



Southern Athletics League Division 1 – R5 – Dartford - 20th August 2016

With the Southern Athletics League title already won, a below-strength Chelmsford Senior Men and Women's team travelled to second placed Dartford Harriers on Saturday for the final match of the SAL season. Also competing on the day were Bedford & County, and Radley AC.

Given the absence of so many of the squad members who have taken Chelmsford to the title, Saturday's team had to work very hard, with most them lining up in a multitude of unfamiliar events, to secure a highly creditable equal second place on the day.

Luke Keteleers and Mike Bartlett were, as usual, at the forefront of athletes taking on a high workload. Luke took second place in the 400mH, third in the 100mH, and another third in the Triple Jump, as well as taking on both the 200m and the Shot. Mike defied injury by winning the 100mH B race, taking second place in both the Discus and Javelin, AND competing in the High Jump. It was Ryan Prout who took the Man of the Match award, however, for a display of fantastic stamina and points accumulation in the 5000m, 2000m Steeplechase, AND 1500m! Also very much in contention for the award was Matt Seward, who similarly pushed himself extremely hard to compete in the 800m, 5000m, AND 2000m SC – AND ran as a non-scorer in the 1500m!

Elsewhere, Paul Owen ran in the 200m, 400m and 400mH (as well as the 4x400m relay), and Geoff Tyler also took on a triple – in the Shot, Discus and Hammer.

Event winners on the day included Darren Blackwell, who won the 800m as well as running a rare 100m, and Terry Lucas, who won the Long Jump on his first appearance for the club since 2014. Tom Hewes grabbed an equal first place in the High Jump, in addition to ensuring a maximum points return for the club in the Long Jump as he won the B event.

Second place finishes were recorded by Steve Woodford (1500m), James Allway (Pole Vault) and Alex Reynolds (Hammer).

The Ladies team were also pushing themselves to their limits, with Woman of the Match Hayley Pegg showing incredible endurance and commitment by scoring highly in the 800m, 1500m, 3000m AND 2000m Steeplechase! Sophie Johnstone wasn't far behind Hayley, with runners-up spots in the 800m AND 1500m, as well as a victory in the 400m B race.

Hayley McLean showed that she has lost none of the versatility that she used to display as a star of multi-eventing as a younger athlete, with an incredible string of results. In addition to winning her specialist event, the 400mH, Hayley also won the Long Jump and Javelin, as well as placing second in the 100m and B string Shot!

Taking on three events were Ellie Besford (first in the Pole Vault, second in the Shot, and third in the Triple Jump), Bethany Scholfield-Lott (100m, 200m and High Jump), and Rebecca Healy (Triple Jump, Discus and Hammer). Veteran Shirley Quinn recorded valuable points in the Discus and Hammer.

Jade Harding had a successful day in the Jumps, winning the High Jump, and the B string Long Jump, while on the track, Caroline Hill once again proved her value to the team by winning the 400m and



finishing third in the 200m. Vicky Hayes returned to the Chelmsford fold after a couple of years away, to take second place in the 3000m, and fourth in the 2000m Steeplechase.

The Ladies ended the day by claiming victory in the 4x400m relay.

As the curtain fell on Chelmsford's first SAL title-winning season, the Men's team put out two 4x400m relay teams in the final event of the day, and it was Paul Owen's "A team" who claimed the Chelmsford bragging rights, in a close finish that underlined the wealth of talent and team spirit that has carried the club to success in 2016.