



Report from EYAL – Sandy – 3rd August 2014

Chelmsford secured a 10th place finish in the 2014 Eastern Young Athletes League, and with it a place in the Plate Final on 7th September, with a strong performance in sweltering conditions at Sandy on 3rd August. With several team members on holiday, or on County duty, the club showed strength in depth to ensure their Plate Final place.

Starting with the U17 Men, Levi Causton again demonstrated his class in the Hammer by winning his event in fine style. Jamie Allway won the Pole Vault, and was delighted to record a new PB of 3.50m in doing so. Murray Peters also scored a PB – 1.65m in coming first in the B string High Jump – as did Josh Sage, who leapt to a new best in the Long Jump, where he finished third. James Regan registered a Season's Best of 1.73m in the High Jump.

The star of the U17 Women's team was an U15 – Laura Runciman – who stepped up an age group to win both the Shot, AND the Hammer (the latter with a new PB)! Alisha Hayes also stepped up from the U15's to register an excellent second place in the 100m. Caitlin Boyles had a good day – winning the Pole Vault, before scoring a Season's Best in coming third in the Long Jump. Jodie Judd cruised to victory in the 1500m, and Megan Williams made it a double by winning the B event. Emma Perks also put in some impressive performances – winning the 300m, and coming second in the 200m.

Moving on to the U15's, Mason Daley was the biggest points scorer amongst the Boys, starting with the narrowest of victories in a 100m race where the first three were all given the same time! Mason then went on to a PB in winning the Long Jump, and a second place in the 200m. Michael Avraam won the Discus, and pocketed a new PB into the bargain, whilst there were also wins for Taylor Turner (80mH B race) and Callum Lloyd (800m B), who also came third in the High Jump. Scott Kingman was just edged into second place in the 80mH, being awarded the same time as the victor, who had to run a PB to beat him. George Hay won the B string Discus with a PB, and came second in the Javelin.

Jessica Down was the star of the U15 Girls team, winning the Javelin and the Shot (the latter with a new PB), before coming third in the 300m. Connie Forman registered her customary win in the 100m, while Ruby Hammond recorded a good third place in a 200m race dominated by C&T's star athlete – Joy Ogunleye. Georgia Ray secured a new PB in coming second in the High Jump before the 4x100m team ran an outstanding SB in winning their relay.

In the U13's, there were PB's for Joseph Abbott (800m – 3rd place) and Regan Boyle (Javelin – 3rd). Ndidi Okoh worked hard to cross the line first in the 800m, while Hannah Bardo recorded PB's in both the 70mH and High Jump. Emily Foster kept the points rolling in by coming second in the 200m, and third in the Long Jump, where she grabbed a PB.

The team will now set their sights on the EYAL Plate Final on 7th September, at Ipswich, where they will face the hosts, Dacorum & Tring, Barnet & Shaftesbury, Cambridge & Coleridge, and St Albans.