

# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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The *Leicestershire Schools' Athletics Association* was formed on 19<sup>th</sup> February, 1927.

The first Leicestershire Schools County Championships were held on the 25<sup>th</sup> June, 1927 at the Corinthians' Football Ground in Loughborough. The 6 associations of North Leicestershire (the Championship winners), Melton Mowbray, Loughborough, Mid Leicestershire, Market Harborough and West Leicestershire took part. At the conclusion of the event a team was selected to compete in the ESAA Championship at Stamford Bridge 3 weeks later.

It was 4 years before Leicestershire celebrated having an ESAA champion when Alfred Adcock of Asfordby won the Junior long jump in 1931.

Leicestershire hosted the ESAA Championship for the first time in 1939 at the Loughborough College Stadium. 777 competitors from 20 counties took part.

The *Rutland Schools' Athletics Association* was formed in 1935 and sent its first team, 25 strong, to the ESAA Championship in Kettering the same year.

It was 1971 when the first (and only) Rutland ESAA champion was crowned when Gordon Wood of Uppingham School won the Senior 400 metres hurdles.

Following the implementation of the Local Government Act 1972, Rutland became part of the non-metropolitan county of Leicestershire and, from 1975, Rutland athletes competed in the *Leicestershire Schools' Athletics Association* team.

In 2001 the *Leicestershire Schools' Athletics Association* changed its name to the *Leicestershire and Rutland Schools' Athletics Association*.

## OLYMPIC GAMES MEDALLIST

|                                 |                                                          |
|---------------------------------|----------------------------------------------------------|
| John Cooper<br>(Leicestershire) | 1964 400m Hurdles Silver, 4 x 400m Silver<br>1957 I TJ-1 |
|---------------------------------|----------------------------------------------------------|

## EUROPEAN CHAMPIONSHIPS MEDALLIST

|                              |                                                       |
|------------------------------|-------------------------------------------------------|
| Pat Lowe<br>(Leicestershire) | 1969 4 x 400m Gold, 1971 800m Silver<br>1961 S 220y-3 |
|------------------------------|-------------------------------------------------------|

## COMMONWEALTH GAMES MEDALLISTS

|                                            |                                                                  |
|--------------------------------------------|------------------------------------------------------------------|
| Pat Lowe<br>(Leicestershire)               | 1970 800m Silver<br>1961 S 220y-3                                |
| Helen Frost<br>(Leicestershire & Rutland)  | 2002 4 x 400m Silver<br>1990 I 300mH-3, 1992 S 400m-1            |
| Laura Samuel<br>(Leicestershire & Rutland) | 2014 Triple Jump Silver<br>2007 I LJ-1, 2008 S LJ-2, 2009 S TJ-1 |

## ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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|                                    |                                                                                   |
|------------------------------------|-----------------------------------------------------------------------------------|
| Ben Challenger<br>(Leicestershire) | 1998 High Jump Silver, 2002 High Jump Bronze<br>1994 I HJ-1, 1996 and 1997 S HJ-1 |
|------------------------------------|-----------------------------------------------------------------------------------|

|                                   |                                                 |
|-----------------------------------|-------------------------------------------------|
| Nathan Morgan<br>(Leicestershire) | 2002 Long Jump Gold<br>1994 I LJ-2, 1996 S LJ-1 |
|-----------------------------------|-------------------------------------------------|

### BRITISH CHAMPIONS

|                              |                            |
|------------------------------|----------------------------|
| Pat Lowe<br>(Leicestershire) | 1969 800m<br>1961 S 220y-3 |
|------------------------------|----------------------------|

|                                  |                               |
|----------------------------------|-------------------------------|
| Brenda Gibbs<br>(Leicestershire) | 1977 High Jump<br>1975 S HJ-6 |
|----------------------------------|-------------------------------|

|                               |                              |
|-------------------------------|------------------------------|
| Lisa York<br>(Leicestershire) | 1992 3000m<br>1987 S 3000m-5 |
|-------------------------------|------------------------------|

