

Jessica Judd, a member of Chelmsford Athletic Club, has been in Barcelona this past week competing in the *World Junior Athletic Championships* and what a week it has been.

First contesting the 800 metre event on Tuesday there was a win in the heats, Wednesday brought a win in the semi-final and then on Thursday a silver medal was gained when she set a personal best time of 2min 00.96secs to finish just five hundredths of second behind the American Ajee Wilson. Her time had it been set a couple of weeks earlier could well have given her an Olympic spot as it is below the `B` standard required.

Not content with this Jessica then finished second in her heat of the 1500 metres on Friday with a personal best of 4m 14.64s to qualify for Sunday's final. In this final, her fifth race in six days, she was up against competitors having their second race of the championships and yet she finished fifth running five seconds inside her best recording 4 min 09.93 seconds. The event was won by a Kenyan, with Serbia second and Ethiopian third. At only 17 years old and two years younger than some competitors these were excellent performances AND will still be in the junior age group when the next championships are held in America in 2014.

