



Southern Athletics League Division 1 – R3 – Chelmsford – 15th June 2019

Chelmsford's Senior team went into Saturday's third Southern League match of the season sitting proudly on top of the Division 1 table, after setting a new club SAL points record last time out. And they consolidated their position in style, eclipsing their previous record, and winning the match by 59 points!

The final match score was:

1. Chelmsford AC – 249 points
2. Woking AC - 190
3. Nene Valley Harriers AC – 174.5
4. Medway & Maidstone AC – 157.5

Once again, the victory was secured despite a number of key members of the team remaining sidelined through injury, and so it was a testament to the quality of the younger athletes stepping up into the Senior team, and to a team spirit that saw several athletes covering events outside of their usual specialty in order to maximise the team's points haul.

The Ladies team has particularly benefited from the impact of the club's rising stars, and U17 athlete Emma Rattle fully deserved her Chelmsford Women-of-the Match award for beating a number of more experienced jumpers, clearing a new Personal Best in the High Jump, with 1.64m. Chelmsford claimed maximum points in the High Jump – where a third, non-scoring youngster – Grace Cluskey – would even have won the B string event!

A pair of U17's – Hannah Bolton and Martha Smith – dominated the 800m, to take maximum points, before Smith turned her attention to winning the Steeplechase, in tandem with fellow U17 Katie Brazier.

Bolton returned to the track to take second place in the 1500m – and Smith did likewise, running as part of the winning 4x400m relay team.

Multi-talented U17 Ndidi Okoh has turned her attention to the Triple Jump this year – and has shown considerable promise in the event. Once again on Saturday she beat a number of experienced jumpers, to win the B string event – while U20 Zara Leaver only narrowly missed out on victory in the A string.

By comparison, the team's U20's seemed like old-stagers – but they still impressed, with Jess Hopkins running a PB in second place in the 100m, despite having to run from a standing start due to a finger injury – and taking first place in the B string Shot. Mia Chantree threw a PB in the Javelin, as well as supporting Hayley McLean in the 400mH, where the pair made it a 1-2 for Chelmsford (with non-scorer Jess Whiley actually making it a 1-2-3!). Hopkins and Chantree also formed half of the victorious 4x100m relay team at the end of the match.

Elsewhere, Rosa Prideaux showed an astonishing turn of pace in the final 300m of the 3000m. Passing the final lap bell alongside her closest rival, she went on to win the race by a clear 30 seconds, and set a huge PB into the bargain. There were wins for Hayley McLean in the 200m and 400mH, Claire Netley in the 400m – while Louise Wood won the B string 100m, Long Jump, High Jump AND Javelin, Erin Minton-



Branfoot claimed two B string wins (200m and 400m), and Jade Harding contributed valuable points in the 100mH, Long Jump and Discus (often filling in at short notice, to cover withdrawals) – as did U20 Toni Egbulefu in the Shot, Discus and Hammer.

It was a similar story in the Men's team, with youngsters turning in some of the most notable performances. U17 Oliver Early won the Long Jump (and finished third in the Pole Vault), while fellow U17 Darcy Sullivan further enhanced his rapidly growing reputation with second places in the 100m and 200m. U20 Zach Bridgeland, who is more used to longer distances, cruised to victory in the 1500m before straining every possible sinew as he narrowly missed out on making it a double in the 800m, where he recorded a PB. His subsequent excellent leg in the 4x400m relay won him the Chelmsford Man of the Match award.

U17 Nathan Bushnell continued to show his pedigree, not being daunted by the heavier Senior implements as he claimed second places in the Shot (B), Discus (A) and Hammer (B) – Yasha Bobash winning the A string competition in the latter.

Bradley Reed took his almost customary stylish win in the 110mH, before surprising even himself by winning the Triple Jump, and scoring points in the High Jump.

Joe Wells made it a sprint double – winning 100m and 200m B string races in powerful style.

After his recent PB in the 800m, Joe Lane finished joint second in the 400m A race, with a time of 51.0, which was the fastest 400m time recorded in the club so far this year.

Stephen Skinner, making his debut, ran a well judged race in the 5000m, finishing second, and giving Ken Hoye the opportunity to pick up a comfortable second place in the B race

Meanwhile, the points total was kept regularly rising by supreme multi-eventers Luke Keteleers and Roger Skedd. Keteleers won the B string races in the 110mH and 400mH, was second in the B string Pole Vault and Long Jumps, and third in the B string Discus and Javelin – AND ran a leg in the 4x100m replay – all despite struggling with a knee injury. Skedd also picked up plenty of points – in the High Jump, Triple Jump, Shot and Javelin.

The team will now go into their final two matches in pole position in the Southern Athletics League, as they look to claim their third league title in four years.