



Report from YDL Upper Age Group – Norwich – 24th July 2016

Chelmsford's U20 and U17 team completed their YDL season on a high at Norwich yesterday, as their third place finish on the day lifted them out of the Southern Premier 2 relegation zone for the first time this season – and thereby secured their status in the Division for another season.

With the exam season well out of the way, the team was far larger than it has been for much of the YDL season, and it hence the greater event coverage went a long way to bringing the team their best result of the summer.

Also making a substantial contribution to the outcome was Jodie Judd. Just a day after competing in the BMC Grand Prix in Oxford, Jodie returned to the track to run in - and WIN - FOUR individual events - in the U20W 400, 1500m, 3000m and 1500m SC! Also playing her part was U17 Laura Runciman, who recorded a 1st, 2nd and 3rd place, in the Hammer, Discus and Shot - and broke her own Club Record in the Hammer, with a throw of 52.96m!

Erin Minton-Branfoot also scored plenty of points for the U20W team, winning the 400m and 1500m SC B races – and taking third place in the Hammer. Emma Perks won the 800m B race, while U17 Hannah Badger stepped up an age group to take second place in the 100mH. Marleen Avontuur was third in the Discus, third in the Shot, and fourth in the Javelin. Two athletes from CATs also scored valuable points for the team, with Philippa Baxter winning the 800m, and April Castle taking third place in the Long Jump before succumbing to injury.

In the U17 Women's events, Rachel Broome scored points in two 1500m races – winning the Steeplechase, and finishing third in the standard race. Connie Forman won the 300mH, and Annalie Tanner was second in the 300m, and third in the Triple Jump. Hannah Badger, returning to her own age group, was second in the High Jump, and won the 1500m Steeplechase B race.

The U17 Men had far and away their best score of the season. Tom Keevil and Elliott Cordery were dominant in the middle distance events, scoring maximum A string and B string points in the 800m and 1500m SC – with Elliott also winning the 1500m. Multi-eventer Robert Runciman weighed in with a trio of victories across the disciplines – winning the 100mH, the Long Jump, and the B string Discus.

Tom Hewes showed clear signs of a return to form by winning the High Jump by 20cms – with John Boyle ensuring a maximum by winning the B event.

Two debutants scored excellent points in the Shot – Alfie Cassidy was second in the A string, and George Branch won the B event. Elsewhere, Victor Adebijoyi was second in the Discus, and Bill Stevens was second in the Javelin.

Amongst the U20 Men, Victor stepped up an age group to take victory in the Shot – and Alex Reynolds matched that result in the Hammer. On the Track, Owen Thomas won the 3000m, and was second in the 2000m SC, while another CATs athlete – Joseph Patterson – was second in the 800m

Fluke Ladphanna supplied points from the Jumps by coming second in the Triple Jump, and third in the Long Jump.

