

# **RUNNING BRIEFS**

**Team Solent**

**January 2004**

**The saga of a possible merger with Southampton City has moved on a little. After holding an Extraordinary General Meeting at the end of November, Southampton voted overwhelmingly in favour of carrying on with negotiations. As a result talks have recommenced.**

It should be emphasised that whilst a merger appears to be a necessary move for the good of athletics in the area, such a step can only be possible if our current status is safeguarded.

Whatever happens Team Solent is not some mystical body called "The Club" – it is **YOU** and the rest of the membership. Therefore your active support for teams and other activities is needed in the coming year if we are to buck the current sporting trend of self before all else.

Mike Smith (Chairman)

## **2004 CLUB SUBSCRIPTION**

At the 2003 A.G.M the annual rate of Club Subscription was raised to:

**£25 Senior**

**£15 Junior/Concession**

***Your payment is due NOW***

Payable "Team Solent", 11 Blackwater Mews, Calmore,  
Southampton. SO40

Any club or organisation whether a sports club, such as Team Solent or any other group activity, requires organisation to allow it to function.

The club will have been formed by a group of enthusiastic people who will become the members. The members will then elect a committee; this committee provides the organisation and ensures the club is run in accordance within its own constitution.

Cont from page 1

In general, and certainly in the case of Team Solent, the committee will be giving their time willingly and voluntarily. We must abide by the complex rules and regulations of Track & Field, Road and Cross Country Running. This in itself is never an easy task.

The committee will ensure and provide the best level or levels of activity for its members. As a club progresses so will the level of ability. This means the club must provide suitable levels of coaching, equipment etc.

Team Solent has achieved and earned a high level of respect in athletics due to its results both on the track and off it. This would not have been possible without the organisation and dedication provided through its committee.

Team Solent is determined to maintain its high level profile within athletics but can only do so with the support of you the athletes, the members. Your committee is a dedicated team providing the best possible means for you to enjoy your chosen sport. It provides excellent quality coaching and a good standard of competition in which you can compete.

So please consider the huge amount of voluntary work that is given, and must continue, in order for you to participate in athletics. Please consider how many people it takes to function efficiently. Team Managers, Coaches, Track Officials, Fixture Secretary. This is just a small selection, there are more!

The committee is there for you. It operates for you. Do you have a concern? Please let us know.

If you would like to assist with the running of the club and reduce the workload on your committee please let us know.

With best wishes for the New Year

Vic Novell (Vice Chairman)

## Hampshire Sportshall League

This winter has seen Team Solent enter, for the first time, the Hants Sportshall League.

The league is designed to provide welcome winter competition for young athletes. With running events based on “laps” (actually lengths) of the sportshall and the “field” covered by such interesting sounding events as speed bounce and vertical jump as well as the more easily recognised Long /Triple jump and Shot Putt it is ideal in keeping up the interest of our track and field athletes – and it is fun!

Lewis Towner-White has been our star performer so far, he heads in to the third match with an overall lead in the Under 15 Boys category.

**The next match is on Sunday 1 February in Portsmouth – please contact Terese Swain on 023 80738873 if you are interested in taking part**

## Reg Gosney

We have been saddened to learn of the death, on Saturday 10 January 2004, of Reg Gosney, past President of Southampton City AC.

Reg was a well known figure both nationally and locally in an athletic career that spanned well over 70 years. Having reached International status as a Distance runner in the 1930s & 40s, Reg continued his massive contribution to the sport as an administrator and timekeeper, where he reached “Chief” status.

Although Reg was unable, through illness, to take his familiar place on the timekeepers stand at the Sports Centre over the last two seasons he retained a keen interest in the sport and will be very sorely missed.

**Visit**

**[www.teamsolent.co.uk](http://www.teamsolent.co.uk)**

**for all your Club news and events**

## SCOTT LEADS THE WAY

Scott Legg showed his male elders how it should be done by storming to an impressive win in the Under 13 Boys **Hampshire Cross Country Championships** at Dibden Inclosure this month.

On a day when our senior men failed to even turn out a team Scott combined with Chris Dennis (3<sup>rd</sup>), Jamie Knapp (10<sup>th</sup>) and Matthew Slade (23<sup>rd</sup>) to finish a close second behind Guernsey in the team event.

To complete a highly satisfactory day for our young athletes Laura Brenton dominated a disappointingly small field to claim gold in the Under 20 Women's race, Russell North took the silver medal in the Under 15 race whilst Tommy Davies finished a creditable 3<sup>rd</sup> in the Under 20 Men's race.

Our Senior Women showed what a force they can be by finishing second in the team championship - Helen Zenner (5<sup>th</sup>), Ceri Mitchell (10<sup>th</sup>), Fiona Cressy (17<sup>th</sup>) and Sam Stewart (29<sup>th</sup>) - were our successful team. Colin Dixon finished 5<sup>th</sup> in the Senior Men's 11km+ race

**Congratulations to** Alex Wall-Clarke and John Beattie who competed for Hampshire in the 21 International de Coutances Cross Country races in France. Alex came home with a gold cup for his first place in the Men's Under 20 race whilst John was second in the Under 17 age group.

