

ESAA – HERTFORDSHIRE ROLL OF HONOUR

The *Hertfordshire Schools' Athletic Association* was formed in 1925 and held its first "County Championship" on the 25th of July at Ware. The event was referred to as an "eliminating meeting for the Junior Olympics" by the *Daily Express*.

Hertfordshire was 1 of the 13 counties to compete in the inaugural SAA Championship in 1925 at Crystal Palace. The *English Schools' Athletic Association (ESAA)* was known as simply the *Schools' Athletic Association (SAA)* until 1961.

The first Hertfordshire medallists appeared in the 1926 SAA Championship, W. Barber with a silver medal in the Boys 75 yards hurdles and P. Hallett with a bronze medal in the Boys high jump.

The first Hertfordshire SAA champion was C. Chandler in the Boys long jump in 1927.

OLYMPIC GAMES MEDALLIST

Janet Simpson	1964 4 x 100m Bronze 1959 I 150y-1, 1961 I 150y-1, 1962 S 220y-1, 1963 S 220y-1
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Jodie Williams (2024 4 x 400m Bronze) ran in the relay heat but not in the final.

EUROPEAN CHAMPIONSHIP MEDALLISTS

Janet Simpson	1969 4 x 400m Gold 1959 I 150y-1, 1961 I 150y-1, 1962 S 220y-1, 1963 S 220y-1
Jodie Williams	2014 200m Silver and 4 x 100m Gold, 2022 4 x 400m Bronze 2007 and 2008 J 100m-1
Elizabeth Bird	2022 and 2024 3000m Steeplechase Bronze 2010 I 1500m-3, 2013 S 1500m-3
Gary Staines	1990 5000m Silver 1979 I 1500m-dq

COMMONWEALTH GAMES MEDALLISTS

Janet Simpson	1966 4 x 110y Silver 1959 I 150y-1, 1961 I 150y-1, 1962 S 220y-1, 1963 S 220y-1
Lynda Whiteley	1982 Discus Throw Bronze 1979 I DT-3, 1981 S DT-1
Jodie Williams	2014 200m Silver and 4 x 100m Bronze, 2022 400m Bronze 2007 and 2008 J 100m-1
Elizabeth Bird	2022 3000m Steeplechase Silver

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2010 I 1500m-3, 2013 S 1500m-3

Julian Goater	1982 10000m Bronze 1970 S 5000m-1
Shaun Pickering (WAL)	1998 Shot Put Bronze 1978 I HT-1, 1979 S HT-3, 1980 and 1981 S HT-1
Nick Nieland	2002 Javelin Throw Bronze, 2006 Javelin Throw Gold 1990 S JT-3
Kyle Langford	2018 800m Silver 2012 I 800m-1
Kimani Jack	2026 High Jump Bronze 2021 S HJ-4

BRITISH CHAMPIONS

Margaret Pickerell	1959 440y 1957 S 880y-1
Janet Simpson	1965 and 1966 220y 1959 I 150y-1, 1961 I 150y-1, 1962 S 220y-1, 1963 S 220y-1
Lynda Whiteley	1983 and 1984 Discus Throw 1979 I DT-3, 1981 S DT-1
Jill Barrett	1984 5k Walk 1978 J 2.5k Walk-2
Tracy Lawton (née Burges)	1984 400m 1977 I 400m-1
Catherine Murphy	1995 200m 1990 J 200m-1, 1992 I 200m-3, 1993 S 200m-1, 1994 S 200m-2
Jodie Williams	2014, 2019 and 2021 200m, 2021 400m 2007 and 2008 J 100m-1
Hannah Williams	2020 200m 2013 I 200m-3, 2014 I 200m-2, 2016 S 200m-1
Elizabeth Bird	2021 and 2022 3000m Steeplechase 2010 I 1500m-3, 2013 S 1500m-3
Phoebe Gill	2024 800m 2021 J 800m-1, 2022 and 2023 I 800m-1, 2024 S CC-3

