

RUNNING BRIEFS

The Newsletter of TEAM SOLENT

January 2003

Edited by Janet Smith

Club Awards

Club Awards for the 2002 Track season were presented at a highly successful and enjoyable "Horse Race Night" at the St Mary's stadium on Saturday 11th January where over 100 attended. This event heralded a change to our awards process. In 2003 an award evening will take place in October or November – Senior and Junior awards for the 2003 Track and Field season and the 2002/03 Road and Cross Country season will be made. In this way our members will receive recognition for their performances and contributions in each of the major sectors of the Club.

Many thanks to our generous Race Night sponsors – Brend Hotels, Trophyman, Thornhill Youth Club, Printline & Bumble Smith.

Congratulations to our 2002 award winners;

Senior Male

Maurice Hicks

Senior Female

Vickie Foster

Junior Male

Kierran Lakeland

Junior Female

Georgie Thompson

2003 Annual Subscriptions

Your 2003 Subscription

became payable on 1st January 2003

Senior £20 Junior/Concession £10

Team Solent

11 Blackwater Mews, Calmore SO40 2GL

Please pay NOW without reminder



Cross Country

If you are a distance runner then winter brings the conditioning work of cross country racing. As a Club we enter the Hampshire Cross Country League in all age groups and the Wessex League for junior age groups.

After 3 fixtures in the Hants League our senior men are top of Division 3 having recorded scores which would place us 3rd overall in Division 1! Division 1 is much closer to where a club of our standing should be and gives our younger runners coming through a standard to aspire to. Most importantly we have beaten all the local clubs who share our catchment area including Southampton Running Club who have a formidable record in this League. This re-emergence is important, as it will influence new athletes in their choice of clubs.

The senior women started well with a 3rd place but absences have led to them dropping to 4th overall, nevertheless this is considerably better than in previous years when we frequently failed to even finish a team. If we are to maintain our positions we need athletes to turn out.

In the junior male age groups we are currently 6th in the Under 17 men, 5th in the Under 15 boys and 7th in the Under 13 boys. Not to be outdone the girls have also shown much improved form and are currently just outside of the top six in each of the age groups.

Cont aside

As this Newsletter is sent for printing we have two more fixtures remaining – Overton on 11th January and Kings Park Bournemouth on 1st February. With a big effort from athletes and plenty of support from parents and other Club members this winter could prove to be our best for a decade and send out the message that Team Solent is the best all round club in the area.

Rod Lock, Winter Secretary

Congratulations to Angus Maclean on his selection for the Great Britain Under 23 and English Senior Cross Country teams.

Well done also to all of our members who took part in the 2002 New York marathon – Pat Emerson, Doug Hall, Lisa Ridout, Matt Smith & Kim Wilmshurst.

Stop press – Hants County Cross Country Champs, pride of place to the Senior Women where Helen Zenner, Claire Thorne, Ceri Mitchell & Sam Stewart totally outclassed the field to take first place in the team event. Tommy Davies in the Under 20 race achieved notable success in being the only non Aldershot runner in the top 9, Tommy finished an excellent 3rd. Newcomer Laura Brenton (U17 Women) completed a fine day by finishing an encouraging 5th

Remaining Winter Fixtures

January 11 th	Hants Cross Country League	Overton
12 th	Stubbington Green 10km	Stubbington
25 th	South of England Cross Country Champs	Exmouth
February 1 st	Hants Cross Country League	Bournemouth
9 th	Wessex Cross Country League	Swindon
22 nd	National Cross Country Champs	Parliament Hill
23 rd	Bramley 20 & 10 miles	Bramley
March 9 th	TEAM SOLENT 5km	Ocean Village
	Wessex Cross Country League	Dorchester
	Petersfield Half Marathon	Fleet
22 nd	Eastleigh 10km	Eastleigh

Young Athlete Coaching Clinics

Team Solent is organising a series of coaching clinics in February and March for Young Athletes between the ages of **11yrs and 17yrs**.

