



ESSEX COUNTY ATHLETIC ASSOCIATION

TRACK & FIELD CHAMPIONSHIPS

Under UKA Rules

Saturday 14th May, 2022

Sunday 15th May, 2022

Chelmsford Sport and Athletic Centre

Salerno Way, Chelmsford CM1 2EH

Promoted by:

Essex County Committee



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Welcome

I am especially delighted to welcome you to the 2022 Essex County T&F Championships at Melbourne Park, Chelmsford.

This summer will be an exciting time for all athletic fans with the UK Champs at the end of June, followed by the World Champs in July, the Commonwealth Games, and the European Champs in August.

It is a great privilege and honour to be asked to be President of Essex County Athletic Association.

I have been involved in our great sport for more than fifty years. I started my athletics career as a young teenager back in the 1970's with my local club in Ireland. Little did I know then that my coach would go on to be the Irish team manager at four Olympic Games. including London 2012. I was fortunate to learn from the best at a very young age.

I moved to London as a twenty-year-old and ran for North London AC (now Heathside AC). The discipline of training and the friends I made at this time shaped my life both on and off the track. As an athlete you strive to be the best you can be and that 'can do' attitude has a beneficial influence on your life off the track.

I have been a member of Billericay Striders since its inception thirty-five years ago. I am the club team manager and lead coach, encouraging everyone to enjoy being fit and healthy and to achieve their goals.

I retired from the City some years ago, then I became a fitness coach at David Lloyd Club in Basildon.

Athletes, give it your best shot this weekend, you never know where it will take you.

I would like to thank the officials, organisers and volunteers who have done such sterling work in order for these championships to take place. Without their continued loyal commitment to our sport we would not have these events.



Gerry O'Doherty
Essex County President 2022

The Essex County AA Track and Field Championships are taking place at the Chelmsford Sports and Athletics Centre. All Competitors and Visitors are welcome and we hope that you will all enjoy the event.

Information for Spectators and Coaches:

For safety reasons, nobody other than competitors and officials will be allowed to stand inside any part of the Track.

Information for Athletes:

Track & Field Competitors must register at least 60 minutes prior to the start of the event at competitors reception, near the main entrance, **on BOTH days.**

All Competitors must report to event start or location. Reporting are:

All field events - 30 minutes prior to the start of the event
All track events - 15 minutes prior to the start of the event

- UKA Rules apply
- No substitution of athletes is permitted
- Number must not be mutilated or reduced in size
- Spikes must not exceed 6mm
- Competitors may be excluded if not properly attired, National, Regional, County, Club or School vests only.
- Qualification for the next round in track events will be advised to athletes before the start of the race by the results board.
- Field events, Long Jump, Triple Jump and Shot competitors will be allowed three attempts with the leading six competitors having further 3 attempts.
- If the event is cancelled for any reason then entry fees will not be refunded. Neither for any reason, will the entry fee in the case of athletes not competing.
- Athletes must wear two numbers, one of their front and one on their back (apart from in the HJ and PV where only a front number is needed)
- If an athlete withdraws from an event after registering they may not compete in any further events.

Medals:

Medals are awarded in line Rules Governing Championships (Section 15c) :

In all Championships Essex County Medals shall be awarded subject to the number of entries as follows:

1. One medal only if Four entries or less
2. Two medals if Five entries
3. Three medals if Six entries or more;

Except that, if second and/or third place positions are better than, or equal to UKA grade 3 performances, then medals shall be awarded.

No track or field championship may be won unless the standard of performances is approved by the executive committee.