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Mike Campbell	1971 High Jump 1962 S HJ-1
Julian Goater	1982 10000m 1970 S 5000m-1
Gary Staines	1995 10000m 1979 I 1500m-dq
Nick Nieland	1996 and 2005-07 Javelin Throw 1990 S JT-3
Adam Bowden	2008 3000m Steeplechase 1998 I 1500mST-3, 2000 S 2000mST-1
Scott Rider	2014 Shot Put 1992 S DT-2
Kyle Langford	2015 800m 2012 I 800m-1
Mark Pearce	2021 3000m Steeplechase 2012 I 3000m-8
Efe Uwaifo	2023 and 2024 Triple Jump 2009 J TJ-1, 2011 I TJ-1, 2012 S TJ-1, 2013 S TJ-3
Kristian Imroth	2026 3000m Steeplechase 2018 I 1500mST-1

Notes regarding the athlete details shown above :

An entry for each athlete consists of the first line detailing their Major Championship medal win or their British Championship title win. Second (and subsequent) lines show their ESAA Championship performances 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)

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ESAA GIRLS CHAMPIONS

1948	I	150y	Barbara Forster	1994	J	100m	Jean Oyeyemi
1949	I	JT	A. Burton	1995	J	SP	Maryann Naboya
1950	I	JT	Muriel Hoskins	1996	J	PEN	Samantha Adamson
1956	J	LJ	Rosemary Jordan	1997	S	TJ	Judy Kotey
1957	S	80mH	E. Walker	1998	I	CC	Lisa Samuels
1957	S	880y	Margaret Pickerell	1998	I	SP	Shelley McLellan
1959	J	150y	Janet Simpson	1999	I	CC	Jessica Nugent
1961	I	150y	Janet Simpson	1999	I	SP	Shelley McLellan
1962	S	220y	Janet Simpson	1999	S	800m	Lisa Samuels
1963	S	220y	Janet Simpson	2000	J	800m	Hayley Beard
1963	S	4x110y	Hertfordshire	2000	J	SP	Dani Wheeler
1964	S	JT	Jackie Wainwright	2000	S	HJ	Samantha Adamson
1965	J	LJ	Valerie Fox	2001	J	200m	Lia Tappin
1967	I	LJ	Valerie Fox	2001	I	TJ	Angela Barrett
1968	I	DT	Susan Carter	2001	S	HT	Nicola Dudman
1969	I	CC	Mary Sonner	2002	J	HJ	Wendy Meadows-Smith
1969	I	800m	Mary Sonner	2003	I	200m	Lia Tappin
1970	J	LJ	Carol Brown	2004	J	JT	Peta Lundgren
1970	I	CC	Mary Sonner	2004	S	800m	Hayley Beard
1970	I	800m	Mary Sonner	2005	J	SP	Charlotte Rose
1971	S	800m	Sandra Marquis	2005	S	1500m	Jessica Sparke
1972	J	HJ	Jackie Matthews	2007	J	100m	Jodie Williams
1972	S	800m	Sandra Marquis	2008	J	100m	Jodie Williams
1974	J	CC	Christine Brace	2008	I	1500m	Sophie Connor
1975	I	1500m	Christine Brace	2008	I	LJ	Katie Caulfield
1975	I	200m	Brenda Gauntlett	2008	S	200m	Laura Wake
1977	I	400m	Tracy Burges	2008	S	JT	Peta Lundgren
1978	J	CC	Amanda Alford	2009	S	100mH	Stephanie Gaynor
1978	J	75mH	Lynda Playel	2009	S	400m	Laura Wake
1980	I	400mH	Julie Lindsey	2009	S	4x100m	Hertfordshire
1981	S	800m	Amanda Alford	2009	S	HJ	Moe Sasegbon
1981	S	DT	Lynda Whiteley	2010	J	75mH	Alicia Tymon-McEwan
1982	S	100mH	Lynda Playel	2011	S	1500m	Sophie Connor
1985	J	JT	Rebecca Foster	2012	S	100m	Frances Slater
1986	I	800m	Jody Allen	2015	I	800m	Isabelle Boffey
1988	J	HJ	Tracy Flin	2015	S	400m	Lauren Rule
1989	I	3000m	Kerry Mackay	2015	S	800m	Ellie Baker
1989	S	800m	Jody Allen	2015	S	LJ	Naomi Harryman
1990	J	200m	Catherine Murphy	2016	I	300mH	Grace Gentry
1990	S	3000m	Kerry Mackay	2016	S	400m	Hannah Williams
1991	I	3000m	Julie Mackay	2017	J	LJ	Milly Gall
1992	I	3000m	Julie Mackay	2018	J	75mH	Mia McIntosh
1993	S	200m	Catherine Murphy	2018	S	100mH	Emily Russell

