



## Report from England Athletics Indoor Open Championships 2014

### Day 1 – Saturday 1<sup>st</sup> March

First Chelmsford AC athlete in action on Day 1 was Nathaniel Sherger, competing in Heat 3 of the U15 Boys 60m at 11am. Nathaniel's time of 7.47 was slightly outside of his PB, but saw him qualify for the Semis in 2<sup>nd</sup> place. Showing great consistency, Nathaniel recorded exactly the same time in the Semi, coming home 4<sup>th</sup>, and qualifying for the Final as a fastest loser, where he finished 8<sup>th</sup> in a high quality field. Nathaniel is now ranked 14<sup>th</sup> in the UK for 60m.

Nicole McKechnie was competing in the U20 Women's 400m, and came home 2<sup>nd</sup> in Semi 3, recording a time of 56.87, and qualifying for the Final as a fastest loser. The 400m Final was the last track event of the day, and Nicole finished just outside the medals in 4<sup>th</sup> place, with a time of 56.64. Nicole is currently ranked 7<sup>th</sup> in the UK for 400m Indoors.

In the Field events, Nancy Epsly was first up for Chelmsford, in the U20 Pole Vault Final. Nancy's clearance of 3.50m saw her finish in 6<sup>th</sup> place.

Next up in the Field was the U15 Boys High Jump, with Thomas Hewes and Robert Runciman competing for Chelmsford. Thomas and Robert came into the competition as the highest rated jumpers based on their PB's, and they certainly lived up to their billing, quickly eliminating the other competitors, who had all bowed out by the time the bar went above 1.75m. From then on it was an exclusive Chelmsford competition with the pair pushing each other on to new heights. By the end, both had achieved new PB's of 1.86m, Thomas having bettered his previous best by 4cm, and Robert by a massive 10cm! Thomas was ultimately awarded Gold based on count-back.

Even the England Athletics web site was moved to include an account in their report of the day:

*"For the boys, it was the high jumpers who provided arguably the most entertainment, with Chelmsford AC pair Thomas Hewes and Robert Runciman (both coached by Philip Sergeant) setting PBs of 1.86 to take gold and silver respectively in the under 15 event. Runciman added a whole 10cm to his existing best, while Hewes took gold with "only" a 4cm PB."*

They also tweeted a photo of Thomas in action:



Thomas and Robert are now equal No.1 in the U15 Boys High Jump ratings!

Robert's sister, Laura Runciman was next to take to the field, in the U15 Girls Shot. As a first year U15, Laura finished in a highly creditable 11<sup>th</sup> place, with a throw of 8.92m, and will have benefited hugely from the experience, which will put her in good stead for a medal in 2015.

## Day 2 – Sunday 2<sup>nd</sup> March

Nathaniel Sherger was back on the track first on Day 2, competing in the U15 Boys 200m Heats. Nathaniel recorded a new PB of 23.88, but this was unfortunately not enough to take him forward in the competition.

Next up on the track was Moesha Howard, in the Heats of the U20 Women's 60m Hurdles. Moesha continued her steady improvement in performances in this, her first season as an U20, finishing 4<sup>th</sup> in her Heat, with a time of 8.83. Unfortunately this was not quite enough for her to qualify for the next round.

Sophie Riches competed next – in the Straight Final of the U20 Women's 1500m – and claimed an outstanding victory, picking up a Gold medal in a time of 4:37.98.

Robert Runciman took on his third event of the weekend, in the U15 Boys 60m Hurdles, and finished third in his Heat with a time of 9.01. This took him through to the event Final where he recorded a new PB of 8.93, finishing in a highly creditable 5<sup>th</sup> place.

Day 2 in the Field started with the U20 Men's High Jump. Chelmsford's Max Paulin achieved a clearance of 1.90m – which placed him 8<sup>th</sup> in a competition in which the victor – Chris Kandu (Enfield & Haringey) - cleared a new Championship Best of 2.22m!

Fresh from his outstanding performance in the High Jump on Day 1, Robert Runciman returned to compete in the U15 Boys Long Jump. Robert was delighted to match his previous PB of 5.69m in finishing in 5<sup>th</sup> place.

Meanwhile, Poppy Lake was taking on her namesake Morgan Lake in the U20 Women's High Jump, where she finished with a Silver medal with a clearance of 1.76m. Morgan, of Windor Slough & Eton took Gold with a seasons' best of 1.88m. Their Gold and Silver placings matched their current Nos. 1 and 2 UK rankings.

The last Chelmsford athlete to see action in the Field was Terry Lucas, in the U20 Men's Long Jump. Terry will have been delighted with a new PB of 6.98m, placing him 5<sup>th</sup> in the competition, and leaving him 6<sup>th</sup> in the current UK rankings.

### Medal Summary

Thomas Hewes:	Gold – U15 Boys High Jump
Sophie Riches:	Gold – U20 Women's 1500m
Robert Runciman:	Silver – U15 Boys High Jump
Poppy Lake:	Silver – U20 Women's High Jump