



# Team Southampton



## TEAM NEWS FEBRUARY 2010

Team Southampton vote 'YES' on proposal to merge with Southampton Running Club

The committee wishes to notify members that the proposal to merge with Southampton Running Club was approved by the members of the club in a ballot held at the EGM on 22 January 2010, with 74% voting in favour of the proposal. As Southampton Running Club also approved the merger in their EGM on the 20 January (86% of members in favour) the committees of the clubs will now proceed to implement the merger with effect from 1 April 2010. Further details of this will be notified to members in due course but the main change for our members are that with effect from 1 April 2010 the club will be known as Southampton Athletic Club. There will be no changes otherwise to club colours.

The combined club should now be able to draw on a larger pool of resources in many areas including athletes, coaches, officials and committee members. In particular one of the key aims of the merger is to strengthen our track and field teams as well as the road and cross country side of the club and in that respect we are pleased that we have already had a number of SRC members (who did not compete for us on the track in prior years) express their interest to be pre-registered to compete for the club in the BAL and UKWL this forthcoming season. We would hope to be able to attract more of the SRC members to compete on the track over the next few months and are also hopeful that the new combined club will be able to attract more new athletes generally in the Southampton area to compete for the club, not only in endurance events but in other track and field events.

The committee is fully committed to making the merger work for the club and to ensure that all the teams put out by the club will be as strong as possible whether on the track in the field or on road or cross country and that the club is as a result as successful as it can be this season and in future seasons.

The Committee sincerely hope that all members will support this decision by the membership and work together to make this merger a great success for the combined club and for athletics in Southampton as a whole, whether on the track and field, or on cross country and road running.

As in all club mergers UKA allows any athletes the opportunity to leave the new club should they wish to do so and join another club without any period of suspension from competition. Formal notification is therefore now given that with effect from 1 April 2010 any athletes who wish to do so have 28 days from 1 April 2010 to contact the membership secretary or Honorary secretary (details below) to notify them of their intention to change club [UKA rule 3 club membership para (10)].



## \*Track Repairs

Unfortunately Southampton City Council have now postponed the completion of repairs to the track until September 2010.

This has resulted in the need for the club to look for alternative venues for its home league fixtures this year and we have therefore secured the new Winchester track for several of our home fixtures this coming season.

### Track and Field 2010 Club Fixtures

Date	Fixture	Venue	Host
18th April	Wessex YA League	Oxford	Oxford
21st April	Open	Southampton	Southampton
24th April	Southern Womens League	Battersea Park	Sutton
25th April	National Junior League	Portsmouth	Portsmouth
1st May	Southern Mens League	Andover	Andover
2nd May	National Young Athletes	Thames Valley	WSEH
8th May	County Champs	Portsmouth	Hants AA
9th May	County Champs	Portsmouth	Hants AA
15th May	Southern Mens League	Plymouth	Yeovil
16th May	National Young Athletes	John Nike Stad	Bracknell
22nd May	Southern Womens League	Sutton	HHH
29th May	SoEAA U15/17 Champs	Ashford	SoEAA
30th May	SoEAA U15/17 Champs	Ashford	SoEAA
23rd May	National Junior League	TBA	Sharks
26th May	Open	Southampton	Southampton
5th June	British Athletics League	Barnet Cophall	Southend
5th June	Southern Mens League	Winchester	Southampton
6th June	UK Women's League	Cardiff	Cardiff
6th June	Wessex YA League	Woking	Woking
12th June	SoEAA U/20 & Senior Champs	Crystal Palace	TBC
13th June	SoEAA U/20 & Senior Champs	Crystal Palace	TBC
16th June	Open	Southampton	Southampton
20th June	National Young Athletes	Bannister Stad	Harrow
26th June	Southern Womens League	Epsom	Epsom
27th June	National Junior League	Winchester	Southampton
3rd July	British Athletics League	Yeovil	Yeovil
3rd July	UK Women's League	Bedford	Bedford
9th July	English Schools	Birmingham	ESAA
10th July	English Schools	Birmingham	ESAA
10th July	English Schools	Birmingham	ESAA
10th July	Southern Mens League	Portsmouth	Royal Navy
11th July	Wessex Y A League	Oxford	Team Kennet
14th July	Open	Southampton	Southampton
17th July	BAL Cup Semi Final		
18th July	National Young Athletes	Sha'bury Barnet	Shaftesbury
25th July	Wessex Y A League	Southampton (or Winchester)	Southampton
25th July	National Junior League	TBA	Basing/Andover
31st July	British Athletics League	Winchester	Southampton
31st July	Southern Mens League	Portsmouth	Havant
31st July	UK Women's League	Wavertree Stadium	Liverpool
1st August	National Young Athletes – area final	Cophall Stadium	Barnet
7th August	Southern Womens League	Bedford	Bedford
21st August	British Athletics League	Swansea	Swansea
25th August	Open	Southampton	Southampton
29th August	NJAL Promotional Match		
4th Sept	Southern Womens League	Winchester	Southampton
5th Sept	NYAL – National Finals	Sportscity stadium	Manchester
5th Sept	BAL Cup Final		

## Helping out

*If you are willing to consider helping the club out in any way this season as a helper on match days in particular please would you kindly contact team managers or Mary Axtell who will be acting as a match day coordinator for this years home matches. Help is always welcome, whether that is in arranging and offering refreshments, helping officiating or in team management, and so please do take the opportunity to get involved with the club.*

*If you are interested in becoming a qualified official please contact Geoff Davies or Mary Axtell – there is another officials training course coming up where track judging, timekeeping and field officiating qualifications are available*

## Road Report by Owen Harries

### CC6

There have been 4 of the 6 popular events run so far. Consistent performances have been shown by the women's team in placing first for the last two races.

