie Mecalff	15.0	14pts		0.0	0pts
100m	Esmae Mahalingham	13.8	21pts	Bea Da Concaio	14.6	14pts
200m	Evanna Eze	26.3	30pts	Maya Robinson	27.5	26pts
300m	Helena Thompson	48.7	16pts	Bluebell McCartney	50.4	13pts
800m	Olivia Brooks	2:46.0	22pts	Amber McClean	2:50.2	21pts
1500m	Lara Mydlar	5:30.2	24pts	Faith Brooks	5:43.0	22pts
Long_Jump	Maya Robinson	3.60	11pts	Esmae Mahalingham	3.87	13pts
High_Jump	Bluebell McCartney	1.14	12pts			
Triple_Jump						
Pole_Vault						
Shot	Jola Ashiru	8.96	25pts	Evanna Eze	8.50	23pts
Discus	Helena Thompson	17.98	17pts	Lennie Mecalff	11.40	8pts
Javelin	Bea Da Concaio	19.52	19pts	Olivia Brooks	16.39	14pts
Hammer						
Relay	Jola Ashiru , Lara Mydlar , Amber McClean , Faith Brooks				60.1	18pts

8 : 356pts : Brentwood School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Hallie Oguntayo	14.2	18pts		14.0	19pts
100m	Aimme Lim	13.7	22pts	Kalea Martin	13.7	22pts
200m	Tierney Howard	32.0	11pts	Ava Carter	27.9	25pts
300m	Eva Sandhu	47.7	17pts	Maisie Donovan	46.5	19pts
800m	Hollie Poyton	2:35.4	26pts	Ellie Barth-Wehrenalp	2:54.1	19pts
1500m	Isabella Taylor-Bush	6:33.9	14pts	Keeley Hartless	6:05.6	19pts
Long_Jump	Aimme Lim	4.45	20pts	Kalea Martin	3.94	14pts
High_Jump	Isabella Taylor-Bush	1.29	17pts			
Triple_Jump						
Pole_Vault						
Shot	Eva Sandhu	5.63	10pts	Ellie Barth-Wehrenalp	5.64	10pts
Discus						
Javelin	Tierney Howard	15.97	14pts	Keeley Hartless	10.17	6pts
Hammer	Maya Tseayo	26.51	22pts			
Relay	M Donovan , H Poyton , M Tseayo , A Carter				64.3	12pts

9 : 347pts : Great Baddow High School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Amelie Klinker	13.7	20pts	Cherri Moss	15.2	13pts
100m	Abi McElroy	13.3	26pts	Freya Matthews	15.8	8pts
200m	Jess Barnard	31.0	14pts	Freya Clark	30.6	16pts
300m						
800m	Scarlett Nowell	3:01.8	17pts	Saya Saunders	2:45.7	22pts
1500m	Rosie Burden	5:40.1	23pts	Lucy Clarke	6:12.1	17pts
Long_Jump	Amelie Klinker	3.75	12pts	Rosie Burden	3.44	9pts
High_Jump	Abi McElroy	1.29	17pts	Cherri Moss	1.17	13pts
Triple_Jump						
Pole_Vault						
Shot	Olivia Justier	7.93	20pts	Saya Saunders	8.45	23pts
Discus	Freya Clark	18.45	17pts	Emily Davis	9.32	5pts
Javelin	Scarlett Nowell	19.53	19pts	Freya Matthews	21.67	21pts
Hammer						
Relay	Lucy Clarke , Olivia Justier , Emily Davis , Jess Barnard				62.0	15pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Junior Girls

10 : 345pts : Thorpe Hall School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Yasmin Rose	13.0	24pts	Kitty Langstone	14.8	15pts
100m	Dahlia Hanrahan	14.9	12pts		15.0	12pts
200m	Emily Bentley	27.4	26pts	Rose Phillips	29.6	19pts
300m				Darcy Williamson	47.3	18pts
800m	Amber Cantor	3:07.2	15pts	Heidi Duff	2:42.0	24pts
1500m	Lilia Bull	5:38.1	23pts	Daisy Batho	5:58.1	20pts
Long_Jump	Yasmin Rose	4.22	17pts	Kitty Langstone	4.05	15pts
High_Jump	Emily Bentley	1.14	12pts	Darcy Williamson	1.32	18pts
Triple_Jump						
Pole_Vault						
Shot	Dahlia Hanrahan	7.09	16pts	Heidi Duff	5.98	11pts
Discus	Amber Cantor	12.92	10pts	Daisy Batho	13.92	11pts
Javelin	Sonny Shorey	14.27	12pts			
Hammer						
Relay	Lilia Bull , Sonny Shorey , Rose Phillips , Isabella White				62.4	15pts

