



Report on British Athletics League Match 3 – Kingston – 6 Jul 2019

Chelmsford AC went into the second match of this year's curtailed British Athletics League programme at Kingston on Saturday looking to improve on their disappointing start to the season in their home fixture last month. Despite still being without a number of the athletes who took them to promotion from Division 3 last season, the team were buoyed by the earlier than expected return of former GB Juniors international high jumper Tom Hewes.

Again, however, Chelmsford's forced reliance on so many juniors, and athletes covering their non-specialist events meant that despite a great team spirit and strenuous efforts throughout the team, they struggled in the face of the obvious quality of the Division 2 opposition, and ended the day in eighth place:

1. Kingston AC & Polytechnic – 325
2. Glasgow City AC – 297
3. Crawley AC – 289
4. Havering AC – 281
5. Notts AC – 262
6. Herne Hill – 252
7. Bristol & West - 237
8. Chelmsford - 224

The Chelmsford highlight of the day was the performance of Tom Hewes. Having missed most of 2018 with injury, last competed eleven months ago, undergone knee cartilage repair surgery six months ago, and only returned to full training in the last couple of weeks, a successful clearance of 1.95m was, despite being well short of his career best, far beyond expectations. It secured a joint second place in the High Jump, and bodes well for a full return to fitness.

Elsewhere, Bradley Reed matched Hewes's placing, with a hard-fought second place in the 110m Hurdles – an event in which the team's points total received a boost, with Luke Keteleers claiming third place in the B race. Reed went on to take second place in the B string Triple Jump, as well as picking up points in the 200m and 4x100m relay. Multi-eventer Keteleers was busy as usual, also competing well in the 400m Hurdles, Pole Vault, Javelin and sprint relay.

U17 athlete Oliver Early is already becoming a valuable addition to the Senior team, and despite needing to also compete for the Junior team on Sunday, he contributed points in the Long Jump, High Jump and Pole Vault – recording a 3.40m PB in the latter. He still managed to save sufficient energy for the following day, where he ran a new club record of 13.4 seconds in the 100m Hurdles, achieving the national standard, and confirming his selection for Essex at the prestigious English Schools Championships in Birmingham next weekend.

A welcome new addition to the team was the experienced Nick Hardy, who competed in both the 3000m Steeplechase and 1500m. He was able to claim fourth place in the A string of the Steeplechase - a very tough race, in hot and humid conditions. Owen Thomas partnered him in the race, claiming third place in the B race and scoring highly for Chelmsford.



Regular team member Kevin Wilson, and British Athletics League team debutant Nathan Bushnell (U17) worked well together all day in the heavy throws events, scoring considerable points together - Bushnell adding over 2m to his lifetime best in the Discus with an exceptional throw of 35.75m.

Another U17 – Johnson Alo – also scored a Personal Best, in the Triple Jump, where he waited until his sixth and final jump to add over half a metre to his previous best, jumping 13.08m.

U20 athlete Harry Tullett finished a respectable fourth in the A string 800m (1:55.79) - a race where the top seven competitors all finished with just over 1 second separating them.

The team will be hoping to be able to welcome back a few more of their sidelined athletes for the final match in Glasgow in August, where a huge effort will now be required to avoid relegation back to Division 3.