

AVON – ESAA MEDALLISTS

GIRLS

1975	J	4x100m	3	Avon	2002	S	LJ	2	Amy Woodman
1975	J	LJ	3	Sue Hearnshaw	2004	I	CC	2	Stephanie Barnes
1975	I	HJ	1	Denise Cooper	2004	I	3000m	2	Stephanie Barnes
1976	S	100mH	1	Christina O'Nions	2005	J	LJ	2	Jade Ellans
1976	S	HJ	1	Denise Cooper	2005	I	HJ	1	Sade Thompson
1976	S	JT	2	Kim Skuse	2006	S	CC	3	Stephanie Barnes
1977	J	JT	2	Julie Hawkins	2006	J	100m	2	Ruth Dean
1977	I	4x100m	3	Avon	2006	S	100m	1	Kylie Russell
1977	S	HJ	2	Denise Cooper	2006	S	4x100m	3	Avon
1978	J	JT	2	Harriott Johnstone	2007	I	200m	2	Emily Diamond
1978	I	100m	3	Daisy Walker	2007	S	400mH	3	Haley Pitman
1978	I	200m	3	Carmelita Kelly	2007	S	HJ	2	Sade Thompson
1978	I	4x100m	2	Avon	2008	S	200m	2	Emily Diamond
1978	I	80mH	1	Heather Ross	2008	S	400m	3	Laura Maddox
1979	J	4x100m	2	Avon	2009	S	200m	1	Emily Diamond
1979	I	JT	1	Julie Hawkins	2010	S	CC	2	Eleanor Wimshurst
1979	S	100m	3	Daisy Walker	2010	I	1500m	2	Olivia Sadler
1979	S	100mH	2	Heather Ross	2010	I	PV	1	Lucy Bryan
1979	S	4x100m	1	Avon	2010	S	3000m	3	Hannah Alderson
1980	I	LJ	1	Jo Edwards	2011	S	1500m	3	Olivia Sadler
1980	S	100mH	1	Heather Ross	2012	J	100m	3	Emily Wright
1981	J	JT	1	Sarah Littlewood	2012	S	100m	3	Bethan Wakefield
1981	S	100m	3	Belinda Dixon	2012	S	1500m	2	Olivia Sadler
1981	S	LJ	3	Jo Edwards	2012	S	800m	2	Lily Owsley
1985	J	4x100m	1	Avon	2012	S	PV	1	Lucy Bryan
1987	I	SP	3	Rebecca Reed	2013	S	CC	2	Victoria Kenny
1990	J	SP	3	Lyn Denney	2013	S	100m	3	Bethan Wakefield
1991	I	400m	2	Katherine Eustace	2013	S	1500m	2	Maranda Sadler
1992	I	3000m	2	Heidi Moulder	2013	S	200m	2	Eliza Reid
1992	S	400m	3	Katherine Eustace	2013	S	PV	2=	Hannah Grubb
1993	I	1500m	2	Caroline McNulty	2014	I	SP	3	Rownita Marston
1993	S	3000m	1	Heidi Moulder	2014	S	400m	2	Loren Bleaken
1993	S	400m	2	Katherine Eustace	2014	S	4x100m	3	Avon
1993	S	400m	3	Caroline Swinbank	2015	S	SP	3	Rownita Marston
1994	I	CC	2	Caroline McNulty	2016	J	LJ	2	Tia Jackson
1994	I	3000m	1	Caroline McNulty	2016	S	SP	3	Rownita Marston
1995	S	4x100m	3	Avon	2017	S	HJ	2	Adaora Chigbo
1997	I	HEP	1	Victoria Williams	2018	J	JT	1	Jessica Lewis
1998	S	1500m	3	Leanne Appleton	2018	S	HEP	3	Jenna Blundell
1999	S	SP	2	Farrah Louarradi	2018	S	800m	3	Anna Burt
2000	S	1500m	2	Kate Reed	2019	S	100mH	1	Jenna Blundell
2001	S	1500m	3	Kate Reed	2021	J	1500m	2	Isobel Cotterill
2002	I	300m	3	Rowi Mortimer	2021	J	HJ	2	Evie Moir

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GIRLS (cont'd)

