

# RUNNING BRIEFS

Team Southampton

January 2008

## Club Award Winners 2007

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### *Outstanding Performance*

Louis Gates, Freya Jones, Simon Ninnim, Bradley Awuah-Peasah, Ben Richardson, Louise Webb

### *Outstanding Contribution*

Darryn Campbell, Maurice Hicks, Jamie Knapp, Rachael Lewington, Ceri Mitchell, Neil Phillips, Anna Stevens, Emily Young

### Speed Development Coaching Sessions

Speed is an essential element in all athletic events. As part of our coaching programme two indoor sessions have been arranged in January and February to work on this aspect of development.

The sessions are open to all Team Southampton members and will be staffed by qualified coaches.

#### Dates

Sundays January 20<sup>th</sup> and February 24<sup>th</sup>

#### Venue

Oaklands School Sports Hall, Lordshill

#### Time

1.00pm – 3.30pm

#### Cost

**£1.50 a session if booked prior to the day, £2.00 on the day.**

Applications to Mike Smith, 265 Upper Deacon Road, Thornhill, Southampton SO19 5JN

### Clubhouse

After a very constructive meeting with Councillor Hannides, who holds the Council Portfolio for Leisure, together with Southampton Council officers the club is now seeking planning permission to build a clubhouse on the site of the existing portakabins.

The provisional plans, drawn up on our behalf by architect Michael Weakley, were on view at the AGM and received favorable comment. There is of course a long way to go, most importantly when it comes to finance.

Once planning permission has been approved grant aid will be sought and a sub committee set up to organise fund raising. This is where you as club members can play a vital part. Your active help will be needed if we are to take this big leap forward.

### Annual Subscription

Enclosed with this Newsletter is a form to help you pay your 2008 subscription, please make every effort to complete and send the form back with your cheque as soon as possible.

You will see that we are now also asking you to indicate on the form whether you wish to be registered to England Athletics as an active (or competing) member. An active member is any athlete who intends to compete in any competition under UKA rules. If you are then you must be registered and pay £3 towards the annual membership fee. Team Southampton will pay the remaining £2.

The Club reserves the right not to register any active member who has not paid their Club Subscription and share of the England Athletics Membership fee by 31 March 2008.

### Indoor Championships

South of England (Events for all ages Under 15 and above) – Sat 19 & Sun 20 January 2008. Lee Valley Athletics Centre. Entry forms available from [www.seaa.org.uk](http://www.seaa.org.uk). Entries close 8/1/2008

England Athletics Under 20, 17 & 15 – Sat 23 & Sun 24 February 2008, National Indoor Arena, Birmingham.

Entry forms available from [www.englandathletics.org.uk](http://www.englandathletics.org.uk). Entries close 28/1/2008

## 2007 Senior National Rankings

Men	Women
100m G Price 10.99 (129)	K Murray 12.02 (119)
200m B Richardson 22.02 (102)	M Purkiss 24.95 (88)
400m D Campbell 49.58 (160)	E Duck 52.59 (18)
800m G Klepatz 1 56.91 (358)	C Mitchell 2 10.87 (85)
1500m A Maclean 3 52.40 (103)	C Mitchell 4 30.62 (97)
3000m Not applicable	L Brenton 10 01.90 (119)
5000m N Phillips 15 06.24 (130)	Not applicable
S/Ch A Morgan Lee 9 31.7 (49)	L Webb 10 40.51 (13)
110 H B Richardson 14.60 (22)	K Drew 15.13 (82) (100H)
400 H G Hodgson 60.30 (256)	E Duck 57.26 (5)
H J D Turner 2.00m (52)	C Heron 1.72 (27)
L J J Grocock 6.93m (73)	K Murray 5.95m (23)
T J J Grocock 12.80m (247)	K Streatfield 12.20m (26)
P V C Steenkamp 4.40m (42)	R Tune 3.00m (71)
Shot M Hicks 12.40m (136)	V Foster 12.44m (31)
Disc N Iliffe 46.81m (30)	D Callaway 43.43m (20)
Ham M Hicks 47.35m (66)	V Foster 38.73m (98)
Jav R Lainson 53.60 (102 )	K Watts 48.19m (8)

Rankings taken from Power of 10 national lists

The lists cover all age groups. In the throwing events only senior implements count.

Wind assisted performances are not included.

Performances achieved by athletes who represent us under the High Performance rule are not included

Only the top performance in each event is included.

Whilst statistics can be made to prove almost anything it is still clear that, especially in the case of the men, many of the events are not as strong as they should be for a club of our size and reputation.

It should also be noted that when Young Athletes are listed in their own age groups the rankings show us in a better light – all of the following are nationally ranked in the top 20 in their age groups ;

**Bradley Awuah-Peasah, Poppy-Rose Barker, Lucy Ferris, Louis Gates, Lizzie Gittens, Richard Humby, Freya Jones, Soren Little, Simon Ninnim, Louise Webb**

## Winter Round Up

**Cross Country** – Highlight of the season so far was the top 5 performance of our Under 17 Women's Team at the National Cross Country relays held in Mansfield. Encouragingly the Club also sent teams in the Under 13 Girls and Boys and Under 15 Boys races and all acquitted themselves well.

In the Hampshire Cross Country League the Club made an excellent start in the first two fixtures with fine individual performances from Neil Phillips, Louise Webb, Emily Jenkinson, Jenny Beckingham and Jamie Knapp backed up by strong team performances. Unfortunately we were unable to field such strong teams at the third fixture in the rain and mud at Overton but nevertheless our teams are currently well placed;

Senior Men – 2<sup>nd</sup>, Senior Women – 4<sup>th</sup>, Under 17 Men – 2<sup>nd</sup>, Under 15 Boys – 4<sup>th</sup>, Under 15 Girls – 4<sup>th</sup>, Under 13 Boys – 3<sup>rd</sup>, Under 13 Girls – 3<sup>rd</sup>.

**Road** – The Club has rejoined the Hampshire Road Race League for this season's series of races and, after an uncertain start, this decision has been vindicated by solid team performances. After four fixtures so far the Men are 3<sup>rd</sup> in their division with our Women one place lower in theirs. Individually Neil Phillips has added to his reputation as one of the best road and country performers in the County by finishing an excellent 4<sup>th</sup> in the Gosport Half Marathon and was well supported by Gareth Keplacz in 8<sup>th</sup>. For the Women Sally Gilbert finished 7<sup>th</sup> in the same race.

## Provisional Track & Field Fixtures 2008

April 26	Southern Women's League
May 3	Southern Men's League
May 4	National YA League
May 10	County Championships
May 11	County Championships
May 17	Southern Men's League
May 18	National YA League
May 31	Southern Women's League
June 1	National YA League
June 7	British Athletics League
June 7	Southern Men's League
June 8	UK Women's League
June 22	National YA League
June 28	Southern Men's League
June 28	Southern Women's League
July 5	British Athletics League
July 6	UK Women's League
July 12	Southern Men's League
July 20	National YA League
July 26	Southern Women's League
Aug 2	British Athletics League
Aug 2	Southern Men's League
Aug 3	UK Women's League
Aug 16	British Athletics League
Aug 30	Southern Women's League

## Annual Subscription

All individual members who pay their 2008 subscription in full by 31 January 2008 will be entered into a draw and two members will receive a full refund of their subscription.