Officials Day 1

Event Coordinator:	Hayley Pegg		
Track Referee:	Jill Paxton		
Track Judges:	Julien Rawle Peter Blacklock	Zoe Bailey Carey Hollick	Tammy Belshaw
Track Stewards:	Jean Tierney	Marian Stiff	
Chief Timekeeper:	Ken Hills		
Timekeepers:	Shaon Herbert Laurie Wilcock	Heather Espeute Jon Metcalf	Tim Mundle Chris Akehurst
Chief Photo Finish:	Diane Wooller		
Judges:	Rick Thompson	Tamsin James	Lorraine Vidler
Field Referee:	Susan Hill		
Co Referee / field Judge:	Paul Manson		
Field Judges:	Ralph Burrows Paul Manson Rachel Kerr Wendy Tydeman Olukemi Ifekoya Hazel Smith	Tony Bradley Kevin Diedrick Kevin White Steve Lott Lennon Mckenzie Paul Hollick	Debbie Ennis Graham Pribul Michell Harryman Mike Hills Sylvia Sergeant Robert Bishop
Technical Manager:	Tony Sach		
Clerk of the Course:	Caroline Drewitt		
Chief Starter:	Colin Stiff		
Starters:	Graham Spring	Mike Jeffery	
Chief Starters Assistant:	Joe Mower		
Starters Assistants:	Annette Hall	David Hobbs	
Announcers:	June Cork		
Athlete Reception:	John Weir	Andy Catton	
Results and Seeding:	Hayley Pegg		
Presentation:	Gerry O'Doherty		
Co-ordinator:	Andy Catton / Susan Edwards		

ESSEX COUNTY TRACK AND FIELD CHAMPIONSHIPS 2022

Track Timetable Day 1

Reporting time for all track events is at least 1 hour before start of event to athletes registration and 20 minutes before the start of your race to the marksmen.

Starting blocks may be used in heats and finals by under 20 and senior athletes and by under 17, under 15 and under 13 athletes in finals only.

T1	10:30	U15	Boys	80m Hurdles	Heats to Final	11	to T11
T2	10:35	U15	Girls	75m Hurdles	Heats to Final	16	to T14
T3	10:40	Sen	Women	3000m	FINAL	0	
T4	10:40	U20	Women	3000m	FINAL	2	
T5	10:40	Mast.	Women	3000m	FINAL	1	
T6	10:55	Sen	Men	110m Hurdles	FINAL	4	
T7	11:00	U20	Men	110m Hurdles	FINAL	3	
T8	11:05`	U17	Men	100m Hurdles	FINAL	8	
T9	11:10	Sen	Women	100m Hurdles	FINAL	1	
T10	11:10	U20	Women	100m Hurdles	FINAL	3	
T11	11:15	U15	Boys	80m Hurdles	FINAL		
T12	11:20	U17	Women	80m Hurdles	FINAL	8	
T13	11:25	U13	Boys	75m Hurdles	FINAL	6	
T14	11:30	U15	Girls	75m Hurdles	FINAL		
T15	11:35	U13	Girls	70m Hurdles	FINAL	7	
T16	11:45	U17	Women	300m	FINAL	5	
T17	11:50	U15	Boys	1500m	Heats to Final	25	to T56
T18	12:00	U15	Girls	1500m	FINAL	17	
T19	12:10	U15	Girls	300m	Heats to final	14	to T55
T20	12:15	U17	Men	1500m	FINAL	15	
T21	12:25	U17	Women	1500m	FINAL	15	
T22	12:30	Mast	Men	300m	FINAL	5	
T23	12:30	Mast	Women	300m	FINAL	2	
T24	12:40	U15	Girls	100m	Heats to Semi Final	27	to T33
T25	12:50	U17	Men	100m	Heats to Final	16	to T37
T26	13:00	U13	Girls	100m	Heats to Final	14	to T38
T27	13:10	U13	Boys	100m	Heats to Final	15	to T39
T28	13:20	U17	Women	100m	Heats to Final	19	to T40
T29	13:30	U20	Women	100m	Heats to Final	12	to T41
T30	13:40	U20`	Men	100m	Heats to Final	10	to T42
T31	13:50	U15	Boys	100m	Heats to Final	17	to T43
T32	13:55	Sen	Men	100m	Heats to Final	11	to T44
T33	14:00	U15	Girls	100m	Semi-Finals to Final		to T45
T34	14:10	Sen	Women	100m	FINAL	6	
T35	14:15	Mast	Women	100m	FINAL	3	
T36	14:20	Mast	Men	100m	FINAL	3	
T37	14:25	U17	Men	100m	FINAL		
T38	14:30	U13	Girls	100m	FINAL		
T39	14:35	U13	Boys	100m	FINAL		
T40	14:40	U17	Women	100m	FINAL		
T41	14:45	U20	Women	100m	FINAL		
T42	14:50	U20	Men	100m	FINAL		
T43	14:55	U15	Boys	100m	FINAL		
T44	15.00	Sen	Men	100m	FINAL		
T45	15:05	U15	Girls	100m	FINAL		
T46	15:10	U17	Men	400m	Heats to Final	13	to T63
T47	15:20	Sen	Women	400m	FINAL	4	
T48	15:25	U20	Women	400m	FINAL	3	
T49	15:30	Sen	Men	400m	FINAL	8	

