

Chelmsford AC Report from South of England AA Indoor U17/U15 Championships 2016

Sixteen Chelmsford AC athletes travelled to Lee Valley over the past weekend, to compete in the South England Indoor U17 and U15 Championships – and they came home with a clutch of six medals, and eight PB's!

With both a GOLD medal in the High Jump, and a BRONZE in the Long Jump, it was U17 Thomas Hewes who took centre-stage, successfully defending the SEAA Indoor High Jump title that he won last year. His 2.0m clearance took him to an early-season No.1 spot UK U17 rankings – and had he cleared the 2.07m that he came so close to jumping, he would have also bagged a new Championship record too!



Thomas Hewes – U17M High Jump Gold and Long Jump Bronze

Chelmsford were well-represented in the U17 Men's High Jump, with John Boyle, making his U17 debut, setting a new Indoor PB in 5th place, and Robert Runciman also well-placed. Robert deserved an award for endurance in fact, as he took on the High Jump within minutes of securing a SILVER medal in the Shot – an achievement which itself followed hard on the heels of a 4th place finish in the Long Jump!

Fellow U17 athlete Nathaniel Sherger also claimed a podium spot – taking BRONZE in the 200m, despite suffering with a hamstring strain which meant that he was unable to maintain his optimal speed for the entirety of the race! It was a good weekend for Nathaniel, as he also recorded a PB in reaching the Semi-Finals of the 60m.



Nathaniel Sherger – U17M 200m Bronze medal

Connie Forman made a superb debut in the U17 age category, taking SILVER in the Long Jump, as well as making the Final of the 60mH where she ran a PB for the event!

The U17 Women's Shot saw a close tussle between club colleagues Gabby Quigley and Laura Runciman (the latter marking her first appearance in the age group). Laura threw an amazing THREE PB's during the course of the competition, but ultimately finished in 5th, one place behind her older Chelmsford team-mate.

Also in the U17 age category, Caitlin O'Reilly progressed well through the rounds of the 60m, to reach the Final, missing her PB by a mere 0.05 secs! Meanwhile Felicity Wall smashed her previous 60m PB, posting a time of 8.50 secs, as well as equaling her outdoor PB of 28.1 secs in the 200m.

Hannah Badger was pleased to make it to the Semi-Finals in the 60mH, and Sarah Orr produced a fine performance in the 60m.

There was one medal-winner in the U15 age group – recent new club member Mia Chantree claiming an excellent SILVER in the High Jump, in a close finish. Mia also took 6th place in the Long Jump, and competed well in the 800m, in a busy weekend.



Mia Chantree – U15G High Jump Silver

Other U15 Girls in action included:

- Issy Beazley-Long (with a PB in the 60m)
- Emily Foster (making the Final of the 300m, and the Semi-Final of the 200)
- Amelia Day (won her Heat of the 60mH, to advance to the Semi-Final)
- Lily Parris (a PB in the 60mH)

Given the number of athletes stepping up to a new age group for 2016, it was an excellent weekend for Chelmsford's U17 and U15 athletes.