



Southern Athletics League Division 1 – Chelmsford – 12th June 2022

After winning a very tight match in their opening fixture last month, Chelmsford AC were back on their home track at the Chelmsford Sports & Athletics Centre for their second match in the 2022 Southern Athletics League, hosting Bournemouth, Bracknell and table-toppers Tonbridge AC – and the team led from the very first event, eventually running out comfortable winners:

1. Chelmsford – 235
2. Tonbridge – 162
2. Bracknell - 162
4. Bournemouth - 104

It was good to see Marcus Hunt back in action in the Green and Gold, and he announced his return emphatically with a win in the Men's 100m, before pairing up with Darcy Sullivan to score a 1-2 in the 200m. Darcy then went on to claim his own double – winning both the 200m A race and the 400m, where U17 Jack Gilbert won the B race.

Will Nuttall took victory in the Men's 800m, where Joe Abbott followed him home to record a further maximum points for Chelmsford. Ben Felton proved what a valuable addition he has been to the squad by winning the Men's 3000m, and taking second in the 1500m, as the Chelmsford points total continued to build.

Bradley Reed won the Men's 110mH as usual, while Men's Team Manager Paul Owen and Deputy Team Managers Joe Wells and Chris Youell all weighed in with plenty of points in the 100mH, 400mH and Triple Jump – while the experienced Ken Hoye partnered with Joe Abbott to record two second places in the Steeplechase.

The Women's team featured a number of younger athletes, taking time out from their busy exam schedule to score valuable points for Chelmsford – and two of these (Cara Duncan and Grace Tremelling) combined to take second place in the 100m A race, and first place in the B race respectively. Grace's time of 13.76 was the first of two PB's for her on day – the other in her more usual event, the Long Jump – two performances that ultimately saw her win Chelmsford's Woman of the Match award.

Another pair of U17 athletes – Nneka Okoh and Gaby Bilbie – teamed up to score excellent points in the 400m against more senior opponents (Gaby recording a PB over the distance), before Rebecca Quinlan and Hannah Bolton claimed maximum points in the 800m by taking first and second place. Continuing in the middle distance events, Megan Williams and Lauryn Wood also scored maximum points for the team in the Women's 1500m – while veteran Wendy King won the 5000m.

Another maximum was secured in the Women's Steeplechase, with Hannah Bolton returning to the track, accompanied by another veteran – Tracy Minton.

The Men's team saw plenty of success in the Field, as Oliver Early won the High Jump, Dan Botnari won the Triple Jump, Kevin Wilson the Discus, and Alex Reynolds the Hammer – but Chelmsford's Man of the



Match award went to Sam Tremelling, returning from University in the US, to win the Long Jump and his specialist event, the Pole Vault with a clearance of 4.50m.

There were also excellent Senior team debut points contributions from Ben Bishop (Javelin), Clarke Green (Discus) and Ross Bradley (Shot).

Jess Hopkins again led the way in the Women's Field events, winning the Shot, taking second place in the Discus, and third in the Hammer (the latter two both PB's). She was ably supported by sister Maegan, who won the B string Shot, and took second in the B string Discus.

Lily Brand continued her fine form with a win, and PB in the Women's Javelin.

The match concluded with a win for Chelmsford's Men in their 4x100m relay, and the mixed Men/Women's B team in an enjoyable 4x400m relay.

Bradley Reed (110mH), Sam Tremelling (Pole Vault), Darcy Sullivan (400m), Ben Felton (3000m) and Kevin Wilson emphasised Chelmsford's dominance by making it a clean sweep in the top five of the SAL's Man of the Match performances, while Jess Hopkins made it onto the Women's list with her performance in the Shot.

Next up for the Chelmsford Senior team is a vital promotion-chasing third fixture in the National Athletics League at Bournemouth on 2nd July, before they return to Melbourne Park for another SAL home match on 16th July.