



## Report from SAL – Croydon – 12<sup>th</sup> July 2014

On Saturday July 12<sup>th</sup> Chelmsford AC's Senior Men and Women Team travelled to Croydon for Round 4 of the Southern Athletics League – competing against the hosts, City of Portsmouth, and Radley.

Man of the Match for Chelmsford was Luke Keteleers, and Woman of the Match Louise Deer, but the whole team deserves enormous credit for a battling performance against the odds, given their limited numbers.

The stand-out performances amongst the men were from Luke – who won the 400m Hurdles, came second in the 110m Hurdles B, and also secured second place in the Long Jump – before also trying his hand at Shot, Discus AND Hammer, to earn extra points for the team. Bradley Reed matched Luke in the Hurdles by conversely winning the 110m race and coming second in the 400m B race, before leaping to a win in the Long Jump B event.

James Murrell and Joe McQuillan once again emphasised the strength of the club's High Jump team by winning both the A and B events respectively – both with successfully clearances of 1.80m!

Mark Woodley recorded a dominant victory in the 800m, while Chris Youell followed up by winning the B race. Both men were sub 2 minutes. Chris also registered a fine second place in the 400m B race.

Harry McQueen (100m), Callum Charleston (1500m), David Farrugia (100m B), Darren Blackwell (1500m B), and Jamie Allway (Pole Vault) all recorded excellent second places in their events, to keep the team points rolling in. David achieved a new PB in his event, while Jamie equalled his own.

Finally, the men's 4x400m team (Callum Charleston, Paul Owe, Darren Blackwell and Mark Woodley) ended the day with an excellent victory in the relays.



In the Women's events, apart from Louise Deer's outstanding 5-event contribution to the team score, Joceline Monteiro recorded a fantastic double by winning both the 200m and the 800m (SB).

Multi-talented Jade Harding scored plenty of points for Chelmsford by winning the High Jump, coming second in the 100mH and Long Jump, and throwing her way to third place in the Javelin. Along the way she managed to equal both her High Jump AND Long Jump PB's!

Caroline Hill won the 200m B race.