11 : 336pts : Robert Clack School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Keziah Pothin	12.9	24pts			
100m	Joan Osuala	13.9	20pts	Merster Lady Aborah	14.7	13pts
200m	Marcheri Sheriff	29.6	19pts	Suraiya Majeed	29.8	18pts
300m	Taiya Kesse	48.6	16pts	Nwayinnaya Williams	55.5	7pts
800m	Faizah Mogaji	2:40.2	24pts	Leyla Oden	2:58.3	18pts
1500m	Maria Vasile	6:10.8	18pts			
Long_Jump	Keziah Pothin	4.03	15pts	Merster Lady Aborah	3.76	12pts
High_Jump	Marcheri Sheriff	1.29	17pts	Nwayinnaya Williams	1.23	15pts
Triple_Jump						
Pole_Vault						
Shot	Suraiya Majeed	6.50	13pts	Leyla Oden	7.56	18pts
Discus	Faizah Mogaji	17.49	16pts	Joan Osuala	20.42	20pts
Javelin						
Hammer	Tumi Aladenika	26.16	21pts	Belange Morais	NM	0pts
Relay	Taiya Kesse , Tumi Aladenika , Maria Vasile , Belange Morais				64.0	12pts

12 : 335pts : Colchester County High School for Girls, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Grace Ajani	14.9	14pts		0.0	0pts
100m	Tami Egbeyemi	14.0	19pts	Emily Tien	15.1	11pts
200m	Emmanuella Joshua-Omor	31.6	12pts	Lily Opefi	31.7	12pts
300m	Edeigh Irvine	49.2	15pts			
800m	Semi Ajibola	2:51.9	20pts	Georgia Banyard	2:44.1	23pts
1500m	Mya Atkins	5:57.5	20pts	Ella Hudson	5:49.3	21pts
Long_Jump	Tami Egbeyemi	3.96	14pts	Semi Ajibola	3.93	14pts
High_Jump	Emmanuella Joshua-Omor	1.26	16pts	Grace Ajani	1.23	15pts
Triple_Jump						
Pole_Vault						
Shot	Grace Cooper	7.29	17pts	Lily Opefi	5.82	11pts
Discus	Isobel Maddison	16.73	15pts	Emily Tien	20.92	21pts
Javelin	Georgia Banyard	22.35	22pts	Edeigh Irvine	10.73	7pts
Hammer						
Relay	Grace Cooper , Ella Hudson , Isobel Maddison , Mya Atkins				61.5	16pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Boys

1 : 564pts : Westcliff High School for Boys Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Obaloluwa Ayegbe	11.5	27pts	Oluwasemilore Mustafa	11.6	27pts
100m	Folagbade Oyenubi	12.3	20pts	Leon Agu	12.9	14pts
200m	Daniel Osei-Poku	23.9	24pts	Rajat Negi	26.1	17pts
300m	Asaph Lawal	38.7	24pts	Matthew Agbolegbe	37.9	26pts
800m	Anthony Odumusu	2:23.3	18pts	Kwasi Prakah-Asante	2:29.7	16pts
1500m	Lennon Parsons	4:54.3	19pts			
Long_Jump	Anthony Odumusu	5.61	21pts	Oluwasemilore Mustafa	5.82	23pts
High_Jump	Folagbade Oyenubi	1.62	20pts	Matthew Agbolegbe	1.65	21pts
Triple_Jump	Daniel Osei-Poku	13.10	27pts	Kwasi Prakah-Asante	13.13	27pts
Pole_Vault						
Shot	Asaph Lawal	12.21	23pts	Daniel Akanno	12.12	23pts
Discus	Samuel Achogbuo	38.83	28pts	Leon Agu	36.82	27pts
Javelin	Obaloluwa Ayegbe	43.85	23pts			
Hammer	Max Baker	35.13	21pts	Rajat Negi	45.00	27pts
Relay	Lennon Parsons , Max Baker , Samuel Achogbuo , Daniel Akanno				49.8	21pts

2 : 560pts : Southend High School for Boys, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Joshua Colyer	11.6	27pts	Henry Grange	12.1	24pts
100m	Harry Lusher	11.9	24pts	Oscar Phillips	11.8	25pts
200m	Lawence Jackson	25.4	19pts	Hayden Philipowitz	26.4	16pts
300m	Harry Dove	38.8	24pts	Ugo Godwin	40.8	19pts
800m	Oscar Dove	2:15.0	22pts	Ted Crombie	2:15.4	21pts
1500m	Lochlan Dyer	4:21.5	25pts	Andrew Adesanya	4:21.5	25pts
Long_Jump	Harry Dove	5.68	21pts	Ted Crombie	5.19	16pts
High_Jump				Hayden Philipowitz	1.79	26pts
Triple_Jump	Harry Lusher	11.60	20pts	Ugo Godwin	12.80	26pts
Pole_Vault	Lochlan Dyer	2.90	22pts	Henry Grange	3.15	24pts
Shot	Fikayo Akinseymonin	11.80	22pts			
Discus	Lawence Jackson	33.66	25pts	Andrew Adesanya	28.05	19pts
Javelin						
Hammer	Oscar Dove	36.17	21pts	Alex Brigden	43.51	26pts
Relay	Joshua Colyer , Fikayo Akinseymonin , Oscar Phillips , Alex Brigden				49.9	21pts