**Elizabeth Freemantle** has shown her all round sporting prowess by swimming and running for Great Britain in the World Biathlon Championships in Monaco. Elizabeth finished 4<sup>th</sup> in her age group.

**TEAM SOLENT 5KM ROAD RACE**  
**Sunday 7 March 2004**  
**(race day help needed)**

## Hampshire Cross Country League

Team Solent is enjoying one of our strongest series of results. Angus MacLean has won the opening three senior men's races and has led the senior team into first place in Division 2. Not to be outdone our Senior Women were second after three fixtures as were the Under 17 Men and Under 13 Boys.

The remaining fixture is on Saturday 7 February 2004 at Wimborne.

## Hampshire Road Race League

With our Senior Men's team finishing 2<sup>nd</sup> at the Overton 5 miles and 4<sup>th</sup> in the Hardley ½ marathon we currently hold a promising third place overall in Division 2.

The remaining fixtures are:

Sun 8 Feb - Chichester 10km

Sun 29 Feb - Bramley 20 miles

Sun 4 April - Totton 10km

May (TBA) - Alton 10 miles

*(note this replaces the Petersfield ½ marathon)*

Sun 20 Jun - Brading 10km

## Cross Country 6

Team Solent successfully co-hosted the opening fixture at Matley Wood whilst still turning out a men's team. To date we are in a very steady mid table position,

The remaining fixtures are:

Sun 15 Feb - Lordswood

Sun 7 Mar - Manor Farm Park

## Hampshire Road Race Relays

The first ever Road Race Relays will be held on Southampton Common on **Sunday 14 March 2004**.

Details of the exact course, distances and team categories are still to be announced; however we plan a big turn out of Team Solent teams on our home turf!

## Provisional 2004 Track & Field Fixtures

Date	Type
24-Apr	Southern Women's League
01-May	Southern Men's League
08-May	British Athletics League
09-May	National Y A League
22-May	Southern Women's League Southern Men's League
29-May	SEAA Under 20 Champs
30-May	SEAA Under 20 Champs
05-Jun	Southern Women's League British Athletics League UK Women's League
06-Jun	National Y A League
19-Jun	SEAA Senior Champs
20-Jun	SEAA Senior Champs
26-Jun	Southern Men's League AAA Under 20/23 Champs
27-Jun	National Y A League AAA Under 20/23 Champs
03-Jul	Southern Women's League British Athletics League
04-Jul	UK Women's League
10-Jul	Southern Men's League AAA Champs & Olympic Trials
11-Jul	AAA Champs & Olympic Trials
18-Jul	BAL Cup Semi Final National Y A League
31-Jul	Southern Men's League British Athletics League
01-Aug	UK Women's League National Y A League
07-Aug	Southern Women's League
14-Aug	Southern Men's League
11-Sep	Southern Women's League

## CLUB AWARDS

There is a new format for Club awards for 2003 et seq. Awards will now be made to cover both the Track and Field and the Winter season.

The first of the new awards were presented at a highly successful Quiz Night at the St Mary's Stadium. Well over 90 members, families and friends attended the evening during which the awards for the 2003 Track and Field season were made. Teams of up to four people (well in most cases anyway!) hotly contested the quiz which covered a wide range of subjects. Winners on the night were four (well almost!) colleagues from our Road Running section.

The 2003 Track and Field Awards were presented as follows:

<b>Senior Man</b>	-	<b>WILL MACGEE</b>
<b>Senior Woman</b>	-	<b>EMMA DUCK</b>
<b>Junior Man</b>	-	<b>KIERAN KELLY</b>
<b>Junior Woman</b>	-	<b>CHELENE COETZER</b>

### Club Member of the Year

**DARRYN CAMPBELL**

## I know what you mean?

### A "light-hearted" look at the Athlete/Coach Phrasebook by John MacInnes

What a Coach Says	What He/She Means	What the Athlete Hears
I hear what you say	I disagree and don't want to discuss it	He/she accepts my point of view
With the greatest respect	You are wrong (or a fool)	He/she is listening to me
That's not bad	That's good or very good	That's poor
Quite good	A bit disappointing	Quite good
Would you like to think about...I would suggest	This is an order, do it	Think about it, but do what you like
Very interesting	I don't agree/don't believe you	They are impressed
I'm sure it's my fault	It is your fault	It was their fault
Oh by the way	The primary purpose of this discussion is..	This is not very important
That's an original point of view	You must be crazy	He/she likes my ideas!
You'll get there eventually	You don't stand a chance in hell	Great I'm heading in the right direction