

ESAA – AVON ROLL OF HONOUR

Implementation of the 1972 Local Government Act on April 1st, 1974 resulted in the creation of the county of Avon. It was formed from the county boroughs of Bristol and Bath along with some parts of South Gloucestershire and North Somerset.

The *Avon Schools Athletic Association* was formed in 1975. Even though the county of Avon was abolished in 1996, being changed into 4 unitary authorities, the *Avon Schools Athletics Association* unsurprisingly remains to this day.

Denise Cooper was Avon's first ESAA Champion when winning the 1975 Intermediate high jump.

OLYMPIC GAMES MEDALLISTS

Emily Diamond	2016 4 x 400m Bronze 2007 I 200m-2, 2008 S 200m-2, 2009 S 200m-1
Jason Gardener	2004 4 x 100m Gold 1993 S 100m-3

WORLD CHAMPIONSHIP MEDALLISTS

Emily Diamond	2017 4 x 400m Silver 2007 I 200m-2, 2008 S 200m-2, 2009 S 200m-1
Jason Gardener	1999 4 x 100m Silver, 2005 4 x 100m Bronze 1993 S 100m-3

EUROPEAN CHAMPIONSHIP MEDALLIST

Emily Diamond	2016 4 x 400m Gold 2007 I 200m-2, 2008 S 200m-2, 2009 S 200m-1
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Emily Diamond (2014 4 x 400m-1 and 2018 4 x 400m-3) ran in the relay heats but not in the finals.

COMMONWEALTH GAMES MEDALLISTS

Zoe Derham	2010 Hammer Throw Bronze 1999 S DT-8
Neil Winter (WAL)	1994 Pole Vault Gold 1987 J PV-1, 1988 J PV-1
Jason Gardener	2002 4 x 100m Gold 1993 S 100m-3
Ryan Scott	2010 4 x 100m Gold 2004 S 100m-1, 2005 S 100m-2
Leon Reid (NIR)	2018 200m Bronze

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2011 S 100m-3, 2012 S 100m-1

Jason Gardener (1998 4 x 100m-1) and Emily Diamond (2014 4 x 400m-3) ran in the relay heats but not in the finals.

BRITISH CHAMPIONS

Zoe Derham	2007-2010 Hammer Throw 1999 S DT-8
Emily Diamond	2016 400m 2007 I 200m-2, 2008 S 200m-2, 2009 S 200m-1
Julian Chaston	1994, 1996 and 2004 3000m Steeplechase 1986 S 1500m-10
Jason Gardener	1997, 1999, 2004 and 2005 100m 1993 S 100m-3

Notes regarding the athlete details shown above :

An entry for each athlete begins with a line (or lines) detailing their Major Championship medal win(s) or their British Championship title win(s). This is followed by a line (or lines) listing their ESAA Championship medal winning performances, or showing a non-medal winning performance, in the abbreviated format – *yyyy a eeee p* where :

yyyy Championship Year

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

eeee Event

p Place achieved (note an 'h-' indicates the performance was in a heat and 'r-' indicates it was in a preliminary round)

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ESAA GIRLS CHAMPIONS

1975	I	HJ	Denise Cooper
1976	S	100mH	Christina O'Nions
1976	S	HJ	Denise Cooper
1978	I	80mH	Heather Ross
1979	I	JT	Julie Hawkins
1979	S	4x100m	Avon
1980	I	LJ	Jo Edwards
1980	S	100mH	Heather Ross
1981	J	JT	Sarah Littlewood
1985	J	4x100m	Avon
1993	S	3000m	Heidi Moulder
1994	I	3000m	Caroline McNulty
1997	I	HEP	Victoria Williams
2005	I	HJ	Sade Thompson
2006	S	100m	Kylie Russell
2009	S	200m	Emily Diamond
2010	I	PV	Lucy Bryan
2012	S	PV	Lucy Bryan
2018	J	JT	Jessica Lewis
2019	S	100mH	Jenna Blundell
2024	I	100m	Isabelle Walkey
2025	S	400m	Eleanor McIntosh
2025	S	800m	Holly Sanigar
2026	S	800m	Holly Sanigar

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ESAA BOYS CHAMPIONS

1976	I	PV	Neil Barnes	1995	J	100m	Dominic Gordon
1978	J	TJ	Eugene Hechavarria	1995	J	80mH	Leon McRae
1978	S	PV	Neil Barnes	1997	S	1500m	James Thie
1979	J	80mH	Martin Kenny	1998	J	TJ	Lee Harris
1979	J	TJ	Vernon Samuels	1998	I	TJ	Malwyn Gordon
1980	J	80mH	David Searle	1999	J	100m	Lloyd Rice
1980	J	SP	Chris Ellis	1999	I	3000m	Simon Stygall
1981	I	SP	Chris Ellis	1999	S	TJ	Malwyn Gordon
1981	I	TJ	Vernon Samuels	2000	S	800m	Matthew Thomson
1982	I	SP	Chris Ellis	2004	S	100m	Ryan Scott
1982	S	TJ	Vernon Samuels	2005	J	PV	Tony Hillier
1983	S	SP	Chris Ellis	2008	S	110mH	Simon Merrill
1984	S	SP	Chris Ellis	2008	S	1500m	Richard Peters
1986	S	CC	Simon Mugglestone	2009	S	PV	Cameron Walker-Shepherd
1987	J	PV	Neil Winter	2012	S	100m	Leon Reid
1988	J	400m	Jamie Brown	2015	J	200m	Cameron Sprague
1988	J	PV	Neil Winter	2019	J	HJ	Luke Ball
1988	I	100m	Duncan Game	2021	J	SP	George Leite
1989	I	HT	Charles Beresford	2021	I	HJ	Luke Ball
1990	S	HT	Matt Spicer	2022	S	HJ	Luke Ball
1991	S	10k Walk	David Lawrence	2023	I	SP	George Leite
1992	J	PV	Martin Parley	2023	S	2000mST	Dylan Stoneman
1994	I	PV	Martin Parley	2024	J	800m	Ewan Sparey
1994	S	CC	Ben Noad	2024	S	SP	George Leite
1994	S	3000m	Ben Noad	2026	I	800m	Ewan Sparey
1994	S	HT	Karl Andrews				

