



## Report from SAL – Southampton – 21<sup>st</sup> June 2014

On Saturday June 21<sup>st</sup> Chelmsford AC's Senior Men and Women Team travelled to Southampton for Round 3 of the Southern Athletics League.

Against strong opposition from Stevenage and North Herts AC, Blackheath and Bromley AC and the host Club, Southampton AC, it was always going to be a tough match, especially as the latter two clubs may have had the use of athletes from their British League teams.

As the competition progressed the points tally was close. However, with ten events remaining Southampton, with home advantage, were beginning to edge away. The battle between the remaining three teams then became very exciting, but Chelmsford put in a tremendous effort and secured a very impressive second place. Final positions and points were:

Southampton	238 points
Chelmsford	190 points
Stevenage & North Herts	159 points
Blackheath & Bromley	125 points

The result could not have been achieved without an incredible team spirit and it was fantastic to see so many athletes willing to cover additional events. There were numerous great performances and it would be impossible pick out any individual to mention. The whole team, which consisted of the following athletes, deserves credit:

### **Ladies Team:**

Louise Deer, Megan Evans (PB's in 800m and 3000m), Rebecca Gibbs, Jade Harding, Joceline Monteiro, Hayley Pegg, Shirley Quinn, Jessica Swain and Rebecca Wade (PB's in 200m and Steeplechase).

Woman of the Match was awarded to Shirley Quinn.

### **Men's Team:**

Jamie Allway, Darren Blackwell, Alex Cooke, David Farrugia, Alfie Green (PB in 5000m), Luke Keteleers (PB in 400m hurdles), Joe McQuillan (PB in the High Jump), James Mead (PB's in Discus and Hammer), Harry McQueen (equalled PB in 400m), Alex O'Brien, Paul Owen, Bradley Reed (PB in 400m Hurdles), Geoff Tyler, Mark Woodley, Joe Wells, Kevin Wilson, Stephen Woodford and Chris Youell.

Man of the Match was awarded to Bradley Reed.

Joceline Monteiro was awarded Woman of the Match by SAL – the first time this season that a Chelmsford athlete has won this award!

The next Southern League fixture is at Croydon on 12<sup>th</sup> July