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ESAA GIRLS CHAMPIONS (cont'd)

2019	J	75mH	Mia McIntosh
2019	I	80mH	Marli Jessop
2021	J	800m	Phoebe Gill
2021	J	SP	Ellie Bostock
2021	I	80mH	Mia McIntosh
2021	S	100m	Alannah Fashanu
2022	J	PV	Isabella Turner
2022	I	800m	Phoebe Gill
2022	S	100mH	Scarlett Gammell
2023	I	800m	Phoebe Gill
2023	I	PV	Isabella Turner
2023	I	SP	Ellie Bostock
2024	I	PV	Isabella Turner
2025	S	PV	Isabella Turner

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ESAA BOYS CHAMPIONS

1927	U14	LJ	C. Chandler	1976	J	400m	Michael Penn
1930	U14	440y	J. Pointing	1976	I	HJ	Vincent Clemmens
1931	U14	880y	H. Chinnery	1977	S	PV	Andrew Jackson
1948	J	HJ	F. Brady	1978	J	400m	Alan Leonard
1948	I	LJ	D. Skipper	1978	J	4x100m	Hertfordshire
1950	J	HJ	P. Hulmes	1978	I	HT	Shaun Pickering
1950	S	880y	D. Davison	1980	J	800m	M. James
1952	J	SP	R. Rigby	1980	S	HT	Shaun Pickering
1955	J	100y	R. Scholes	1981	J	PV	John Trounson
1958	I	JT	Kenneth D. Day	1981	I	100mH	Paul Brice
1959	J	80yH	David Tuckwell	1981	S	HT	Shaun Pickering
1959	I	JT	John Greasley	1981	S	JT	Roald Bradstock
1960	J	1M	Peter Fuller	1982	J	400m	Mark Tyler
1960	S	JT	John Greasley	1982	S	110mH	Paul Brice
1961	I	PV	Glen Sapsford	1983	I	100m	Paul Keeble
1961	S	JT	John Greasley	1983	S	110mH	Paul Brice
1962	J	440y	Leslie Willsher	1983	S	400mH	Michael Bryars
1962	I	1M	Peter Fuller	1984	S	100m	Paul Keeble
1962	S	HJ	Mike Campbell	1988	J	800m	Paul Mitchell
1965	S	TJ	Alan Pitt	1989	J	DT	Ben Williams
1966	J	PV	J. Potter	1989	I	100mH	Henrik Hartmann
1967	J	LJ	Julian Danquah	1990	I	HT	Malcolm Croad
1967	I	TJ	Martin Johnson	1991	S	HT	Malcolm Croad
1969	I	TJ	Christopher Lewis	1992	J	DT	Ben Walker
1969	S	4x100m	Hertfordshire	1992	I	DT	Ray McKenna
1970	I	200m	Tony Gershuny	1996	J	CC	Mark Griffith
1970	S	5000m	Julian Goater	1996	I	1500mST	Andrew Murphy
1971	J	200m	Andrew Barker	1997	J	200m	Tristan Anthony
1971	J	400m	Timothy Cant	1997	J	JT	Anthony Lovett
1971	J	LJ	Simon Fitall	1998	J	SP	Carl Saggars
1971	I	1500m	Andrew Barnett	1998	I	1500mST	Mark Griffith
1971	S	CC	Julian Goater	1998	I	200m	Tristan Anthony
1971	S	200m	Tony Gershuny	1999	I	200m	Tristan Anthony
1972	J	1500m	Stephen Greaves	1999	I	400m	Russell Nicholls
1972	J	400m	Stephen Wells	1999	I	HT	Carl Saggars
1972	I	CC	Kirk Dumpleton	2000	I	HJ	Mark Crowley
1973	J	PV	Neil McPhee	2000	I	HT	Carl Saggars
1973	J	SP	Maurice Charge	2000	S	2000mST	Adam Bowden
1974	S	CC	Kirk Dumpleton	2000	S	SP	Robert Morris
1974	S	PV	Christopher Boreham	2001	S	110mH	Tristan Anthony
1975	J	4x100m	Hertfordshire	2002	J	HJ	James Russell
1975	J	HJ	Vincent Clemmens	2002	S	2000mST	Tom Bedford
1975	I	PV	Neil McPhee	2004	S	1500m	Michael Smart