2021	J	HJ	3	Ruby Donaldson
2021	I	PV	2	Nyree Perry
2022	J	HT	3	Ash Hillier-Smith
2022	I	PV	2	Nyree Perry
2022	S	CC	2	Megan Hornung
2023	J	75mH	3	Kezia Tarzey
2024	J	200m	2	Martha Herringshaw
2024	I	100m	1	Isabelle Walkey
2024	S	3000m	2	Freya Bradley
2024	S	PV	2	Nyree Perry
2025	S	3000m	2	Freya Bradley
2025	S	400m	1	Eleanor McIntosh
2025	S	800m	1	Holly Sanigar
2026	I	200m	2	Martha Herringshaw
2026	S	800m	1	Holly Sanigar

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BOYS

1975	I	100mH	3	Christopher Hayes	1987	J	3k Walk	3	David Lawrence
1975	I	PV	3	Neil Barnes	1987	J	1500m	2	Richard Hadley
1975	S	800m	2	Patrick McGrath	1987	J	HT	3	Charles Beresford
1975	S	DT	3	Nigel Pomphrey	1987	J	PV	1	Neil Winter
1976	J	JT	2	Michael Parry	1987	I	100m	3	Duncan Game
1976	I	PV	1	Neil Barnes	1987	S	LJ	2	Garry Slade
1976	S	DT	3	Nigel Pomphrey	1988	J	400m	1	Jamie Brown
1976	S	PV	3	Nicholas Heal	1988	J	PV	1	Neil Winter
1977	J	200m	2	Phil Williams	1988	I	100m	1	Duncan Game
1977	S	PV	3	Nicholas Heal	1988	I	HT	3	Charles Beresford
1978	J	TJ	1	Eugene Hechavarria	1988	S	1500m	2	Ian Gillespie
1978	S	800m	3	Steve Bennett	1988	S	200m	2	Jon Jackson
1978	S	PV	1	Neil Barnes	1988	S	HT	2	Matt Spicer
1979	J	80mH	1	Martin Kenny	1988	S	LJ	3	Peter McBride
1979	J	LJ	2	Chris Purnell	1989	I	HT	1	Charles Beresford
1979	J	SP	3	Chris Ellis	1989	S	3000m	3	Richard Cranswick
1979	J	TJ	1	Vernon Samuels	1989	S	4x100m	3	Avon
1979	S	5000m	2	John Sharp	1989	S	HT	2	Matt Spicer
1979	S	800m	2	Keith Bennett	1990	I	PV	3	Joshua Bridgens
1980	J	200m	3	Byron Harriott	1990	S	10k Walk	2	David Lawrence
1980	J	4x100m	3	Avon	1990	S	HT	1	Matt Spicer
1980	J	80mH	1	David Searle	1991	J	HT	2	Simon Cottrell
1980	J	SP	1	Chris Ellis	1991	J	PV	3	Martin Parley
1981	I	100mH	3	Martin Kenny	1991	S	10k Walk	1	David Lawrence
1981	I	SP	1	Chris Ellis	1991	S	PV	3	Christian North
1981	I	TJ	1	Vernon Samuels	1992	J	PV	1	Martin Parley
1982	J	LJ	2	David Roughley	1992	J	PV	3	Edward Richards
1982	I	SP	1	Chris Ellis	1992	S	HT	3	Karl Andrews
1982	S	TJ	1	Vernon Samuels	1992	S	PV	2	Christian North
1983	J	100m	3	George Speed	1993	I	PV	3=	Martin Parley
1983	J	1500m	3	Matthew Sanders	1993	S	CC	3	Ben Noad
1983	S	SP	1	Chris Ellis	1993	S	100m	3	Jason Gardener
1983	S	TJ	2	Vernon Samuels	1993	S	PV	2	Christian North
1984	J	JT	3	Julian Hawkins	1994	I	PV	1	Martin Parley
1984	I	CC	2	Simon Mugglestone	1994	S	CC	1	Ben Noad
1984	I	CC	3	Edward Southall	1994	S	3000m	1	Ben Noad
1984	S	SP	1	Chris Ellis	1994	S	HT	1	Karl Andrews
1985	J	100m	3	Jon Jackson	1995	J	100m	1	Dominic Gordon
1985	I	1500m	3	Matthew Sanders	1995	J	80mH	1	Leon McRae
1985	S	CC	2	Steve Cowley	1995	J	PV	2	Richard Carter
1986	J	200m	3	Duncan Game	1995	I	100m	2	Luke Grinnell
1986	J	4x100m	3	Avon	1996	I	1500mST	2	Tom Kingsnorth
1986	S	CC	1	Simon Mugglestone	1997	J	PV	3	Matt Lewis

