

Running Briefs

Team Southampton

April 2005

Championship Details

Hampshire County

Sat 14 & Sun 15 May 2005 - Mountbatten Centre, Portsmouth.

Entry forms/timetable available online at www.hants.org.uk/athletics or in the Club portacabin.
Entries close Tuesday 26 April 2005

West of England (Inc Wiltshire)

Sun 15 May 2005- Broad Lane, Yate

Entry forms available online at www.avon.aa.org.uk or in the Club portacabin
Entries close Sat 7 May 2005

South of England – Under 15,17 & 20

Sat 28 & Sun 29 May 2005 – Mountbatten Centre, Portsmouth.

Prospectus & Entry forms available online at www.seaa.org.uk or from Club portacabin
Entries close Tues 17 May 2005.

South of England – Senior

Sat 18 & Sun 19 June 2005 – Julie Rose Stadium, Ashford

Prospectus & Entry forms available online at www.seaa.org.uk or from Club portacabin.
Entries close Tues 7 June 2005

Please note these are individual Championships that you enter yourself for. Team Southampton is not responsible for making an entry on your behalf.

Moving Forward

The merger of our two Clubs last October brought immediate Cross Country success for our young athletes and it was soon clear that we are a force to be reckoned with. That has not quite been the same story at senior level where the turn out was often disappointing.

Be in no doubt public interest, and therefore the perception of athletics, is largely based on individual and team success particularly at senior level. The coming track and field season, where we have a wealth of talent in all age groups, is an excellent opportunity to demonstrate that we are a strong and united club – certainly the best south of London.

This does though require the active co-operation of all members – athletes, coaches and helpers. The principal aim for all active athletes should be regular competition and not a litany of reasons why it will not be this time, but maybe sometime in the future. Coaches can, and should, play their part in ensuring that those they help do compete.

2005 can be a memorable year for Team Southampton – make it just that for all the right reasons.

Mike Smith
Chairman

Respect

No this isn't a cue for a well-known song from the past. That said the plea for that word to have meaning is as relevant today as it was back when the song was a popular anthem of the "disenfranchised". Respect is an easy word to use but how many of us actually show respect in the way we behave – particularly on an athletics track?

How many of you get annoyed with the way some Officials carry on during meetings – they demand you don't move after a race then moan because you haven't moved out of the way! Your best field performances are treated as a state secret whilst your worst are shouted to all and sundry and it wasn't your fault you were late for your event was it?

Ok but how many of you thank the Officials after your event, how many of you jump up and down in front of the timekeepers as you cheer your mates home – have you ever tried to time whilst peering through assorted legs, arms and torso's? And is it really their fault you didn't run, jump or throw as well as you wanted?

I asked one of our senior and most respected Officials how they like to see athletes behave during competitions. The answer was simple – showing respect both for the officials and fellow athletes. It is basic courtesy to shake hands, having won or lost, with a competitor or to wait for your time rather than demand it immediately – you were not the only one running. Smile and say thank you to the judges however disappointed you were with your performance. Add to this list your Team Manager and Coach – it isn't anything to do with them being volunteers its just the right thing to do.

Meet your Committee

(The good, the bad & the ugly)

Mike Smith - Chairman *Time in athletics*; Too many. *Athletic qualifications*; Various coaching. *Sporting Achievements*; British Assoc of National Coaches Coach of the Year 1987, British Sports Writers Service to Athletics 1998. *Occupation*; Retired. **Best advice to give**; Stick at it and work hard. Talent is important, perseverance is vital. **Best advice given**; Give up before its too late!

Vic Novell - Vice Chair, Coach and Competitor (available for selection!). *Time in athletics*; 17yrs. *Occupation*; semi-retired. **Best advice to give**; Work hard but enjoy your sport / event: you will only get out what you put in. **Best athletic advice received**; Isn't it time you packed it in!

Christine Benning – Vice Chair

Margaret Tizard – Treasurer

Janet Smith – General Secretary, coach & Official. *Time in athletics*; Entire life to date. *Athletic qualifications*; Level 4 coach, Grade 3 Marksman, Grade 4 Field. *Sporting achievements*; Too few to mention. *Occupation*; Civil Servant. **Best advice to give**; Pain is temporary, quitting lasts forever **Best advice given**; Always stop talking before others stop listening (preached but not practised!)

Carol Dawkins – Membership Secretary, coach & athlete. *Time in athletics*; Since age 14 *Athletic qualifications*; Level 2 coach *Sporting achievements*; England Senior international, GB Junior international *Occupation*; Manager in Insurance Company **Best advice to give**; The road to success is always under construction **Best advice to give**; Put it down to “wind & experience”!

Doreen Old – President Emeritus, Official. *Time in athletics*; 54 yrs. *Athletic qualifications*; Grade 2 Track & 3 Field Official. *Sporting achievements*; Represented city during school & early teens. *Occupation*; Retired. **Best advice to give/given**; Observe the rules & etiquette of athletics, take care of yourself, train hard, respect your coach and remember to thank the Officials.

