

RUNNING BRIEFS

TEAM SOUTHAMPTON

January 2006

It's Your Club

Every year the Club's Membership Secretary, Carol Dawkins, has to spend far more of her time than should be necessary chasing up the annual subscription, which became due on 1st January.

It is of course a fact of life that no-one relishes paying fees or bills, for some it becomes a game show to see how long payment can be delayed, whilst for others it is simply a case of good intentions but no action.

Whilst the Club does from time to time gain sponsorship for various activities the main source of income must come from member's subscriptions and any potential sponsor expects us to be largely self-sufficient when it comes to our everyday running costs.

So what are those running costs?

The following list is far from exhaustive but does give some indication of what is involved:

- Affiliation fees to the various governing bodies and leagues
- Track Hire for home events
- Communication – newsletters, website, various letters including issue of membership cards and continual subscription reminders
- Travel including coach hire and Club minibus costs
- General Secretarial expenses – postage, telephone and so on for the various officials and team managers
- Hire of winter training facilities the cost of which normally exceeds any individual fee charged

It has also to be emphasized that all the Club's officers, officials and coaches are unpaid volunteers.

When Club membership is accepted we become part of the whole. Therefore the running costs are the responsibility of us all. We get out of the Club what we put into it. For the majority of members competition will be the most important factor and we hope that we provide this in good measure – making it the key reason for paying the subscription fee. There is however no magical knowledge as to your availability – there are, unfortunately perhaps, very few occasions when an athlete is not needed, but if you are not one of the “regulars” you do need to make yourself known to the team manager.

One final common misunderstanding needs to be addressed when subscriptions are due – on joining an athletic club you automatically remain a member until such time as you resign. It is not a case of rejoining each year – you are already a member.

Enclosed with this newsletter is a Membership details form to aid you to send your subscription to us as well as notify us of any change in your details/circumstances. Please return this to Carol as soon as possible.

Team Southampton Training & Leisurewear

Stylish T-Shirts, Rugby Shirts, Training Tops, Rain Jackets, Polo Shirts and Fleece can now be ordered by accessing www.hargreaves-promotions.co.uk and clicking on the Team Southampton box. After all the progress on and off the track in the last year let's really look like a team when we turn out, the clothing is of good quality and very reasonably priced.

Orders can be placed by e-mail or fax, by calling in to Hargreaves or by telephoning them on 02392 822 436. We have been promised an efficient service and if club members do buy items that are currently available we can expand the range to include hats, rucksacs and all sorts of other pieces of kit.

If you do experience any problems ordering please let Roger Sherliker know on 01489 577650.

Club vests are still available from the Club only – contact Carol Dawkins on 023 80860743

Provisional Track & Field Fixtures

22 April	Southern Women's League
23 April	Wessex League
29 April	Southern Men's League
30 April	National Y A League
6 May	BAL League
13 May	County Champs
14 May	County Champs
20 May	Southern Men's League
	Southern Women's League
21 May	National Y A League
27 May	SEAA U17/U15 Champs
28 May	SEAA U17/U15 Champs
3 June	BAL League
	Southern Men's League
4 June	UK Women's League
	National Y A League
10 June	County Schools
17 June	SEAA Champs
18 June	SEAA Champs
	Wessex League
24 June	Southern Women's League
25 June	National Y A League
1 July	BAL
2 July	UK Women's League
8 July	Southern Men's League
9 July	Wessex League
15 July	European Trials
	Southern Women's League
16 July	European Trials
22 July	Southern Men's League
23 July	National Y A League
30 July	Golden Jubilee Cup
5 Aug	BAL League
	Southern Men's League
6 Aug	UK Women's League
	Wessex League Festival
12 Aug	Southern Women's League
19 Aug	Golden Jubilee Cup Final
2 Sept	Southern Women's League

Coach Education Courses 2006 (Local)

Level 2 Core	- 4/5 February	Portsmouth
Level 2 Speed	- 22 April	Chichester
Level 2 Endurance	- 22 April	Chichester
Level 2 Jumps	- 22 April	Chichester
Level 2 Throws	- 22 April	Chichester

Further details from Andy Neal (UKA – RETA)
On 01403 230096 or aneal@ukathletics.org.uk

WINTER ROUND UP

Cross Country

The Club's success over Cross Country has proved to be no one season fluke – our ability to regularly turn out full teams, particularly in the young athlete age groups has seen Team Southampton firmly establish itself as one of the leading Clubs in the south.

The picture is not as rosy amongst the senior ranks where we are still reliant on our “unsung” athletes to make up teams. That we are firmly holding our own in the top divisions in no little down to their efforts.

Here are the **leading** results so far with the major individual championships still to come:

Hampshire Championships

Age Group	Individual	Team
Senior Men	- 4 th John Beattie	6 th
Senior Women	- 7 th Helen Zenner	
Under20 Men	- 6 th Ollie Williams	
Under 20 Women	- 3 rd Lucy Bowers	
Under 17 Women	- 4 th Rebecca Gough	2 nd 3 rd & 4 th
Under 15 Boys	- 2 nd Jamie Knapp	1 st & 5 th
	3 rd Chris Dennis	
	5 th Peter Batten	
	6 th Scott Legg	
Under 15 Girls	- 4 th Louise Webb	5 th
Under 13 Boys	- 5 th Connor Newman	5 th
Under 13 Girls	- 4 th Mhaira-Clair Stewart	3 rd

Hampshire League (after 4 races)

(Note no individual aggregate female positions are recorded)

Senior Men	- 2 nd Owain Jones	4 th
	4 th John Beattie	
Senior Women	-	6 th
Under 20 Men	- 1 st John Beattie	
Under 17 Men	-	6 th
Under 17 Women	-	2 nd
Under 15 Boys	- 2 nd Jamie Knapp	1 st
	=2 nd Scott Legg	
	4 th Chris Dennis	
Under 13 Boys	-	4 th
Under 13 Girls	-	3 rd

Good luck to all taking part in the South of England Championships on 28 January and the National Championships on 25 February

Road Running

The outstanding performance of the year so far has been **Angus Maclean's** sixth place in the Great South Run. Not only did Angus run a very fast 48.16mins but he was also the first GB runner to finish. Angus has added to this fine form by running the 7th fastest leg in the National Road Relays, winning the Victory 5 (23.45mins) and representing GB in the Ekiden Relay in Japan where his 29.31 min 10km run helped the team to 7th overall.

Team Results

Senior Men	-	National Road Relays	44 th out of 82
Senior Women	-	Victory 5	3 rd
Senior Men	-	Cross Country 6	7 th
Senior Women	-	Cross Country 6	3 rd