



## Essex & Eastern Indoor Championships 2016

Last weekend saw the annual combined Eastern Region and Essex County Indoor Championships taking place at Lee Valley – and as usual, a large contingent of athletes in Green and Gold were there to harvest medals. And what a harvest they brought home! 32 Eastern Region medals (including 11 Gold), and 39 Essex County medals (with 13 of those Gold) – well up on 2015! Throw into the mix 3 Essex Championship Best Performances, and 2 Eastern Region records, and it was quite a weekend!

### Senior Men

Kicking off the Senior Men, Alex Cooke stormed to Gold with a PB in the 60m sprint, and Bradley Reed grabbed Silver in the 60mH (only beaten by the highly rated Khai Riley-LaBorde, who was setting a Championship record of his own). Michael Bartlett also took Silver – in the Pole Vault – before turning his attention to the 60mH (6<sup>th</sup>) and Shot (4<sup>th</sup>). Luke Keteleers grabbed an Essex Bronze medal in the 60mH – and V50 athlete Tony Roberts set both a PB and a V50 Club Record in the 800m – a race in which pilot Paul Owen almost literally landed his plane in the car park before running to the start line – and then the finish in 4<sup>th</sup> place! Tony also took Silver in the Essex Vets 1500m, despite being the oldest athlete in the race.

Kevin Wilson secured a Silver medal in the Shot.

### Senior Women

One of the club's international stars – Hayley McLean was in action in her Chelmsford colours – and she duly took Gold in the 400m, with a Championship Best Performance that beat both the Eastern and Essex records. She also earned a Silver medal in the 200m.

Joceline Monteiro was not to be outdone, and she cruised to a classy victory in the 800m.



*Joceline Monteiro – 800m Gold*



Poppy Lake continued her return to action in 2016 by taking her second win of the year, with Gold in the High Jump. Chay Clark came away with a Bronze medal (Essex Silver) in the same event – a medal combination she repeated in the 60mH.



*Poppy Lake – High Jump Gold*

### **U20's**

In the U20 Men's age group, Rhys Collings was in good form, taking Bronze (and Essex Silver) – and a PB in the 60mH, before running another PB to make it through to the final of the 400m. James Allway put in his usual solid performance in the Pole Vault, and secured a well-deserved Essex Gold medal.

Charlotte Boyle was the only Chelmsford medalist in the U20 Women's events, taking an excellent Bronze medal (and Essex Silver) in the High Jump.

### **U17 Men**

The U17 Men's category saw a glut of medals for club athletes – Robert Runciman personally contributing a number of them, with Gold (and a PB) in the Long Jump, and Bronze medals in the 60mH (with a PB), Shot, and High Jump! Nathaniel Sherger grabbed both a Gold and Silver – the latter with a PB in the 60m, and the former being one of the weekend's highlights as he roared to victory in the 200m!

Returning to the High Jump, Thomas Hewes shook off the effects of a bug to leap to victory, and clear 2m for the third competition in a row – a performance that took both the Eastern and Essex Championship records. John Boyle took Bronze – and an Essex Silver, to make it Chelmsford 1-2-3 on the Essex High Jump podium.



*Chelmsford High Jump 1-2-3 – John Boyle, Thomas Hewes & Robert Runciman*

Elliott Cordery was making his debut in the U17 category, but it didn't show, as he ran away from the field to take victory in the 1500m – and with a new PB! And back in the Field events, Victor Adebiyi was in fine form, capturing the Silver medal with a PB in the Shot!

### **U17 Women**

In the U17 Women's age group it was largely the Caitlin and Connie show, as they came away with pocketful of medals each. Connie grabbed Gold with a new PB in the Long Jump, before taking Bronze (and Essex Silver) with a PB in the 300m. She also battled hard to progress to the final of the 60m. Meanwhile, Caitlin was earning three Essex Bronze medals – in the 60m, 200m, and Long Jump.

Two of the club's Throws stars were taking the medals in the Shot – Gabby Quigley grabbing Silver, and an Essex Championship record – and Laura Runciman winning a Bronze (and Essex Silver medal).

### **U15's**

In the U15 age group there were two Gold medals. Jess Hopkins not only claimed victory in the Shot, but did it with a PB – AND the club's fifth Championship record of the weekend! She also ran extremely well to make the final of the 60mH, in which she recorded a PB – a feat matched by Amelia Day. Mia Chantree took Chelmsford's other Gold medal in the age group – leaping to a Season's Best in the High Jump.



*Mia Chantree – High Jump Gold*



The club's other U15 medalists were Emily Foster, with Silver in the 300m, Seb Clatworthy with Bronze in the High Jump, and Uche Okafor with an Essex Bronze medal in the 200m.

### **U13's**

In the U13's, Kayleigh Hale took home two Silver medals – and two PB's – the 60m, and the Long Jump. Sasha Whiley grabbed an Essex Bronze (and a PB) in the 800m.

There were, of course, a huge number of other fantastic performances and PB's – too numerous to mention here – and everyone who competed over the weekend did Chelmsford AC proud!