Betty Tabor – Track Fixtures Secretary. *Time in athletics*; 56yrs. *Athletic qualifications*; Hurdles coach. *Sporting Achievements*; Represented Hampshire Schools & County. Team Manager for Hampshire County. *Occupation*; Retired. **Best advice to give**; Listen to your coach and always give of your best – most coaches do know what they are talking about! **Best advice given**; As a coach don't attempt to coach an event you know nothing about..

Stewart Burgess – Committee member

Darryn Campbell - Committee Member, Athlete, Webmaster. *Time in athletics*; 10yrs. *Sporting Achievements*; Successful at County and Regional level. *Occupation*; Software Engineer. **Best advice to give**; Try harder. **Best advice given**; Run faster!

Mike Coker – Committee member and Coaching Co-Ordinator

Peter Dean – Committee member, athlete

Manuel Framil – Committee member and coach *Time in athletics*; Over 10yrs *Athletic qualifications*; Level 3 coach *Occupation*; Warehouseman.

Mark Gallant – Committee member

John MacInnes – Committee member and Road Running representative & athlete.

Paul Ridgley – Committee member and Officials Co-Coordinator

Coral Rogers – Committee member and Senior Women's Team Manager

Roger Sherliker – Committee member and coach

Terese Swain – Committee member, Senior Men & Boys Team Manager. *Athletic qualifications*; Field Judge. *Time in athletics*; 12yrs, *Sporting achievements*; Junior British Ice Dance medallist, Gymnastics Regional Squad. Mum of an international pole vaulter. *Occupation*; School Bursar. **Best advice to give**; Listen to your coach (and Team Manager, of course) **Best advice given**; No gain without pain

Bill Tindell – Committee member and Coach

Des Webb – Girls Team Manager. *Time in athletics*; One as Team Manager, seven as a parent. *Athletic qualifications*; Enthusiasm. *Occupation*; International Corporate Manager for Vodaphone. **Best advice to give**; Whatever your ability give your best and enjoy taking part.

Sandra White – Committee member

Help Needed

It is vital that the Club portacabin is open to members on Tuesday and Thursday training evenings during the summer. It is used as an information point for new and existing members and we urgently need help from parents, relatives, friends and so on to staff the Club portacabin on those evenings.

This is not a big undertaking; any time you can offer whether just once or on a regular basis will be gratefully accepted. “Duties” are simple and only involve taking details of new members, handing out information leaflets, taking kit orders and selling light refreshments (tea, coffee and sweets) – guidance will be given.

If you can help please contact Janet Smith (023 80463384) or any Club Official as soon as possible.

Remember it is often the warmest place in the Sports Centre!

Road Running

Road Runner 10 Fixtures 2005

<i>Date</i>	<i>Venue</i>		<i>Time</i>
20th April	RVCP, Netley Abby	Southampton RC	7 pm
4th May	Nature Quest, Ashhurst	Totton RC	7.15 pm
18th May	Wilverley Inclosure, Sway	New Forest Runners	7.30 pm
25th May	Rose Bowl, West End	Team Southampton + Running Sisters	7.30 pm
8th June	Cadland Estate - about 2 Miles from Fawley Inclosure	Hardley Runners	7.30 pm
22nd June	Manor Farm C.P. Hamble	Eastleigh RC	7.30 pm
6th July	Itchen Valley C.P.	WADAC	7.30 pm
20th July	Farley Mount, Winchester	Wessex + Romsey RC	7.30 pm
3rd August	Stoke Park Woods, Bishopstoke	Lordshill RC	7.30 pm
17th August	Hursley IBM, Hursley	Hursley Runners	7.15 pm

*Races at Wilverley, Rose Bowl & Fawley will be over new courses. Club vests / T-shirts to be worn
Minimum age 15 on day of race. Juniors to compete with specific permission from their coach. Warming down:
don't run back down the course. Rehydration: Competitors often meet up for post race drink. Venue TBA on the
night.*

Cross Country

The second half of the cross country season has now concluded with the new club achieving some very encouraging results in its first season of competition.

The Wessex league finished very successfully at Ferndown on Sunday the 13th March with first team places for the under 15 girls and under 17 women's teams as well as a double success for the under 15 boys teams where the A team took first place and the B team were runners up overall in the league. The under 13 boy's team completed a successful set of results when they managed to take bronze position in the league.

These successes were on top of the already successful results in the Hampshire league, which had concluded at the end of February. Here we were pipped to first place in the U15 boy's and girl's and the U17 men's team competitions by strong Aldershot teams but managed to win in the under 17 women.

Thanks to all those who took part in each of these leagues, particularly those who helped turn out to ensure we were able to field complete teams in the various age groups when commitments elsewhere meant that we were short on numbers. This was a great team performance overall in the local leagues.

