

ESAA – ESSEX ROLL OF HONOUR

The *Essex Schools Athletic Association* was formed in 1925 and it held its first County Championship the following year.

Essex was 1 of the 13 counties who competed in the inaugural ESAA Championship in 1925 at Crystal Palace. Two of the ESAA Champions were from Essex, Miss E. Cutter of Stratford who won the Girls 150 yards and Clem Kingdom of Norlington School, Leyton was the winner of the Boys 75 yards hurdles.

The first Essex County Championship was held on June 12th, 1926 at the Army Sports Ground, Leyton. There were approximately 300 competitors. Winnie Myall of Southend and H. Bull of East Ham each won 2 events and were the Girls and Boys champion athletes at the championship. Both went on to become ESAA champions 7 weeks later.

In 1933 Essex was the third county outside London to host the ESAA Championship when it was held at the Jones Memorial Recreational Ground in Southend.

OLYMPIC GAMES MEDALLISTS

Fatima Whitbread	1984 Javelin Throw Bronze and 1988 Javelin Throw Silver 1977 I JT-1
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Sally Gunnell	1992 400m Hurdles Gold and 4 x 400m Bronze 1980 J LJ-1, 1983 S 100mH-1, 1984 S 100mH-1
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Asha Philip	2016 4 x 100m Bronze 2005 J 100m-2
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Victoria Ohuruogo	2024 4 x 400m Bronze 2007 J 200m-3, 2008 I 300m-2, 2010 S 400m-1
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Lina Nielsen and Yemi Mary John (2024 4 x 400m Bronze) ran in the relay heat but not in the final.

Derek Johnson	1956 800m Silver and 4 x 400m Bronze 1949 I 440y-1, 1950 S 220y-1, 1951 S 440y-1
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Dave Ottley	1984 Javelin Throw Silver 1969 J JT-2, 1971 I JT-1, 1972 S JT-2, 1973 S JT-1
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Charlie Dobson	2024 4 x 400m Bronze 2017 S 200m-2
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It is also worth noting that the following athletes competed in Essex Schools Championships and won Olympic medals :

Laviai Nielsen	2024 4 x 400m Bronze and 2024 Medley Relay Bronze 2011 Essex I 300m-1, 2012 Essex I 300m-2
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Nethaneel Mitchell-Blake	2024 4 x 100m Silver 2006 Essex U13 100m-4
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ESAA – ESSEX ROLL OF HONOUR

WORLD CHAMPIONSHIP MEDALLISTS

Fatima Whitbread	1983 Javelin Throw Silver, 1987 Javelin Throw Gold 1977 I JT-1
Sally Gunnell	1991 400m Hurdles Silver, 1993 400m Hurdles Gold and 4 x 400m Bronze 1980 J LJ-1, 1983 S 100mH-1, 1984 S 100mH-1
Asha Philip	2017 and 2019 4 x 100m Silver, 2023 4 x 100m Bronze 2005 J 100m-2
Victoria Ohuruogu	2022 4 x 400m Bronze 2007 J 200m-3, 2008 I 300m-2, 2010 S 400m-1
Yemi Mary John	2023 4 x 400m Mixed Relay Silver 2021 S 200m-3

Yemi Mary John (2023 4 x 400m Bronze) also ran in the relay heat but not in the final.

Colin Reitz	1983 3000m Steeplechase Bronze 1975 I 1500mST-4
Dean Macey	1999 Decathlon Silver, 2001 Decathlon Bronze 1994 I OCT-1, 1995 S DEC-1
Charlie Dobson	2023 4 x 400m Bronze 2017 S 200m-2

It is also worth noting that several other athletes competed in the Essex Schools Championships and went on to World Championship success :

Laviai Nielsen	2017 4 x 400m Silver, 2022 and 2023 4 x 400m Bronze, 2023 Mixed Relay Silver 2011 Essex I 300m-1, 2012 Essex I 300m-2
Nethaneel Mitchell-Blake	2017 4 x 100m Gold, 2019 4 x 100m Silver, 2022 4 x 100m Bronze 2006 Essex U13 100m-4
Reece Prescod	2022 4 x 100m Bronze 2012 Essex I 200m-1

EUROPEAN CHAMPIONSHIP MEDALLISTS

Pam Seaborne (later Elliott)	1954 80m Hurdles Bronze 1950 J 70yH-1
Linda Knowles	1962 High Jump Bronze 1960 and 1961 J HJ-1, 1962 and 1963 I HJ-1, 1964 and 1965 S HJ-1

ESAA – ESSEX ROLL OF HONOUR

Fatima Whitbread	1986 Javelin Throw 1977 I JT-1
Sally Gunnell	1990 4 x 400m Bronze, 1994 400m Hurdles Gold 1980 J LJ-1, 1983 S 100mH-1, 1984 S 100mH-1
Ashia Hansen	2002 Triple Jump Gold 1989 S LJ-9
Asha Philip	2014 4 x 100m Gold, 2016 4 x 100m Silver, 2018 4 x 100m Gold 2005 J 100m-2
Victoria Ohuruogu	2022 4 x 400m Bronze 2007 J 200m-3, 2008 I 300m-2, 2010 S 400m-1

Victoria Ohuruogu (2014 4 x 400m Gold) and Finette Agyepong (2018 4 x 400m Bronze) ran in the relay heats but not in the finals. Asha Philip (2024 4 x 100m Gold) ran in the relay heat but not in the final.

Geoff Elliott	1954 Pole Vault Bronze 1948 I HJ-1
Rob Denmark	1994 5000m Silver 1985 I 1500m-1, 1986 S 1500m-3, 1987 S 1500m-3
Graham Hedman	2006 4 x 400m Silver 1995 I 400m s-5
Charlie Dobson	2022 4 x 400m Gold 2017 S 200m-2
Charlie Dobson	2024 400m Silver 2017 S 200m-2

Graham Hedman (2010 4 x 400m Silver) ran in the relay heat but not in the final.

It is also worth noting that several other athletes competed in the Essex Schools Championship and went on to European Championship success :

Laviai Nielsen	2022 4 x 400m Bronze 2011 Essex I 300m-1, 2012 Essex I 300m-2
Nethaneel Mitchell-Blake	2018 and 2022 200m Silver, 2022 4 x 100m Gold 2006 Essex U13 100m-4
Reece Prescod	2018 100m Silver 2012 Essex I 100m-1

ESAA – ESSEX ROLL OF HONOUR

COMMONWEALTH GAMES MEDALLISTS

Rosemary Morgan	1962 Javelin Throw Silver 1955 J JT-3, 1956 J JT-1
Ann Wilson	1970 High Jump, Long Jump and Pentathlon Silver, 1974 Pentathlon Silver 1963 and 1964 J HJ-1, 1965 and 1966 I LJ-1, 1967 S LJ-1
Sue Mapstone	1978 Pentathlon Silver 1971 J 75mH-1, 1972 I LJ-1, 1973 I LJ-2, 1974 S LJ-1
Fatima Whitbread	1982 Javelin Throw Bronze, 1986 Javelin Throw Silver 1977 I JT-1
Kim Hagger	1986 Heptathlon Bronze 1975 J LJ-1, 1976 J LJ-3, 1978 I LJ-2
Sally Gunnell	1986 100m Hurdles Gold, 1990 100m Hurdles Silver, 1990 and 1994 400m Hurdles Gold and 4 x 400m Gold 1980 J LJ-1, 1983 S 100mH-1, 1984 S 100mH-1
Wendy Jeal (née McDonnell)	1986 100m Hurdles Silver 1975 J 75mH-1, 1977 I 80mH-1, 1978 and 1979 S 100mH
Ashia Hansen	1998 and 2002 Triple Jump Gold 1989 S LJ-9
Victoria Day	1998 4 x 400m Silver 1991 S 400mH-3
Kim Wall	2006 4 x 100m Silver 1997 J 100m-2, 1998 and 1999 I 300m-1, 2000 S 200m-1, 2001 S 400m-1
Asha Philip	2014 4 x 100m Bronze, 2018 and 2022 4 x 100m Gold 2005 J 100m-2
Victoria Ohuruogu	2022 400m Silver 2007 J 200m-3, 2008 I 300m-2, 2010 S 400m-1
Lina Nielsen	2026 4 x 400m Mixed Relay Silver 1991 S 400mH-3
Yemi Mary John	2026 4 x 400m Mixed Relay Silver 2021 S 200m-3

It is also worth noting that another athlete, Laviai Nielsen, competed in the Essex Schools Championships and ran in the heats of the 2026 Commonwealth Games 4 x 400m Mixed Relay (silver) but not in the final.