The simple aim is to introduce some of the technical skills of the wide range of athletic events. Previous experience in an event is not necessary – it is the chance to **have a go!!**

For those already committed to sprinting, middle distance, throws or jumps it is an opportunity both to **hone their skills** and maybe **have a go at something else**

Clinic Programme

Sprints & Hurdles

Mountbatten School, Sunday's February 23rd & March 23rd. 1.30pm - 3.30pm

Middle Distance

Sports Centre, Sunday's February 23rd & March 9th. 2pm - 4pm

High Jump

Sports Centre, Sunday's February 23rd & March 16th. 10am - 12pm

Throws

Sports Centre, Sundays February 23rd & March 23rd. 10am - 12pm

ALL sessions Pay on the Day - £1.50

Early Notice

Young Athletes Easter Course

Mountbatten School, April 16th & 17th

10.15am – 3.30pm

Cost £8 or £5 for one day only

Contact Terese Swain

53 Nutshalling Ave, Rownhams, Southampton.

023 80738873

Why Do You Train?

Do you train to compete or do you compete in order to continue to train?

The answer should surely be, if you regard yourself as an active athlete, training should be a means to an end – competition!

Unfortunately it often does not work out like that and the reasons given for not competing could, over the years, fill a fair sized volume.

Athletics is also a tough sport involving a degree of hard work, but that work is only a means to an end. If you simply want to keep fit there are many easier ways.

There is a widely held theory that the more you train the better you become. That is a fallacy. Over training means strain, both physical and mental, which in turn leads to injury. The athlete who does ten sessions a week will not necessarily be the better for them. Heavy programmes suit full time international athletes but not those with school, college or work commitments.

Everything about athletics should be enjoyment with a simple end product - COMPETITION

The Wessex Young Athletes League

You may have noticed from the aside provisional 2003 fixture list that there are no fixtures for the Wessex League, this is not an oversight but the result of long consideration by your committee.

We have competed in the Wessex League virtually since our formation – it perfectly met the needs of our young athletes involving as it did little travel, mixed teams and a low key level of competition for those of our youngsters who missed out on our National YA or Southern League teams.

Times have moved on. The widening of the school sports curriculum and spawning of many more track clubs in the area means that we no longer have the pool

of youngsters available. Inevitably this has led to using the same athletes in all our Young Athlete fixtures. Add to this events such as the Hampshire Youth Games and schools competitions and we were in danger of pushing our youngsters into the perils of over- competing leading to physical and mental fatigue. The problem does not end there, as the Wessex League has expanded so has the amount of travelling and need for more Team Managers and Officials – we have too few willing volunteers for this, we cannot constantly ask them to give up both days of a weekend.

We are a responsible Club and feel that the competition provided by the newly mixed National Young Athletes League, our own Open/ Grand Prix events plus the existing Southern Women's League adequately and progressively provides for the development and competitive needs of our Young Athletes. It is no good us "oldies" saying how many times we turned out as youngsters, we must accept that the pressures today, both academic and sporting, are greater – the welfare of our youngsters is of paramount importance to us. We know this decision has disappointed some, it was not taken lightly and is not set in stone. If, after the 2003 season, we feel that to re-enter the League is the best way forward we will do so – the League Officials understand and have been supportive of our decision.

Provisional 2003 Track Fixtures

Date Fixture

April 26th	Southern Womens League
May 3rd	Southern Mens League
	4th National Y A League
	10th County Champs
	11th County Champs
	17th Southern Mens League
	Southern Womens League
	British League
	18th UK Womens League
	National YA League
	24th SEAA Under 20 Champs
	25th SEAA Under 20 Champs
	31st Southern Mens League
June 1st	National YA League
	7th Southern Womens League
	14th County Schools Champs
	15th BAL Cup (poss)
	21st SEAA Champs
	22nd SEAA Champs
	28th Southern Mens League
	AAA Under 20/23 Champs
	29th AAA Under 20/23 Champs
	National YA League
July 5th	Southern Womens League
	British League
	6th UK Womens League
	12th Southern Mens League
	19th BAL Cup Semi Final
	20th National YA League
	26th AAA Champs
	27th AAA Champs
Aug 2nd	British League
	Southern Mens League
	3rd UK Womens League
	9th AAA U15/17 Champs
	Southern Womens League
	10th AAA U15/17 Champs
	16th BAL Cup Final
	30th British League
Sept 6th	Southern Womens League