

RUNNING BRIEFS

Team Southampton

December 2006

Club Subscription Rise

As anticipated in the last edition of Running Briefs the Annual General Meeting held in October approved the Committee proposal that our Annual Subscriptions should be raised from 1 January 2007.

The new rates are:

Senior £30 Junior/Concession £20

(Family Rates are available on application to the Membership Secretary)

The Committee is responsible for ensuring that we remain financially viable and able to provide for your most basic needs. Of course we have in the past been able to give ourselves some "breathing space" by accepting sponsorship opportunities – currently we have no main sponsor and whilst we are actively pursuing new sponsors we cannot sit back and assume that one will be found.

I am sure that our members do not simply expect to take and not give. You can support us by

- Ensuring that you pay your Subscription as soon as possible after 1 January. Enclosed with this Newsletter is a form to remind and help you to send your subscription to us. As an added incentive for you to send us this in good time all members who pay their 2007 subscription by 31 January 2007 will be entered into a draw and the winning member will receive a **full refund of their 2007 subscription** (note: where family membership is paid a proportionate refund will be made)
- Let us know if you have any contacts or details of potential sponsorship or fund-raising

London Marathon 2007

Four club places are available to fully paid up First Claim members. Contact John MacInnes 02380768031

macinnesjohn@yahoo.co.uk

if you would like a place in the draw.

Club Awards

The Committee is pleased to announce the winners of our very first Club Awards.

These awards are based on Outstanding Performance and Outstanding Contribution. By not making awards under the restriction of one per age group we believe we have established a system whereby we can recognise those of our members who have set high standards during the year whether in athletic achievement, conduct or commitment and helped to forge our growing reputation as a top and nationally recognised Club.

We are aware that the making of awards can be contentious and we realise that some may feel left out – we acknowledge that many of our members are willing, reliable and talented team members who play a full and valuable part in the Club. In future years the nomination process will be open and, subject to receiving the support of a Committee member and relevant coach or official, will receive full consideration.

Outstanding Performance

**Emma Duck
Freya Jones
Louise Webb**

**Rebecca Gough,
Sam Starr**

Outstanding Contribution

**Victoria Burgess
Debbie Callaway
Catherine Davies
Lucy Ferris
Ross Langford
Anna Stevens**

**Darryn Campbell
Peter Costley
Lizzie Dunn
Sally Gilbert
Russell Osborn
Kathryn Webb**

Southern Women's League

At the recent AGM of the League it was agreed that as from the upcoming 2007 season a Senior only Division will be created. – to run alongside the existing Senior/Girls Divisions. This is in response to changes pursued by many of the leading Clubs who believe that Under 15 Girls are being asked to compete too often in this and the various Young Athlete Leagues'

Team Southampton supported this move and will be entering the Senior only Division for 2007. We strongly believe that this will not only help to protect the development of our young female athletes but will also add to the strength of our National YA team by removing any conflict of loyalty/competition.

Provisional Track Fixtures 2007

Date	Fixture	Venue
22-Apr	Wessex Y A League	
28-Apr	Southern Women's League	
05-May	British Athletics League	Stoke
	Southern Men's League	
06-May	National Y A League	
07-May	Hants Multi Events	
12-May	County Champs	
13-May	County Champs	
19-May	Southern Women's League	
20-May	National Y A League	
02-Jun	British Athletics League	Soton*
	Southern Women's League	
	Southern Men's League	
03-Jun	UK Women's League	Wigan
03-Jun	National Y A League	
10-Jun	Wessex Y A League	
23-Jun	Southern Men's League	
24-Jun	National Y A League	Poss Soton*
07-Jul	British Athletics League	Abingdon
	Southern Women's League	
07-Jul	UK Women's League	Eton
08-Jul	Wessex Y A League	
14-Jul	Southern Men's League	
22-Jul	National Y A League	
28-Jul	Southern Women's League	
29-Jul	Wessex Y A League	
04-Aug	British Athletics League	Derby
	Southern Men's League	
05-Aug	UK Women's League	Rugby
01-Sep	Southern Women's League	

* Home Fixture

Boxing Day Training Run

10:00a.m.

(Meet from 09:30a.m. at The Cowherds, which will open to leave kit in)

Run starts, 2 lap course, total of 5km, following the route of the John Dukes memorial race.

Après run tea & bacon butties, coffee & croissants.

Money from food & drink being donated to

Wessex Cancer Trust

.Spectators very welcome.

Visit

www.teamsouthampton.co.uk

for up to date news, results, photos and membership information

Cross country and relays report

Team Southampton has had a good start to the season with numbers of athletes competing up and some good individual and team results so far. In the Hampshire League with three fixtures gone Neil Phillips has performed particularly well in the senior men's races with the highlight a second place finish at the last race at Overton. Both the men's and women's teams are currently well placed in 4th overall in the seniors competitions

In the younger age groups after three fixtures there a number of teams currently placed in second position including the U13 girls, U20 women and the U17 men. The U13 boys are also performing well with Connor Newman winning the individual event at Goodwood in October and the team placed in 3rd position after the last fixture at Overton.

There has been some good successes in the autumn relays as well with the U17 women's team, (Kay Shafford, Rebecca Gough and Louise Webb) earning a bronze medal in their race in the Southern road relays at Aldershot in September. Also running well for the club were the U13 girl's team finishing in 11th position out of a field of around 60 teams. The U15 boy's team did almost as well coming in a creditable 14th placed position

Team Southampton also sent a select number of teams to compete at the National Road Relays at Sutton Coldfield on both Saturday and Sunday despite it being a very busy weekend for the South coast club, with many club runners competing successfully in the different age group races at the Great South Run in Portsmouth (Louise Webb winning her age group and Jamie Knapp and Emily Jenkinson coming in second in their age groups). In the road relays on the Saturday in showery conditions Angus MacLean was the star performer when he ran the fifth fastest men's time of the day out of the 450 competitors, finishing less than 20 seconds behind fastest performer of the day, England's Mo Farah and giving the club's 6 man team a creditable 41st place just ahead of the local team rivals from Hampshire. On the Sunday it was the turn of the clubs Junior athletes and despite the torrential rain that the U17 men's (18th) and women's (9th) teams had to endure as the ran around the 3.8km course they performed very well.

Team Southampton's younger runners put up another good showing at the National cross country relays. The club sent 3 teams to compete across the age groups and the best performance from the Teams came in the youngest age group, the U13 girls where the team finished in 18th place. In the u15 boys the team also performed strongly with a fine 24th place finish out of more than 70 teams in the age group. The third team competing on the day was the Junior Men finishing in a top 50 place.