Derek Johnson	1954 880y Gold and 4 x 440y Gold, 1958 4 x 440y Silver 1949 I 440y-1, 1950 S 220y-1, 1951 S 440y-1
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ESAA – ESSEX ROLL OF HONOUR

Geoff Elliott	1954 and 1958 Pole Vault Gold 1948 I HJ-1
Graeme Fell (for England) (for Canada)	1982 3000m Steeplechase Silver 1986 3000m Steeplechase Gold and 1994 3000m Steeplechase Bronze 1977 S 2000mST-2
Martin Girvan (NIR)	1982 and 1986 Hammer Throw Silver 1976 I HT-2, 1977 S HT-2, 1978 and 1979 S HT-1
Billy Cole	1986 Shot Put Gold 1979 J SP-1, 1980 I SP-2, 1981 I SP-2, 1982 S SP-1
Colin Reitz	1986 3000m Steeplechase Bronze 1975 I 1500mST-4
Dave Ottley	1986 Javelin Throw Gold 1969 J JT-2, 1971 I JT-1, 1972 S JT-2, 1973 S JT-1
John Herbert	1986 Triple Jump Gold 1979 S TJ-1, 1980 S TJ-2
Eamonn Martin	1990 10000m Gold 1973 J 1500m-3, 1975 I 1500m-1
Matthew Yates	1990 800m Bronze 1987 S 800m-3
Matt Simson	1994 Shot Put Gold 1984 J SP-1, 1986 I SP-1, 1987 S SP-1
Paul Head	1994 Hammer Throw Silver, 2002 Hammer Throw Bronze 1979 J HT-2, 1980 I HT-2, 1981 I HT-1, 1982 S HT-2, 1983 S HT-1
Rob Denmark	1994 5000m Gold 1985 I 1500m-1, 1986 S 1500m-3, 1987 S 1500m-3
Dean Macey	2006 Decathlon Gold 1994 I OCT-1, 1995 S DEC-1
Daniel Awde	2014 4 x 400m Gold 2006 S DEC-1
Sam Bennett	2026 110m Hurdles Silver 2015 J 80mH-1, 2016 I 100mH-2, 2018 S 110mH-1

Mark Smith (1994 4 x 100m Bronze and 4 x 400m Gold) ran in the heats but not in the finals.

ESAA – ESSEX ROLL OF HONOUR

BRITISH CHAMPIONS

Audrey Wade	1935 60m 1931 U14 100y-2
Pam Elliott (née Seaborne)	1956 80m Hurdles 1950 J 70yH-1
Christina Cops (later Persighetti)	1957 Long Jump 1951 J LJ-1
Linda Knowles	1967 High Jump 1960 and 1961 J HJ-1, 1962 and 1963 I HJ-1, 1964 and 1965 S HJ-1
Ann Wilson	1972 and 1974 Pentathlon 1963 and 1964 J HJ-1, 1965 and 1966 I LJ-1, 1967 S LJ-1
Prudence French (later Carter)	1972 Javelin Throw 1966 I JT-3, 1967 S JT-1, 1968 S JT-3
Lesley Kiernan	1974 800m 1971 J 800m-1, 1972 I 800m-3, 1973 I 800m-1
Susan Wright (later Longden)	1975-77 and 1980 Pentathlon 1965 I HJ-2
Fatima Whitbread	1981-84 and 1986-87 Javelin Throw Bronze 1977 I JT-1
Gladys Taylor	1984 400m Hurdles 1970 S 200m-2, 1971 S 200m-3
Sally Gunnell	1986-89 and 1991-93 100m Hurdles, 1988 and 1996 400m Hurdles 1980 J LJ-1, 1983 S 100mH-1, 1984 S 100mH-1
Kim Hagger	1989 Heptathlon 1975 J LJ-1, 1976 J LJ-3, 1978 I LJ-2
Ashia Hansen	1996, 2001 and 2002 Triple Jump 1989 S LJ-9
Debbie Sullivan	1997 3000m 1986 J 1500m-8
Sarah Wilhelmy	2000 200m and 2001 100m 1993 J LJ-1, 1994 J 200m-1, 1996 I 200m-1, 1997 S 200m-1
Sarah Claxton	2004-06 and 2008 100m Hurdles 1994 J 100m-2, 1995 I 100m-3, 1996 I LJ-1, 1997, 1998 and 1999 S LJ-1
Kate Brewington	2005 Heptathlon

ESAA – ESSEX ROLL OF HONOUR

	1998 I HEP-13
Jeanette Kwakye	2007, 2008 and 2011 100m and 2007 200m 1997 J 100m-1, 1998 I 100m-3, 2001 S 100m-3
Catherine Holdsworth	2009 Heptathlon 2002 I 80mH-2, 2002 I HEP-2, 2003 and 2004 S HEP-1, 2004 S 100mH-1
Nusrat Ceesay	2009 400m Hurdles 1997 I 300mH-2
Asha Philip	2013, 2014, 2016 and 2017 100m Bronze 2005 J 100m-2
Jessica Tappin	2013 Heptathlon 2007 S HEP-5
Jessica Judd Later (Warner-Judd)	2020-21 and 2023 5000m, 2022-23 10000m 2008 J 1500m-2, 2009 J 1500m-1 and CC-1, 2010 and 2011 I 1500m-1 and CC-1, 2012 S CC-2
Victoria Ohuruogu	2022-23 400m 2007 J 200m-3, 2008 I 300m-2, 2010 S 400m-1
Lina Nielsen	2024-25 400m Hurdles 2014 S 400m-8
Adelaide Omitowoju (also Cambridgeshire)	2025 Triple Jump 2016 I TJ-2, 2017 S TJ-1, 2019 S TJ-2
Geoff Elliott	1952, 1953 and 1955 Pole Vault 1948 I HJ-1
Derek Johnson	1955 880y 1949 I 440y-1, 1950 S 220y-1, 1951 S 440y-1
Alan Dainton	1977 High Jump 1972 I HJ-1, 1974 S HJ-1
Dave Ottley	1977, 1982, 1984-86 and 1988 Javelin Throw 1969 J JT-2, 1971 I JT-1, 1972 S JT-2, 1973 S JT-1
Martin Girvan	1980 and 1981 Hammer Throw 1976 I HT-2, 1977 S HT-2, 1978 and 1979 S HT-1
Barry Smith	1981 10000m 1969 I 1500m-1, 1969 I CC-2
Colin Reitz	1983 3000m Steeplechase 1975 I 1500mST-4

