



Report from EYAL – Peterborough – 11th May 2014

A depleted young Chelmsford AC team made the trip to Peterborough on Sunday, for their second EYAL fixture of the season. In difficult wet and windy conditions that made personal bests a rarity, the team battled hard to a very creditable 4th place over all, with the U15 Girls winning in their category.

The highlight of the day was in the U15 Girls Hammer, where Laura Runciman threw a new club record of 36.85m, grabbing the record from team mate Gabby Quigley, who had held it for less than a month! Laura made a major contribution to the U15 Girls victory by also winning the Shot, and the B string Discus!

The U15 Girls dominated the Long Jump, with Connie Forman and Ellie Bartram Sheppard recording a 1-2, and hence winning both the A and the B event. Ellie went on to record one of the few PB's in the sprints by claiming victory in the B string 100m.



Ellie Bartram-Sheppard

Rachel Broome secured a comfortable win in the U15 1500m, braving the driving rain on her own by running ahead of the field throughout.



Rachel Broome – dogged determination!

Also contributing to the U15 Girls team score were Hannah Badger (1st in the 300m B), Alisha Hayes (2nd in the High Jump), and Jessica Down who won the B string Shot.

The girls finished off their day in style by winning the 4x100m relay.

The U15 Boys team meanwhile were scoring some notable performances. Thomas Hewes and Robert Runciman continue to be unsurpassed in the High Jump and Long Jump, once again recording a 1-2 in both events.



Thomas Hewes – winning Long Jump and High Jump

Robert went on to win the U15 Shot, and both boys were part of the team which won the U15 Boys 4x100m relay, where they were joined by Will Kerwin and Oliver Hay.

After putting on a superb performance in the 800m last week, Will Kerwin turned his attention to shorter distances, and showed his versatility by powering to victories in both the 200m and the 300m!



Will Kerwin – powerful performances

In the Men's U17 events, Alex Reynolds and James Regan were the stand-out performers. Alex continued to dominate the throws by winning the Shot and Hammer, and coming second in the Discus. Multi-eventer James was extremely happy with a new PB in winning the Long Jump, combined with second places in both the High Jump and the 100m.

Joe Ellis won the Javelin, Jamie Allway won the Pole Vault, and Robert Avontuur won the B string Shot, as the U17's racked up the points in the Field events.



Jamie Allway – impressive Pole Vault in difficult conditions

In the Women's U17 events, the highlight was Rosa Prideaux continuing her excellent early season form by winning the 800m and coming second in the 200m

Elsewhere, Kieran Bennett came home first in the U13 Boys 75m Hurdles, and registered a second place in the Discus, and was shadowed by Joe Abbott, who did the same in the matching B events. Also in the U13's Ben Kerwin came second in both the 200m and 800m.

Lucy Rutter won the U13 Girls 100m B race, Nancy Eagles won the 70m Hurdles B race and came second in the High Jump. Didi Okoh secured victory in the U13 Girls High Jump B.