

The Senior “Exhibition” Fun Match

In perfect conditions, on Thursday evening 24th September, some of Chelmsford’s Senior Men and Women Team took part in an “Exhibition” match on their home track.

There were six events and athletic pride was “seriously” at stake.



Event 1: The 150m.

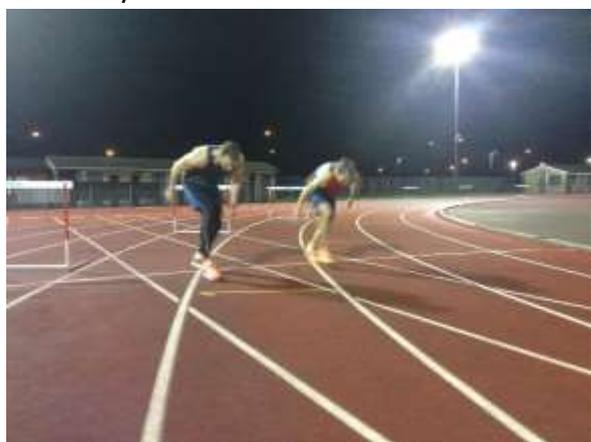
This event was fought out by 7 athletes. The finish was so close that even hi-tech iphone photo finish technology could not separate the winner. At first it was thought to be Chris Youell from Joe Wells. Then a draw was announced, however, further analysis of photographic evidence showed that it was the blurred feet of Joe that crossed the line first! Final result then was Joe, Chris, Bradley Reed, Paul Owen, Luke Keteleers, Darren Blackwell and Chris Watson who all packed into a few tenths of a second. Winners time was... well.. fast we think!



Event 2: The “not often run” 700m.

Is a 100m sprinter capable of beating a marathon runner over 700m? Ken Hoye and Harry McQueen had to bring this argument to a conclusion. After two false starts (..these guys were keen!) Ken led the first 600m of the race. But Harry was hanging on desperately having covered more ground in this one race than he normally does in six training sessions! So when it came to the sprint finish Ken had no response to the sprinter’s speed. Harry’s winning time of 1:54 was impressive. Ken only a second behind.

Nb. Harry and Ken our future 800m runners?



Event 3: The 400m v's 4x100m.

Can one 400m man beat a team of ladies running the 4x100m? Steve Woodford was the brave man who took up the challenge against Erin Minton-Branfoot, Amy Hoye, Jade Harding and Connie Forman. Steve stormed the first 300m but, inevitably, the stamina ran out and the girl's team regained the lead in the home straight, going on to a solid win!

An appeal by Steve that they should be disqualified was rejected by the stewards. Apparently a competitor "winning by running faster than the opposition" is not grounds for disqualification under current UKA rules.

Note for reference: Don't mess with the Girl's Team! But Steve's appeal was commendable. It's not just the taking part...!!



Event 4: The 400m Hurdles.

Which is faster in this race; a sub-50 second 400m flat runner or a proven sub-60 second 400m hurdler? Despite cries of "why did I agree to this at the Pub", the event got underway with Chris Youell, Luke Keteleers and Joe Wells once again locked in battle. The length of the event soon proved too much for Joe and he quickly dropped back allowing Luke to lead from Chris until coming off the last bend. At that point Chris's 400m speed came through to take the win by a whisker. An incredible winning time of 58.28s.

Chris for the Steeplechase next season!



Event 5: The 200m Hurdles.

Could hurdler Jade Harding beat non-hurdler Darren Blackwell over a 200m hurdle race? Darren's hurdles were raised by one notch just to even up the odds. Unfortunately, this additional height only exaggerated Darren's interesting (pioneering even!) style and he went from "room for improvement" to well..."The Youell" technique!! Regardless, his speed between the hurdles was enough to keep Jade behind and he took the win! Rough time, taken from the minute hand of the stadium clock, was somewhere between 25 seconds and 1 and a half minutes.

Recommendation for future races: despite winning, do not put Darren in a hurdles race instead of Jade.



Event 6: The “even more rarely run than 700m”, 200mH/200m Relay.

Three teams were chosen for the final showdown. Bradley with Paul; Luke with Harry; and Rhys Collings (Rhys making his first appearance of the night) with Chris Youell. The race was almost decided in the first 200m during the hurdles section. The fresh legs of Rhys and the “almost fresh” legs of Brad soon saw off the exhausted Luke, who was on his third race of the night. To make matters worse for Luke’s Team, he handed to Harry who was “still in shock” after completing the 700m race earlier! The second leg was therefore a two horse race. Chris made an enormous effort but, also being on his third race of the night, was unable to catch Paul who comfortably maintained the lead handed to him by Bradley.

The Senior hurdlers are looking good!

A great fun evening! Well done to all who took part.