ESAA – ESSEX ROLL OF HONOUR

Billy Cole	1985 and 1986 Shot Put 1979 J SP-1, 1980 I SP-2, 1981 I SP-2, 1982 S SP-1
Paul Mardle	1987, 1988 and 1989 Discus Throw 1976 J DT-3
Eamonn Martin	1988, 1990 and 1991 5000m, 1989 and 1992 10000m 1973 J 1500m-3, 1975 I 1500m-1
John Herbert	1988 and 1990 Triple Jump 1979 S TJ-1, 1980 S TJ-2
Paul Head	1990, 1993 and 1997 Hammer Throw 1979 J HT-2, 1980 I HT-2, 1981 I HT-1, 1982 S HT-2, 1983 S HT-1
Matthew Yates	1991 and 1993 1500m 1987 S 800m-3
Matt Simson	1993 and 1996 Shot Put 1984 J SP-1, 1986 I SP-1, 1987 S SP-1
Rob Denmark	1994, 1996 and 2002 10000m, 1995 and 1999 5000m 1985 I 1500m-1, 1986 S 1500m-3, 1987 S 1500m-3
Damien Greaves	1997 and 2003 110m Hurdles 1994 I 100mH-2, 1995 S 110mH-1, 1996 S 100m-2
Kevin Hughes	1998-2000 Pole Vault 1991 S PV-2, 1992 S PV-3
Dominic King	2004 and 2007 5k Walk 1999 I 5k Walk-2, 2001 S 5k Walk-1
Daniel Awde	2008 and 2011 Decathlon 2006 S DEC-1
Daniel King	2008 5k Walk 2000 S 5k Walk-1, 2001 S 5k Walk-2
Scott Davis	2009 5k Walk 1993 S 5k Walk-3
Andrew Osagie	2011 and 2012 800m 2004 I 800m-h-4
James Shane	2011 1500m 2004 J 1500m-1, 2006 I 1500m-1, 2007 S 800m-1
J. J. Jegede	2014 Long Jump 2003 S LJ-4

ESAA – ESSEX ROLL OF HONOUR

Bonne Buwembo	2015 Javelin Throw 2004 J JT-3, 2007 and 2008 S JT-1
Daniel Rowden	2020 and 2023 800m 2013 I 800m-2, 2014 I 800m-1
Charlie Dobson	2024-2025 400m 2017 S 200m-2
Sam Bennett	2026 110m Hurdles 2015 J 80mH-1, 2016 I 100mH-2, 2018 S 110mH-1

It is worth noting that several other athletes competed in the Essex Schools Championships and went on to British Championship success :

Laviai Nielsen	2019-2020 400m 2011 Essex I 300m-1, 2012 Essex I 300m-2
Nethaneel Mitchell-Blake	2017-2018 and 2022 200m 2006 Essex U13 100m-4
Reece Prescod	2017-2018 100m 2012 Essex I 100m-1

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 performance(s), 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, pre-1948 the age groups were Under-14 (U14) and Under-16 (U16))

eeee Event

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

ESAA – ESSEX ROLL OF HONOUR

ESAA GIRLS CHAMPIONS

1925	U14	150y	E. Cutter	1951	J	LJ	Christina Cops
1925	U14	4x110y	Essex	1952	I	80yH	Pamela Fry
1926	U14	75yH	Winnie Myall	1953	J	100y	Pamela Wyatt
1927	U14	100y	Ivy Pope	1953	J	4x110y	Essex
1927	U14	4x100y	Essex	1954	J	100y	Valerie Cutting
1927	U14	75yH	Winnie Myall	1954	S	DT	Pam Collins
1928	U14	150y	G. Hubbard	1955	I	100y	Pamela Wyatt
1929	U14	75yH	D. Doubrousky	1955	I	4x110y	Essex
1930	U14	150y	H. Callard	1956	J	DT	D. Shelley
1930	U14	75yH	Vera Hollingbury	1956	J	JT	Rosemary Morgan
1931	U14	75yH	Vera Hollingbury	1957	J	150y	Christine Theaker
1931	U14	HJ	D. Pickin	1957	J	4x110y	Essex
1933	U14	150y	Grace Pay	1957	J	LJ	S. Cave
1933	U14	4x100y	Essex	1957	S	DT	Judy Tweedy
1933	U14	75yH	F. Morris	1958	J	JT	Mary Adams
1933	U16	100y	Audrey Wade	1958	I	150y	Christine Theaker
1934	U16	100y	E. Balls	1959	J	100y	Janet Cable
1935	U14	HJ	Hazel Wakefield	1959	J	4x110y	Essex
1935	U16	100y	Violet Grove	1959	I	150y	Christine Theaker
1935	U16	150y	Joan Salter	1959	I	JT	Mary Adams
1936	U14	4x100y	Essex	1960	J	DT	Pamela Quelch
1936	U14	LJ	M. Moore	1960	J	HJ	Linda Knowles
1936	U16	100y	Violet Grove	1960	S	80mH	June Farley
1936	U16	150y	Joan Salter	1960	S	JT	A. Philpot
1938	U14	150y	J. Golding	1961	J	HJ	Linda Knowles
1938	U14	4x110y	Essex	1962	J	HJ	Janet Hopkins
1938	U14	75yH	D. Fenton	1962	I	HJ	Linda Knowles
1938	U16	HJ	M. Cox	1963	J	4x110y	Essex
1939	U14	100y	B. Ceriez	1963	J	HJ	Ann Wilson
1939	U16	150y	J. Golding	1963	J	SP	Yvonne Fountain
1939	U16	4x110y	Essex	1963	I	HJ	Linda Knowles
1939	U16	80yH	D. Fenton	1964	J	DT	Patricia Denton
1939	U16	HJ	E. Baker	1964	J	HJ	Ann Wilson
1946	U14	HJ	Sylvia Baggs	1964	S	100y	Irene Gould
1947	U16	4x110y	Essex	1964	S	HJ	Linda Knowles
1947	U16	HJ	Christine Wheeler	1965	I	LJ	Ann Wilson
1948	J	150y	Audrey Owlett	1965	S	HJ	Linda Knowles
1949	J	150y	D. Gregory	1966	J	80yH	Christine Wilson
1949	J	4x110y	Essex	1966	J	DT	Linda Pears
1950	J	4x110y	Essex	1966	I	LJ	Ann Wilson
1950	J	70yH	Pam Seaborne	1966	I	SP	Jenny Bloss
1951	J	100y	Marion Carley	1967	I	80mH	Jackie Philp
1951	J	DT	Dorothy Smyth	1967	I	SP	Jenny Bloss

ESAA – ESSEX ROLL OF HONOUR

ESAA GIRLS CHAMPIONS (cont'd)

