



## Report from YDL Upper Age Group – Crawley – 26<sup>th</sup> June 2016

Chelmsford's U20 and U17 team travelled to Crawley on Sunday, for their third YDL fixture of the season. Once again, the team was vastly under-strength, and it was to the enormous credit of the athletes who turned out, and competed in many unfamiliar events, that they finished in fourth place on the day.

It was the U17 Women who saw the most success – with the Throwers particularly to the fore. Laura Runciman took first place in the Hammer (and also broke her own Club Record with a throw of over 50m!), and second place in the Shot. Gabby Quigley recorded second place in the Discus, and wins in the Shot and Hammer B events.

Also in the Field, Connie Forman was second in the Long Jump (a result she repeated in the 300mH), Ellie Bartram-Sheppard was second in the Triple Jump (with Charlotte Prior winning the B event), and Hannah Badger third in the High Jump. Back on the Track, Hannah recorded a PB as she took victory in the 1500m Steeplechase. Beatriz Melo took second place in the 200m, and third place in the 300m.

Connie Forman also competed in the U20W 200m, where she recorded a fine third place. Elsewhere, the U20 Women gained most points in the Field. Marleen Avontuur won the Discus, and was second in the Javelin; April Castle won the Triple Jump and was third in the Long Jump – and Charlotte Boyle took second in the High Jump.

The U17 Men had most success on the Track – especially in the 800m, where Tom Keevil and Callum Lloyd won both the A and B string races – and in the 1500m, where Elliott Cordery recorded a PB in winning the event. Billy Stevens took third place in the 100mH – and Thomas Hewes was edged into second in the Long Jump on countback.

In the U20 Men's events, Tom Mitchell won the Javelin, and the B string Discus, while Alex Reynolds won the Hammer, and was second in both the Shot and the Discus.

Jamie Allway won the Pole Vault with another 4m clearance, before showing supreme commitment to the team by running a one-man 2000m Steeplechase (and getting the biggest round of applause of the day!). Nathan Brearley was third in the 800m – and also recorded second places in two Field events (Long Jump and Triple Jump). Nyakey Duwai recorded a PB as he finished third in the 200m.

The team remain in fifth place in the Southern Premier 2 table.