

Having finished the regular season in 7<sup>th</sup> place in the Eastern Young Athletes League last month, Chelmsford's junior squad qualified to defend the EYAL Plate that they won so handsomely in 2014 – and on Sunday they visited Thurrock, to take on the hosts, Cambridge & Coleridge, Barnet & Shaftesbury, Dacorum & Tring, and City of Norwich in their attempt to retain their crown.

And the team came away victorious – winning the overall competition in emphatic style, by nearly 100 points from their nearest challengers, Thurrock Harriers! They also bettered last year's achievement by winning no less than three of the age group categories – U17 Men, U17 Women, and U15 Girls!

It was the U17 Men that put in the most dominant performance, winning their category by a wide margin, with a total of 141 points, and recording A string wins for:

- Nyakey Duwai – 200m (with Andrew Hill winning the B race)
- Andrew Hill – 400m (James Regan won the B race)
- William Gray – 800m (Harry Tullett won the B event, with a PB time)
- Robert Runciman – 100mH (with Scott Kingman winning the B race)
- Alex Skingle – Shot
- Alex Reynolds – Discus (James Regan again won the B event) AND Hammer (with a massive 61.11m PB)

Thomas Hewes also won the High Jump, with an incredible PB of 2.05m – a height which propelled him back to equal 1<sup>st</sup> place in the U17 UK rankings. He also found time to record a second place in the Long Jump, with a leap of 6.23m!

The U17 Women were not to be out-done, as they racked up 108 points towards the overall team total – and it was three of the team that stood out on the day in terms of individual points scored – Caitlin O'Reilly, who won both the 100m and 200m, as well as winning the Long Jump; Jodie Judd, who crossed the line first in the 800m and 1500m before turning in an excellent B string 200m; and Gabby Quigley, who won the Shot and Discus, as well as registering third place in the Hammer. In addition, Hannah Badger contributed plenty of points in the 300m, 80mH and Shot, and the team also ran superbly to take 2<sup>nd</sup> place in the 4x100m relay.

The other age group winners were the U15 Girls – and again three members of the team were to the fore. Connie Forman won the 75mH and Long Jump, and came home second in the 100m; Laura Runciman battled through a nasty hand injury to win the Hammer and Shot, and also win the B string Discus; and Jess Hopkins won the Discus, Javelin, and B string Hammer.

In the U13 Girls category the highlight was a new club record of 1.48m in the High Jump for the multi-talented Hannah Bardo, who also went on to win the B string Long Jump and come second in the Discus, in a week when she ascended to sixth place in the UK Pentathlon rankings! Ndidi Okoh weighed in with her usual substantial points contribution by winning the 800m, and scoring second places in both the 200m and Long Jump.

Another multi-eventer, Lily Parris, won the B string 70mH in what was actually the fastest time of the day, Hannah Bolton won the B string 800m, Martha Smith battled hard to an excellent second place in the 1500m (with Faye Sweeting winning the B event) – and the girls rounded off their day in fine style by winning the 4x100m relay.

Elsewhere, Seb Clatworthy won the U13 Boys High Jump – a feat matched by John Boyle in the U15 Boys event – and in both cases the respective teams won the B string events also (Jack Hammond and Callum Lloyd) to underline what a centre of high jumping excellence the club is becoming.

Ultimately, it was again the commitment and enthusiasm shown by team members across the board which saw the club to another memorable triumph – and a sizeable number of additions to the trophy cabinet. There were far too many outstanding contributions made, to do them all justice here. It was an immensely enjoyable afternoon's athletics, and another proud day for the club.