1967	S	JT	Prudence French	1980	I	DT	Debbie Bushnell
1968	J	150y	Sheila Richardson	1980	S	CC	Karen Timson
1968	J	4x110y	Essex	1980	S	200m	Pauline Mullins
1968	S	4x110y	Essex	1980	S	400m	Ruth Richards
1968	S	LJ	Ann Wilson	1980	S	400mH	Debbie Church
1969	J	LJ	Susan King	1981	I	DT	Sandra Browne
1969	S	SP	Jenny Bloss	1981	I	LJ	Helen Cushen
1970	S	400m	Maria Oldall	1981	S	400mH	Debbie Church
1971	J	4x100m	Essex	1982	J	LJ	Michelle Stone
1971	J	75mH	Sue Mapstone	1982	I	100m	Nathalie Byer
1971	J	800m	Lesley Kiernan	1982	I	200m	Lisa Goreeph
1971	S	4x100m	Essex	1982	I	4x100m	Essex
1972	I	CC	Shiree Hines	1982	I	80mH	Jeanette Gibson
1972	I	HJ	Teresa Dainton	1982	S	JT	Mary Bloomfield
1972	I	LJ	Sue Mapstone	1983	I	LJ	Michelle Stone
1972	S	200m	Janet Barnett	1983	S	100mH	Sally Gunnell
1973	I	800m	Lesley Kiernan	1984	I	80mH	Michelle Stone
1974	S	1500m	Shiree Hines	1984	I	JT	Kim Lisbon
1974	S	LJ	Sue Mapstone	1984	S	100mH	Sally Gunnell
1975	J	75mH	Wendy McDonnell	1984	S	4x100m	Essex
1975	J	LJ	Kim Hagger	1985	I	400mH	Debra Duncan
1976	J	200m	Ruth Richards	1985	S	SP	Sharon Andrews
1976	I	1500m	Kim Trunley	1986	J	DT	Natalie Hart
1976	I	JT	Christine Whitmore	1987	J	75mH	Nina Thompson
1977	I	1500m	Denise Kiernan	1987	I	400m	Jillian Reynolds
1977	I	200m	Ruth Richards	1987	I	SP	Natalie Hart
1977	I	4x100m	Essex	1988	J	800m	Della Butcher
1977	I	80mH	Wendy McDonnell	1989	J	75mH	Orla Bermingham
1977	I	JT	Fatima Whitbread	1989	J	SP	Rebecca Shreeve
1977	I	SP	Helen Clarke	1989	S	DT	Natalie Hart
1977	S	DT	Denise Sturman	1990	J	75mH	Orla Bermingham
1978	J	DT	Ann Roat	1990	I	300mH	Jo Mersh
1978	S	100mH	Wendy McDonnell	1990	S	DT	Natalie Hart
1978	S	1500m	Denise Kiernan	1991	I	SP	Hannah Sendrove
1979	J	800m	Karen Hughes	1992	J	100m	Amanda Waite
1979	J	LJ	Helen Cushen	1993	J	4x100m	Essex
1979	I	SP	Susan Bracey	1993	J	LJ	Sarah Wilhelmy
1979	S	100mH	Wendy McDonnell	1993	S	HJ	Samantha Corder
1979	S	SP	Helen Clarke	1994	J	CC	Jodie Swallow
1980	J	75mH	Nathalie Byer	1994	J	PEN	Samantha Foster
1980	J	LJ	Sally Gunnell	1994	J	200m	Sarah Wilhelmy
1980	I	CC	Karen Hughes	1994	J	4x100m	Essex
1980	I	800m	Karen Hughes	1994	I	4x100m	Essex

ESAA – ESSEX ROLL OF HONOUR

ESAA GIRLS CHAMPIONS (cont'd)

1995	I	80mH	Julie Pratt	2004	S	100mH	Catherine Holdsworth
1996	I	CC	Jodie Swallow	2004	S	400m	Tara Bird
1996	I	200m	Sarah Wilhelmy	2004	S	4x100m	Essex
1996	I	3000m	Jodie Swallow	2004	S	JT	Hayley Thomas
1996	I	4x100m	Essex	2005	I	1500m	Katie Richardson
1996	I	80mH	Sarina Mantle	2005	S	CC	Danielle Sale
1996	I	LJ	Sarah Claxton	2005	S	PV	Kirsty MacKintosh
1997	J	100m	Jeanette Kwakye	2006	I	3k Walk	Chelsea O'Rawe-Hobbs
1997	J	4x100m	Essex	2007	J	JT	Kike Oniwinde
1997	J	LJ	Monique Parris	2007	I	300mH	Nicola Hill
1997	I	CC	Jodie Swallow	2008	J	SP	Maria Okpokiri
1997	I	3000m	Jodie Swallow	2008	I	4x100m	Essex
1997	S	100mH	Julie Pratt	2008	S	4x100m	Essex
1997	S	200m	Sarah Wilhelmy	2009	J	CC	Jessica Judd
1997	S	4x100m	Essex	2009	J	PEN	Hayley McLean
1997	S	LJ	Sarah Claxton	2009	J	1500m	Jessica Judd
1998	J	4x100m	Essex	2009	J	DT	Debra Blamey
1998	J	75mH	Symone Belle	2009	I	80mH	Georgia Atkins
1998	J	LJ	Monique Parris	2009	I	PV	Ellie Besford
1998	J	SP	Shelley Moles	2009	S	400mH	Lauren Bouchard
1998	I	300m	Kim Wall	2010	J	1500m	Sophie Riches
1998	S	LJ	Sarah Claxton	2010	J	800m	Kaylee Dodd
1999	J	75mH	Symone Belle	2010	J	HJ	Poppy Lake
1999	I	300m	Kim Wall	2010	I	CC	Jessica Judd
1999	S	4x100m	Essex	2010	I	1500m	Jessica Judd
1999	S	LJ	Sarah Claxton	2010	I	300mH	Hayley McLean
2000	I	HEP	Lara Carty	2010	S	100mH	Georgia Atkins
2000	I	4x100m	Essex	2010	S	400m	Victoria Ohuruogu
2000	I	80mH	Symone Belle	2010	S	PV	Ellie Besford
2000	S	200m	Kim Wall	2011	J	DT	Georgie Taylor
2000	S	JT	Amy Harvey	2011	I	CC	Jessica Judd
2001	I	SP	Somma Power	2011	I	1500m	Jessica Judd
2001	S	HEP	Lara Carty	2011	I	800m	Kaylee Dodd
2001	S	400m	Kim Wall	2011	S	100mH	Georgia Atkins
2002	I	300m	Tara Bird	2011	S	JT	Kike Oniwinde
2002	S	100mH	Gemma Bennett	2011	S	PV	Ellie Besford
2002	S	400m	Natalie Street	2012	I	DT	Georgie Taylor
2003	I	300m	Tara Bird	2012	S	400mH	Hayley McLean
2003	I	JT	Hayley Thomas	2013	I	DT	Rachel Forder
2003	S	HEP	Catherine Holdsworth	2013	S	1500m	Sophie Riches
2004	J	SP	Finesse Thompson	2013	S	3000m	Alice Perkins
2004	I	80mH	Chloe van Wulven	2013	S	400mH	Hayley McLean
2004	S	HEP	Catherine Holdsworth	2014	J	200m	Zoe Thompson

ESAA – ESSEX ROLL OF HONOUR

ESAA GIRLS CHAMPIONS (cont'd)

2014	J	800m	Khahisa Mhlanga	2022	S	JT	Harriette Mortlock
2014	J	HT	Katie Head	2023	J	300m	Shiloh Omotosho
2014	I	300mH	Michelle Hughes	2023	J	LJ	Caitlin Hancock
2015	I	HT	Katie Head	2023	I	1500m	Lyla Belshaw
2015	S	1500m	Gemma Holloway	2023	I	200m	Callia Downey
2015	S	200m	Finette Agyapong	2023	S	200m	Kissiwah Mensah
2015	S	DT	Georgie Taylor	2023	S	400mH	Stephanie Okoro
2016	J	LJ	Funminiyi Olajide	2024	J	300m	Lily Hartman
2016	I	800m	Khahisa Mhlanga	2024	J	HJ	Elouise Thomas
2016	I	HT	Katie Head	2024	I	CC	Olivia Forrest
2016	S	1500m	Jodie Judd	2024	I	3000m	Olivia Forrest
2017	J	100m	Aleeya Sibbons	2024	I	300m	Shiloh Omotosho
2017	S	CC	Khahisa Mhlanga	2024	I	800m	Natasha Wynn
2017	S	800m	Khahisa Mhlanga	2024	S	HEP	Ruby Tillson
2018	J	SP	Omolola Kuponiyi	2024	S	HJ	Ruby Tillson
2018	I	HEP	Jessica Hopkins	2025	J	100m	Honor Oteng
2018	S	800m	Khahisa Mhlanga	2025	J	4x100m	Essex
2019	I	DT	Alice Brown	2025	J	SP	Adanna Udechuku
2019	S	4x100m	Essex	2025	I	LJ	Alice Coshell
2021	J	300m	Callia Downey	2026	J	100m	Honor Oteng
2021	I	300mH	Stefanie Okoro	2026	J	1500m	Madison Kindler
2021	S	1500m	Abigail Ives	2026	I	4x100m	Essex
2021	S	HT	Simbiyat Sikiru	2026	S	400m	Shiloh Omotosho
2022	J	300m	Shiloh Omotosho				