|                                           |                                |
|-------------------------------------------|--------------------------------|
| Ellie Spain<br>(Leicestershire & Rutland) | 2006 Pole Vault<br>2000 S PV-1 |
|-------------------------------------------|--------------------------------|

|                                            |                                                                                                                          |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Eden Francis<br>(Leicestershire & Rutland) | 2009-2012 and 2014 Shot Put, 2012, 2014 and 2021 Discus Throw<br>2002 and 2003 J SP-2, 2004 and 2005 I SP-1, 2007 S SP-1 |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|

|                                            |                                                                         |
|--------------------------------------------|-------------------------------------------------------------------------|
| Laura Samuel<br>(Leicestershire & Rutland) | 2010-2013 and 2016 Triple Jump<br>2007 I LJ-1, 2008 S LJ-2, 2009 S TJ-1 |
|--------------------------------------------|-------------------------------------------------------------------------|

|                                              |                                                   |
|----------------------------------------------|---------------------------------------------------|
| Hannah Nuttall<br>(Leicestershire & Rutland) | 2024-2026 5000m<br>2013 I 1500m-3, 2014 S 3000m-1 |
|----------------------------------------------|---------------------------------------------------|

|                                 |                                  |
|---------------------------------|----------------------------------|
| John Cooper<br>(Leicestershire) | 1964 440y Hurdles<br>1957 I TJ-1 |
|---------------------------------|----------------------------------|

|                                |                            |
|--------------------------------|----------------------------|
| Chris Monk<br>(Leicestershire) | 1973 200m<br>1970 S 100m-1 |
|--------------------------------|----------------------------|

|                                 |                                    |
|---------------------------------|------------------------------------|
| Brian Adams<br>(Leicestershire) | 1975-1979 10k Walk<br>1965 I CC-95 |
|---------------------------------|------------------------------------|

|                                |                                                     |
|--------------------------------|-----------------------------------------------------|
| Phil Vesty<br>(Leicestershire) | 1984 3k Walk<br>1977 J 3k Walk-1, 1981 S 10k Walk-1 |
|--------------------------------|-----------------------------------------------------|

|                                   |                                                     |
|-----------------------------------|-----------------------------------------------------|
| Nathan Morgan<br>(Leicestershire) | 1998 and 2001 Long Jump<br>1994 I LJ-2, 1996 S LJ-1 |
|-----------------------------------|-----------------------------------------------------|

|                                    |                                                                         |
|------------------------------------|-------------------------------------------------------------------------|
| Ben Challenger<br>(Leicestershire) | 2000, 2001 and 2003-2005 High Jump<br>1994 I HJ-1, 1996 and 1997 S HJ-1 |
|------------------------------------|-------------------------------------------------------------------------|

|                                           |                                                             |
|-------------------------------------------|-------------------------------------------------------------|
| Lloyd Finch<br>(Leicestershire & Rutland) | 2001 5k Walk<br>1996 and 1997 J 3k Walk-1, 1991 I 5k Walk-1 |
|-------------------------------------------|-------------------------------------------------------------|

## ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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*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 – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