### Road Races

In the latter part of 2009 Team Southampton runners competed in a variety of races. In the Hants Road race league we had good representation and results at the Gosport half marathon. For the Lordshill 10 race the entrants had to battle torrential rain and flooded sections. The HRRL is an area where there should be big benefits after the merger as we struggle to consistently field a complete team. In complete contrast to UK weather TS also had an entrant in the Delhi Half marathon. Emyr Morgan ignored the jetlag to spend the first day of his holiday competing and finishing well up the field in warm and humid conditions.

The 2010 road race season did not get off to the best of starts with icy weather forcing the cancellation of the traditional opening event; the Stubbington 10k. The wintry conditions also forced the cancellation of the Hampshire XC championship. There have however been some events surviving the conditions. In the Boscombe 5k series TS athletes have been putting in great performances and times. Claire Nichols especially has been running p.b. times and won all four of the events held so far. The Heartbreak trail half marathon turned into a 10.4mile race due to sheet ice on parts of the course. Despite this the TS runners had a good event taking both 2nd (myself) and 9th (Emyr Morgan) places.

### Looking Ahead

For many of the road runners the time between Christmas and April means marathon training and long runs/races. The club had 3 places allocated to it for the London marathon this year and they went to Vicki Falkinder, Derek House and James Allen. They will be joined by 6 other TS runners who were successful in the public ballot or had good for age times. We also have 3 runners (Sally & Kevin Gilbert plus Neil Washford) travelling to Vienna to compete in the marathon there.

For 8 TS athletes the more usual tempo, interval and hill training sessions are being supplemented by cycle and swim training. In August they and a group of supporters will make the trip to Copenhagen to compete in the inaugural Challenge Copenhagen triathlon. This full distance event combines a 3.8km swim, 112 mile bike ride and full marathon to finish. Think swimming the Solent then cycling to Cardiff and then running a marathon to get an idea of the distances involved.

# BARN DANCE

Southampton Running Club are having a barn dance at 7:30 – 11:00pm on Saturday, February 20, 2010, at Peartree Church Hall, Peartree Road, SO19 7GY Southampton.

Friends and family welcome. Buffet provided.

Bring your own drinks & a quid for a raffle ticket.

The Blarney Band is performing live

Tickets: £10.00 single and £18.00 couple

## RSVP TO ONE OF THE FOLLOWING:-

Mirella Spalluto c.spalluto@soton.ac.uk Tel: 07890 705 576

Hannah Coombs latehannah@yahoo.com Tel: 07759 050 464

Debbie Hallett debbie.hallett@seabourn.co.uk Tel: 07801 708 990

Louisa Hayman louisahayman447@hotmail.com Tel: 07876 770 796

Derek Warn delwarn@ntlworld.com Tel: 07731 453 227

*“All Team Southampton members have been cordially invited to attend so please do take the opportunity to come along and meet your future clubmates and join in the dancing!”*

**\*\*Skittles Night\*\***

### Southampton Athletic Club social

(Fri 30/4/10 at 7-11pm) - **Skittles Night** at the Ship Inn, Old Redbridge Rd, Soton, SO15 0NN (<http://www.theshippinnoldredbridge.co.uk/>)

**Basket meals available for £6.45 per head**

Rebecca Mulley rebecca\_mulley@hotmail.com Tel: 07958 085109

### And finally....

The committee hope that your training / coaching and volunteering has gone well for you so far this winter and wish you all good luck for the remainder of the winter and for the forth coming season.

### Details of:

Membership Secretary	Honorary Secretary
Fiona Webb	Tim Hall
79 Shanklin Road	16 Lakeside Avenue
Upper Shirley	Rownhams
Southampton	Southampton
SO15 7RG	SO16 6DP
webbfdlk@aol.com	tim.hallts@ntlworld.com

**REQUIRED FOR 2010  
MENS TEAM  
MANAGER/S**

**BAL 2010  
and  
SML 2010**

vicnovell@btinternet.com

A reminder to all members that subscription fees for the year were due for payment on 1 January 2010.

These are £35 for seniors, £25 for juniors (both including £5 UKA fee) and discounted rates for families on application to the membership secretary Fiona Webb (webbfdlk@aol.com, tel 02380788874).

Further details are available on the club website including membership forms.

## No sub's. No competition!

**YOUR VIEWS:**

Please send your ideas, suggestions, comments, stories and photographs  
[teamsouthampton@hotmail.com](mailto:teamsouthampton@hotmail.com)