ESAA – ESSEX ROLL OF HONOUR

ESAA BOYS CHAMPIONS

1925	U14	75yH	Clem Kingdom	1952	J	JT	A. Daniels
1926	U14	220y	H. Bull	1952	I	4x110y	Essex
1926	U14	4x100y	Essex	1952	I	DT	Gerald Carr
1926	U14	LJ	L. Toll	1953	S	220y	James Spooner
1927	U14	440y	H. Capell	1953	S	DT	Gerald Carr
1927	U14	75yH	E. Ellicott	1954	J	4x110y	Essex
1927	U14	880y	V. Dawson	1954	J	880y	Abe Green
1928	U14	220y	H. Nash	1954	S	220y	James Spooner
1928	U14	75yH	A. Hellen	1954	S	4x110y	Essex
1929	U14	440y	T. Lambert	1954	S	JT	Dave Westerhout
1930	U14	HJ	Alfred Hazel	1955	J	220y	Nicolas J. Torry
1931	U14	75yH	Norman Clarke	1955	J	80yH	P. Clubb
1932	U14	4x100y	Essex	1955	J	JT	M. D. London
1932	U14	LJ	R. Luckford	1955	I	PV	Charles East
1933	U14	75yH	Gilbert Peacefull	1955	I	TJ	Eric Robinson
1933	U14	880y	S. Ansell	1955	S	DT	A. Hooker
1933	U14	HJ	P. McCreddie	1956	I	TJ	Eric Robinson
1933	U16	100y	S. H. Brown	1957	I	110yH	P. Clubb
1934	U14	75yH	R. E. Parkins	1957	I	JT	Peter Landells
1935	U14	HJ	Thomas Rumble	1958	J	PV	G. Cox
1935	U16	440y	Ivor McGregor	1958	S	DT	David Pryor
1936	U14	100y	J. Gibbs	1958	S	HJ	Michael Leary
1936	U14	4x100y	Essex	1958	S	TJ	Eric Robinson
1936	U14	HJ	Norman Baskett	1959	J	100y	B. Fancy
1937	U16	100y	J. Gibbs	1959	I	LJ	Ronald Neale
1937	U16	440y	D. Muddiman	1959	I	TJ	John Simpson
1938	U14	440y	R. Croud	1959	S	100y	Nicolas J. Torry
1938	U14	LJ	L. Weston	1960	J	PV	David Ruty
1938	U16	880y	R. Fielder	1960	I	100y	Terence Thompson
1938	U16	LJ	S. Coppins	1960	S	TJ	John Simpson
1939	U14	4x110y	Essex	1961	J	PV	Roger Turner
1939	U14	75yH	D. Dean	1961	J	TJ	Michael Gilbert
1939	U16	4x110y	Essex	1961	I	JT	William Peet
1948	I	HJ	Geoff Elliott	1961	I	TJ	Richard Gardner
1949	J	100y	A. Went	1961	S	TJ	John Simpson
1949	J	220y	D. Sewell	1962	J	80yH	C. Mould
1949	I	440y	Derek Johnson	1962	I	HJ	Alan Murrell
1949	I	880y	Roy Fearis	1962	I	PV	John Carver
1950	S	220y	Derek Johnson	1962	I	TJ	John Myers
1950	S	JT	David Wright	1962	S	HT	Peter Aston
1951	I	DT	Gerald Carr	1962	S	JT	William Peet
1951	S	440y	Derek Johnson	1963	I	HJ	Alan Murrell
1951	S	4x110y	Essex	1963	S	HT	Peter Aston

ESAA – ESSEX ROLL OF HONOUR

ESAA BOYS CHAMPIONS (cont'd)

1963	S	TJ	John Myers	1973	S	PV	Girish Patel
1965	J	4x110y	Essex	1974	J	SP	Alan Husk
1965	J	HJ	John Broughton	1974	I	5k Walk	Mike Dunion
1965	J	HT	M. Calver	1974	S	4x100m	Essex
1965	I	110yH	George Hilsdon	1974	S	DT	Christopher Burns
1966	I	4x110y	Essex	1974	S	HJ	Alan Dainton
1966	I	DT	John Edgecombe	1975	I	1500m	Eamonn Martin
1966	S	JT	Dave Sorrell	1975	I	400m	Gregory Stewart
1967	I	JT	Roger Hare	1975	I	SP	Alan Husk
1967	I	PV	Stuart Tufton	1976	I	SP	Alan Husk
1968	J	2m Walk	Andrew Grant	1976	S	100m	Andrew Pitts
1968	I	3m Walk	Olly Caviglioli	1976	S	200m	David Baptiste
1968	I	880y	Robert Moss	1976	S	SP	Mick Eyres
1968	I	JT	Roger Hare	1978	I	400mH	Kevin Lidlow
1968	S	120yH	Steve Black	1978	I	LJ	Paul Hanson
1968	S	HJ	John Broughton	1978	S	100m	Ivan Loftman
1969	J	JT	Stefan Jalowiecki	1978	S	DT	Adam Garforth
1969	J	LJ	P. Munns	1978	S	HJ	Leon Shakes
1969	J	TJ	N. Brown	1978	S	HT	Martin Girvan
1969	I	3k Walk	Olly Caviglioli	1979	J	DT	Neil Boyton
1969	I	1500m	Barry Smith	1979	J	SP	Billy Cole
1969	S	400m	Edward Coffey	1979	I	100m	Kevin Ward
1969	S	DT	Martin Suggett	1979	I	100mH	McKinley Erysthee
1969	S	PV	Stuart Tufton	1979	S	HT	Martin Girvan
1970	J	3k Walk	Lawrence Dordoy	1979	S	TJ	John Herbert
1970	J	1500m	Richard Green	1980	S	4x100m	Essex
1970	I	400m	Steve Marlow	1980	S	DT	Christopher D'Arcy
1970	I	LJ	Ian Hardie	1980	S	LJ	Colin Rattigan
1970	I	PV	Girish Patel	1981	I	DT	Neil Boyton
1970	S	200m	MacDonald Blackman	1981	I	HT	Paul Head
1971	J	HJ	Ian Piggott	1982	S	1500m	Alan Parr
1971	J	JT	Dean Woodham	1982	S	SP	Billy Cole
1971	I	800m	Neville Price	1983	J	1500m	David Gerard
1971	I	JT	Dave Ottley	1983	I	JT	Gary Jenson
1971	I	SP	Steve Archer	1983	S	HT	Paul Head
1972	I	1500m	Richard Green	1984	J	SP	Matthew Simson
1972	I	HJ	Alan Dainton	1984	J	TJ	Junior Campbell
1973	J	CC	Eamonn Martin	1984	I	1500mST	David Caton
1973	I	DT	Steve Berry	1984	I	800m	David Gerard
1973	I	SP	Mick Eyres	1984	I	TJ	Lawrence Lynch
1973	S	200m	Terry Collins	1984	S	JT	Gary Jenson
1973	S	800m	Christopher van Rees	1985	J	100m	Darren Burke
1973	S	JT	Dave Ottley	1985	I	1500m	Rob Denmark

