



## Report from Danny Mullane Open – Chelmsford – 19<sup>th</sup> April 2014

On a cool, showery day, a number of Chelmsford athletes turned out to compete at the annual Danny Mullane Open at Melbourne Park on 19<sup>th</sup> April. A plethora of PB's were collected!

### Boys/Men - Sprints

Joe Stedman and Jamie Watford – both U17's took part in the 100m, and managed to record equal new PB's, timed at 11.99secs! Joe then went on to register a PB in the 200m too. Matthew Bruce (U13) also registered a PB of 13.95secs for the 100m and then repeated the feat in the 200m, where Ben Kirwin ran the fastest U13 time of the day.

### Boys/Men – Middle Distance

Will Kirwin lead the field home in the U15 800m, followed by Matthew Nicholls in 4<sup>th</sup> – the latter recording a PB.

### Boys/Men – Jumps

Phil Sergeant's jumpers dominated again. Robert Runciman and Thomas Hewes continued their high quality rivalry in a rain-swept U15 High Jump, with Robert turning the tables this week on his training partner, before Murray Peters leapt to an excellent new PB in the U17 event.

James Regan will have been delighted with a 5.72m PB in the U17 Long Jump, as will Murray Peters with 5.09m. Robert Runciman and Thomas Hewes again put in good performances, with Robert winning the U15 event.

### Boys/Men – Throws

Robert Runciman continued to enhance his multi-eventing reputation with yet another PB, this time in coming second in the Shot with exactly 12m. James Regan registered his second PB of the day, with 27.44m in the Javelin.

### Girls/Women - Sprints

Connie Forman (U15), who has been in excellent form this season, renewed her rivalry with CAT's Joy Ogunleye from the previous weekend in the 100m, and again tracked her into second place, in another new PB of 13.06secs, before doing the same in the 200m with a second PB. Connie went on to record a new PB in the Long Jump later, exceeding the 5m mark for the first time, and with three PB's will clearly have been **very** pleased with her day overall.

Emily Foster (U13) continued her excellent form from EYAL, with a new PB of 14.48secs in the 100m.

Sarah Prescott-Smith (U20) scored a PB in the 200m, as did Amy Day, Felicity Wall and Amber King (all U15), and Ndidikama Okoh (U13).

Jessica Judd delighted everyone present by using the event to continue the build up to her outdoor season with appearances in both the 400m and 1500m.

### Girls/Women – Middle Distance

Joceline Monteiro won the Senior Women's 800m, while Ndidikama Okoh recorded a PB at the same distance. Khai Mhlanga then dominated the U15 1500m, winning by over 10 seconds.

### Girls/Women – Jumps

Chelmsford scored a fantastic PB 1-2-3 in the U15 Long Jump, with Connie Forman Ellie Bartram-Sheppard all putting in best performances and eclipsing the field. Amber Whitehorne and Hannah Bardo also recorded PB's in the U13 Long Jump, as they came in 2<sup>nd</sup> and 3<sup>rd</sup> in their event.

### Girls/Women - Throws

Shirley Quinn's Shot Putters - Gabby Quigley and Laura Runciman scored an excellent 1-2 in the U15 event, before Charlotte Boyle and Hannah Bardo both registered PB's in the Discus. Gabby then earned another win in the Discus before, incredibly beating the Club record with 34.77m in the U15 Hammer – a record she only set herself the previous week!! Laura came in second behind Gabby in the Hammer, with a PB of her own of 30.46m. Zoe Taylor (U23) also scored a PB in the Hammer, with 36.30m.