



Report on EYAL Plate Final – Hemel Hempstead – 4th September 2016

Chelmsford's junior athletes were very much in celebratory mood on Sunday, after winning the Eastern Young Athletes League Plate Final for the third year running. Competing at Hemel Hempstead against Basildon AC, Thurrock Harriers AC, Dacorum & Tring AC, Woodford Green & Essex Ladies, and City of Norwich AC, the team also carried off trophies in a number of individual age groups – the U17 Women, U15 Girls, and U13 Boys.

The U17 Women recorded the highest team score of the day, and there were excellent performances across the board. On the Track, Caitlin O'Reilly scored a double, winning both the 100m and 200m (with Annalie Tanner recording victory in the B race of the latter, before going on to win the Triple Jump). In the 300m the team again scored an A string – B string double, with Tara Lewis taking the A race, and Connie Forman (who also won the Long Jump) the B race. Jess Whiley was second in the 800m, and third in the 80mH, before turning her attention to the Javelin, where she finished second.

The Throws duo of Gabby Quigley and Laura Runciman were once again in dominant form. Gabby won the Shot and Discus, while Laura won the Hammer, and secured victories in the Shot and Discus B events. Hannah Bardo stepped up from the U15's to win the Javelin B event, and Ndidi Okoh did likewise to take third place in the High Jump. Mariam Fadahunsi won the Triple Jump B event, before the team finished off their day in style by winning the 4x100m relay.

The U15 Girls also won their age group, scoring consistently across both Track and Field. Mia Chantree and Emily Foster made it a Chelmsford double in the 300m, with Mia going on to also win the Long Jump. Georgia Tombs ran a fine race to take victory in the 800m, and Faye Sweeting (3rd in the 1500m) and Lucy Aitchison (1st in the 1500m B) also underlined the team's strength in the middle distance events. Maxine Williams was third in the 100m.

Jess Hopkins scored a winning double – in the High Jump and Javelin; and Kim English did the same in the Shot and Discus. Elizabeth Finch again showed her skills in the Throws too by winning the B string Discus, and coming third in the Hammer. Ella Thomas won the B string Javelin.

The U13 Boys pipped their rivals from Norwich to the U13 age group award by a single point. Finlay Staff scored two maximums by winning the 100m and 200m B races while Dolapo Adetunji came third in the 200m A race before winning the 800m B race. Thomas Woodward scored a fine win in the 800m, and Oliver Early won the 75mH before registering third place in the High Jump. Onyeka Okoh also recorded a couple of maximums by winning the 75mH B and the High Jump B. Arthur Day won the Discus, while Nathan Hall was third in the Shot, and Jerome Kuma also took a third place – in the Long Jump.

The Boys counterparts in the U13 Girls team were always in the running for an age group award, and once again Kayleigh Hale made a substantial contribution, winning the 100m and 200m, before finishing second in the Javelin (in which she set a Club Record last week). Cassie Foreman won the 200m B race, and crossed the line second in the 70mH. Olivia Mayhew excelled in the Jumps, finishing second in the



High Jump (where Kate Baldwin won the B event), and third in the Long Jump. Freya Killilea performed very well in the Throws, finishing second in the Shot, and third in the Discus.

There were a number of victories for the U17 Men, despite fielding a relatively small team. Callum Lloyd once again showed superb versatility, always happy to take on any event, and won the 800m in style before finishing third in a high quality Triple Jump. In the Jumps, Oliver Hay won the Pole Vault, and Thomas Hewes returning from the UK School Games, won the High Jump. Robert Runciman made it a double in the High Jump by winning the B event, and also ran an excellent 100mH, crossing the line second in the B string. In the Throws, Alfie Cassidy scored first (Shot), second (Discus), and third (Javelin) places, while Billy Stevens won the Javelin B event.

The highlight amongst the U15 Boys was a superb 3m PB for Sam Tremelling in the Pole Vault. Drew Kuma took second in the 80mH, and Ethan Thompson was third in the Discus.