ESAA – ESSEX ROLL OF HONOUR

ESAA BOYS CHAMPIONS (cont'd)

1985	I	JT	Paul Bushnell	1996	S	TJ	James Peacock
1985	S	JT	Gary Jenson	1997	J	TJ	John Davies
1986	I	SP	Matthew Simson	1997	I	OCT	Neil Scrivener
1986	I	TJ	Junior Campbell	1997	I	4x100m	Essex
1987	J	200m	Dominic Lewis	1997	S	LJ	Stuart Wells
1987	S	SP	Matthew Simson	1998	J	LJ	Jordon Lau
1988	I	100mH	Damon Bainbridge	1998	I	800m	Steven Frost
1988	I	200m	Mark Smith	1998	I	PV	Steven Brown
1988	I	4x100m	Essex	1998	S	100m	Matthew Russell
1988	I	TJ	Zac Kerin	1999	J	1500m	Chris Reynolds
1988	S	200m	John Kenny	1999	J	4x100m	Essex
1989	S	200m	Mark Smith	1999	I	HJ	Darryl Stone
1990	J	JT	Tim Eldridge	1999	S	100m	Matthew Russell
1990	J	SP	Chris Rex	2000	J	PEN	Andrae Davis
1990	I	400m	Elliot Brittain	2000	J	1500m	Ahmed Ali
1990	S	200m	Mark Smith	2000	J	SP	Andrae Davis
1990	S	3000m	Keith Cullen	2000	J	TJ	Joleon Duvigneau
1990	S	4x100m	Essex	2000	I	1500m	James Tydeman
1991	I	DT	James South	2000	I	LJ	Jordon Lau
1992	J	4x100m	Essex	2000	S	DEC	Alex Zulewski
1992	J	TJ	Stacy Joseph	2000	S	5k Walk	Daniel King
1992	I	JT	Tim Eldridge	2000	S	JT	Jonathan Lundman
1992	S	10k Walk	Scott Davis	2001	J	80mH	Christopher Musa
1992	S	100m	Jason Fergus	2001	I	100m	Matthew Ouche
1992	S	4x100m	Essex	2001	I	1500m	Chris Reynolds
1993	J	80mH	Nick Dowsett	2001	S	5k Walk	Dominic King
1994	J	4x100m	Essex	2001	S	HJ	Darryl Stone
1994	J	80mH	Tom Benn	2002	J	1500m	Adam Hickey
1994	J	HJ	Ed Willers	2002	J	TJ	Tyrone Carter
1994	I	OCT	Dean Macey	2002	I	OCT	Andrae Davis
1994	I	5k Walk	Stuart Monk	2002	I	400m	Simon Toye
1994	I	4x100m	Essex	2002	S	800m	Chris Reynolds
1994	I	TJ	James Peacock	2003	I	4x100m	Essex
1995	J	HJ	Gareth Dyball	2003	S	400m	Simon Toye
1995	I	5k Walk	Stuart Monk	2003	S	800m	Chris Reynolds
1995	I	100m	John Skeete	2004	J	1500m	James Shane
1995	S	DEC	Dean Macey	2004	J	SP	Kareem Imbert
1995	S	110mH	Damien Greaves	2004	J	TJ	Alex Neville
1995	S	4x100m	Essex	2004	I	CC	Adam Hickey
1995	S	800m	Tom Lerwill	2004	I	3000m	Adam Hickey
1996	J	JT	Jonathan Lundman	2004	S	800m	Steven Fennell
1996	J	PV	Steven Brown	2005	J	400m	Matthew Lumm
1996	S	200m	Mark Findlay	2005	J	80mH	James McLean

ESAA – ESSEX ROLL OF HONOUR

ESAA BOYS CHAMPIONS (cont'd)

2005	J	SP	Lewis Taylor	2012	S	SP	Youcef Zatat
2005	S	110mH	Gianni Frankis	2013	I	DT	Thomas Guy
2005	S	400mH	Ogadima Duru	2013	I	SP	Archie Leeming
2006	J	DT	Anthony Oshodi	2013	S	110mH	Khai Riley-La Borde
2006	J	HJ	Samuel Bailey	2014	I	100mH	Michael Shields
2006	I	100mH	James McLean	2014	I	800m	Daniel Rowden
2006	I	1500m	James Shane	2014	S	110mH	Khai Riley-La Borde
2006	S	DEC	Daniel Awde	2014	S	4x100m	Essex
2007	J	TJ	David Crisp	2015	J	4x100m	Essex
2007	I	100mH	James McLean	2015	J	80mH	Sam Bennett
2007	I	DT	Anthony Oshodi	2015	J	HJ	Finlay Castledine
2007	I	SP	Matthew Baptiste	2015	J	JT	Max Law
2007	S	DEC	Michael Holden	2015	J	SP	William Adeyeye
2007	S	800m	James Shane	2015	I	OCT	Kristian Brown
2007	S	JT	Bonne Buwembo	2016	J	80mH	Daniel Knight
2008	J	200m	Akeem Akintokun	2016	J	JT	Max Law
2008	J	4x100m	Essex	2016	J	LJ	Tamilore Mustafa
2008	J	TJ	Jimi Tele	2016	J	SP	Sebastian Dickens
2008	I	HJ	Samuel Bailey	2016	I	4x100m	Essex
2008	I	SP	Anthony Oshodi	2017	J	80mH	Joseph Harding
2008	S	JT	Bonne Buwembo	2017	J	HT	Kenneth Ikeji
2008	S	SP	Devon Douglas	2017	I	1500m	Yusuf Bizimana
2009	I	HJ	Billy Falconer	2018	J	PEN	Abdulsamad Sanusi
2009	I	PV	Aaron Kaye	2018	J	100m	Graig Anya-Joseph
2009	S	110mH	Emmanuel Okpokiri	2018	J	4x100m	Essex
2009	S	1500m	Alex Cornwell	2018	J	HT	Ben Ixer
2009	S	HJ	Samuel Bailey	2018	J	TJ	Aaron Ashmead Shoye
2009	S	SP	Anthony Oshodi	2018	I	100mH	Joseph Harding
2010	J	100m	George Perkins	2018	I	JT	Max Law
2010	J	80mH	Matthew Scott	2018	S	110mH	Sam Bennett
2010	S	HJ	Samuel Bailey	2018	S	400mH	Karl Johnson
2010	S	SP	Anthony Oshodi	2018	S	LJ	Shandell Taylor
2011	J	LJ	Ola Aina	2019	J	PV	Glen Morris
2011	I	OCT	Joshua Olawore	2019	J	TJ	Chris Brown
2011	I	100m	Kelvin Tairou	2019	I	100m	Joel Pascall-Menzie
2011	I	4x100m	Essex	2019	I	100mH	Joseph Harding
2011	I	PV	Mitchell Etheridge	2019	I	1500mST	Aaron Samuel
2011	S	200m	Jordan Kirby-Polidore	2019	I	4x100m	Essex
2012	J	800m	George Elliott	2019	S	110mH	William Adeyeye
2012	J	PV	Jack Longhurst	2019	S	1500m	Yusuf Bizimana
2012	J	TJ	Grebin Cherian	2019	S	LJ	Theo Adesina
2012	I	4x100m	Essex	2021	J	PEN	Samuel Wright
2012	I	LJ	Joseph Dewar	2021	J	HJ	Samuel Wright

