



Southern Athletics League Division 1 – R3 – Chelmsford – 23rd June 2018

Chelmsford's combined senior men and women's team took a fantastic hard fought win in the Southern Athletic League on their home track on Saturday. The third win from three matches in the league now puts the team one point clear at the top of Division 1.

Chelmsford were ahead throughout the match but did not have it all their own way as Colchester Harriers were on their heels all day and were only ever a few points behind. Only the last few events saw the home team open up a safe margin for victory. The final scores were: Chelmsford AC 229 points, Colchester Harriers 205.5, Marshall Milton Keynes 181 and Crawley AC 156.5.

It was an incredible day of athletics with great performances throughout afternoon. Once again, outstanding for the Men was Man of the Match Joe Bloomfield in the Hammer with a new club record of 63.35m to take the A string win. Joe followed this with two other A string wins, first in the Shot then, at the end of the match, winning the Discus by more than 10m.

Supporting Joe in the throws, Kevin Wilson took wins in the B Discus and Shot, and Alex Reynolds won the B Hammer. These athletes, along with James Mead and Yasha Bobash this year have become an almost unbeatable squad. It was the same story from the Ladies team in the throws as Under 17 Toni Egbulefu took wins in the A string Shot and B Discus, while Marleen Avontuur won the B Shot. Such was the standard of athletics on the day that normally a guaranteed winner, Georgina Howe, was pushed into second in the A Discus. Another junior, Laura Runciman, threw well to take the B Hammer event as Marleen paired up with Hayley McLean to take a double A and B string win in the Javelin.

The throwing section of the Chelmsford team, for both men and women, has become one of the team's strengths this year and much of the credit goes to excellent coaching by Shirley Quinn, Geoff Tyler and Paul Avontuur - Shirley and Geoff leading by example and still competing themselves!

In the jumps it was a pleasure to see a group of Under 17's in the Ladies team taking part in senior competition as it confirms the club's future potential coming through the ranks. Dominika Czekajlo, Lily Parris, Emma Rattle and Ndidi Okoh on their senior debuts, and Hannah Bolton all scored heavily. Hannah later went on to receive the Woman of the Match award having achieved three Personal Bests, including two wins over the course of the day.

Jumping for the men in the Pole Vault were Mike Bartlett and Sam Tremelling. Mike won the A event comfortably as Sam took the B string in his first scoring outing in the Senior team. Sam's clearance, close to 4m, showed great promise as he saw off his senior rivals.

On the track for the Men, against very strong opposition, Chelmsford were packing in second and third places to keep the points rising. In the flat races only Joe Lane managed a win in the B string 800m, after Harry Tullet was pipped in a sprint finish in the A string. The hurdles were a different story as the Chelmsford hurdling trio of Bradley Reed, Luke Keteleers and Rhys Collings totally dominated and took maximum points in both the 110m and 400m Hurdle races.



The ladies took more wins in the track flat races with Aleasha Kiddle in the 100m A race and international hurdler Hayley McLean in the 400m. Hayley was partnered by Erin Minton-Branfoot who also won in the B string 400m. Martha Smith and Georgia Tombs tackled the 800m race and only dropped one point with second place in the A and first in the B race. The feat was repeated by Rosa Prideaux (first A) and Rebecca Luxton (second B) in the 1500m, and again by Elizabeth Davies (first A) and Hayley Pegg (second B) in the 3000m.

Hayley McLean was in her specialist event when it came to the Ladies 400m Hurdles and consequently won by a huge margin to take her third win of the day. This was followed by Claire Netley winning the B race in similar dominant fashion. The Ladies Steeplechase is an event that is always hard to fill but Hannah Bolton stepped up and won the A string 2000m race by well over a minute! Tracy Minton rushed over just before the race started to run in the B string and take second place!

As the afternoon came to a close with the final relay events Chelmsford held a ten point lead over Colchester. It was close, but the overall match win was secured, when the Ladies team were second in the 4x100m and then won in the 4x400m. Just to make sure, the men followed suit with a 4x400m win. This now means that Chelmsford have every chance of taking the Division 1 title, with only two matches remaining.