3 : 544pts : The FitzWimarc School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Zak Williams	12.4	23pts	Max Hockey	11.9	25pts
100m	Kieran Longford	11.5	28pts	Charlie Pyner	12.1	22pts
200m	Sean Surridge	27.3	13pts	Harry Casey	24.7	21pts
300m	Owen Moore	37.8	27pts	Max Goodey	39.2	23pts
800m	Ronnie Reeves	2:10.4	24pts	Matthew Setters	2:22.4	18pts
1500m	Danny Curran	4:38.3	22pts	Louie Day	4:25.3	24pts
Long_Jump	Kieran Longford	5.34	18pts	Max Goodey	5.22	17pts
High_Jump				Charlie Pyner	1.62	20pts
Triple_Jump	Owen Moore	11.70	20pts	Max Hockey	10.80	16pts
Pole_Vault	Danny Curran	2.60	19pts	Harry Casey	4.20	31pts
Shot	Sean Surridge	12.14	23pts			
Discus	Louie Clarke	34.81	25pts	Matthew Setters	23.21	14pts
Javelin	Zak Williams	44.50	23pts			
Hammer	Joe Buscombe	48.78	29pts			
Relay	Ronnie Reeves , Joe Buscombe , Louie Day , Louie Clarke				51.0	19pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Boys

4 : 514pts : The Coopers' Company and Coborn School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Roman Campbell	11.2	29pts	Daniel Brown	12.4	23pts
100m	Leo McCarthy	12.2	21pts	Jamie Pisano	12.6	17pts
200m	Jack Hignett	24.3	23pts	Franklyn Broad	25.3	19pts
300m	Simeon Barker	41.0	19pts	Ethan Berry	40.0	21pts
800m	Findlay McLaren	2:06.1	26pts	Will Tillson	2:16.9	21pts
1500m	Jack West	4:27.0	24pts	Aaron Hick	4:42.0	21pts
Long_Jump	Roman Campbell	5.88	23pts	Daniel Brown	5.55	20pts
High_Jump	Jack Hignett	1.77	25pts	Findlay McLaren	1.65	21pts
Triple_Jump	Ethan Berry	10.65	15pts			
Pole_Vault						
Shot	Franklyn Broad	10.56	17pts	Jamie Pisano	10.24	16pts
Discus	Dillon Humphrey	31.75	23pts	Jack West	26.78	18pts
Javelin	Sam Burdett	36.98	18pts	Will Tillson	35.36	17pts
Hammer	Leo McCarthy	29.46	18pts			
Relay	Sam Burdett , Dillon Humphrey , Aaron Hick , Simeon Barker				51.2	19pts

5 : 513pts : Woodlands School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Mel Berkoh-Gyamfi	11.7	26pts	Lewis Williams	12.0	25pts
100m	Sonny Gittins	11.5	28pts	Luther Ngei Okparaji	12.1	22pts
200m	Callum Mertens	24.3	23pts	Jayden Findlay	25.8	18pts
300m	Brandon Bannister	40.7	19pts	Harry Fisher	38.7	24pts
800m	Malachi Bolade	2:17.4	20pts	Dawson King	2:23.9	18pts
1500m	Joe Orpwood	4:55.9	18pts			
Long_Jump	Callum Mertens	5.71	22pts	Charlie Robinson	5.26	17pts
High_Jump	Brandon Bannister	1.50	16pts	Dawson King	1.56	18pts
Triple_Jump	Mel Berkoh-Gyamfi	13.10	27pts	Jayden Findlay	11.37	18pts
Pole_Vault						
Shot	Sonny Gittins	9.46	14pts	Harry Fisher	13.79	28pts
Discus	Malachi Bolade	23.24	14pts	Lewis Williams	25.27	16pts
Javelin	Elliot Noble	37.82	19pts			
Hammer	Oliver French	35.44	21pts	Luther Ngei Okparaji	39.27	23pts
Relay	Joe Orpwood , Oliver Frence , Elliot Noble , Charlie Robinson				51.0	19pts

