

Southern Athletics League – Chelmsford – 4th July 2015

On a very hot day, under a blazing sun at Melbourne Park, Chelmsford took on three of the teams immediately below them in the Southern Athletics League (Southampton, Norwich and Tonbridge), with an eye on making it into the top three by the end of day – and they achieved their aim with a crushing victory by over 40 points.

Given the extent of their triumph on the day, it was perhaps surprising that there weren't more individual A string wins – especially amongst the men, where only Marcus Hunt (400m) and Lee Pickering (3000m Steeplechase) took first place in their events.

The Women's team recorded 11 individual event wins – with U20 multi-eventer Chay Clark demonstrating why she won the ESAA Anglian Combined Events competition last weekend by contributing no less than THREE of her own first places – in the 100mH, 400mH, and High Jump! She also managed second place in the B string Javelin, and ran a storming leg as part of the victorious 4x400m team!

Jade Harding once again showed boundless versatility, ability and commitment by scoring plenty of points in support. Apart from registering her own A string victory in the Long Jump, she also won the B string 400mH and High Jump, came third in the Javelin (with a PB), and ran the first leg of the 4x100m relay!

Other highlights from the Women's events included a classy 1-2 in the 800m, as Joceline Monteiro and Khai Mhlanga dominated from start to finish – and an outstanding demonstration of stamina from Sally Judd, who not only won the 5000m, but then went on to claim second place in the Steeplechase too – both races being run in the most challenging of conditions, in extreme heat.

Victories were also recorded by Caroline Hill (400m), Clare St John Coleman (a PB in the Triple Jump), Shirley Quinn (Discus) and Rebecca Healy (Hammer).

U17 Alisha Hayes scored a PB in winning the B string Long Jump.

Several of the Men recorded PB's during the course of the afternoon: Fluke Ladphanna (Long Jump), Darren Blackwell (400m), Andrew Cooper (100m), Mark Woodley (400m and Javelin), and Callum Charleston (800m).

The Men's team finished off the afternoon in style by winning both the 4x100m and 4x400m relays, as the Senior Team ended the day having achieved their goal of moving into the top three in Division 1, with just one fixture remaining.

In cool, cloudy, and breezy conditions on Sunday, Chelmsford's Senior team hosted the second fixture of the season in the Southern Athletics League, competing against Nene Valley Harriers, City of Portsmouth, and Blackheath & Bromley AC. Despite missing a number of key athletes, the team battled to a very satisfying second place, behind a strong Nene Valley squad.

The Men's team finished with a remarkable statistic – in every event in which they won the A string competition, they also won the B string race! The list of double winners was:

- 800m - Paul Owen A - Callum Charleston B
- 3000m - Mark Sanford A – Ryan Prout B
- 110mH - Bradley Reed A - Luke Keteleers B
- 400mH - Bradley Reed A - Rhys Collings B
- 3000m SC - Lee Pickering A – Ken Hoye B
- High Jump - Thomas Hewes A – James Murrell B
- Pole Vault - Jamie Allway A – Paul Owen B
- Long Jump - Luke Keteleers A - Alex O'Brien B

Bradley's two hurdles victories also saw him in the top six individual performances based on the SAL points system, adding to his 110mH performance in the first match of the season at Bedford. Paul Owen was also in the top six, for his time in the 800m.

In the Women's team, Jade Harding was the stand-out performer, winning the Long Jump with a new PB, before equalling her PB in winning the High Jump too!

Caroline Hill stormed to victory in the 400m, with Erin Minton-Branfoot securing maximum points for Chelmsford by winning the B race. Sophie Johnstone grabbed a dominant win in the 1500m SC, supported by Hayley Pegg, who won the B race – before Sophie returned to the track to take second place in the 1500m. The 1500m race saw the Senior debut of Rachel Broome (U17), who fully justified her selection by winning the B race in the third fastest time of the day!

Joceline Monteiro cruised to a classy victory in the 800m, before helping her colleagues in the 4x400m team (Caroline Hill, Bethany Schofield-Lott and Erin Minton-Branfoot) to maximum points in the club's only relay win of the afternoon.

The following PB's were recorded:

- Callum Charleston: 400m, 52.1s
- Jade Harding: Long Jump, 5.26m (and equalled High Jump PB of 1.58m)
- Rebecca Healy: Triple Jump, 7.06m
- Caroline Hill: 200m, 26.4s
- Beatriz Melo: 200m, 27.7s

Chelmsford Team Managers made their man-of-the-match awards to Paul Owen and Jade Harding.