



## Southern Athletics League Division 1 – R2 – Basingstoke – 21<sup>st</sup> May 2017

On Sunday 21<sup>st</sup> May Chelmsford AC's Senior Men and Women travelled to Basingstoke for the second round of the Southern Athletics League (SAL). Due to school and university exams and a current spate of injuries it was the smallest turn out for many years. Only 19 athletes were available to cover the 72 events! It was daunting and the team did eventually finish in last place. However, such was the effort put in by those who competed, the overall scores showed that Chelmsford had accumulated a significant number of match points and were much closer than expected to third and second places.

The final points tally was: Basingstoke & Mid Hants 245, Belgrave Harriers 186, Crawley 172 and Chelmsford 158.

Despite the overall result, there were a number of positives to be taken from the match. On the Men's side, Terry Lucas achieved the Chelmsford Gold Standard, reaching the Top 100 Long Jump athletes in the country with a massive jump of 6.85m. A seven metre jump is surely on the cards for this season! In the triple jump, Sergei Zotin managed to clear 13.06m, which was also a very impressive jump.

Man of the Match was a very difficult decision. In addition to Terry and Sergei, Ken Hoye ran in the 3000m, 3000m steeplechase, 800m and 4x400m - a very demanding combination. Harry Sloman, Luke Keteleers and Mike Bartlett covered as many as seven events each. The decision, however, eventually went to Paul Owen, who had managed to fit in a 3000m steeplechase between competing in all the sprints and both relays!

For the ladies, Aleasha Kiddle set some impressively fast sprint times in winning both 100m and 200m - and then went on to assist in winning the 4x100 relay. Aleasha's performances on the day were enough to win her Chelmsford's Woman of the Match.

One of the most exciting races of the came in the ladies 4x400m, with Erin Minton-Branfoot on the last leg. Erin took the baton in second place and had to fight every step of the way to hold off a late challenge from Belgrave in the home straight.

Also working hard in the field events for the ladies team was Rebecca Healy who, competing alongside Shirley Quinn in all four throws, managed to set a personal best in both Discus and Javelin!

It was a very hard day of athletics for a small Chelmsford team, but spirits were high and with two home matches to follow confidence is high that a much higher league place is achievable. The next match is at Chelmsford on Saturday 17<sup>th</sup> June.