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T50	15:35	U20	Men	400m	FINAL	5
T51	15:40	U20	Men	3000m	FINAL	5
T52	15:40	Mast	Men	3000m	FINAL	5
T53	15:40	Sen	Men	3000m	FINAL	7
T54	15:55	U15	Boys	300m	FINAL	4
T55	16:00	U15	Girls	300m	FINAL	
T56	16:05	U15	Boys	1500m	FINAL	
T57	16:15	U13	Boys	800m	FINAL*	22*
T58	16:25	U13	Girls	800m	FINAL*	16*
T59	16:35	Sen	Women	800m	FINAL	6
T60	16:40	U20	Women	800m	FINAL	4
T61	16:45	U20	Men	800m	FINAL	8
T62	16:50	Sen	Men	800m	FINAL	8
T63	16:55	U17	Men	400m	FINAL	

* NOTE: Athletes under 13 are only allowed to have one race between 600m and 1500m per day. Although events T57 and T58 may be run in heats, the times from those heats will be used to decide the overall places for that event.

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Field Timetable Day 1

Reporting time for all field events is at least 1 hour before start of event to athletes registration and to your event at least 30 minutes before start time

F1	10:00	Sen	Men	- High Jump	FINAL	1
F2	10:00	U20	Men	- High Jump	FINAL	2
F3	10:00	U17	Men	- High Jump	FINAL	8
F4	10:00	U13	Boys	- Hammer – Inside cage	FINAL	0
F5	10:00	U15	Boys	- Hammer – Inside cage	FINAL	2
F6	10:00	U15	Girls	- Hammer – Inside cage	FINAL	3
F7	10:00	U13	Girls	- Hammer – Inside cage	FINAL	1
F8	10:00	U15	Boys	- Long Jump	FINAL	15
F9	10:00	Sen	Women	- Triple Jump	FINAL	1
F10	10:00	U20	Women	- Triple Jump	FINAL	1
F11	10:00	U17	Women	- Triple Jump	FINAL	2
F12	10:00	U15	Boys	- Triple Jump	FINAL	4
F13	11:30	Sen	Women	- Long Jump	FINAL	2
F14	11:30	U20	Women	- Long Jump	FINAL	2
F15	11:30	U17	Women	- Long Jump	FINAL	8
F16	11:30	Sen	Men	- Hammer – Inside cage	FINAL	7
F17	11:30	U20	Men	- Hammer – Inside cage	FINAL	1
F18	11:30	U17	Men	- Hammer – Inside cage	FINAL	4
F19	12:30	Sen	Men	- Pole Vault	FINAL	0
F20	12:30	U20	Men	- Pole Vault	FINAL	4
F21	12:30	U17	Men	- Pole Vault	FINAL	3
F22	12:30	U15	Boys	- Pole Vault	FINAL	5
F23	12:45	U15	Girls	- Shot	FINAL	13
F24	12:45	U13	Girls	- Shot	FINAL	5
F25	13:15	Sen	Men	- Discus – Inside cage	FINAL	5
F26	13:15	U20	Men	- Discus – Inside cage	FINAL	3
F27	13:15	U17	Men	- Discus – Inside cage	FINAL	1
F28	13:45	U13	Boys	- Long Jump	FINAL	14
F29	14:30	U15	Girls	- Discus – Inside cage	FINAL	6
F30	14:30	U13	Girls	- Discus – Inside cage	FINAL	3
F31	15:00	U15	Girls	- High Jump	FINAL	7
F32	15:00	U13	Girls	- High Jump	FINAL	4
F33	16:00	Sen	Women	- Hammer – Inside cage	FINAL	4
F34	16:00	U20	Women	- Hammer – Inside cage	FINAL	1
F35	16:00	U17	Women	- Hammer – Inside cage	FINAL	2
F36	16:00	Sen	Men	- Shot	FINAL	9
F37	16:00	U20	Men	- Shot	FINAL	2
F38	16:00	U17	Men	- Shot	FINAL	4

