



## Report from EYAL – Thurrock – 13<sup>th</sup> April 2014

### Highlights

Chelmsford's younger athletes made the short trip to Thurrock on Sunday, for their first EYAL league fixture of the new season. Competing against the hosts, Herts Phoenix, CAT's, Braintree and Dacorum & Tring, the team finished the day in third place, behind Thurrock and Dacorum. Considering the depleted nature of the squad, the team can feel rightly pleased with their result.

Highlights of the day included a 21 point maximum for 'Man of Match' Robert Runciman (U15), a new U15 club record in the Hammer for debutant Gabby Quigley, and complete dominance of the Jumps in the U15 age groups (hats off to Phil Sergeant!). The U15 Girls (who were the only Chelmsford sub-team to win their age group) recorded a clean sweep in the middle distance events, while Laura Runciman (U15) almost matched her brother, with 20 points in the Throws – a feat that was emulated by Gabby Quigley, who recorded PB's in the Hammer and Shot, despite competing in the U17 Throws as an U15!

### U13 Girls – 6<sup>th</sup> place

The U13 Girls fielded a team of six:

- Amber Whitehorn
- Robyn Bennett
- Laura Paxman
- Ndidikama Okoh
- **Emily Foster**
- Maisie King

Emily was the team's leading scorer, amassing a superb 19 points from a win in the 800m B, and second places in the 200m B and Long Jump A. Her victory in the 800m was a particularly thrilling one, with Emily pipping her rival from Braintree by the narrowest of margins.

### U15 Girls – 1<sup>st</sup> place

The U15 Girls team were the best represented of the Chelmsford age groups, fielding a team of twelve:

- Connie Forman
- Amber King
- **Phoebe Jeffery**
- Jessica Whiley
- Katie Faint
- Olivia Smith
- Ellie Bartram-Sheppard
- Niamh Butler
- Kate Etherridge
- Rachel Broome
- **Laura Runciman**
- Olivia Elliott

The twin stars of the U15 Girls team were Phoebe Jeffery and Laura Runciman – both registering 20 points. Phoebe won the High Jump A and the Long Jump B, whilst coming second in the 300m A. Laura won the Shot A (beating her rivals by over 2 metres, and recording a new PB of 10.01m into the bargain), before smashing the opposition in the Hammer A, with a throw of twice the distance of the second place athlete!). She then completed her afternoon by securing second place in the Discus A.

Connie Forman put in some impressive displays in the 100m A (where, with a new PB of 13.1sec, she only narrowly lost to CAT's Joy Ogunleye, who was ranked 8<sup>th</sup> in the UK over the distance last year) – and in the Long Jump A where she secured first place with a leap that put nearly 40cm between her and second place. Meanwhile, Ellie Bartram-Sheppard came second in the 100m B, with an excellent new PB of 13.7sec, compared to her previous best of 14.16sec.

The U15 Girl Jumpers were in fine form, with the team of Phoebe Jeffery, Olivia Smith and Connie Forman recording a clean sweep of the High and Long Jumps, in both A and B strings (a feat that was later matched by the U15 Boys!). Phil Sergeant finished the day a very happy man!

The U15 Girls Middle Distance runners, comprising Jessica Whiley, Katie Faint, Kate Etheridge and Rachel Broome, were also in excellent form – and they too scored a clean sweep in the 800m and 1500m. All four strode to victory in their events by considerable margins.

The girls even put together a Relay team at the end of the day, finishing third in the 4x100m.

### U17 Women – 4<sup>th</sup> place

The U17 Women fielded a team that included:

- Caitlin Boyle
- Bronwen Smith
- Rosa Prideaux
- Emma Perks
- **Gabby Quigley**

Highlights were Gabby's 20 point haul in the Throws (including PB's in the Shot and Hammer – **and a new Club record in the Hammer!**), Caitlin's victory in the Pole Vault A, and the almost complete dominance of the 200m and 300m by Rosa and Emma.

Gabby's achievement was all the more impressive, given that she is actually a U15 athlete, competing in the U17 category!

### U13 Boys – 4<sup>th</sup> place

The U13 Boys were represented by:

- Ben Kerwin
- Jack Karmy
- **Kieran Bennett**

Kieran just edged the best points total of the three, with a win in the 75m Hurdles A, second place in the 100m B, and third in 200m B. Jack was close behind, with victory in the Long Jump B, second place in

the 800m A, and fourth in the 200m A. Ben triumphed in the 800m B, before putting in some excellent performances in the 100m A, and the Long Jump A.

### U15 Boys – 4<sup>th</sup> place

The U15 Boys fielded a team of seven athletes:

- Mason Daley
- Oliver Hay
- Taylor Turner
- Will Kerwin
- Sam Knock
- **Robert Runciman**
- Thomas Hewes

Robert took the plaudits as the only member of the Chelmsford team to come home with the maximum 21 points to his name, enhancing his reputation as the UK's No.1 U15 multi-eventer. The highlight of his day was undoubtedly a massive new PB of 6.12m in the Long Jump – a performance that propelled him to the UK No.2 in the event! He also weighed in with a PB in the 80m Hurdles, where he recovered from a poor start to pip his rival from Thurrock with a dip-finish on the line.



*Robert Runciman leaps to No.2 in the UK Rankings*

As has been mentioned previously, the Boys joined the U15 Girls in making a clean sweep of the Jumps, with Robert Runciman and Thomas Hewes completely dominating, and fully justifying their top UK

rankings. Thomas – the 2014 U15 National Indoor High Jump Champion, won the High Jump A with a clearance of 1.80m, and also recorded an impressive 5.35m PB in the Long Jump, to win the B event.

Mason Daley put in a couple of sterling performances in the 100m A and 200m A, recording PB's in both events, and only beaten on both occasions by a sprinter from the UK's top 10.

Meanwhile, Will Kerwin showed real grit and determination to hold on to win the 800m A, in a very tight finish against his rival from CAT's.

### U17 Men – 4<sup>th</sup> place

The U17 Men were represented by:

- Jacob Parker
- Nathan Brearley
- James Regan
- Joe McQuillan
- **Alex Reynolds**
- Joe Ellis
- Robert Avontuur

Alex claimed the mantle of top points scorer for the sub-team, with a haul of 20 points. His highlights was an enormous victory in the Hammer A, with a throw of 52.52m, beating his nearest opponent by over 30 metres! He followed this up by winning the Discus A, and coming second on his debut in the Triple Jump!

Nathan Brearley stormed to victory in 1500m, winning by over 10 seconds, whilst James Regan had an excellent day with three second places – in the Hurdles, Long Jump and Shot. He was particularly pleased with PB's in the latter two events.



*James Regan – eyes on the prize!*