ESAA – ESSEX ROLL OF HONOUR

ESAA BOYS CHAMPIONS (cont'd)

2021	I	100mH	Jacob Blanc
2021	I	800m	Danny Raymond
2021	I	PV	Glen Morris
2022	J	PV	Harry Casey
2022	I	1500mST	Samuel Riley
2022	S	110mH	Abdulsamad Sanusi
2023	J	PEN	Daniel Brown
2023	J	4x100m	Essex
2023	J	800m	Findlay McLaren
2023	J	TJ	Melchisedec Berkoh-Gyamfi
2023	I	CC	Sam Plummer
2023	I	OCT	Samuel Wright
2023	I	HT	Wyatt Larkins
2023	S	110mH	Noah Hanson
2024	J	HT	Joshua Babalola
2024	I	100m	Joel Ajayi
2024	S	110mH	Noah Hanson
2024	S	4x100m	Essex
2025	J	HJ	Jake Read
2025	I	4x100m	Essex
2025	S	100m	Dylan Williams
2025	S	200m	Ethan Franklin
2025	S	4x100m	Essex
2025	S	LJ	Samuel Wright
2026	I	HT	Joshua Babalola
2026	S	1500m	Jacob Hurrell
2026	S	TJ	Sean-Connor Atafo

ESAA – ESSEX ROLL OF HONOUR

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

1962	S	HJ	Linda Knowles				
1964	S	HJ	Linda Knowles	1998	U16	iLJ	Monique Parris
1965	S	HJ	Linda Knowles	1999	I	1500m	Faye Fullerton
1966	S	SP	Jenny Bloss	1999	U16	iLJ	Monique Parris
1967	S	SP	Jenny Bloss	2000	I	80mH	Symone Belle
1970	S	200m	Maria Oldall	2000	U16	i300m	Katie Flaherty
1977	I	80mH (A)	Wendy McDonnell	2000	U16	i60mH	Symone Belle
1977	I	JT	Fatima Whitbread	2003	I	300m	Tara Bird
1977	I	SP	Helen Clarke	2004	I	80mH	Chloe van Wulven
1978	I	400m (B)	Pauline Mullins	2006	I	3k Walk	Chelsea O'Rawe-Hobbs
1980	I	CC	Karen Hughes	2006	U16	iPEN	Kaneesha Johnson
1980	I	400m (B)	Carolyn Wells	2009	J	CC	Jessica Judd
1980	I	80mH (B)	Mandy Lewis	2009	I	PV	Ellie Besford
1981	I	200m	Lisa Goreeph	2010	I	1500m	Jessica Judd
1981	I	800m	Karen Hughes	2010	I	CC	Jessica Judd
1984	I	80mH	Michelle Stone	2011	I	1500m	Jessica Judd
1987	I	400m (A)	Jillian Reynolds	2011	I	800m	Kaylee Dodd
1987	I	SP	Natalie Hart	2011	I	CC	Jessica Judd
1988	I	DT	Natalie Hart	2012	I	HJ	Poppy Lake
1990	U16	i60mH	Orla Bermingham	2015	I	HT	Katie Head
1991	I	SP	Hannah Sendrove	2016	I	800m	Khahisa Mhlanga
1994	J	CC	Jodie Swallow	2016	U16	iPEN	Kiera Bainsfair
1994	U16	iLJ	Sarah Wilhelmy	2016	I	TJ	Adelaide Omitowoju
1995	I	80mH	Julie Pratt	2021	I	300mH	Stefanie Okoro
1996	I	3000m	Jodie Swallow	2023	I	1500m	Lyla Belshaw
1996	J	CC	Jodie Swallow	2023	I	200m	Callia Downey
1996	I	LJ	Sarah Claxton	2024	I	CC	Olivia Forrest
1997	I	CC	Jodie Swallow	2026	I	SP	Monica Malagala

ESAA – ESSEX ROLL OF HONOUR

BOYS WINNERS

1961	S	TJ	John Simpson	1996	U16	iHJ	Gareth Dyball
1962	S	HT	Peter Aston	1997	I	100m	Matthew Russell
1962	S	JT	William Peet	1997	U16	iPV	Steven Brown
1963	S	HT	Peter Aston	1998	I	PV	Steven Brown
1964	S	HJ	Alan Murrell	1999	U16	iLJ	Jordan Lau
1968	S	120yH	Steve Black	2000	I	1500m	Chris Reynolds
1969	S	PV	Stuart Tufton	2000	J	CC	Ahmed Ali
1972	S	PV	Girish Patel	2000	U16	i1500m	Chris Reynolds
1973	S	JT	Dave Ottley	2000	U16	iPEN	Andrae Davis
1973	S	PV	Girish Patel	2002	J	CC	Adam Hickey
1975	I	400m	Gregory Stewart	2002	U18	iPEN	Andrae Davis
1975	I	SP	Andrew Vince	2004	I	3000m	Adam Hickey
1976	I	SP	Alan Husk	2004	I	CC	Andrew Livingstone
1978	I	LJ	Paul Hanson	2007	I	DT	Anthony Oshodi
1979	I	100m (A)	Kevin Ward	2008	I	HJ	Samuel Bailey
1979	I	100mH (A)	McKinley Erysthee	2011	I	100m	Kelvin Tairou
1980	I	100m (B)	Kevin Ward	2011	U18	iPEN	Joshua Olawore
1981	I	HT	Paul Head	2011	I	PV	Mitch Etheridge
1981	I	SP	Billy Cole	2012	I	LJ	Joseph Dewar
1984	I	1500mST	David Caton	2013	I	SP	Archie Leeming
1984	I	800m	David Gerard	2014	I	800m	Daniel Rowden
1984	I	TJ	Lawrence Lynch	2014	U16	iPEN	Robert Runciman
1985	I	JT	Paul Bushnell	2015	O16	iPEN	Kristian Brown
1986	I	SP	Matthew Simson	2018	I	100mH	Joseph Harding
1986	I	TJ	Junior Campbell	2018	I	HT	Kenneth Ikeji
1988	I	100mH	Damon Bainbridge	2018	I	JT	Max Law
1988	I	TJ	Zac Kerin	2018	I	LJ	Theo Adesina
1990	U16	iSP	Chris Rex	2019	I	100m	Joel Pascall-Menzie
1991	I	DT	James South	2019	I	100mH	Joseph Harding
1992	I	JT	Tim Eldridge	2019	I	1500mST	Aaron Samuel
1994	U16	i60mH	Nicholas Dowsett	2022	I	1500mST	Samuel Riley
1994	U16	iPEN	Tom Benn	2023	I	CC	Sam Plummer
1994	I	TJ	James Peacock	2023	O16	iPEN	Samuel Wright
1995	I	100mH	Tom Benn	2024	I	1500m	Jacob Hurrell
1995	U16	i60mH	Tom Benn	2024	I	TJ	Melchisedec Berkoh-Gyamfi
1995	U16	iHJ	Ed Willers	2025	I	200m	Oluwatobi Ogundeko

Winning performances are shown in the 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))

ESAA – ESSEX ROLL OF HONOUR

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.