Officials Day 2

Event Coordinator:	Hayley Pegg		
Track Referee:	Diane Wooller		
Track Judges:	Zoe Reiper	Peter Blacklock	Ben Fisher
	Chris Crooks	Carey Hollick	Elaine Forest
Track Stewards:	Jean Tierney		
Chief Walks Judge:	Peter Cassidy		
Walks Judges:	Steve Cartwright	Pauline Wilson	
Chief Timekeeper:	Heather Espeute		
Timekeepers:	Sharon Herbert Tim Mundle	Tony Benton Jon Metcalf	Steve Cartwright Simon Bailey
Chief Photo Finish:	Ken Hills		
Judges:	Paul Manson	Kevin Brown	Lorraine Vidler
Field Referee:	Caroline Drewitt		
Field Judges:	Ralph Burrows, Kevin Diedrick Steve Lott Geoff Tyler Robert Boshop	Rick Thompson Julie Awde Mike Hills Hazel Smith Sarah Stark(AM)	Tamsin James Wendy Tydeman, Lennon Mckenzie Paul Hollick
Technical Manager:	Tony Bradley		
Clerk of the Course:	Kevin White		
Chief Starter:	Graham Spring		
Starters:	Tony Sach		
Chief Starters Assistant	Annette Hall		
Starters Assistant:	David Hobbs		
Announcers:	June Cork		
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Track Timetable Day 2

Reporting time for all track events is at least 1 hour before start of event to athletes registration and 20 minutes before the start of your race to the marksmen.

Starting blocks may be used in heats and finals by under 20 and senior athletes and by under 17, under 15 and under 13 athletes in finals only.

T1	10:30	Sen	Men	2000m S/Chase	FINAL	2	
T2	10:30	U20	Men	2000m S/Chase	FINAL	1	
T3	10:40	U17	Men	2000m S/Chase	FINAL	1	
T4		Sen	Women	1500m S/Chase	FINAL	0	
T5		U20	Women	1500m S/Chase	FINAL	0	
T6		U17	Women	1500m S/Chase	FINAL	0	
T7	10:50	U17	Women	300m Hurdles	FINAL	4	
T8	10:55	U20	Women	400m Hurdles	FINAL	0	
T9	10:55	Sen	Women	400m Hurdles	FINAL	2	
T10	11:00	U17	Men	400m Hurdles	FINAL	1	
T11	11:00	U20	Men	400m Hurdles	FINAL	2	
T12	11:00	Sen	Men	400m Hurdles	FINAL	1	
T13	11:10	U15	Girls	800m	Heats to Final	23	to T43
T14	11:20	U17	Women	800m	FINAL	6	
T15	11:25	U15	Boys	800m	Heats to Final	22	to T44
T16	11:35	U17	Men	800m	Heats to Final	23	to T45
T17	11:45	U15	Boys	3000m	FINAL	4	
T18	11:45	U17	Men	3000m	FINAL	8	
T19	12:00	U15	Girls	3000m	FINAL	6	
T20	12:00	U17	Women	3000m	FINAL	8	
T21	12:15	U13	Girls	200m	Heats to Final	14	to T46
T22	12:25	U13	Boys	200m	Heats to Final	10	to T47
T23	12:35	U15	Girls	200m	Heats to Final	24	to T48
T24	12:50	U15	Boys	200m	Heats to Final	11	to T49
T25	13:00	U17	Women	200m	Heats to Final	17	to T50
T26	13:10	U17	Men	200m	Heats to Final	12	to T51
T27	13:20	Sen	Men	200m	Heats to Final	15	to T53
T28	13:30	U20	Men	200m	Heats to Final	11	to T54
T29	13:35	U20	Women	200m	Heats to Final	9	to T55
T30	13:40	Sen	Women	200m	Heats to Final	10	to T52
T31	13:50	Sen	Men	3000m Walk	FINAL	5	
T32	13:50	Sen	Women	3000m Walk	FINAL	2	
T33	13:50	U15	Girls	1000m Walk	FINAL	0	
T34	13:50	U13	Girls	1000m Walk	FINAL	0	
T35	14:20	U13	Girls	1500m	FINAL	10*	
T36	14:30	U13	Boys	1500m	FINAL	12*	
T37	14:40	U20	Men	1500m	FINAL	9	
T38	14:40	Mast	Men	1500m	FINAL	5	
T39	14:50	Sen	Men	1500m	FINAL	9	
T40	15:00	Mast	Women	1500m	FINAL	1	
T41	15:00	Sen	Women	1500m	FINAL	5	
T42	15:00	U20	Women	1500m	FINAL	6	
T43	15:10	U15	Girls	800m	FINAL		
T44	15:15	U15	Boys	800m	FINAL		
T45	15:20	U17	Men	800m	FINAL		
T46	15:30	U13	Girls	200m	FINAL		
T47	15:35	U13	Boys	200m	FINAL		
T48	15:40	U15	Girls	200m	FINAL		