## ESAA GIRLS CHAMPIONS (Leicestershire)

|      |     |        |                    |      |   |       |                 |
|------|-----|--------|--------------------|------|---|-------|-----------------|
| 1946 | U16 | HJ     | Margaret Avis      | 1989 | J | CC    | Claire Allen    |
| 1950 | S   | 4x110y | Leicestershire     | 1989 | J | 1500m | Claire Allen    |
| 1951 | I   | HJ     | Josephine Harvey   | 1989 | S | 1500m | Maxine Newman   |
| 1952 | I   | LJ     | Irene Granger      | 1992 | S | 400m  | Helen Frost     |
| 1952 | S   | 220y   | Margaret Dudley    | 1993 | I | 80mH  | Louise Colledge |
| 1953 | I   | DT     | Jennifer Hyman     | 1996 | J | 75mH  | Helen Worsey    |
| 1956 | S   | HJ     | Jennifer Fraser    | 1997 | J | HJ    | Aileen Wilson   |
| 1968 | S   | 220y   | Jean O'Neill       | 1997 | I | 80mH  | Helen Worsey    |
| 1969 | S   | LJ     | Shirley Clelland   | 1998 | J | PEN   | Aileen Wilson   |
| 1971 | J   | LJ     | Julie Sanderson    | 1998 | J | HJ    | Aileen Wilson   |
| 1971 | J   | SP     | Beverley Wadeson   | 1998 | I | 80mH  | Helen Worsey    |
| 1977 | J   | DT     | Susan Holwell      | 1999 | I | HEP   | Aileen Wilson   |
| 1984 | J   | LJ     | Nicola Goddard     | 1999 | I | HJ    | Aileen Wilson   |
| 1986 | I   | CC     | Helen Titterington | 2000 | I | HJ    | Aileen Wilson   |
| 1987 | I   | 1500m  | Maxine Newman      | 2000 | S | PV    | Ellie Spain     |

## ESAA BOYS CHAMPIONS (Leicestershire)

|      |     |       |                     |      |   |          |                 |
|------|-----|-------|---------------------|------|---|----------|-----------------|
| 1931 | U14 | LJ    | Alfred Adcock       | 1975 | J | 100m     | Derek Butler    |
| 1939 | U14 | 220y  | Horace Branston     | 1975 | J | 1500m    | Chris Moulton   |
| 1939 | U16 | 100y  | S. Smith            | 1975 | S | CC       | Richard Callan  |
| 1939 | U16 | 220y  | R. Ball             | 1975 | S | 5000m    | Richard Callan  |
| 1939 | U16 | 440y  | R. Hutchins         | 1977 | J | 3k Walk  | Phil Vesty      |
| 1946 | U16 | 440y  | L. Clemerson        | 1979 | I | 400mH    | James Gillespie |
| 1947 | U14 | 880y  | Roy Brown           | 1981 | J | 3k Walk  | Andrew Ethell   |
| 1947 | U16 | SP    | C. Radford          | 1981 | S | CC       | Craig Mochrie   |
| 1948 | I   | SP    | C. Radford          | 1981 | S | 10k Walk | Phil Vesty      |
| 1951 | J   | 440y  | Peter Hollis        | 1983 | J | 3k Walk  | Dave Ethell     |
| 1951 | J   | LJ    | John Allen          | 1984 | J | 3k Walk  | Dave Ethell     |
| 1952 | J   | HJ    | Darrell C. Robinson | 1985 | J | 3k Walk  | Jon Vincent     |
| 1953 | I   | DT    | John Waldron        | 1986 | I | 5k Walk  | Jon Vincent     |
| 1953 | S   | HJ    | Robert F. Warren    | 1987 | J | 80mH     | Milimo Chona    |
| 1954 | J   | SP    | Peter Marsden       | 1987 | I | 5k Walk  | Jon Vincent     |
| 1955 | I   | HJ    | Beverley Bouskill   | 1988 | J | HJ       | Andrew Lynch    |
| 1956 | I   | 440y  | H. Malcolm Yardley  | 1988 | I | 5k Walk  | Karl Atton      |
| 1957 | I   | 440y  | H. Malcolm Yardley  | 1988 | S | 10k Walk | Jon Vincent     |
| 1957 | I   | TJ    | John H. Cooper      | 1989 | S | 10k Walk | Jon Vincent     |
| 1961 | I   | 100y  | Nicholas Noton      | 1989 | S | 800m     | Paul Burgess    |
| 1968 | J   | DT    | Steve Yates         | 1990 | J | CC       | Scott West      |
| 1970 | S   | 100m  | Chris Monk          | 1990 | J | 1500m    | Scott West      |
| 1974 | J   | 100m  | Brian Ford          | 1990 | S | 800m     | Matt Hibberd    |
| 1974 | J   | 1500m | Robert Slater       | 1990 | S | SP       | Philip Adams    |

## ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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### ESAA BOYS CHAMPIONS (Leicestershire – cont'd)

|      |   |         |                    |      |   |         |                 |
|------|---|---------|--------------------|------|---|---------|-----------------|
| 1991 | I | SP      | Mark Edwards       | 1996 | I | 5k Walk | Michael Kemp    |
| 1991 | S | 3000m   | Dave Robertson     | 1996 | S | HJ      | Ben Challenger  |
| 1992 | J | 800m    | Russell Cartwright | 1996 | S | LJ      | Nathan Morgan   |
| 1992 | I | 1500m   | Scott West         | 1997 | J | 3k Walk | Lloyd Finch     |
| 1992 | S | 1500m   | Matt Hibberd       | 1997 | I | 5k Walk | Thomas Taylor   |
| 1992 | S | 400m    | Carl Southam       | 1997 | S | HJ      | Ben Challenger  |
| 1993 | J | 200m    | Arif Shah          | 1998 | I | OCT     | Dominic Girdler |
| 1994 | I | HJ      | Ben Challenger     | 1998 | I | 100mH   | Dominic Girdler |
| 1994 | S | SP      | Mark Edwards       | 1999 | I | 5k Walk | Lloyd Finch     |
| 1995 | J | 3k Walk | John Murphy        | 1999 | I | JT      | James Turner    |
| 1996 | J | 3k Walk | Lloyd Finch        | 2000 | J | 80mH    | Sean Ashton     |
| 1996 | I | CC      | Ryan Faulkner      | 2000 | S | 110mH   | Dominic Girdler |

### ESAA BOYS CHAMPION (Rutland)

1971   S      400mH      Gordon Wood

# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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## ESAA GIRLS CHAMPIONS (Leicestershire & Rutland)

|      |   |         |                      |      |   |         |                  |
|------|---|---------|----------------------|------|---|---------|------------------|
| 2001 | J | 1500m   | Lynsey Jepson        | 2009 | S | TJ      | Laura Samuel     |
| 2001 | J | 800m    | Emma Hopkins         | 2012 | S | 5k Walk | Jasmine Nicholls |
| 2001 | I | 300mH   | Justine Roach        | 2014 | S | CC      | Amy Griffiths    |
| 2002 | I | 80mH    | Nicola Robinson      | 2014 | S | 1500m   | Amy Griffiths    |
| 2002 | S | JT      | Helen Mounteney      | 2014 | S | 3000m   | Hannah Nuttall   |
| 2004 | I | SP      | Eden Francis         | 2015 | S | 5k Walk | Emma Achurch     |
| 2005 | I | SP      | Eden Francis         | 2021 | J | 1500m   | Shaikira King    |
| 2005 | S | TJ      | Denae Matthew        | 2021 | I | 300m    | Etty Sisson      |
| 2006 | I | JT      | Sarah-Anne De Kremer | 2021 | S | 800m    | Indienne King    |
| 2007 | I | JT      | Sarah-Anne De Kremer | 2022 | J | CC      | Shaikira King    |
| 2007 | I | LJ      | Laura Samuel         | 2022 | J | 1500m   | Shaikira King    |
| 2007 | S | SP      | Eden Francis         | 2022 | S | 800m    | Indienne King    |
| 2009 | J | 3k Walk | Jasmine Nicholls     |      |   |         |                  |

