

Eleven club members visited Lee Valley at the weekend, to compete in the London Indoor Games (U17, U15 and U13's) – and there were plenty of PB's and SB's recorded, as athletes continued their ramp up to the 2016 Track & Field season.

Up first, on the Saturday were the U17's – represented by Nathaniel Sherger, Robert Runciman and Thomas Hewes. Nathaniel started the day well, with a couple of excellent performances in the 60m sprint – his best time of 7.34sec only fractionally outside of the PB that he set at the same venue two weeks' earlier. He ended the day well too, with the fourth fastest time in the 200m.

Meanwhile, Robert Runciman was splitting himself between the 60mH, where he ran a fine 8.98sec – and the Long Jump, in which he finished fourth with 6.03m.

Thomas Hewes wasn't into action until the evening, but made sure the day ended on a high for the Green and Gold by winning the High Jump - by a massive 18cm! His 2.03m clearance was an improvement on the 2.0m he achieved at the SEAA Championships, and stretches his early lead in the UK rankings to 6cm.

Whilst Saturday had seen only U17 **Men** in action wearing the Chelmsford colours, oddly the situation was reversed on Sunday, as only U15 **Girls** turned out representing the club!

All but one of the Girls took part in the 60mH, and it was Jess Hopkins taking the plaudits as the third fastest athlete over the distance, in a PB time of 9.56sec. Not far behind her was Amelia Day, fourth fastest with 9.63sec (SB). Nancy Eagle recorded a PB in the same event – as did both Mia Chantree and Issy Beazley-Long. Hannah Bardo ran a Season's Best – just ahead of Lily Parris.

Emily Foster was the only one of the girls to miss the Hurdles – but she had a great day elsewhere, recording the second fastest time of the day in the 300m in a PB time of 43.30secs. She also registered a Season's Best in the 200m, and jumped an excellent 4.39m in the Long Jump.

Jess Hopkins showed her versatility by moving from the Hurdles to the Shot, where she won the event with another PB of 10.83m – an event in which fellow hurdlers Nancy Eagle and Hannah Bardo came 4th and 7th respectively.

The Long Jump saw plenty of Chelmsford interest, with Mia Chantree taking 4th place with a PB of 4.82m – followed by Hannah Bardo (4.46m SB), Issy Beazley-Long with her own PB of 4.30m, Amelia Day also with a PB of 4.10m, and Lily Parris with 3.93m.

Mia Chantree ended the second day of competition with a plucky third place in the High Jump, despite suffering from a sore neck that eventually caused her to exit the competition early, with a clearance of 1.50m.