

Southern Athletics League – Chelmsford – 31st May 2015

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.