

Southern Athletics League R3 – Crawley – 20th June 2015

An understrength Senior Team was significantly boosted by the inclusion of Jess Judd on Saturday, as they battled to a brave second place at Crawley. Jess donned the green and gold, to surge to victory in the 800m, before winning the B string 200m to collect more points for the team. She then went on to help the 4x100m team to second place, and anchored the 4x400m to an excellent win.

It was a good day all round for the Judd family, as Jodie secured a dominant victory in the 1500m (whilst also playing her part in the two relay teams), and Sally cruised to a stylish win in the 2000m Steeplechase AND also grabbed a PB in the 3000m!

Caroline Hill strode to victory in the 400m, whilst also covering the 100m, 200m, Shot AND the Relays, to fully justify her selection as Women of the Match for Chelmsford. Rebecca Wade literally ran her very close, however, covering the 100m, 400m, 100mH, 400mH, and the Relays too!

Women's 4x400m split times: Caroline Hill 62.0s, Jodie Judd 62.8s, Rebecca Wade 65.9s and Jessica Judd 57.2s

Moving on to the Men, Stephen Woodford recorded a fine double, by winning both the 800m AND the 2000m Steeplechase. In each case, maximum points were secured by winning the B race also (Paul Owen in the former, and Ken Hoye the latter).

Ryan Prout was a comfortable winner of the 5000m – with Ken again providing excellent support by winning the B string.

The 110mH proved to be one of the most eventful races of the day. Bradley Reed was forced to pull up early on with a hamstring strain, and with other hurdles clattering all around him, Luke Keteleers roared through the carnage to claim an unexpected, but very well-celebrated victory! Earlier in the day, Bradley had won the 400mH, with Luke this time securing the B race.

In the Field, maximum points were recorded in the High Jump, as U17 Thomas Hewes claimed a comfortable A string win, and Mike Bartlett picked up the B string win despite shuttling back and forth between the High Jump apron and the Shot (which were at opposite ends of the stadium!).

James Allway once again equalled his 4m PB in winning the Pole Vault.

U17 Triple Jumper Fluke Ladphanna secured an excellent second place in his main event, whilst grabbing the same result in his less favoured event, the Long Jump, where he was ably supported by his fellow U17, Thomas Hewes, who registered second place in the B string.

Kevin Wilson won the Shot, and completed a memorable hat-trick of Throws PB's on the day, in covering the Discus and Hammer too!

Just for once the Men's 4x400m relay team were unable to keep up their winning streak, coming in third, with splits of: Chris Youell 53.1s, Steve Woodford 53.5s, Darren Blackwell 52.4s and Paul Owen 51.1s.

The Chelmsford Men's Man of the Match went to Ken Hoye. After running one of his fastest times in six years in the 5000m, Ken went on to run a PB in the 3000m steeplechase! Two really punishing events!