## ESAA BOYS CHAMPIONS (Leicestershire & Rutland)

|      |   |         |                           |      |   |         |                |
|------|---|---------|---------------------------|------|---|---------|----------------|
| 2001 | I | 5k Walk | Luke Finch                | 2013 | J | CC      | Ben Dijkstra   |
| 2002 | J | 800m    | Grant Prendergast         | 2013 | J | 1500m   | Ben Dijkstra   |
| 2002 | I | 5k Walk | Luke Finch                | 2014 | J | 100m    | Tyrese Johnson |
| 2003 | J | 3k Walk | Lewis Hayden              | 2014 | I | CC      | Ben Dijkstra   |
| 2003 | I | 800m    | Grant Baker (Prendergast) | 2014 | I | 3000m   | Ben Dijkstra   |
| 2003 | S | 5k Walk | Luke Finch                | 2015 | J | 3k Walk | Ben Allen      |
| 2004 | I | 100mH   | Daniel Maynard            | 2015 | I | CC      | Ben Dijkstra   |
| 2004 | I | 400mH   | Lloyd Gumbs               | 2015 | I | 3000m   | Isaac Akers    |
| 2004 | I | 800m    | Grant Baker               | 2015 | I | JT      | Ivan Tapper    |
| 2004 | S | 5k Walk | Luke Finch                | 2016 | S | 3000m   | Sam Stevens    |
| 2005 | I | 100mH   | Julian Adeniran           | 2017 | S | CC      | Ben Dijkstra   |
| 2006 | J | JT      | Harry Hollis              | 2017 | S | LJ      | Rowan Powell   |
| 2007 | S | 110mH   | Julian Adeniran           | 2024 | S | 200m    | Fabian Powell  |
| 2011 | I | DT      | Forrest Francis           | 2024 | S | 400mH   | Oliver Parker  |
| 2012 | J | 100m    | Owin Sinclair             |      |   |         |                |

# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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## ESAA WHEELCHAIR CHAMPIONS

|      |              |     |              |
|------|--------------|-----|--------------|
| 2022 | 100m T34     | T34 | Tieran Ross  |
| 2022 | 400m T34     | T34 | Tieran Ross  |
| 2024 | 100m T20     | T20 | Sam Finlan   |
| 2024 | 100m T34/T54 | T34 | Tieran Ross  |
| 2024 | 100m T20     | T20 | Kellam James |

# ESAA – LEICESTERSHIRE AND RUTLAND 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

|      |     |       |                    |      |     |       |                      |
|------|-----|-------|--------------------|------|-----|-------|----------------------|
| 1968 | S   | 220y  | Jean O'Neill       | 1999 | U16 | iHJ   | Aileen Wilson        |
| 1974 | I   | DT    | Karen Mallard      | 2001 | I   | 300mH | Justine Roach        |
| 1986 | I   | 3000m | Lisa York          | 2002 | I   | 80mH  | Nicola Robinson      |
| 1986 | I   | CC    | Helen Titterington | 2004 | I   | SP    | Eden Francis         |
| 1987 | I   | 1500m | Maxine Newman      | 2006 | I   | JT    | Sarah-Anne De Kremer |
| 1989 | J   | CC    | Claire Allen       | 2007 | I   | JT    | Sarah-Anne De Kremer |
| 1997 | I   | 80mH  | Helen Worsey       | 2019 | I   | HJ    | Madeleine Wood       |
| 1997 | U16 | i60mH | Helen Worsey       | 2021 | I   | 300m  | Etty Sisson          |
| 1998 | U16 | iHJ   | Aileen Wilson      | 2022 | J   | CC    | Shaikira King        |
| 1998 | U16 | iPEN  | Aileen Wilson      | 2023 | I   | 800m  | Shaikira King        |

### BOYS WINNERS

|      |     |        |                    |      |   |         |                 |
|------|-----|--------|--------------------|------|---|---------|-----------------|
| 1970 | S   | 100m   | Chris Monk         | 1999 | I | 3k Walk | Lloyd Finch     |
| 1970 | S   | 200m   | Chris Monk         | 2000 | I | 3k Walk | Lloyd Finch     |
| 1971 | S   | 400mH  | Gordon Wood        | 2001 | I | 3k Walk | Luke Finch      |
| 1990 | J   | CC     | Scott West         | 2002 | I | 3k Walk | Luke Finch      |
| 1990 | U16 | i1500m | Scott West         | 2003 | I | 800m    | Grant Baker     |
| 1991 | I   | SP     | Mark Edwards       | 2004 | I | 400mH   | Lloyd Gumbs     |
| 1992 | I   | 1500m  | Scott West         | 2004 | I | 800m    | Grant Baker     |
| 1992 | I   | CC     | Scott West         | 2005 | I | 100mH   | Julian Adeniran |
| 1992 | U16 | i800m  | Russell Cartwright | 2013 | J | CC      | Ben Dijkstra    |
| 1994 | J   | CC     | Ryan Faulkner      | 2014 | I | CC      | Ben Dijkstra    |
| 1998 | I   | 100mH  | Dominic Girdler    | 2015 | I | CC      | Isaac Akers     |
| 1998 | U18 | iPEN   | Dominic Girdler    | 2016 | I | 400mH   | Ben Higgins     |

