



Report from YDL U13/U15 – Parliament Hill – 22nd June 2014

Chelmsford's U13/U15 athletes visited Highgate Harriers' Parliament Hill track on 22nd June. Despite finishing second on the day, in blazingly hot conditions, the team remain top of their division in the Youth Development League, with just one fixture remaining, and look odds-on for promotion.

Once again, the stand-out performer was U15 Connie Forman, who registered a clean sweep of PB's in her three events. Connie's progress has been outstanding this year, and if there was a club record for the number of PB's in one season, she would surely be closing in on it! At Highgate, Connie won the 100m and the Long Jump – and came third in the 200m. Her leap of 5.29m sees her ascend further up the UK rankings, where she now sits in 7th place!



Touch-Down! Connie leaps into the UK Top 7!



Flat-Out! Connie storms to another sprint PB!

Connie was ably supported once again by her training partner, Ellie Bartram-Sheppard, who continued her recovery from shin splints by winning the B string Long Jump, and registering a PB in the 100m.



Ellie Bartram-Sheppard – a fine return from injury this season

Gabby Quigley, in her first season in a Chelmsford vest continues to go from strength to strength in the Throws. She won the Discus, Hammer, and Shot, to complete a maximum points haul for the team.

Still with U15's, Katie Faint and Rachel Broome fought out a closely fought 1500m in tough conditions. In the end Katie prevailed, but Rachel was delighted to dip below the five minute barrier for the first time in coming in second.



Rachel and Katie fighting it out in the 1500m

The U15 Girls counterparts in the Boys team also put in some impressive displays. Thomas Hewes and Robert Runciman recorded their usual 1-2 in the High Jump (with Robert also recording a PB whilst coming second in the Hurdles, in a high class race).



Thomas Hewes – leaping to victory

Possibly the performance of the day came from Will Kerwin, in the 800m. Despite coming home third in the event, his new PB of 2:03 propelled him into the UK Top 20, illustrating what an exceptional field was on display.



Will Kerwin – another 800m PB

Thomas Keevil won the U15 1500m, Michael Avraam finished first in the Discus – and Tommy Sedgwick came home first in the 800m B string race, in an excellent time.

The U15 Boys (Runciman, Kerwin, Hewes and Daley) finished off their day by winning the 4x100m relay, in thrilling style.

The U13 Girls team recorded some fine victories, to boost the team's points total. Hannah Bardo won the Long Jump, while Nancy Eagle and Amelia Day matched the U15 Boys by recording a 1-2 in the High Jump – once again demonstrating the club's strength in this discipline.

Amongst the U13 Boys, Joe Abbot had a good day, winning both the High Jump, and the 75m Hurdles (B), while Kieran Bennett came home second in the Hurdles A race.