

RUNNING BRIEFS

Team Southampton

January 2005

TEAM SOUTHAMPTON

Present our first "team" social event

Come and join in and get to know all your new Club colleagues at;

A Filmed Horse Racing Evening with Buffet

Saturday 12 February 2005

Saints Supporters Club

St Mary's Stadium

7.30pm – 11pm

£8 per head

Tickets available from Vic Novell - Tel 023 80660407 or Vicnovell@uk2.net

All the fun of the races from the comfort of the excellent facilities offered by St Mary's Stadium

(all ages welcome however under 15s must be accompanied by an adult)

Club Subscription

Please note that your annual Team Southampton subscription became payable on 1 January 2005.

Please support your Club by making payment now to;

Team Southampton
11 Blackwater Mews
Calmore
Southampton
SO40 2GL
Tel 023 80860743

Rates payable - £25 Senior, £15 Junior (under 18)

Concessional rate (full time education, Registered Unemployed or OAP) £15

Watch out for details of an exciting new range of Team Southampton Kit.

Your committee are in the final stages of agreeing with a supplier a new range of training and leisurewear, which will be available to all club members to buy.

The range will include training - tops, rugby shirts, rain jackets, fleeces, T - shirts and polo shirts in club colours.

The supplier we hope to use is Errea, an Italian company, so you can all look very classy around the track this summer in designer clothing. They supply a number of Premiership and Football League clubs as well as numerous rugby and athletics clubs in Europe. Full details will be available soon.

Cross Country

The Season so far

It has been a very encouraging first half to the clubs inaugural cross country season with successes for both teams and individuals. We have averaged over 40 runners across all the age groups for most of the league fixtures this season so the real winners so far are all of you who've enjoyed competing!

Team highlights included some really good performances at the recent Hampshire championships at Dibden. There were team medals for the U15 girls (1st), U17 Men and Women and U15 Boys (all 2nd), and U13 Girls (3rd).

We are also well placed in the Hampshire League with U15 Girls and Boys and U17 Women all in 2nd place, and the Senior Men and Women both in 4th place. The U15 Boys and Girls and U17 Women are also all leading in the Wessex leagues at present and just to show the depth of squads the U15 boys B team are even in 3rd place!

A number of individuals have excelled in the first half of the season. Rebecca Gough had a brilliant 2004, leading the National Reebok series and Hampshire league and now in 2005 taking the Hampshire championship title. Louise Webb is second in the Hampshire league and leads the Wessex league at present.

Scott Legg, Renato Veraj and Chris Dennis have all run well in the U15 boy's races and in the U17's. Russell North (8th in the Hants league) whilst in the U20's Alex Wall-Clarke (3rd in the Hants league and 2nd in the Wessex league)

cont aside

have had good winter seasons.

Laura Brenton performed well again in the Hampshire Championships retaining her U20 Women's title and Sasha Mucci has had some really good races in the Wessex and Hampshire leagues in the U17 Women's races.

In the seniors Angus Maclean started well with a win at Farley Mount and Owen Jones has also performed well in the Hampshire league with top 10 places at Goodwood and Overton and holds 3rd place overall in the Senior men's league at present. Heather Buckingham for the women has had some outstanding races for the club including a fine run at the National XC relays in Mansfield where the club fielded teams for the first time.

Everyone's contributions are valuable though and thanks goes out to all runners, coaches, team managers and parents for turning out for the fixtures so far. To keep up our chances of medals both in the Hampshire and Wessex leagues we will need to field full teams for each of the remaining fixtures so please help the team by coming along whenever you can!

We plan to run coaches to the Southern Championships (29th Jan) and National Championships (19th Feb) so please come along for the day to run, coach, manage or support and hopefully these will both be memorable days for the club!

Des Webb

Remaining Cross Country Fixtures

29 January	Southern Cross Country Champs	Parliament Hill
12 February	Hants Cross Country League	Wimborne
<i>(followed by the Club Race Night and Buffet at Saints Supporters Club, St Mary's Stadium)</i>		
13 February	Wessex Cross Country League	Ferndown
19 February	National Cross Country Champs	Birmingham
13 March	Wessex Cross Country League	Dorchester

For up to date results, news and photos visit

www.teamsouthampton.co.uk

Road Running

Road Relays

Although at face value (because of the timing of the merger of the Clubs) the teams that took part in the Southern Road Relays ran as either Team Solent or Southampton City this was, spiritually at least, the first outing for Team Southampton.

The Senior Men led the way with their best ever performance to finish 13th and therefore qualify for the National Road Relays. While the girls battled hard to finish 45th in their race. Star performer on the day was Angus MacLean who ran the fourth fastest time of the day in the Senior Men's race.

The men found it tough to carry their excellent form into the National event, hit by withdrawals they nevertheless finished a respectable 41st with Tommy Davies posting the fastest time for the team.

London Marathon

Good luck to our entrants in the 2005 event - Emyr Morgan and the four first time marathon runners, Jenny Davies, Jonathan Fallowfield, Sally Gilbert & Jeanette Keyte.

Hants Road Race League

Angus MacLean has found fine form in the 2004-05 event. To date he has won both the Hayling Island 10 miles (49.49) and the Stubbington 10km (30.46). Overall after four of the ten races our men are 6th in Division 2 and our Women are 7th, also in Division 2

Cross Country 6

After three of the six races remaining Sally Gilbert leads the overall women's standings having finished second in each of the races so far. The Women currently lie in sixth place overall and the Men in fifth.

