



Report from SAL – Norwich – 19th April 2014

We had a great day. It was chilly, but the rain held off.

Men and Women of the Match

The Southern Athletic League make Match Awards for top performances during the match and it was pleasing to see Markus Hunt in the list, for his 48.5sec win in the 400m A.

Chelmsford Team Managers also awarded a "Chelmsford Team" Man and Woman of the Match. This wasn't necessarily on best performance. The decision was based on an assessment of team effort, team spirit, commitment, number of points won, performance etc. In other words, the best way to describe it is best "Team Player". With so many contenders it was difficult but, in the end, these awards went to Harry McQueen (who won both the 100m A, and the 200m A) and Rebecca Wade (who won the 400m B, finished second in the 800m A, and scored valuable points in the Javelin).

Team Spirit

There was a really good atmosphere in the team.... and we had some fun. Poor Luke Keteleers - a false start denied him a win in the B string 110mH. He was ribbed for the rest of the day and we don't think he will live it down for some time!

Over the course of the day there were some really great performance from both the Men and Women and it was good to see so many willing to step in to fill places. It shows what these athletes can do when they give it a try. Daniel Moore took a valuable second place in the Triple Jump when he'd never done the event in his life before!

Men's Report



On the Men's side all the athletes performed so well that it's difficult to highlight individuals. However, there were PB's for Grant Twist in the 5,000m, Joe Wells in the Hammer, Bradley Reed in the 400m Hurdles, Darren Blackwell in the 2000m SC, James Mead in the Discus, and Joseph Ellis in the Javelin. Grant's performance was all the more impressive for having also won the 1500m B race during the day!

We also had a number of U17's competing in the SAL for the first time. Notably, Jamie Allway took second in the A string Pole Vault (equalling his PB) and in the High Jump we had total domination, with James Murrell (with a 1.87m PB) and Joe McQuillan (1.75m) winning both A and B string.

Terry Lucas won the Men's Long Jump, with 6.72m, having had two "no-jumps" of over 7 metres.

Kevin Wilson formed the backbone of our throwing squad (including PB's in the Discus and Javelin) with Geoff Tyler (now over 60) still competing - an inspiration to us all.

In the final events, the Men's 4x100 and 4x400, Chelmsford showed the Norwich Team the way home with an awesome display of team running, averaging 11.1secs in the 100's and 51.5secs in the 400's.

Women's Report

Amongst the Women, Bethany Schofield recorded PB's in both the 100m and 200m, and Marleen Avontuur registered a PB in both the 100mH, and the Discus. Megan Evans also scored a PB, finishing second in the 1500m A, and U17 Bronwen Smith grabbed a PB in the 400m Hurdles. Erin Minton-Branfoot recorded a PB in the Hammer.

Caroline Hill registered a notable victory in the 400m A, while Wendy King (V40) showed the youngsters a clean pair of heels in winning the 1500m B (and finishing second in the 3000m A!).

All women gave their absolute best, and were very appreciative of the support provided by the Men's team throughout the day.

Final Analysis

Norwich, however, with home advantage counting, couldn't be caught in the overall score. We took a very creditable second, beating Havering & Mayesbrook, and holding off a strong challenge from Colchester Harriers.

Ultimately it was a fun day, with everyone in good spirits considering it was the first match, and athletes now very much aware of the work that needs to be done over the coming weeks in training, in preparation for the next fixture on 17th May.

Let's put out an even stronger team at the next fixture, and come home with a win! See your Team Managers – Miv Owen and Hayley Pegg – to make yourself part of it!