6 : 502pts : The Champion School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	John Okenwa	12.1	24pts	Callum Browne	12.2	24pts
100m	Stephen Kolawole	12.7	16pts	Phil Sanyaolu	11.7	26pts
200m	Prince Inyaba	24.4	22pts	Kamari Moise	25.6	18pts
300m	Chi Ikechi	38.5	25pts	Emmanuel Asirifi -Otcheru	39.0	24pts
800m	Max Patterson	2:22.5	18pts	Louis Pandanzyla	2:15.4	21pts
1500m	Joe Finch	4:37.0	22pts	Sean Langan	5:04.5	17pts
Long_Jump	Prince Inyaba	5.44	19pts	Max Patterson	4.99	14pts
High_Jump	Chi Ikechi	1.44	14pts	Louis Pandanzyla	1.50	16pts
Triple_Jump	Emmanuel Asirifi -Otcheru	10.70	15pts	Kamari Moise	11.32	18pts
Pole_Vault						
Shot	Phil Sanyaolu	13.40	27pts	Callum Browne	12.43	24pts
Discus	John Okenwa	32.22	23pts	Stephen Kolawole	32.92	24pts
Javelin	Brooks Bangura	37.07	18pts			
Hammer	Charles Rotimi	32.72	19pts			
Relay	Charles Rotimi , Joe Finch , Brooks Bangura , Sean Langan				54.2	14pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Boys
7 : 501pts : The King John School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Tomiwa Adepeju	12.6	22pts	Jimi Aderin	11.8	26pts
100m	Daniel Moradeke Johnson	11.6	27pts	Cole Dexter	12.1	22pts
200m	Bailey Elmy	25.8	18pts	Bryce Davis	26.1	17pts
300m	Maddox Willett	38.5	25pts	Luke Whitbourn	41.8	17pts
800m	Mack Polyblank	2:13.6	22pts	Olly Filer	2:13.0	23pts
1500m	Max Seymour	4:30.4	23pts	Quinn Seymour	4:31.1	23pts
Long_Jump	Daniel Moradeke Johnson	5.90	24pts	Jimi Aderin	5.13	16pts
High_Jump	Bailey Elmy	1.50	16pts	Cole Dexter	1.50	16pts
Triple_Jump	Tomiwa Adepeju	11.85	21pts	Olly Filer	12.12	22pts
Pole_Vault						
Shot						
Discus	Oliver Dawes	35.91	26pts	Bryce Davis	27.06	18pts
Javelin	Mack Polyblank	37.05	18pts	Luke Whitbourn	36.16	18pts
Hammer	Maddox Willett	30.52	18pts	Jadan Adeusi	39.11	23pts
Relay	Max Seymour , Jadan Adeusi , Quinn Seymour , Oliver Dawes				DNF	0pts

8 : 495pts : Brentwood School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Dylan Ariai	12.0	25pts	Will Brown	12.9	20pts
100m	James Farrow	11.5	28pts	Sean-Connor Atafo	11.5	28pts
200m	Tobi Ogundeko	23.1	28pts	Ben Kelsey	25.3	19pts
300m	Reuel Faleye	41.8	17pts	Fimi Sanya- Isijola	41.0	19pts
800m	Jacques Lorraine	2:09.2	24pts	Joe Poyton	2:28.2	16pts
1500m	Henry Ram	4:44.6	21pts	Tom Wiles	4:35.0	23pts
Long_Jump	Dylan Ariai	5.60	21pts	Will Brown	4.44	9pts
High_Jump	James Farrow	1.62	20pts	Fimi Sanya- Isijola	1.56	18pts
Triple_Jump	Henry Ram	10.54	14pts	Sean-Connor Atafo	13.35	28pts
Pole_Vault						
Shot	Tobi Ogundeko	8.88	12pts	Perculiar Oyedele	9.97	15pts
Discus	Reuel Faleye	25.03	16pts	Matthew Yip	32.18	23pts
Javelin	Ben Kelsey	32.15	15pts	Benji Traill	33.21	16pts
Hammer						
Relay	P Oyedele , T Wiles , M Yip , J Lorraine				50.8	20pts

9 : 492pts : The Eastwood Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Mason Smith	12.0	25pts	Luke Clarke	11.9	25pts
100m	Sam Gboyega	11.7	26pts	Ruben Philip	12.2	21pts
200m	Jerome Whitely	24.7	21pts	James Clarke	24.5	22pts
300m	Oscar Claxton	37.7	27pts	Ryan Weir	38.9	24pts
800m	Harry Clarke	2:19.1	19pts	Rocci Williams	2:16.5	21pts
1500m	Aydan Holland	4:36.6	22pts	Harry Wright	4:22.7	25pts
Long_Jump	Sam Gboyega	5.41	19pts	James Clarke	5.56	20pts
High_Jump	Mason Smith	1.50	16pts	Zach Norris	1.47	15pts
Triple_Jump	Aydan Holland	11.00	17pts	Rocci Williams	10.18	12pts
Pole_Vault						
Shot	Jerome Whitely	8.60	11pts	Ryan Weir	9.13	13pts
Discus	Jack Mayot	23.83	15pts	Luke Clarke	25.71	17pts
Javelin	Harry Clarke	37.08	18pts			
Hammer				Ruben Philip	31.15	19pts
Relay	Jack Mayot , Oscar Claxton , Harry Wright , Zach Norris				49.6	22pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Boys
10 : 463pts : Davenant Foundation School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jayden Bangura	12.5	22pts	Leon Ajisegbede	13.8	16pts
100m	Naga Epelle	11.5	28pts	Izu Okafor	11.7	26pts
200m	Joe Mclean	24.3	23pts	Micah Edwards	24.2	23pts
300m	Lucas Emeagi	36.4	30pts	Jadon Owemuyi	38.9	24pts
800m				Callum Boddy	2:25.0	18pts
1500m	Luca Norden	4:21.4	25pts	Joe Arnold	4:50.0	20pts
Long_Jump	Lucas Emeagi	4.30	8pts	Jadon Owemuyi	4.77	12pts
High_Jump	Jayden Bangura	1.50	16pts	Leon Ajisegbede	1.59	19pts
Triple_Jump	Izu Okafor	11.20	18pts	Micah Edwards	11.13	17pts
Pole_Vault						
Shot	Jaheim Roman	10.26	16pts			
Discus	Joe Mclean	29.37	20pts	Callum Boddy	22.19	13pts
Javelin	Luke Adams	40.54	21pts			
Hammer	Harry Stockill	21.00	11pts	Joe Arnold	27.41	16pts
Relay	Jaheim Roman , Luke Adams , Naga Epelle , Luca Norden				49.9	21pts