Remaining Road Racing and Cross Country Six Fixtures

6 February <i>12 February</i>	Cross Country Six <i>Race Night and Buffet</i>	Ampfield Woods <i>Saints Supporters Room, St Mary's Stadium</i>
6 March	Hants Road Race League	Mad March 20 miles, Buriton
13 March	Hants Road Race League	Eastleigh 10km, Eastleigh
20 March	Cross Country Six	Manor Farm Country Park
21 March	Hants Road Relay Champs	Southampton Common
3 April	Hants Road Race League	Totton 10km, Totton
8 May	Hants Road Race League	Alton 10 miles, Alton

Tsunami Appeal

Your Committee decided, on behalf of the membership, to make a donation to the Tsunami Disaster Appeal.

We recognise that not all of our members may agree with this action; not least because there are many worthwhile causes that may be equally deserving of our support. We did feel however that the sheer speed and scale of this disaster was exceptional.

Perhaps we should expect our Government to provide the necessary aid but I would challenge anyone to say the pictures we saw on television and in the press did not affect them. The desire to want to "do something" is natural, humane and the sign of a civilised society. Most of all as a Club with a substantial membership of young athletes it is right and proper that we should try to help the thousands of children bereaved, injured and made homeless by the disaster. Let us hope that our children are never faced with such catastrophe.

Provisional 2005 Track & Field Fixtures

Date	Fixture	Venue
12 Feb	Club Race Night & Buffet	St Mary's Stadium
30 Apr	Southern Women's League	TBA
7 May	British League	Abingdon
7 May	Southern Men's League Div 2	Exeter
	Southern Men's League Div 4	TBA
8 May	National Young Athlete League	Portsmouth
14 May	County Championships	
15 May	County Championships	
21 May	Southern Women's League	TBA
21 May	Southern Men's League Div 2	Braunton
	Southern Men's League Div 4	TBA
28 May	SEAA Under 20 Championships	Portsmouth
29 May	SEAA Under 20 Championships	Portsmouth
4 June	British League	Derby
4 June	Southern Women's League	TBA
5 June	UK Women's League	Barnet Copthall
5 June	National Young Athlete League	Southampton
18 June	SEAA Senior Championships	Ashford
19 June	SEAA Senior Championships	Ashford
25 June	British League	Southampton
25 June	Southern Men's League Div 2	Tooting
	Southern Men's League Div 4	TBA
26 June	UK Women's League	Liverpool
26 June	National Young Athlete League	TBA
2 July	AAA Under 20/23 Championships	Bedford
3 July	AAA Under 20/23 Championships	Bedford
9 July	AAA Senior Championships	Manchester
9 July	Southern Men's League Div 2	Reading
	Southern Men's League Div 4	TBA
10 July	AAA Senior Championships	Manchester
17 July	National Young Athlete League	TBA
23 July	Southern Women's League	TBA
30 July	British League	Bedford
30 July	Southern Men's League Div 2	Ware
	Southern Men's League Div 4	TBA
31 July	UK Women's League	Rugby
31 July	National Young Athlete League	TBA
13 Aug	AAA Under 17 Championships	Birmingham
14 Aug	AAA Under 17 Championships	Birmingham
20 Aug	Southern Women's League	TBA
20 Aug	Southern Men's League Div 2	Southampton
3 Sept	Southern Women's League	TBA

COACHING CORNER

All coaches or prospective coaches are invited to attend a Club coaching meeting on **Monday 28 February 2005, 7.00pm at the Sporting View, Sports Centre, Bassett**. This will be to discuss plans for the structure of coaching in Team Southampton.

Team Southampton would like to make it clear that the fees charged at Club training venues during the winter are to help offset the cost of the facilities. The coaches involved do not receive any payment from the Club, all are volunteers giving their time and experience freely.

GOAL SETTING

To be successful in athletics, one has to define success. One way to do this is by setting goals. Goals need not be solely based upon winning or losing; after all, races have only one winner. Each and every athlete can be successful by setting their own goals based upon their own criteria for success. These goals, like all goals, should meet a number of criteria:

1. For the goal to be motivating, it must be **challenging yet achievable**. Put another way the goal should be a 'stretch'.
2. The goal must be **measurable**. For example, an athlete might set a goal of finishing in the top ten at a championship meeting.
3. The goal should be **written down**. Writing down goals keeps a record and fosters commitment to achieving them.
4. Finally, goals should be **reviewed periodically**. Adjustments may be needed based upon, or lack of, achievement.

Goal setting is a simple technique which can provide some structure for your training and competition programme. Goals give a focus, and the key to effective goal setting is the **SMARTER** principle, which is:

- S - goals must be **Specific**
- M- targets should be **Measurable**
- A - goals should be **Adjustable**
- R - goals must be **Realistic**
- T - training targets should be **Time-based**
- E - goals should be challenging and **Exciting**
- R - goals should be **Recorded**

In Brief....

Congratulations to Club member Ceri Mitchell who has, as part of her degree attained a Diploma in Sports Massage. Ceri can be contacted on 01590 674450 if you would like to know more about how Ceri can help you in your training regime.

We were saddened to learn of the death, shortly before Christmas, of George Williamson. George was a well-known figure in Hampshire Athletics where he acted as Marksman at all the recent County Championships. All at Team Southampton extend their sympathies to his family and Club – Andover AC.

Club vests available from Carol Dawkins, ring 023 80860743 for details