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T49	15:45	U15	Boys	200m	FINAL
T50	15:50	U17	Women	200m	FINAL
T51	15:55	U17	Men	200m	FINAL
T52	16:00	Sen	Women	200m	FINAL
T53	16:05	Sen	Men	200m	FINAL
T54	16:10	U20	Men	200m	FINAL
T55	16:15	U20	Women	200m	FINAL

** NOTE: Athletes under 13 are only allowed to have one race between 600m and 1500m per day. Although events T35 and T36 may be run in heats, the times from those heats will be used to decide the overall places for that event.*

ESSEX COUNTY TRACK AND FIELD CHAMPIONSHIPS 2022

Field Timetable Day 2

Reporting time for all field events is at least 1 hour before start of event to athletes registration and to your event at least 30 minutes before start time

F1	10:00	Sen	Women	- High Jump	FINAL	1
F2	10:00	U20	Women	- High Jump	FINAL	4
F3	10:00	U17	Women	- High Jump	FINAL	4
F4	10:00	U15	Boys	- Javelin	FINAL	4
F5	10:00	U13	Boys	- Javelin	FINAL	4
F6	10:00	U15	Girls	- Javelin	FINAL	7
F7	10:00	U13	Girls	- Javelin	FINAL	2
F8	10:00	U15	Boys	- Discus	FINAL	8
F9	10:00	U13	Boys	- Discus	FINAL	2
F10	10:00	Sen	Women	- Discus	FINAL	3
F11	10:00	U20	Women	- Discus	FINAL	1
F12	10:00	U17	Women	- Discus	FINAL	5
F13	10:00	Sen	Women	- Pole Vault	FINAL	0
F14	10:00	U20	Women	- Pole Vault	FINAL	2
F15	10:00	U17	Women	- Pole Vault	FINAL	3
F16	10:00	U15	Girls	- Pole Vault	FINAL	0
F17	11:30	Sen	Women	- Javelin	FINAL	3
F18	11:30	U20	Women	- Javelin	FINAL	5
F19	11:30	U17	Women	- Javelin	FINAL	10
F20	11:30	U15	Boys	- High Jump	FINAL	8
F21	11:30	U13	Boys	- High Jump	FINAL	3
F22	11:30	Sen	Men	- Long Jump	FINAL	1
F23	11:30	U20	Men	- Long Jump	FINAL	3
F24	11:30	U17	Men	- Long Jump	FINAL	7
F25	13:00	Sen	Men	- Javelin	FINAL	5
F26	13:00	U20	Men	- Javelin	FINAL	4
F27	13:00	U17	Men	- Javelin	FINAL	4
F28	13:00	U15	Girls	- Long Jump	FINAL	15
F29	14:15	U13	Boys	- Shot	FINAL	6
F30	14:15	U15	Boys	- Shot	FINAL	8
F31	15:15	Sen	Women	- Shot	FINAL	6
F32	15:15	U20	Women	- Shot	FINAL	1
F33	15:15	U17	Women	- Shot	FINAL	5
F34	15:15	Sen	Men	- Triple Jump	FINAL	0
F35	15:15	U20	Men	- Triple Jump	FINAL	1
F36	15:15	U17	Men	- Triple Jump	FINAL	5
F37	15:15	U15	Girls	- Triple Jump	FINAL	7
F38	15.45	U13	Girls	- Long Jump	FINAL	15