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SCHOOLS INTERNATIONAL ATHLETICS BOARD (SIAB)

The SIAB hold 2 annual international meetings for school athletes from England, Ireland, Scotland and Wales. These are for *Cross Country* and *Track and Field*. The *Indoor Pentathlon International* (commonly referred to as the *SIAB Indoor Pentathlon*) is actually organised by the *Scottish Schools' Athletic Association (SSAA)*.

A fourth championship, the *British Schools Indoor Athletics Championships* was also held from 1990 to 2000.

GIRLS WINNERS

1978	I	80mH (A)	Heather Ross
1991	I	400m	Katharine Eustace
1994	I	3000m	Caroline McNulty
2010	I	PV	Lucy Bryan

BOYS WINNERS

1976	I	PV	Neil Barnes
1981	I	TJ	Vernon Samuels
1988	I	100m	Duncan Game
1992	U16	iPV	Martin Parley
1994	I	PV	Martin Parley
1996	U16	i60m	Dominic Gordon
1996	U16	i60mH	Leon McRae
1999	I	3000m	Simon Stygall
1999	U16	iTJ	Lee Harris
2000	U16	i60m	Lloyd Rice
2006	I	1500m	Richard Peters
2021	I	HJ	Luke Ball
2023	I	SP	George Leite
2026	I	800m	Ewan Sparey

Winning performances are shown in the following abbreviated format – yyyy a eeee where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior, Under-16 (U16), Over-16 (O16) and Under-18 (U18))

eeee Event (preceded by an 'i' indicates at an indoor meeting).

In some events in the 1970s and 1980s two races (A and B) were necessary because of a limited number of lanes at the venue. An '(A)' or '(B)' highlights where this was the case.

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WORLD JUNIOR / U20 MEDALLIST - GIRLS

2014 Loren Bleaken 4 x 400m Silver

WORLD JUNIOR / U20 MEDALLIST - BOYS

1994 Jason Gardener 100m Silver and 4 x 100m Gold

Ryan Scott (2006 4 x 100m-3) ran in the relay heat but not in the relay final.

WORLD YOUTH / U18 MEDALLIST - GIRLS

2011 Lucy Bryan Pole Vault Bronze

EUROPEAN U23 MEDALLISTS - GIRLS

2011 Emily Diamond 4 x 100m Bronze

2017 Lucy Bryan Pole Vault Bronze

EUROPEAN U23 MEDALLISTS - BOYS

2007 Ryan Scott 4 x 100m Gold

2009 Ryan Scott 4 x 100m Gold

2015 Leon Reid 200m Silver

2025 Justin Davies 800m Silver

Isaac Cory (2023 4 x 400m-3) ran in the relay heat but not in the relay final.

EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

1987 Simon Mugglestone 5000m Gold

2013 Leon Reid 200m Silver

EUROPEAN YOUTH / U18 MEDALLIST - GIRLS

2016 Anna Burt 800m Silver

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MULTI-SPORT ATHLETES

Many gifted young athletes who competed in the English Schools' Athletic Association (ESAA) Championships have become very successful in a wide variety of sports including Bobsleigh, Boxing, Cricket, Cycling, Darts, Football, Hockey, Modern Pentathlon, Netball, Powerlifting, Rowing, Rugby League, Rugby Union, Skeleton, Triathlon and Weightlifting.

Details follow of three of Avon's ESAA competitors who have gone on to have a successful career in other sports :

HOCKEY – LILY OWSLEY MBE

Lily represented Avon when finishing second in the 2012 ESAA Senior 800m event.

Only 2 years later she won a silver medal as a member of the England hockey team in the 2014 Commonwealth Games and followed this with a gold medal at the 2015 European Championships.

Lily won Olympic Games gold when the Great Britain hockey team were champions in Rio in 2016. She has since won bronze medals at the 2017 European Championship and at the 2020 Olympic Games.

As of January 2024, Lily has represented England 121 times and Great Britain 98 times.

Lily was awarded the MBE in the 2017 Honours List.

RUGBY UNION – DAVE ATTWOOD

Dave represented Avon when finishing second in the 2003 ESAA Intermediate Discus Throw.

He joined Bristol rugby union club in 2005 and made 20 appearances for them before moving to Gloucester in 2009. On November 7th, 2010 he made his full England debut. In 2011, after 47 games for Gloucester he moved to Bath for an 8-year, 111 game stint. In 2019 he signed a 2-year contract with Bristol Bears.

Dave won 24 caps for England from 2010 to 2018.

RUGBY UNION – HUW BENNETT

Huw represented Avon when finishing third in the 1999 ESAA Intermediate Shot Put. At the time Huw was already an England Under-16 rugby union international.

He continued his rugby career playing for the England Under-18s before switching allegiance to Wales, the country of his birth. He joined Swansea RFC in 2002, playing 1 game for them, before moving to Ospreys in 2003. He spent almost his whole career with Ospreys, 9 years and 142 games, before retiring prematurely in 2013 with an Achilles tendon injury.

Huw played for 51 times for Wales in the years from 2003 to 2012. This included playing every game of Wales's Grand Slam win in 2008.