11 : 455pts : The Perse School, Cambridgeshire

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jonny Tan	12.1	24pts	Luca Menon	12.9	20pts
100m	Harry Simpson-Biles	11.5	28pts	Noah Karat	11.6	27pts
200m	Guy Ponder	24.9	21pts	Alessandro Podesta	27.0	14pts
300m	Thurston Edwards	38.2	26pts	Alfie Piper	41.1	18pts
800m	Cassius Abood	2:14.0	22pts	Ollie Magliano	2:20.1	19pts
1500m	Patrick Thorne	5:03.8	17pts	Jacob Ross	5:17.3	14pts
Long_Jump	Guy Ponder	4.96	14pts	Luca Menon	5.05	15pts
High_Jump	Alessandro Podesta	1.35	11pts	Ollie Magliano	1.50	16pts
Triple_Jump	Noah Karat	9.94	11pts	Alfie Piper	10.37	13pts
Pole_Vault						
Shot	Harry Simpson-Biles	10.06	16pts	Kai Robson	9.46	14pts
Discus	Thurston Edwards	32.27	23pts	Alex Mead	28.67	20pts
Javelin	Jonny Tan	37.54	19pts	Jacob Ross	32.72	15pts
Hammer						
Relay	Kai Robson , Alex Mead , Cassius Abood , Patrick Thorne				51.6	18pts

12 : 398pts : Farlingaye High School, Suffolk

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Aaron Gurung	14.9	10pts	Joe Lansley	13.9	15pts
100m	Paula Seru	11.6	27pts	Oliver Bye	11.7	26pts
200m	Mekhi Fitch	25.5	19pts	Oscar Perez-Sanchez	24.9	21pts
300m	Oli Card	47.2	7pts	Caleb Sparkes	42.8	14pts
800m	Spike Howe	2:23.0	18pts	Will Fletcher	2:27.4	17pts
1500m	Flynn Kelly	4:32.3	23pts	Archie Shaw	4:46.6	20pts
Long_Jump	Oliver Bye	4.87	13pts	Oscar Perez-Sanchez	4.77	12pts
High_Jump	Will Fletcher	1.47	15pts	Lewis Kersey	1.56	18pts
Triple_Jump	Joe Lansley	10.35	13pts	Spike Howe	9.80	11pts
Pole_Vault						
Shot	Oli Denny	9.49	14pts	Mekhi Fitch	6.79	5pts
Discus	Caleb Sparkes	24.48	15pts	Aaron Gurung	22.61	14pts
Javelin	Oli Card	40.93	21pts	Paula Seru	25.08	10pts
Hammer						
Relay	Oli Denny , Archie Shaw , Flynn Kelly , Lewis Kersey				50.8	20pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Girls

1 : 484pts : Southend High School for Girls, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jasmine Carter	14.5	16pts	Martha Zimuto	13.7	19pts
100m	Emmanuella Addo	14.3	13pts	Lydia Churchill-Browne	13.3	23pts
200m	Iona Dennis	28.2	20pts	Isabelle Richardson	29.2	16pts
300m	Charlotte Casey-Sweeney	39.4	32pts	Shiloh Omotosho	45.5	21pts
800m	Josie Hall	2:34.0	24pts	Skye Carter	2:43.3	19pts
1500m	Liliana Taylor	5:16.7	24pts	Chloe Fotherby	5:17.7	24pts
Long_Jump	Emmanuella Addo	4.57	19pts	Shiloh Omotosho	4.68	20pts
High_Jump	Jasmine Carter	1.32	15pts	Martha Zimuto	1.29	14pts
Triple_Jump		8.75	14pts	Isabelle Richardson	8.38	11pts
Pole_Vault						
Shot	Charlotte Casey-Sweeney	8.52	18pts	Skye Carter	8.23	17pts
Discus	Josie Hall	22.36	19pts			
Javelin	Mabel Sawyer	22.86	17pts	Lydia Churchill-Browne	32.22	28pts
Hammer	Iona Dennis	25.03	18pts			
Relay	Mabel Sawyer , Liliana Taylor , Freya Legg , Chloe Fotherby				56.0	23pts