ESSEX COUNTY TRACK AND FIELD CHAMPIONSHIPS 2022

Championship Best Performances (WOMEN)

Age Group	Event	Name	Club	Record	Year
Senior Women	200m	Sally Gunnell	Essex Ladies	23.4s	1988
	1500m	Linzi Snow	WG & EL	4:24.6	2007
	5000m	Danielle Sale	Orion Harriers	16:47.7	2005
	400m H	Verona Elder	Havering AC	58.0s	1981
	High Jump	Louiser Miller	Chelmsford AC	1.88m	1980
	Pole Vault	Kate Cowley	Havering M'brook	3.70m	2012
	Shot	Joanne Duncan	WG & EL	16.46m	2001
	Discuss	Debbie Calloway	AF & D	54.70m	1993
	3000m Walk	Sophie Hales	Steyning AC	14:02.15	2016
Junior Women	200m	Rebecca Jeggo	Colchester Harriers	24.08s	2019
	1500m	Jessica Judd	Chelmsford AC	4:23.11	2012
	400m H	Lauren Bouchard	Chelmsford AC	60.54s	2009
	High Jump	Poppy Lake	Chelmsford AC	1.71m	2013
	Pole Vault	Ellie Besford	Chelmsford AC	3.70m	2010
	Shot	Alexandrea Adeniji	Havering AC	12.45m	2019
	Discuss	Georgie Taylor	Havering AC	46.86m	2015
U17 Women	200m	Kim Wall	Basildon AC	24.3s	1988
	800m	Jessica Judd	Castle View School	2:03.8	2011
	3000m	Faye Fullerton	Havering M'brook	10:05.3	1999
	300m H	Lily Paris	Chelmsford AC	44.00s	2019
	High Jump	Jane Falconer	Colchester & Terndering	1.74m	1989
	Pole Vault	Ellie Besford	Chelmsford AC	3.30m	2008
		Nancy Epsley	Chelmsford AC	3.30m	2011
	Shot	Kemi Kuponiyi	Chelmsford AC	13.38m	2019
Discuss	Georgie Taylor	Havering M'brook	43.12m	2013	
U15 Girls	200m	Jo Bannister	Ilford AC	25.3s	1980
		Lisa Gorreeph	Essex Ladies	25.3s	1980
	800m	Jessica Judd	Thurrock Harriers	2:11.08	2009
	3000m	Lydia Hallam	Havering M'brook	10:33.97	2011
	High Jump	Jane Falconer	Colchester & Terndering	1.74m	1988
	Pole Vault	Nancy Epsley	Chelmsford AC	3.10m	2009
	Long Jump	Sarah Wilhelmy	Southend AC	5.77m	1983
	Triple Jump	Rachel Dean	WG & EL	10.15m	2007
U13 Girls	Javelin	Harriet Mortlock	Basildon AC	40.24m	2018
	200m	Leah Duncan	Braintree & Dist AC	27.22s	2015
		Lottie Wilkin	Chelmsford AC	4:55.02	2021
	Long Jump	Sarah Wilhelmy	Southend AC	5.08m	1992
Javelin	Lily Brand	Chelmsford AC	29.98m	2017	
Masters	1500m	Bernadine Pritchett	WG & EL	4:31.9	

