



Report on British Athletics League Match 4 – Yeovil – 6th August 2016

Chelmsford Athletic Club's Senior Men's team were competing again last weekend. This time, in the final match of British Athletics League season at Yeovil. The league standings before the match were very close, so the results would be critical for deciding the promotion and relegation places.

Chelmsford were mid-table of Division 3, in a position where both promotion and relegation were possible. No wonder then it was a fiercely contested competition.

The end result proved Bournemouth to be winners on the day but Chelmsford consolidated fourth place in Division 3 from the eight national teams competing, and hence will be competing in Division 3 again next year.

One of the most exciting races of the day featured Chelmsford's very talented U17 Elliott Cordery. Competing for the first time in the BAL, Elliott ran in the 3000m and literally got the crowd on their feet. From the start the 15 year old ran like an experienced senior, sitting in with the leading pack watchful of any breaks for the most of the race. As the front runners dropped away with the fast pace it was only Elliott on the shoulder of the leader coming into the home straight and he stormed passed to take the win, recording a sensational time of 8:52 (a personal best by 14 seconds).

Chelmsford gained several double (A and B) string wins over the course of the day. First, in the High Jump another U17, Thomas Hewes continued to amaze everyone by making a 2m (Senior Grade 2) clearance look simple. Tom was partnered by Serg Zotin who cleared 1.90m for the B win. Serg then went on to set a massive personal best of 13.07m in the Triple Jump.

On the track a double in the 400m Hurdles came from Bradley Reed and Rhys Collings - Rhys setting a personal best of 56.41seconds (achieving a Senior Grade 3, as an Under 20). Bradley then ran in the 110m Hurdles and finished second; only missing out on another win by 0.07s in a dip finish on the line.

The holiday period had affected the team's numbers and many athletes who were competing had to cover multiple events to fill any gaps in the team. As the competition continued through the afternoon, on the track, Nathaniel Sherger (U17), Chris Youell, Darren Blackwell, Mike Bartlett and Luke Keteleers were all scoring valuable points but tiring quickly. The summer heat was taking its toll. In the field events, Kevin Wilson competed in all four throws, achieving a second place in the Discus with 41.98 metres (Senior Grade 2).

The final event of the day was the 4x400m and the team had to be rearranged to suit the remaining energy levels of those available. It turned out to be yet another exciting race. Chelmsford holding second by varying distances for the first three legs then Marcus Hunt took over on the last leg and timed his run perfectly, with a split lap time of 48.46 second he secured a win for Chelmsford in the final race of the season.

With so many athletes deserving of Man of the match it was a difficult decision. However the award went to Marcus Hunt who had competed in the 100, 400, 4x100 and 4x400 relays. It was the effectiveness of Marc's run in anchoring the 4x400 that clinched the award.