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ESAA BOYS CHAMPIONS (cont'd)

2005	J	100m	Antonio Infantino	2017	J	PV	Jonathan Rugg
2005	S	2000mST	Daniel Russell	2017	I	400mH	Ben Lloyd
2006	S	2000mST	Jon Pepper	2018	I	1500mST	Kristian Imroth
2007	I	200m	Antonio Infantino	2018	I	TJ	Josh Woods
2007	I	LJ	Kadeem Greenidge-Smith	2018	S	100m	Brandon Mingeli
2008	J	LJ	Robert Gaylor	2018	S	DT	Samuel Woodley
2008	S	200m	Antonio Infantino	2019	S	100m	Destiny Ogali
2008	S	DT	Steve Watson	2019	S	200m	Toby Makoyawo
2009	J	TJ	Efe Uwaifo	2019	S	4x100m	Hertfordshire
2011	I	CC	James McMurray	2021	J	JT	Tom Rutter
2011	I	TJ	Efe Uwaifo	2021	I	200m	Joel Houslin
2012	J	CC	Jamie Dee	2023	I	DT	Godwin Mutandwa
2012	J	HJ	Matthew Lally	2023	I	JT	Tom Rutter
2012	I	800m	Kyle Langford	2023	S	HJ	Toby Cherry
2012	S	LJ	Efe Uwaifo	2024	J	80mH	Oscar Barret
2012	S	PV	Daniel Gardner	2024	J	DT	Chu Ononogbu
2013	J	PEN	Max Price	2024	I	DT	Godwin Mutandwa
2013	J	100m	Kesi Oludoyi	2024	S	JT	Tom Rutter
2013	J	HT	George Marvell	2024	S	PV	Angus Brown
2013	I	400m	Kim Sobotie	2025	J	1500m	Jake Summers
2015	J	TJ	Dolapo Gbadamosi	2025	J	PV	Noah van den Bergh
2015	I	HT	George Marvell	2025	I	LJ	Daniel Emegbor
2016	I	1500m	Jeremy Dempsey	2025	S	JT	Tom Rutter
2016	I	400mH	Ben Lloyd	2026	I	1500mST	Teddy Murphy

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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

1962	S	220y	Janet Simpson	1992	I	3000m	Julie Mackay
1963	S	220y	Janet Simpson	1995	U16	i60m	Jean Oyeyemi
1963	S	80mH	J. Herbert	1996	U16	iPEN	Samantha Adamson
1968	S	DT	Susan Carter	1997	I	3000m	Clare Campbell
1971	S	800m	Sandra Marquis	1998	I	HJ	Samantha Adamson
1975	I	1500m	Christine Brace	1998	U18	iPEN	Samantha Adamson
1975	I	200m	Brenda Gauntlett	2015	I	800m	Isabelle Boffey
1977	I	400m (A)	Tracey Burges	2022	I	800m	Phoebe Gill
1989	I	3000m	Kerry Mackay	2023	I	SP	Ellie Bostock
1991	I	3000m	Julie Mackay				