ESSEX COUNTY TRACK AND FIELD CHAMPIONSHIPS 2022

Championship Best Performances (MEN)

Age Group	Event	Name	Club	Record	Year
Senior Men	200m	Mark Smith	Blackheath & Bromley	21.0s	1995
	1500m	Eamonn Martin	Basildon AC	3:41.7	1985
	5000m	Dale Laughlin	Chelmsford AC	14:05.0	1991
	400m H	Stephen Surety	Basildon AC	51.69s	2002
	Long Jump	JJ Jegede	N & EB	7.68m	2011
	Triple Jump	N Thomas	N & EB	16.17m	2002
	Hammer	Martin Givan	Wolverhampton	73.24m	1986
	Javelin	Bonnie Buwembo	Enfield & Harringey	68.72m	2016
	3000m Walk	Dominic King	Colchester Harriers	11:55.7	2005
U20 Men	200m	Charlie Dobson	Colchester Harriers	20.73s	2018
	1500m	Tom Snow	WG & EL	03:47.9	2004
	400m H	Karl Johnson	Chelmsford AC	53.37s	2018
	Long Jump	Stuart Wells	Havering M'brook	7.28m	1997
	Triple Jump	Pater Akwaboah	Campion School	15.23m	1998
	Hammer	Paul Head	N & EB	69.58m	1984
	Javelin	Bonefansi Buwemi	Havering M'brook	66.61m	2008
	3000m Walk	Dominic King	Colchester Harriers	12:22.3	2002
	U17 Men	200m	Matthew Ouche	N & EB	21.7s
800m		Canaan Solomon	WG & EL	1:52.64	2015
3000m		James Shane	Basildon AC	08:40.6	2005
400m H		Onyeka Okoh	Chelmsford AC	54.16s	2021
Long Jump		Zac Kiren	N & EB	7.12m	1988
Triple Jump		J Campbell	Woodford Green AC	15.50m	1986
Hammer		Kenneth Ikeji	Basildon AC	71.20m	2019
Javelin		Max Law	Orion	69.63m	2018
3000m Walk		Dominic King	Colchester Harriers	13:46.7	2000
U15 Boys	200m	Mario Dobrescu	Ilford AC	22.38s	2018
	800m	Ahmed Ali	N & EB	1:59.3	2000
	3000m	Antony Taylor	Thurrock Harriers	9:24.8	2007
	High Jump	Gareth Dyble	Woodford Green AC	1.86m	1995
	Shot	Anthony Oshodi	WG & EL	17.79m	2006
	Discuss	Anthony Oshodi	WG & EL	44.66m	2006
	Hammer	Alexander Reynolds	Chelmsford AC	52.14m	2013
	3000m Walk	Dominic King	Colchester Harriers	15:34.02	
	U13 Boys	200m	Craig Anya-Joseph	Colchester Harriers	25.02s
1500m		Henry Dover	Colchester & Tendering	4:34.6	2018
High Jump		Robert Pinkerton	SHSB	1.50m	2011
Shot		B Thanda	Baring Abbey School	11.25m	1998
Discuss		Max Law	Havering AC	26.82m	2014
Hammer		Thomas Head	William Edward S.	33.85m	2008
2000m Walk		Columbia Morling	Loughton AC	7:23.73	2013
Masters	1500m	Mike Bumstad	Thurrock Harriers	4:07.0	1994

2022 ESSEX COUNTY CHAMPIONSHIP EVENTS



Essex Multi Event Championships

23rd April 2022 - Lee Valley Athletics Centre



Essex Track and Field Championships

14th & 15th May 2022 - Chelmsford Sport & Athletic Centre



Essex 5000m Track Championships

8th June 2022 - Chelmsford Sport & Athletic Centre



Essex Track Relay Championships

15th July 2022 - Chelmsford Sport & Athletic Centre



Essex 10000m Track Championships

27th July 2002 - Chelmsford Sport & Athletic Centre