

## Report from the Essex County Relay Championships – 29<sup>th</sup> Aug 2015

At the Essex County Relay Championships, held at Southend last Saturday, Chelmsford's teams came home with a multitude of medals!

### 4x100m

First **Gold** of the day came in a very exciting 4x100m for the Senior Men. Havering and Chelmsford were the strong favourites with Southend as close outsiders for a medal place. Bradley Reed started for Chelmsford and was level with Havering on first leg. Harry McQueen then ran an incredible back straight, enabling Luke Keteleers, who also chose a good day to run his best leg of the season, to hand over to Marcus Hunt with a narrow lead. Havering, on the outside of Chelmsford were rattled! They had expected to be leading at that point! Their last runner, anxious to go with Marcus, started far too early and couldn't be caught by his own incoming runner. The inevitable disqualification for Havering followed! Chelmsford's Marcus didn't wait around to discuss the issue and blasted into the distance to take the Gold, in a time of 43.9s!

Not to be outdone, the Senior Women's 4x100m team of Chay Clark, Jade Harding, Rachael Stark and Caroline Hill followed suit and took **Gold** in the very next race! Jade mirrored Harry with a really great run in the back straight, leaving Caroline to bring the baton home and cross the line safely clear of the chasing opposition, with a time of 51.3s.

The U17 Men's team of Jacob Parker, Alex Skingle, Scott Kingman and Joe Batchelor came home in 4<sup>th</sup> place, with a time of 48.6s, while the U17 Women's team (Beatrice Melo, Abby Grigg, Alisha Hayes and Tara Lewis) took an excellent **Bronze** in their race, in 51.6s.

The U15 Boys team were sixth in their race, with a time of 52.2s, while the U15 Girls had to go through a qualifying round, and finished fifth in their event.

The U13 Boys A team finished fifth in their event, in a time of 56.4, while the B team came home seventh, and the C team were eighth. The U13 Girls secured a **Bronze** medal.

### 4x400m

In the Senior Men's A team Bradley Reed once again started solidly, handing the baton to Chris Youell, only a few metres adrift in second place. From that point the race was over! Chris ran a storming 49.2s leg and handed a massive lead to Paul Owen. Paul and Marcus Hunt were then able to cruise around, take the **Gold**, and conserve energy for the Medley Relay, which was only 30 minutes later. The winning time was 3:26.8.

The Senior Men's B 4x400m team managed a creditable fifth overall, beating A teams from other clubs, and recording a time of 3:44.8. The B squad was made up of Luke Keteleers, Matthew Hamilton, Rhys Collings and Darren Blackwell - and the latter three are still U20! They have a great future ahead over this distance.

The Women's 4x400m team took **Silver** in their event, with the following split times: Caroline Hill: 60.7s, Jade Harding: 60.7s, Chay Clark: 62.9s, Erin Minton-Branfoot: 61.1s. Again, three of the team were U20's, so to take second place was a fantastic achievement.

The U17 Men's team - Harry Tullett, Jacob Parker, William Gray and Andrew Hill grabbed a **Bronze** medal, with a time of 3:48.2.

### **4x300m**

The U17 Girls 4x300m team - Abby Grigg, Beatrice Melo, Phoebe Jeffrey and Tara Lewis took a superb **Gold** medal, in 3:00.9. The U15 Boys team also took the **Gold** in their event, with a time of 2:43.1, while the U15 Girls won **Bronze**, in a time of 3:07.3.

### **3x800m**

One of the highlights of the day was seeing the U17 Men's 3x800m team - Harry Tullett, Owen Thomas and Nathan Brearley set a new **Club Record** of 6:31.4 in taking a **Bronze** medal.

The U15 Boys team took **Bronze**, with a time of 7:03.4.

The U13 Boys entered three teams, who came home 3<sup>rd</sup> (**Bronze**), 4<sup>th</sup>, and 7<sup>th</sup> respectively.

The U13 Girls team comfortably grabbed the **Gold** medal in the same event, in a time of 7:41.4.

### **Medley**

The Medley Relays consist of 200m, 200m, 400m and 800m legs. The Senior Men's A Team were attempting the Club and County Record of 3:29.6 and the B Team were going for the Club U20 Record. In order to make the B Team solely U20's, Luke Keteleers (from the 4x400m team) was replaced by Chris Watson.

Such was the strength of the Chelmsford A team (Harry, Paul, Marcus and Mark Woodley) they were out of sight of the opposition almost on the first lap. It was just the record to chase. Both 800m runners (Mark in the A team, and Darren in the B) had sacrificed their chances in the 4x400m A team to be as fresh as possible for these record attempts. The A team took easily took **Gold**, in a time of 3:31.1, and retained the Robert Cooke Trophy, but missed setting a new record by less than a second! However, the B team not only took **Bronze** but are now the **U20 Club Medley Record holders!** Well done guys!

The Senior Women's Medley Relay was combined with the Men's Race. Again Chelmsford had a strong team. Rachael Stark ran the first 200m, and handed to Erin Minton-Branfoot to complete the first lap. Caroline Hill was next up and ran the 400m, leaving Chelmsford to battle for the lead, with Sophie Johnstone running the last, and torturous 800m leg. Sophie made a fantastic effort but was outprinted in the home straight. Regardless, another great team performance and another **Silver** medal, in a time of 4:21.9!

So, the final count was 6 Gold medals, 2 Silver medals, 8 Bronze medals – and 2 Club Records! Not a bad day out at Southend!