2 : 478pts : Colchester County High School for Girls, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Janet Oshoja	13.4	20pts	Dabeluchi Okoli	15.1	14pts
100m	Jadesola Fawehinmi	12.7	29pts	Gabrielle Goldsmith	13.3	23pts
200m	Amelie Taylor	28.3	19pts	Ellie Spurr	32.5	6pts
300m	Ryder Izbrecht	46.7	19pts	Lyla Belshaw	42.8	26pts
800m	Lily Tyler	2:20.1	30pts	Naomi Sandercock	2:29.0	26pts
1500m	Jemima Garner	5:24.6	23pts	Beatrice Sivyver	5:30.0	22pts
Long_Jump	Janet Oshoja	4.49	18pts	Lyla Belshaw	4.08	14pts
High_Jump	Lily Tyler	1.53	22pts	Dabeluchi Okoli	1.44	19pts
Triple_Jump	Gabrielle Goldsmith	9.10	16pts	Ellie Spurr	8.62	13pts
Pole_Vault						
Shot	Tilly Hewitt	12.54	36pts	Jadesola Fawehinmi	8.17	16pts
Discus	Amelie Taylor	16.60	11pts	Beatrice Sivyver	15.06	9pts
Javelin	Saanvi Kumar	26.10	21pts	Ryder Izbrecht	20.64	15pts
Hammer						
Relay	Tilly Hewitt , Jemima Garner , Naomi Sandercock , Saanvi Kumar				64.3	11pts

3 : 467pts : Forest School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Rebecca Wright	11.5	29pts	Tara Sweetnam	12.8	23pts
100m	Ione Lon	12.9	27pts	Momo Fokaya	13.4	22pts
200m	Claire Wigglesworth	30.0	14pts	Betsy McMillan	32.0	7pts
300m	Isabelle Kyson	42.7	26pts	Sasha Hurwitz	48.0	17pts
800m	Verity Ross	2:44.1	18pts	Tilda Isaac	2:44.2	18pts
1500m	Tess Noblet	4:57.9	28pts	Sophie Whiteside	5:26.2	22pts
Long_Jump	Betsy McMillan	4.01	13pts	Momo Fokaya	3.98	13pts
High_Jump	Isabelle Kyson	1.35	16pts	Tara Sweetnam	1.23	12pts
Triple_Jump	Claire Wigglesworth	9.16	16pts	Verity Ross	8.72	13pts
Pole_Vault						
Shot	Rebecca Wright	12.80	37pts	Jenna Yadua	8.04	16pts
Discus	Ione Lon	15.62	10pts			
Javelin	Milla Stimpson	23.84	18pts			
Hammer	Sophie Whiteside	27.23	20pts	Tess Noblet	19.48	12pts
Relay	Jenna Yadua , Milla Stimpson , Sasha Hurwitz , Tilda Isaac				58.0	20pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Girls
4 : 464pts : Brentwood School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Lizzie Oliver	14.2	17pts			
100m	Skye Lake	13.3	23pts	Fran Munday	13.3	23pts
200m	Lizzie MacCallum	26.5	25pts	Ella Gilder-Briggs	26.8	24pts
300m	Sophie Dunlevey	48.3	16pts	Fran Faud	45.0	22pts
800m	Abigail Loveys	3:02.5	12pts			
1500m	Daisy Edwards	5:39.7	20pts	Georgia Sawyer	5:55.0	17pts
Long_Jump	Lizzie MacCallum	4.15	15pts	Fran Faud	4.56	19pts
High_Jump	Skye Lake	1.53	22pts	Ella Gilder-Briggs	1.23	12pts
Triple_Jump	Lizzie Oliver	8.15	10pts	Fran Munday	8.70	13pts
Pole_Vault						
Shot	Daisy Edwards	7.30	14pts	Trinity Baptiste	10.92	28pts
Discus	Abigail Loveys	20.96	17pts	Louella Peers	24.71	22pts
Javelin	Lily Smith	25.95	21pts	Georgia Sawyer	27.10	22pts
Hammer	Sophie Dunlevey	22.86	15pts	Tayla James	26.45	19pts
Relay	Lily Smith , Louella Peers , Trinity Baptiste , Tayla James				60.8	16pts

5 : 451pts : The FitzWimarc School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Scarlet Robinson	12.2	26pts	Megan Geeves	14.6	16pts
100m	Olivia Mackintosh	13.6	20pts	Grace Aves	13.5	21pts
200m	Lucia La'Francesca	30.3	13pts	Abigail Simms	26.7	25pts
300m	Emily Bailey	43.4	25pts	Jessica Jolley	44.4	23pts
800m	Olivia Potton	2:49.1	16pts	Beau Burkett	2:31.8	25pts
1500m	Niamh Roberts	5:23.9	23pts	Sienna Beer	5:45.7	18pts
Long_Jump	Olivia Mackintosh	4.39	17pts			
High_Jump	Emily Bailey	1.53	22pts	Jessica Jolley	1.41	18pts
Triple_Jump	Scarlet Robinson	9.55	19pts	Abigail Simms	9.05	16pts
Pole_Vault						
Shot	Lucia La'Francesca	8.54	18pts	Megan Geeves	6.56	11pts
Discus	Olivia Potton	20.70	17pts	Sienna Beer	13.63	7pts
Javelin	Amber Ridgley	NM	0pts	Grace Aves	22.84	17pts
Hammer	Ruby Fisher	28.06	21pts			
Relay	Amber Ridgley , Ruby Fisher , Sienna Beer , Niamh Roberts				59.7	17pts

