



Report from SAL – Walton – 17th May 2014

Chelmsford travelled to Walton-on-Thames on Saturday (17th May) for Round 2 of the Southern Athletics League (SAL). The team was significantly weakened as many athletes were missing due to the clash with the Essex Championships; and those at school and university being in the middle of exams.

Despite a fantastic effort from a very small team Chelmsford were unfortunately beaten. The overall result was: Brighton 198, Walton 195, Nene Valley 178 and Chelmsford 142. The positive to be taken was that even with much smaller team than the other clubs we did manage to score that many points!

There was once again a great team spirit during the match with everyone doing their utmost for the Club. So much so that choosing the Chelmsford Man and Woman of the match was an extremely difficult task! However, the awards this time went to **Kevin Wilson** and **Jade Harding**. Well done.

The conditions on the day were good (although slightly airless, making it more difficult for the longer track events) and a number of athletes gained new PB's as follows:

Alex Leslie (U17)	13.3 - 100m & 27.2 -200m
Ismail Sseyange (SM)	3:55.9 – 1500m
Bradley Reed (U23)	14.9 – 110H
Alfie Green (U20)	10:24.8 – 3000m
Rachael Stark (U23)	8.34m – TJ
Darren Blackwell (U20)	4:11.8 – 1500m
Caroline Hill (SW)	8.19m – TJ
Kevin Wilson (SM)	12.19m – Shot
Luke Keteleers (SM)	58.7 – 400H
Alex Reynolds (U17)	38.75m – Hammer (senior weight)

The Chelmsford athletic performance of the day must surely go to Ismail Sseyange who destroyed the field in the 3000m with an incredible 8:42.2 and then went on, less than 2 hours later, to run his PB in the 1500m!

The next match is at Southampton on 21st June when we will back to full strength. Southampton have not lost a match in the last three years so it's about time they were beaten! We were unlucky as a team at Walton. Let's put the record straight in June!!