



## Report from BAL Round 3 – Bournemouth – 2nd July 2016

Chelmsford's Senior Men's Team competed at Bournemouth last weekend in the third match of the British Athletics League Division 3. The club sent a strong team and were looking for a top four finish from the eight teams competing. However, in a close match Chelmsford eventually finished in fifth place.

Final scores were: Bournemouth 313, Newquay & Par 306, Trafford 297, Havering 292, Chelmsford 282, Southend 244, Nene Valley 238 and Yeovil 223 points.

What the result does not convey though is the fact that the Pole Vault was cancelled due to gusting winds. At the previous two British League matches Mike Bartlett and James Allway have scored double (A and B string) wins in that event. So a potential 28 points for the team were lost and Chelmsford were worst hit by the cancellation. It was a bitter blow because 3rd place overall in the match place was only 15 points ahead.

The club, however, still retain fourth place in the league and have a match at Yeovil next month to regain lost ground.

All the athletes who competed gave their utmost on the day and man of the match was once again a very difficult decision. Considered for the award were no less than six athletes.

Kevin Wilson who is the team's main thrower, showed amazing versatility by partnering experienced jumper Serg Zotin to take maximum points with a double win in the High Jump. Marcus Hunt ran an incredible race in windy conditions to win the 400m in 48.88 seconds, then went on to anchor the 4x400m relay to another spectacular victory.

Harry Sloman, helped the team immensely by running the 100m and 200m (setting two personal bests in the process) to cover for the teams injured sprinter. This meant that Harry then couldn't run in his main event the 400m, but did bring home the team in the lead with a fantastic first leg in the 4x400m. Decathlete Mike Bartlett competed brilliantly in Javelin, Long Jump and Discus, after missing out on his specialist event, the Pole Vault. Luke Keteleers excelled in the 400m hurdles, 110m hurdles and the 4x100m. Luke, also a great multi-eventer, is always prepared to tackle any event.

However, the final decision for Man of the Match winner was Bradley Reed. After finishing second in the 400m hurdles (beaten by only 0.01 of a second) Bradley went on to win the 110 hurdles, stood in for missing sprinters in the 200m race and then ran a storming first leg in the 4x100m. It was a great achievement by Bradley to win this award when many athletes in the team were so deserving.

There were a significant number of other excellent performances during the day, including Lee Pickering who completed in both the 3,000m steeplechase and the 5000m flat race. These two are a torturous combination - which Ken Hoye knows well, though Ken himself only partnered Lee in the 5000m on this occasion. A special mention must be made of Under 20 athlete Owen Thomas. Two months ago Owen had never run a steeplechase but has now become the team's leading steeplechaser and he continues to improve with every race - once again setting yet a personal best in Bournemouth. There were also



impressive runs from the 1500m duo of Callum Charleston and Stephen Woodford - both now returning to form following injury.

Despite the fifth place at Bournemouth, Chelmsford know it was not a true reflection of the team's ability and are now fired up to improve their league table position at the next match. That will be the fourth and final fixture in the British Athletics League and is at Yeovil on Saturday 6th August.