BOYS WINNERS

1961	S	JT	John Greasley	1999	U16	iSP	Carl Saggars
1962	S	HJ	Mike Campbell	1999	I	JT	Anthony Lovett
1963	S	1500mST	Mike Dixon	2000	I	HT	Carl Saggars
1970	S	5000m	Julian Goater	2007	I	200m	Antonio Infantino
1975	I	PV	Neil McPhee	2007	I	400m	Nathan Wake
1977	I	HJ	Vincent Clemmens	2010	I	LJ	Ola Amosu
1981	I	100mH	Paul Brice	2010	I	PV	Daniel Gardner
1990	I	HJ	Mark Smith	2010	I	TJ	Bradley Pike
1990	I	HT	Malcolm Croad	2011	I	TJ	Efe Uwaifo
1992	I	DT	Ray McKenna	2012	I	800m	Kyle Langford
1996	I	1500mST	Andrew Murphy	2013	U16	iPEN	Max Price
1998	I	1500mST	Mark Griffith	2015	I	100m	Kesi Oludoyi
1998	I	200m	Tristan Anthony	2015	I	HT	George Marvell
1998	U16	i200m	Tristan Anthony	2017	I	400mH	Ben Lloyd
1998	U16	i60m	Tristan Anthony	2018	I	1500mST	Kristian Imroth
1999	I	400m	Russell Nicholls	2026	I	1500mST	Teddy Murphy
1999	I	HT	Carl Saggars				

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

yyyy Championship Year

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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

2011	Jodie Williams	100m Gold and 200m Silver
2022	Jessica Astill	4 x 400m Bronze

Jessica Astill (2024 4 x 400m Bronze) ran in the relay heat but not in the final.

WORLD JUNIOR / U20 MEDALLISTS - BOYS

1988	Lloyd Stapleton	4 x 100m Bronze
2010	Nathan Wake	4 x 400m Bronze

WORLD YOUTH / U18 MEDALLIST - GIRLS

2009	Jodie Williams	100m and 200m Gold
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WORLD YOUTH / U18 MEDALLIST - BOYS

2013	Kyle Langford	800m Bronze
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EUROPEAN U23 MEDALLISTS - GIRLS

2007	Lizi Brathwaite	1500m Silver
2009	Jessica Sparke	Cross Country Bronze
2013	Jodie Williams	100m Silver, 200m Gold and 4 x 100m Silver
2019	Hannah Williams	4 x 400m Silver
2019	Ellie Baker	800m Silver
2021	Isabelle Boffey	800m Gold

EUROPEAN U23 MEDALLIST - BOYS

2017	Theo Etienne	4 x 100m Silver
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EUROPEAN JUNIOR / U20 MEDALLISTS - GIRLS

2011	Jodie Williams	100m Gold, 200m Gold and 4 x 100m Bronze
2017	Ellie Baker	800m Silver
2017	Hannah Williams	400m Bronze and 4 x 400m Bronze
2019	Isabelle Boffey	800m Gold and 4 x 400m Gold

Hannah Foster (2019 4 x 400m Gold) ran in the relay heat but not in the final.

EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

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1981	Raold Bradstock	Javelin Throw Silver
1983	Paul Brice	110m Hurdles Bronze
1985	Mark Tyler	4 x 400m Gold
1989	Wayne Griffith	Long Jump Silver and 4 x 100m Silver
2001	Russell Nicholls	4 x 400m Silver
2009	Nathan Wake	4 x 400m Gold
2015	Tommy Ramdhan	200m Gold
2015	Kyle Langford	800m Gold
2021	Toby Makoyawo	100m Gold and 4 x 100m Gold

EUROPEAN YOUTH / U18 MEDALLISTS - GIRLS

2016	Isabelle Boffey	800m Gold
2022	Mia McIntosh	100m Hurdles Gold

Jessica Astill (2022 Medley Relay Gold) ran in the relay heat but not in the final.

