

Chocs away for Blues' middle man

MIDFIELD dynamo Matt Bloomfield has kicked chocolates into touch as he bids to nail a first team place.

He has stopped snacking on chocolate bars and gone on a special weights programme to get in peak condition for the season.

He said: "It is a physical league. We come up against some big blokes and I knew I had to be a bit stronger than I was last year.

"I think if I can get myself fit enough and strong enough, my footballing ability will come through."

And his health kick seems to be working.

The former Ipswich trainee scored one and cooked up an all-action Man of the Match performance in Tuesday's 2-1 win at Rochdale.

He grabbed his chance when he was called into the side for former England ace Rob Lee, who failed to shrug off a knock he received in Saturday's opener against Carlisle.

Bloomfield ran the show and resembled a Duracell battery going on and on in the heat of the battle.

He said: "I was pleased with my fitness. I've been doing extra weights this summer to build myself up and working on my diet.

"I've been concentrating on eating good food and cutting out as many of the bad ones as I can. Already I can feel the improvement.

"I want to give myself every

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chance of doing well this season and this is a sacrifice worth taking.

"It has been an effort to do the right things but this year I have made a conscious effort."

He added: "I've always had a sweet tooth and I've tried to cut that down. I like the odd chocolate bar and things like that and I've tried to cut it out as much as I can.

"I'm now eating more vegetables and fruit and hopefully if I can carry it on I will benefit it.

"Once you get used to these foods it just comes naturally.

"I'm pleased with my fitness now but I want to get even fitter."

Bloomfield had to endure a frustrating start to the season when started the Carlisle game on the substitutes bench but his performance in midweek has given manager John Gorman a real selection headache ahead of tomorrow's mouth-watering M40 derby at Oxford United.

Bloomfield said: "I was frustrated to start the season on the substitutes bench but we all know it is not just about 11 players this year.

"I've set myself a target of ten goals this season. I think a good scoring midfielder should do that.

"To do that I've got to be in the side."



Sweet Moment: Matt Bloomfield celebrates his goal at Rochdale