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1997	I	HJ	3	Ben Davies	2011	S	HJ	3	Adam Wall
1997	S	1500m	1	James Thie	2012	J	80mH	2	Jacob Spence
1997	S	PV	2	Tom Richards	2012	S	100m	1	Leon Reid
1997	S	PV	3	Scott Simpson	2012	S	100m	2	Kwame Fordwor
1998	J	TJ	1	Lee Harris	2012	S	4x100m	3	Avon
1998	I	1500m	2	Matthew Thomson	2013	I	400m	3	Freddie Owsley
1998	I	3000m	3	Simon Stygall	2014	J	PV	2	Kurt Cameron
1998	I	TJ	1	Malwyn Gordon	2015	J	200m	1	Cameron Sprague
1998	S	2000mST	2	Tom Kingsnorth	2016	I	4x100m	2	Avon
1999	J	100m	1	Lloyd Rice	2016	S	110mH	3	Jacob Spence
1999	J	PV	3	Tom McDowell	2017	J	HT	2	Toby Conibear
1999	J	TJ	2	Daniel Cossins	2017	I	200m	2	Cameron Sprague
1999	I	CC	2	Luke Evans	2018	J	HJ	3	Luke Ball
1999	I	3000m	1	Simon Stygall	2019	J	DT	2	Joshua Schrijver
1999	I	SP	3	Huw Bennett	2019	J	HJ	1	Luke Ball
1999	S	400mH	3	Leon McRae	2019	I	HT	2	Toby Conibear
1999	S	TJ	1	Malwyn Gordon	2019	S	100m	2	Daniel Brooks
2000	S	800m	1	Matthew Thomson	2019	S	3000m	2	Max Davis
2003	I	DT	2	Dave Attwood	2021	J	SP	1	George Leite
2003	S	4x100m	3	Avon	2021	I	DT	2	Joshua Schrijver
2003	S	HJ	3	Okiem Warman	2021	I	HJ	1	Luke Ball
2003	S	JT	2	Martin Travis	2021	S	1500m	2	Justin Davies
2003	S	SP	3	Jake Babb	2021	S	HT	3	Toby Conibear
2004	J	PV	3	Douglas Curwen-Reed	2022	J	800m	3	Charlie Haines
2004	I	3000m	3	Craig Peters	2022	I	1500mST	2	Dylan Stoneman
2004	S	100m	1	Ryan Scott	2022	I	200m	2	Mackenzie Ritson
2004	S	SP	3	Jake Babb	2022	I	SP	2	George Leite
2004	S	TJ	2	Anthony Mattis	2022	S	200m	2	Edward Wilson
2005	J	PV	1	Tony Hillier	2022	S	HJ	1	Luke Ball
2005	S	100m	2	Ryan Scott	2023	J	JT	3	Owen Boon
2006	I	100mH	3	Simon Merrill	2023	I	SP	1	George Leite
2006	I	1500m	2	Richard Peters	2023	S	110mH	3	Charlie Staddon
2006	S	3000m	2	Craig Peters	2023	S	2000mST	1	Dylan Stoneman
2007	J	80mH	3	Adam McBraida	2023	S	HJ	2	Luke Ball
2007	I	PV	2	Tony Hillier	2023	S	TJ	3	Destiny Sadiku
2007	S	110mH	3	Simon Merrill	2024	J	800m	1	Ewan Sparey
2008	I	PV	2	Cameron Walker-Shepherd	2024	I	DT	2	Owen Garrett
2008	S	110mH	1	Simon Merrill	2024	S	SP	1	George Leite
2008	S	1500m	1	Richard Peters	2025	I	1500mST	2	Stanley Wyatt
2008	S	SP	2	Andrew Coury	2025	I	800m	2	Ewan Sparey
2009	I	100mH	3	Adam McBraida	2025	S	DT	2	Owen Garrett
2009	I	PV	3	Luke Bailey	2026	I	800m	1	Ewan Sparey
2009	S	PV	1	Cameron Walker-Shepherd	2026	S	DT	3	Owen Garrett
2011	S	100m	3	Leon Reid					

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MIXED RELAY

2024 S 4x100m 2 Avon

ESAA Championship performances are shown in the abbreviated format *yyyy a eeee p* where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior)

eeee Event (for example CC - Cross Country)

p Place achieved