



## National Athletics League Match 2 – Stevenage – 3 Jul 2021

After a win on their opening NAL match at Peterborough last month, Chelmsford's Senior Team visited Stevenage on Saturday for Match 2, and returned home with an even more resounding victory to their name. Despite missing a significant number of athletes, the team pulled together to put in an impressive performance in both Track AND Field, with the final match score showing:

1. Chelmsford AC:	399.9
2. Bedford & County AC:	275.8
3. Peterborough & Nene Valley AC:	261.5
4. Herts Phoenix AC:	247.6
5. Southend AC:	109.1

It was certainly a boost to the Women's team to see Jodie Judd back in a Chelmsford vest, as she returned from several years at University in the USA – and she didn't disappoint, dominating the 3000m, and winning in a time of 10:12.38. Joining her in the race was Rebecca Quinlan, who was making her first Chelmsford appearance since 2007, and despite being unable to train recently due to needing to self-isolate she ran extremely well, to win the B event, before matching that result in the Women's 1500m.

Kissiwaa Mensah and Holly Watson are both Year 1 U17's, but they stepped up to Senior competition in style, winning the 100m and 800m respectively.

Ndidi Okoh recorded a 4m improvement to her PB in the Hammer, before going on to claim valuable points for the team in the 100mH and Triple Jump. In both of the latter she was supported by Jade Harding, who had a busy day, also competing in the Discus and Javelin.

Also having a very busy day was Erin Minton-Branfoot, who once again showed talent, stamina, versatility and fantastic team spirit by completing the High Jump, Long Jump, 400mH, 100m and 400m – all in the first half of the day! Jess Hopkins also displayed all of the same attributes in competing in the High Jump, Long Jump, Shot, Javelin, and the 4x100m Relay.

Georgia Tombs was another athlete who is always happy to take on the challenge of multiple events, and she made another substantial contribution to the team score in the 400m, 200m, 4x100m Relay and 4x400m Relay.

Hannah Bolton and Martha Smith both had gruelling days, with Hannah running in the 800m, Steeplechase and 4x400m Relay, and Martha completing the 1500m, Steeplechase and 4x400m Relay in quick succession – a supreme effort which earned her the Lady of the Match award.

Leah Duncan again looked very good in the 200m, and in the final leg of the 4x100m, where she pulled the team through for a win.

Lola Kuponiyi again won the Women's Shot, before taking third place in the Discus.

U20 Seb Clatworthy was making his first appearance for the Senior Team this season, and marked it by winning Chelmsford's Man of the Match award, with a win and PB in the High Jump, clearing



2.08m. He was ably supported in the event by another U20 – Sam Tremelling – who went on to win the Men’s Pole Vault, with 4.31m.

Elsewhere in the Jumps, Johnson Alo (also U20) won the Triple Jump and claimed second place in the Long Jump.

The Throwers returned their usual substantial points haul. Yasha Bobash took victory in the Hammer, with Sam Larkins winning the B event with a PB of 46.49m. Kevin Wilson won the Men’s Discus, and took second place in the Shot.

On the Track, U17 Onyeka Okoh was making his first outing in the NAL, and had the team on their feet in support in the Men’s 400m, where he missed out on a debut win by only 0.4 seconds! Joe Wells took the win in the B race to start his usual contribution to the points total.

Lewis Thorn stormed to victory in the 100m before unfortunately pulling up with cramp in the 200m – while Bradley Reed cruised to his customary win in the 110mH.

Veteran athlete Paul Grange pulled off an exciting 800m win on his Chelmsford AC debut in Match 1 – and matched this performance in the 1500m this time out, beating an array of much younger athletes. U20 Zach Bridgeland ensured maximum points by winning the 1500m B race.

Three other U20 athletes – Sam Waite, Ethan Hunter and Scott Thomas – put in some outstanding work in the 5000m and Steeplechase to ensure that Chelmsford maintained their position at the top of the scoreboard from start to finish, and set the team up well for the next match, which will be on their home track at Melbourne Park on 7<sup>th</sup> August.

The Senior team are next in action in the Southern Athletics League, in a home match on Sunday 11<sup>th</sup> July.