



Essex County Relays (track) Championships

These championships staged on a weekend day for the first time also saw the re-introduction of some senior events. Chelmsford were to come away from Colchester with three wins, two seconds and four events brought them the bronze medals.

The senior men's dominated the medley relay from the start with Marcus Hunt on the 400-metre stage. Harry McQueen and Paul Owen took care of the 200m sent Mark Woodley away with a commanding lead on the 800m. The aim was to beat the record set by Chelmsford in 1985 and, but for the wind, would have done so for they failed by only a second. Just four days later Mark Woodley running in the 1500m at Watford shattered his personal best by recording a time of 3m 48.46s.

UNDER 13 BOYS	4 x 100	1st	Newham & E.B	53.3s	6th	Chelmsford	58.8s
	3 x 800	1st	Chelmsford	7m 41.4s			
UNDER 15 BOYS	4 x 100	1st	Newham & E.B.	48.1s	3rd	Chelmsford	49.6s
	3 x 800	1st	Orion	6m 54.8s			
	Medley	1st	Ilford	4m 01.8s	3rd	Chelmsford	4m 09.9s
UNDER 17 MEN	4 x 100	1st	Orion	45.9s			
	3 x 800	1st	Orion	6m 53.0s			

	Medley	1st	Colchester H's	3m 58.0s			
SENIOR MEN	Medley	1st	Chelmsford	3m 30.4s			
	3 x 1600	1st	Basildon	13m 53.4s			
SENIOR MEN	Steeplechase		1 st Robert Warner Havering 9m 39.0s	2 nd Grant Twist Chelmsford 9m 55.5s			
UNDER 13 GIRLS	4 x 100	1st	Southend	54.5s	3rd	Chelmsford	56.0s
	3 x 800	1st	Havering	8m 00.7s	2nd	Chelmsford	8m 09.0s
UNDER 15 GIRLS	4 x 100	1st	Southend	52.5s	5th	Chelmsford	54.6s
	3 x 800	1st	Colchester & T.	8m 01.6s	4th	Chelmsford	8m 37.4s
	Medley	1st	Southend	4m 41.3s	2nd	Chelmsford	4m 44.4s
UNDER 17 WOMEN	4 x 100	1st	Southend	50.6s	3rd	Chelmsford	52.7s
	3 x 800	1st	Chelmsford	7m 58.9s			
	Medley	1st	Southend	4m 18.7s	4th	Chelmsford	4m 41.8s
SENIOR WOMEN	Medley	1st	Ilford	4m 31.0s			
	3 x 1600	1st	Ilford	18m 45.6s			

Roy Meadowcroft
September 2013

