

## Youth Development League (UAG) – Ashford – 18<sup>th</sup> April 2015

Chelmsford's U20 and U17 team surged to victory in their opening YDL fixture of the season at Ashford on Saturday. Competing against Ashford & Thanet AC, Basildon Beagles, Havering AC, Herts Phoenix AC, Orion Harriers and Victoria Park & Tower Hamlets, in cool, windy, but sunny conditions, the win was in no small part due to the magnificent team spirit shown by our younger athletes. As well as the club being able to field a substantial team in terms of numbers turning out, many of the team showed their commitment by filling in gaps, and competing in events outside of their usual scope.

Typifying this commitment was Jodie Judd, who ran in the U17 800m, 1500m, AND the 1500m Steeplechase – going straight from finishing line to starting line in some cases. As if that wasn't enough, she then stepped up to join the U17W 4x300m Relay team, running the third leg, and passing the baton to team-mate Khai Mhlanga who timed her surge on the final leg to perfection, pipping her rival almost on the line for the most exciting victory of the day.

Also playing a starring role was Gabby Quigley, who continued her 2014 dominance of the throws events by scoring maximum points, as she won the U17W Shot, Discus AND Hammer!

There were too many fine performances on the day to list them all here, but the A String Winners, and new PB's were as follows:

A String Winners	New PB's
Ellie Baker (U20W) - 400m (PB); 1500m	Chris Watson (U20M) - 100m (w)
Katie Faint (U17W) - 800m	Joe Batchelor (U17M) - 100m (w); Triple Jump
Nathan Brearley (U17M) - 1500m (PB)	Jacob Parker (U17M) - 200m (w)
Khai Mhlanga (U17W) - 1500m	James Regan (U17M) - 200m (w); Long Jump
Georgia Tuckfield (U20W) - 3000m	Lizzie Hughes (U17M) - 200m (w); High Jump
Rachel Broome (U17W) - 3000m	Katie Faint (U17W) - 300m
Moesha Howard (U20W) - 100mH	Matt Hamilton (U20M) - 400m; High Jump
Thomas Hewes (U17M) – High Jump	Andrew Hill (U17M) - 400m
Jamie Allway (U20M) Pole Vault	Alfie Green (U20M) - 1500m
Oliver Hay (U17M) – Pole Vault	Jordan Denyer (U17M) - 1500m
Fluke Ladphanna (U17M) - Triple Jump (PB)	Hannah Badger (U17W) - 300mH
Victor Adebisi (U20M) - Shot (PB)	Fluke Ladphanna (U17M) - 400mH
Gabby Quigley (U17W) – Shot; Discus; Hammer	Joe Ellis (U20M) - Long Jump; Shot; Javelin
Levi Causton (U17M) - Discus (PB); Hammer	Rachel Broome (U20W) – Triple Jump
Chelmsford (U17W) - 4x300m Relay	Amy Day (U17W) – Triple Jump
Chelmsford (U20W) - 4x400m Relay	Will Lunt (U17M) - Shot; Javelin
	Victor Adebisi (U20M) - Discus; Hammer
	Thomas Hewes (U17M) – Discus
	Jade Harding (U20W) – Discus
	Alisha Hayes (U17W) - Discus