ESAA – ESSEX ROLL OF HONOUR

WORLD JUNIOR / U20 MEDALLISTS - GIRLS

1998	Julie Pratt	100m Hurdles Gold
1998	Sarah Wilhelmy	200m Bronze
2000	Kim Wall	4 x 400m Gold
2002	Jeanette Kwakye	4 x 100m Bronze
2002	Kim Wall	4 x 400m Silver
2008	Jessica Judd	800m Silver
2022	Yemi Mary John	400m Gold and 4 x 400m Bronze

WORLD JUNIOR / U20 MEDALLISTS - BOYS

1990	David Bigham	Decathlon Bronze
1992	Jason Fergus	4 x 100m Gold
1996	Tom Lerwill	800m Silver and 4 x 400m Bronze
1996	Dean Macey	Decathlon Silver
2018	Charlie Dobson	200m Silver

WORLD YOUTH / U18 MEDALLISTS - GIRLS

2007	Asha Philip	100m Gold
2011	Jessica Judd	800m Bronze

WORLD YOUTH / U18 MEDALLIST - BOYS

2005	Gianni Frankis	110m Hurdles Bronze
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EUROPEAN U23 MEDALLISTS - GIRLS

1999	Julie Pratt	100m Hurdles Silver
2003	Kim Wall	4 x 400m Silver
2005	Kim Wall	4 x 400m Silver
2009	Lucy Sargent	4 x 100m Gold
2011	Asha Philip	4 x 100m Bronze
2013	Corinne Humphreys	4 x 100m Silver
2015	Victoria Ohuruogu	4 x 400m Gold
2017	Jessica Judd	Cross Country Bronze
2017	Finette Agyepong	200m Gold
2019	Finette Agyepong	4 x 400m Silver
2023	Aleeya Sibbons	4 x 100m Gold
2023	Yemi Mary John	400m Gold
2025	Abigail Ives	800m Bronze
2025	Kissiwaa Mensah	4 x 100m Gold
2025	Yemi Mary John	400m Silver and 4 x 400m Gold

Abigail Ives ran in the 2025 4 x 400m (gold) heat but not in the final.

ESAA – ESSEX ROLL OF HONOUR

EUROPEAN U23 MEDALLISTS - BOYS

1999	Mark Findlay	4 x 100m Gold
2009	Gianni Frankis	110m Hurdles Silver
2011	James Shane	1500m Silver
2017	Khai Riley-La Borde	110m Hurdles Silver
2017	Daniel Rowden	800m Silver
2019	Shemar Boldizar	200m Gold

EUROPEAN JUNIOR / U20 MEDALLISTS - GIRLS

1973	Lesley Kiernan	800m Silver
1973	Sue Mapstone	Pentathlon Silver
1979	Fatima Whitbread	Javelin Throw Gold
1983	Nathalie Byer	100m Hurdles Bronze
1983	Lisa Goreeph	4 x 100m Bronze
1987	Jillian Reynolds	4 x 400m Bronze
1997	Sarah Wilhelmy	4 x 100m Silver
2001	Kim Wall	400m Bronze and 4 x 400m Gold
2003	Symone Belle	100m Hurdles Silver
2007	Asha Philip	4 x 100m Gold
2013	Hayley McLean	400m Hurdles Gold
2014	Jessica Judd	Cross Country Silver
2015	Lina Nielsen	4 x 400m Gold
2017	Khahisa Mhlanga	800m Gold
2021	Yemi Mary John	400m Silver
2021	Eve Wright	4 x 100m Gold
2023	Abigail Ives	800m Silver
2025	Lyla Belshaw	1500m Gold

Symone Belle (2003 4 x 100m Silver), Lucy Sargent (2007 4 x 100m Gold) and Aleeya Sibbons (2021 4 x 100m Gold) all ran in the relay heats but not in the finals.

EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

1973	Christopher van Rees	4 x 400m Bronze
1977	Gregory Stewart	4 x 400m Bronze
1979	Colin Reitz	2000m Steeplechase Silver
1985	Gary Jenson	Javelin Throw Silver
1989	David Bigham	Decathlon Bronze
1989	John Kenny	4 x 100m Silver
1989	Matthew Simson	Shot Put Bronze
1995	Tom Lerwill	4 x 400m Gold
1997	Mark Findlay	200m Bronze and 4 x 100m Gold
2005	Steven Fennell	800m Bronze
2007	Gianni Frankis	110m Hurdles Bronze
2009	Eugene Ayanful	100m Bronze and 4 x 100m Bronze
2015	Joseph Dewar	100m Silver
2021	Joseph Harding	4 x 100m Gold

ESAA – ESSEX ROLL OF HONOUR

Mark Findlay (1995 4 x 100m Gold) and Jordan Kirby-Polidore (2011 4 x 100m Silver) ran in the relay heats but not in the finals.

Marcus Hunt (2009 4 x 400m Gold) ran in the relay heat but not in the final.

EUROPEAN YOUTH / U18 MEDALLISTS - GIRLS

2022	Stephanie Okoro	400m Hurdles Bronze
2024	Lyla Belshaw	1500m Gold
2024	Olivia Forrest	3000m Bronze
2024	Shiloh Omotosho	Ind. Medley Bronze

EUROPEAN YOUTH / U18 MEDALLISTS - BOYS

2018	Sam Bennett	110m Hurdles Gold
2018	Karl Johnson	400m Hurdles Bronze
2024	Joel Ajayi	100m Bronze

ESAA – ESSEX ROLL OF HONOUR

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, Swimming, Triathlon and Weightlifting.

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

BOBSLEIGH - JOHN HERBERT

John represented Essex when winning the 1979 ESAA Senior Triple Jump title. He was also a 2-time AAA champion (1988 and 1990) and the 1986 Commonwealth champion at triple jump.

At the end of his athletics career he became a successful athletics coach and in 1993 combined the coaching with competing in bobsleigh. He was 8th in 1994 Olympic Games 4-man bob. John has also been GB Bobsleigh Performance Director.

HOCKEY – PRUDENCE FRENCH

Prudence represented Essex when winning the 1967 ESAA Senior Javelin Throw title. She was also a medallist in 1966 and 1968. In 1968 she also won the bronze medal in the WAAA (British Championships) before becoming British Champion in 1972.

By this time she was competing in 2 sports having joined Chelmsford Ladies Hockey Club. On March 8th, 1975 she made her England hockey debut against Wales at Wembley. It was a dream debut with Prudence (now Pru Carter) scoring the second goal in a 2-0 win.

RUGBY UNION – DEREK WYATT

Derek represented Essex when finishing third in the 1968 ESAA Senior Long Jump.

Derek became a top class rugby player, representing Bedford (1973-78 – 152 appearances) and Bath (1978-82 - 107 appearances). He gained his only England rugby cap as a replacement for David Duckham against Scotland in 1976.

In later life he was MP for Sittingbourne and Sheppey for 13 years from 1997.

SWIMMING and TRIATHLON – JODIE SWALLOW

Jodie represented Essex when winning 5 ESAA titles : the 1994 Junior Cross Country; the 1996 and 1997 Intermediate Cross Country and the 1996 and 1997 Intermediate 3000 metres titles. She also won 4 SIAB titles.

ESAA – ESSEX ROLL OF HONOUR

While enjoying fantastic athletics success, Jodie was also competing as a swimmer and, in 1996, won the Amateur Swimming Association (ASA) 400 metres Medley. The following year she won the bronze medal for Great Britain in the same event at the European Junior Swimming Championships.

Soon after this, Jodie switched her attention to the triathlon. She finished 8th for England in the 2002 Commonwealth Games and 34th for Great Britain at the 2004 Olympic Games. These championship triathlons were over the standard distance of 51.5 kilometres (1500m swim followed by a 40km cycle race and a 10km run to finish).

Jodie then decided to do so-called Long Distance Triathlons. These triathlons involve races of double to triple the distance of the standard triathlons. She went on to win 2009 and 2016 Long Distance Triathlon World Championships.