The club also took part in the Southern and National Cross Country championships in January and February. There were three top ten places in the Southern's (6th for U17 men, 8th for U17 Women and 9th for U15 boys) and two 12th places for the teams in the Nationals (U15 boys and U17 women) which was also very encouraging. The club also provided a large number of athletes for the Hampshire teams at both the UK Inter-counties in Nottingham and for the English schools championships at Norwich, so congratulations to all those selected.

Individually there were some fine achievements in the season across the age groups including:

Lucy Bowers- 3rd in Hampshire league, Scott Legg – 2nd in Wessex league, Rebecca Gough – 4th in Reebok National XC league, 1st Hampshire championship, 3rd in Southern championships, Sasha Mucci – 3rd in Wessex league, Renato Veraj – 3rd in Wessex league, Louise Webb - 4th in Nationals and 4th in UK inter-counties, 1st equal in Wessex league and 2nd in Hampshire league

Des Webb

Coaching Corner

In brief

Congratulations to Melanie Purkiss on her silver medal at the recent European Indoor Championships in Madrid. Running the first leg of the 4 x 400m relay Melanie was timed at 53.12 and left our highly experienced team ideally placed for a medal. More importantly it looks as though Melanie is set for another fine summer of racing with the World Championships in Helsinki being her goal this year.

Well done also to Sally Gilbert who won the overall veterans (40) title in the Cross Country Six series. Sally's performances would have also placed her second in the Senior Women's category.

There has been a welcome addition to our coaching strength with the arrival of Bill Bushnell (Debbie Callaway's Dad). Now living permanently in Southampton Bill coaches the throws and is ever willing to pass on his expertise to anyone needing help. With son-in-law Dave Callaway also coaching and daughter Debbie still throwing they make an impressive team.

The Sports Centre continues to resist returning to issuing season tickets for training at the track. The result is that those who train regularly have still to face a massive increase in costs for what can hardly be described as good facilities, not including of course the excellent mauve (ex) changing block at the end of the track! We are assured that this is partly due to the fact that large numbers fail to pay at all. We would remind you that it is your responsibility to pay when you arrive at the track. In the meantime we will continue to work at getting a better deal, but you can also help – contact local Council Members and let them know your opinion

Club vests are available on order from the Club portacabin or from Carol Dawkins – ring Carol on 023 80860743 with details of your order. Other kit will be available please come to the portacabin to see the range.

Reversibility

What is it? The muscles must be regularly stimulated to ensure or maintain the strength and technique gains, and by the same token - if left unstimulated the improvements will be lost. Training is exercising progressively. The best way to improve the strength of your muscles and your technique is by progressive training. Training to be productive must be constant or regular.

What happens when you stop or have gaps in your training? The effects of training, strength, endurance and technique, will reverse when training is stopped, even for short periods! The increases or improvements previously gained are gradually lost if the sessions are stopped or reduced. The gains are lost at roughly the same rate as they were achieved. Gains, which were achieved quickly, will naturally be lost most quickly. This is **Reversibility**, loss can occur at something like twice the rate of gain.

One of the most important battles an athlete will ever have is with themselves and discipline to training. No one part of athletic performance can be completely isolated from any other part, speed, endurance, power, strength, skill, technique, etc... the list goes on. To counter Reversibility the athlete must consistently learn to run fast by doing things fast for example repeated sessions at more than 80% of PB over frequent sessions. It should be noted that a middle distance runner may make improvements of, say, 20% over years of sustained training, a sprinter will only improve marginally, possibly 2 - 3%, over the same period.

Morale of the above - Why take frequent breaks in training and lose what you have gained. Summer is not far away if you want to be good, stick at the training and lets repeat the winter success stories.

Stewart Burgess

Tracker Sessions

The Club is continuing with its highly successful introduction sessions for new members. Re-named Trackers Sessions each new athlete aged 11 – 15yrs will be offered the opportunity to taste and learn skills from all athletic disciplines from sprints to throwing before being placed with established training groups.

Technical sessions will also be available to existing members who will be released from their groups to take part – please ask your coach for details

Summer Training

Here are details of the some of the summer training sessions offered by our coaches at the Sports Centre. Other sessions are available – please either approach your coach for details or ring our Membership Secretary (Carol Dawkins) on 023 80860743.

Pete Wareing/ Roger Sherliker/ Sara MacDonald (Sprints) - Tuesdays & Thursdays 6.30pm – 8.15pm. Sundays 10.30am – Middy

Peter Haynes/Bill Tindell (Middle Distance) – Tuesdays & Thursdays 6.30pm – 8pm

Alan Odell (Middle Distance & Long Jump) – Tuesdays & Thursdays 6.30pm – 7.30pm, Wednesdays 6pm – 7.30pm, Sundays 10am.

Manuel Framil (Middle Distance) – Tuesdays & Thursdays

Janet Smith (Sprints/Hurdles/Jumps) – Tuesdays, Wednesdays & Thursdays 6.45 – 8.00pm, Sundays 10.45am – 12 Middy

Trevor Gregory (Endurance) – Tuesdays & Thursdays 6.30pm start

Bill Bushnell (Throws) – Tuesdays & