

Report from British Athletics League – Exeter 11th July 2015

For their third BAL fixture of the season, the Chelmsford Senior Men's team faced a lengthy round trip to Exeter – and returned home having achieved a third place finish in the match – but bitterly disappointed that they ended the day with 251 points - just 11 points short of the overall victory that their outstanding team spirit and effort deserved.

Amongst the highlights of the day was Mark Woodley – the 'master tactician' of the 1500m, ensuring maximum points for both himself, and for Callum Charleston in the B string.

Alex Cooke made a very welcome return from injury to bolster the sprints, recording Season's Bests in both the 100m and 200m – while Bradley Reed produced his now customary exemplary Hurdles performances in winning the 400mH in a Season's Best time, and finishing as runner-up in the 110mH. As usual, Bradley was ably supported in both events by Luke Keteleers, who grabbed second spot (and Season's Bests) in both B races.

Still on the track, there was an exciting finish in the 800m, where Darren Blackwell was edged into second place by 0.05 seconds! Chris Youell, rapidly returning to form after an interrupted Winter training period, made up the points by winning the 800m B race, and claiming second place in the 400m B race. In fact, with his storming contribution to the 4x400m, Chris was named as Chelmsford's Man of the Match!

Ryan Prout recorded a Season's Best in crossing the line second in the 5000m, while Ken Hoye had the team off of their seats as he produced a marvellous piece of tactical running to grab victory in the B race.

The team's Throwers weighed in with a valuable collection of points in their events. James Wilson – relatively new to the club - recorded his second Javelin PB in two weeks, as he rapidly improves in this event, while his brother Kevin scored points in the Shot, Discus (and High Jump). V50 athlete Rob Earle, competing in his penultimate match before retirement, showed his continued value to the team, in finishing as runner-up in the Hammer, and in third place in the Discus.

Mike Bartlett had an excellent day – not only winning the Pole Vault, but also grabbing maximum points in the B string Shot.

Last, but by no means least, the 4x400m team of Darren Blackwell (51.57s), Mark Woodley (50.35s), Chris Youell (50.21s) and Paul Owen (50.38s) recorded their now customary victory to complete the day. All four running their fastest relay times of the season!

So, with one fixture remaining, Chelmsford are fourth in the Division 4 table – but only 2 points off second place. A victory in our final match at Melbourne Park on 8th August could still see us win promotion!

Full Team:

- Alex Cooke – 100m (SB) and 200m (SB)
- Nathaniel Sherger – 200m
- Paul Owen – 400m
- Chris Youell – 400m (SB) and 800m
- Darren Blackwell – 800m
- Mark Woodley – 1500m (SB) and Javelin
- Callum Charleston – 1500m

- Ryan Prout – 5000m (SB)
- Ken Hoye – 5000m and 3000m SC (SB)
- Bradley Reed – 110mH and 400mH (SB)
- Luke Keteleers – 110mH (SB), 400mH (SB) and Long Jump
- Stephen Woodford – 3000m SC
- James Murrell – High Jump
- Kevin Wilson – High Jump, Shot and Discus
- Mike Bartlett – Pole Vault and Shot (SB)
- James Allway – Pole Vault and Triple Jump (PB)
- Fluke Ladphanna – Triple Jump and Long Jump
- Rob Earle – Hammer and Discus
- Geoff Tyler – Hammer
- James Wilson – Javelin (PB)