6 : 446pts : The Coopers' Company and Coborn School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Maggie Smith	12.3	25pts	Scarlett Woods	14.4	17pts
100m	Heidi Burt	13.8	18pts	Madison Powell	13.7	19pts
200m	Emily Quinlan	31.0	10pts	Isabelle Foley	31.0	10pts
300m	Izzy James	43.1	25pts	Grace Tilson	48.2	17pts
800m	Daisy Leech	2:25.4	28pts	Daisy Manning	2:39.9	21pts
1500m	Eliza Bridges	5:24.8	23pts	Eleni Caira	5:44.5	19pts
Long_Jump	Daisy Leech	4.43	17pts	Eleni Caira	4.20	15pts
High_Jump	Maggie Smith	1.47	20pts	Grace Tilson	NM	0pts
Triple_Jump	Heidi Burt	8.91	15pts	Daisy Manning	8.30	11pts
Pole_Vault						
Shot	Izzy Pickard	8.82	19pts	Rhianna Jerome-Marcellin	9.01	19pts
Discus	Isabella Marshall	24.29	21pts	Isabelle Foley	19.95	15pts
Javelin	Scarlett Woods	26.25	21pts	Emily Quinlan	25.00	20pts
Hammer						
Relay	Isabella Marshall , Rhianna Jerom-Marcellin , Eliza Bridges , Maddie Powell				57.2	21pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Girls

7 : 438pts : Brentwood Ursuline Convent High School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Tabitha Howard	14.8	15pts	Joelle Daniels	13.1	21pts
100m	Gretel Adom	14.4	12pts	Lisa Osuala	14.4	12pts
200m	Divine Igwe	29.6	15pts	Grace Smith	28.4	19pts
300m	Janice Okwara	46.8	19pts	Esther Ogunyemi	44.5	23pts
800m	Mara Thomas	2:46.8	17pts	Aisling O'Leary	2:41.8	20pts
1500m	Hollie Hawkins	5:09.0	26pts	Jessica Egan	5:54.4	17pts
Long_Jump	Janice Okwara	4.65	20pts	Jessica Egan	4.09	14pts
High_Jump	Mara Thomas	1.20	11pts	Grace Smith	1.29	14pts
Triple_Jump	Tabitha Howard	9.30	17pts			
Pole_Vault						
Shot	Gretel Adom	10.00	23pts	Shekinah Adeyemo	11.67	31pts
Discus				Joelle Daniels	19.71	15pts
Javelin	Lily Hawes	25.10	20pts	Aisling O'Leary	16.04	8pts
Hammer	Divine Igwe	18.94	11pts	Lisa Osuala	22.80	15pts
Relay	Hollie Hawkins , Lily Hawes , Esther Ogunyemi , Shekina Adeyemo				55.8	23pts

8 : 421pts : Great Baddow High School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Sophie Catchpole	12.0	27pts	Amelie Scott	12.3	25pts
100m	Ruby Warwick	14.3	13pts	Emma Skamlova	13.7	19pts
200m	Kate Case	27.9	21pts	Amy Copping	31.4	9pts
300m	Layla Delaperral	49.5	14pts	Daisy Phillips	45.2	22pts
800m	Harriet Matthews	2:28.6	26pts	Phoebe Love	2:39.9	21pts
1500m	Cait Cotter	6:02.0	15pts	Nicole Maynard	5:53.1	17pts
Long_Jump	Phoebe Love	4.30	16pts	Kate Case	4.17	15pts
High_Jump	Sophie Catchpole	1.50	21pts	Olivia Jarman	1.29	14pts
Triple_Jump	Layla Delaperral	8.46	12pts	Emma Skamlova	8.70	13pts
Pole_Vault						
Shot	Cait Cotter	7.83	15pts	Amelie Scott	9.58	21pts
Discus	Evie Matthews	14.45	8pts	Amy Copping	15.27	9pts
Javelin	Ruby Warwick	20.21	14pts	Nicole Maynard	19.17	13pts
Hammer						
Relay	Daisy Phillips , Harriet Matthews , Evie Matthews , Olivia Jarman				57.2	21pts

