



## **ALL ENGLAND SCHOOLS CHAMPIONSHIPS**

Chelmsford athletes put in some very good performances in Birmingham with Hayley McLean topping the list as she twice bettered the championship record. In the heats of the 400 metre hurdles she clocked a time of 58.99 seconds and then come the final ran 57.81 to finish a full second ahead of the field. A week earlier Hayley won at an international event in Mannheim, Germany in an even faster time with 57.38 seconds. Another under 20 claiming first place was Sophie Riches as she took the 1500 metre title with 4min 24.69secs - a personal best time. There was a silver medal for Poppy Lake from the high jump clearing 1.75 metres missing out on top spot only on the count back.

At under 15 level Khahisa Mhlanga after times of 2m 16.90s(heats) and 2m 14.11s (semi) came out with a PB of 2m 12.32s for third place in the 800 metres - Emma Perks also reached the final finishing 6th, her series of times 2.20.45, 2.17.37 and 2.18.31.

There was a further third place with Liam Yarwood clearing 4.60m in the pole vault whilst in fourth place we had Mitch Etheridge and he went over 4.50m. Just missing out was Nicole McKechnie in the under 17's 300 metres placing 4th in 39.80 secs having won her heat in 39.40s. It was fourth also for Alexander Reynolds under 15 hammer- 52.17m. Other members competing included Max Paulin (U 20 high jump 1.97), Robert Runciman (U15 high jump, 1.64m), Josh Prentice (discus 42.96m), Sarah Prescott-Smith (long jump 4.97m), April Castle (triple jump 10.22m and George Elliott (800m 1.59.30 heat and 1.58.31 semi final).

## **Chelmsford Athletes breaking into the International Scene...**

Chelmsford athletes are becoming more involved on the international scene. Already we have seen Jessica Judd at senior level and now she is looking towards the European Junior Championships in Italy (18th-21st July) with Hayley McLean also included in the Great Britain team.

We also see Moesha Howard competing in the IAAF World Youth Championships in Ukraine (10th-14th July). As an under 17 Moesha usually contests the 80 metre hurdles but with these championships for under 18's it was a step up to 100 metres. With a second place in her heat she was to place fourth in the semi just missing out on the final although there was some reward for a time of 13.66 secs to rank third in the all time British rankings.

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