EUROPEAN YOUTH / U18 MEDALLIST - BOYS

2022	Tom Gaunce	Medley Relay Bronze
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ESAA – HERTFORDSHIRE ROLL OF HONOUR

MULTI-SPORT ATHLETES

Many 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 seven of Hertfordshire's ESAA competitors who have gone on to have a successful career in other sports :

BOBSLEIGH - SCOTT RIDER

Scott represented Hertfordshire when finishing second in the 1996 ESAA Senior Discus Throw. He represented England in the shot put at 3 consecutive Commonwealth Games from 2006 to 2014 and also won the AAA Shot Put title in 2014.

In 2000, during his athletics career, Scott joined the Great Britain Bobsleigh team and finished in 11th place in the 2002 Olympic Games 4-man bob.

FOOTBALL – CRAIG MACKAIL-SMITH

Craig represented Hertfordshire when finishing 8th in the 1998 ESAA Junior Pole Vault. He started playing youth football with St. Albans City in 1999.

It was another 8 years before he began his professional Football League career with Peterborough United. Although born in Watford, Craig qualified to play for Scotland through his Edinburgh-born grandmother. In 2011, just before the end of his stint at Peterborough he was given his first cap by Scotland and added another 6 caps by the end of 2012 when he was playing for Brighton & Hove Albion. He has since played for Luton Town and Wycombe Wanderers.

FOOTBALL – DAVID JAMES MBE

David represented Hertfordshire when finishing 14th in the 1986 ESAA Inter High Jump. On leaving school he joined Watford FC as a trainee.

He made his Football League debut with Watford in 1990 and gained his first England U21 cap while with the club. In 1992 he joined Liverpool but it was another 5 years before his 53-cap England career started. David's England career lasted 13 years during which time he played in the Premier League for Liverpool, Aston Villa, Manchester City and Portsmouth. His 572 Premier League appearances is the 4th highest number in that league.

HOCKEY – JULIA ROBERTSON

Julia represented Hertfordshire when finishing third in the 1984 ESAA Junior Long Jump and 5th in the 1988 ESAA Senior Heptathlon. She was already playing junior hockey at this time.

In 1991 Julia was playing for Ealing and was vice-captain of the England Under-21 hockey team. She won a silver medal at the 1991 European Indoor Under-21 Championships. She was also an England International.

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RUGBY UNION – MARO ITOJE

Maro represented Hertfordshire when finishing second in both the 2009 ESAA Junior and 2010 ESAA Intermediate Shot Put events. While still at school he played for the England Under-18 Rugby Union team before captaining the England Under-20 team to the World Championship for Under-20s title.

He made his Saracens debut at 19 years of age. His England debut came in 2016 and, as of March 2025, he had amassed 93 caps.

Maro has also played 9 times for the British and Irish Lions. In May 2025 he was appointed captain of the British Lions for their tour of Australia.

RUGBY UNION – ROBBIE MORRIS

Robbie represented Hertfordshire when winning the 2000 ESAA Senior Shot Put title. He was also second in the 1999 ESAA Senior Discus Throw.

Robbie joined Northampton Saints rugby union club in 2000. In 2003 he made his 2 England appearances in the Six Nations tournament. He left the Saints in 2005 for a 2-year stint for Newcastle Falcons and spent 3 years at the Irish club Connacht.

TRIATHLON - ADAM BOWDEN

Adam represented Hertfordshire when winning the 2000 ESAA Senior Steeplechase title. After becoming the 2008 British 3000m Steeplechase champion he decided to move to Triathlon.

His best Triathlon performance is 4th at a 2017 World Triathlon Series event in Leeds.