9 : 418pts : The Perse School, Cambridgeshire

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Ianthe Carr	14.0	18pts	Kiana Mackie	13.7	19pts
100m	Zara Osei	13.5	21pts	Niah Veenith	13.8	18pts
200m	Charlotte Deacon	26.8	24pts	Sophie Higgins	28.9	17pts
300m	Willow Wallman	46.4	20pts	Eva Jonas	49.3	15pts
800m	Emma Walshe	2:57.9	13pts	Emily Hill	2:48.7	16pts
1500m	Verity Valentine	4:56.2	29pts	Orlaith Carey	6:01.0	16pts
Long_Jump	Kiana Mackie	4.82	21pts	Niah Veenith	4.12	14pts
High_Jump	Charlotte Deacon	1.41	18pts	Emma Walshe	1.23	12pts
Triple_Jump	Zara Osei	10.19	23pts	Sophie Higgins	8.90	15pts
Pole_Vault						
Shot	Ianthe Carr	9.22	20pts	Eva Jonas	7.51	14pts
Discus	Willow Wallman	18.45	13pts	Poppy Rayner	16.60	11pts
Javelin	Rosabel Clarke	17.53	10pts	Emily Hill	NM	0pts
Hammer						
Relay	Verity Valentine , Poppy Rayner , Orlaith Carey , Rosabel Clarke				57.2	21pts

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, EA at Chelmsford Athletics Track - Wednesday 14th June 2023

Intermediate Girls
10 : 399pts : The Eastwood Academy, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Freya Maskell	13.4	20pts	Desiree Kehinde	13.5	20pts
100m	Chloe Facey	14.2	14pts	Evie Nobrega	14.5	11pts
200m	Sophia Lansley	28.5	19pts	Nana Mensah	30.1	13pts
300m	Jodie Murphy	49.7	14pts	Dulcie Galbally	44.7	22pts
800m	Sophie Middleton	2:51.1	15pts	Nancy Mitchell	2:56.1	14pts
1500m	Megan Vernon	5:09.0	26pts	Jessica Walker	5:03.0	27pts
Long_Jump	Chloe Facey	3.95	13pts	Desiree Kehinde	4.21	15pts
High_Jump	Sophie Lansley	1.29	14pts	Nancy Mitchell	NM	0pts
Triple_Jump	Holly Taylor	8.23	10pts	Nana Mensah	8.64	13pts
Pole_Vault						
Shot	Jodie Murphy	6.21	10pts	Tia Reeve	8.68	18pts
Discus	Freya Maskell	19.99	15pts	Dulcie Galbally	16.22	11pts
Javelin	Megan Vernon	27.48	23pts		28.89	24pts
Hammer						
Relay	Sophie Middleton , Holly Taylor , Jessica Walker , Tia Reeve				59.0	18pts

11 : 396pts : Woodlands School, Essex

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Lacie Norton	13.3	20pts	Gracie Hall	13.7	19pts
100m	Laila Bunce	12.8	28pts	Dasha Mensah Abeka	13.5	21pts
200m	Mia Box	28.6	18pts	Darcy Marks	30.9	11pts
300m	Holly Swindell	48.7	16pts	Chloe Adva McPherson	50.7	13pts
800m	Jayla Carr	2:44.5	18pts	Holly Rayner	2:58.7	13pts
1500m	Zara Morley	5:13.0	25pts			
Long_Jump	Mia Box	4.09	14pts	Dasha Mensah Abeka	4.25	16pts
High_Jump	Lacie Norton	1.32	15pts	Gracie Hall	1.41	18pts
Triple_Jump	Laila Bunce	9.60	19pts	Chloe Adva McPherson	8.28	10pts
Pole_Vault						
Shot	Holly Swindell	8.08	16pts			
Discus	Jayla Carr	17.78	13pts	Darcy Marks	18.93	14pts
Javelin		14.29	6pts	Holly Rayner	20.28	14pts
Hammer	Praise Iyogun	23.52	16pts	Millie Nugent	16.01	9pts
Relay	Lexie Price , Millie Nugent , Zara Morley , Praise Iyogun				62.0	14pts

12 : 375pts : Farlingaye High School, Suffolk

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Ruby Canon	14.3	17pts	Nia Lloyd	15.1	14pts
100m	Phoebe Kerr	13.1	25pts	Olivia Thompson	14.2	14pts
200m	Laura Osborne Kember	27.5	22pts	Ayla Evans	31.8	8pts
300m	Alex Trehearn	44.2	23pts	Edie Clough	47.2	18pts
800m	Eloise Atkin	2:44.2	18pts	Katie Walker	2:39.9	21pts
1500m	Bea Snowden	5:37.7	20pts	Lily Jerrold	5:55.0	17pts
Long_Jump	Laura Osborne Kember	4.49	18pts	Lexi Woolnough	3.57	9pts
High_Jump	Phoebe Kerr	1.44	19pts	Ayla Evans	NM	0pts
Triple_Jump	Ruby Canon	8.72	13pts	Alex Trehearn	8.70	13pts
Pole_Vault						
Shot	Olivia Thompson	8.06	16pts	Myia Jones	6.73	12pts
Discus	Edie Clough	16.39	11pts	Katie Walker	12.53	6pts
Javelin	Eloise Atkin	26.48	21pts	Nia Lloyd	15.46	7pts
Hammer						
Relay	Bea Snowden , Lexi Woolnough , Lily Jerrold , Myia Jones				63.0	13pts