**English Schools Championships 2021**

This years championships held at the Manchester Regional Arena was a very different one to normal, held over three days instead of two, with each age group competing on a different day.

The championships started on Friday 9th July with the Senior age group. Competing for Northants we had, Ella Watford SG triple jump, Amelia McMurtrie SG 800m, Lewis Panter SB 3000m, William Dean SB 100m, Finlay Ward 2000SC, Chris Dyrmishi SB Shot, and Noah Bennett SB 1500m.

Our first placing in this age group was Finlay Ward finishing in 5th place in the 2000m steeplechase, with a personal best time of 6.16.38. Chris Dyrmishi ranking in the number 1 spot before the championships did not disappoint, winning the gold medal with a distance of 16.05. Noah Bennett then went on to produce a fine 1500m performance to finish in 8th place in a personal best time of 3.56.78.

The second day of the championships saw the Intermediate age group take part, and competing for us we had, Luke Turner 400H, Katie Gibson IG Hammer, Alice Bates IG 3000m, Hayley Dimond IG Shot, Ryan Amesimeku IB 100m, Alice Bennett !G 800m, Lily Carlaw IG Discus,

First for the Inters was Katie Gibson in the Hammer, who competed at Trafford AC. Katie finished in 4th place with a throw of 48.44.

 Also competing at Trafford was Lily in the Discus, who brought home our second gold medal of the championships with a throw of 41,43. Another of our Inter girl throwers competing was Hayley in the shot, who finished in 5th place with a throw of 12.32. Alice Bennett ran her 800 in fine form to finish in 4th place in a time of 2.11.21, and Ryan in the 100 ran a personal best of 11.15 to finish in 6th place.

The final day of the championships on Sunday 11th July saw the Junior age group competing. Northants athletes were, Oke Okere JB long jump, Ona Ndefo JG 75H, Jacob Asher-Relf JB 800m, Ella Darby JG 300m, Savannah Morgan JG 100m, Josh Sothcott JB 300m, and Lara Turner JG 1500m.

Again we had some amazing performances, firstly with Oke in the long jump with a jump of 5.60 and finishing in 8th place. Jacob finished in 6th place in the 800m (2.03.76), as did bottom year athlete Ella in the 300m with a personal best of 41.54. Ona produced a fantastic performance in her 75 hurdles heat to get through to the A final in a personal best time of 11.49. In the final Ona was absolutely fantastic, and coming in bronze, possibly silver medal position, however the heartbreak of the hurdles hit when she fell at the last hurdle. Ona bravely got up to finish the race in 7th position. Finally, Savannah in the 100m finished third in her heat to safely get her through to the final, where she did an impressive run to finish in the silver medal position in a personal best time of 12.36.

Congratulations to all the athletes who took part for Northants, you did us proud!