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))

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



# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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## WORLD JUNIOR / U20 MEDALLISTS - GIRLS

|      |              |                    |
|------|--------------|--------------------|
| 2010 | Laura Samuel | Triple Jump Silver |
| 2022 | Etty Sisson  | 4 x 400m Bronze    |

## WORLD JUNIOR / U20 MEDALLISTS - BOYS

|      |                |                  |
|------|----------------|------------------|
| 1996 | Ben Challenger | High Jump Silver |
| 1996 | Nathan Morgan  | Long Jump Bronze |
| 2006 | Grant Baker    | 4 x 400m Bronze  |

Fabian Powell (2024 4 x 100m Silver) ran in the relay heat but not in the final.

## WORLD YOUTH / U18 MEDALLIST - GIRLS

|      |               |                |
|------|---------------|----------------|
| 2001 | Aileen Wilson | High Jump Gold |
|------|---------------|----------------|

## EUROPEAN U23 MEDALLIST - GIRLS

|      |              |             |
|------|--------------|-------------|
| 2009 | Eden Francis | Discus Gold |
|------|--------------|-------------|

## EUROPEAN U23 MEDALLISTS - BOYS

|      |                  |                     |
|------|------------------|---------------------|
| 1999 | Ben Challenger   | High Jump Gold      |
| 1999 | Nathan Morgan    | Long Jump Bronze    |
| 2009 | Callum Priestley | 110m Hurdles Bronze |
| 2009 | Lloyd Gumbs      | 400m Hurdles Gold   |

## EUROPEAN JUNIOR / U20 MEDALLIST - GIRLS

|      |               |              |
|------|---------------|--------------|
| 2015 | Amy Griffiths | 1500m Silver |
|------|---------------|--------------|

## EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

|      |                 |                     |
|------|-----------------|---------------------|
| 1970 | John Boggis     | 3000m Silver        |
| 1989 | Paul Burgess    | 800m Silver         |
| 1997 | Ben Challenger  | High Jump Silver    |
| 1997 | Nathan Morgan   | Long Jump Gold      |
| 2001 | Dominic Girdler | 110m Hurdles Bronze |
| 2015 | Elliott Powell  | 200m Silver         |

Carl Southam (1991 4 x 400m Gold) ran in the relay heat but not in the final.

Steve Topliss / Webb (1997 4 x 100m Gold) ran in the relay heat but not in the final.

# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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## EUROPEAN YOUTH / U18 MEDALLISTS - GIRLS

|      |               |                   |
|------|---------------|-------------------|
| 2022 | Etty Sisson   | Medley Relay Gold |
| 2024 | Shaikira King | 800m Silver       |

# ESAA – LEICESTERSHIRE AND RUTLAND ROLL OF HONOUR

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## MULTI-SPORT ATHLETE

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 a Leicestershire and Rutland ESAA competitor who has gone on to have a successful career in another sport :

### **BEN DIJKSTRA**

Ben represented Leicestershire and Rutland when winning the 2017 ESAA Senior Cross Country title. This was the last of his 4 ESAA Cross Country wins. His illustrious ESAA career also included the 2013 Junior 1500 metres and the 2014 Intermediate 3000 metres titles. He had started in Triathlon at the age of 10 and was competing in both sports when he won his ESAA titles.

In 2016 and 2017 Ben won bronze medals in the World Junior Triathlon Championship. He followed this by becoming European under-23 champion in 2019.

Ben is now competing in the Elite level Triathlon events with his best performance so far being 4th place in the ITU Triathlon Cup event in Australia in 2020.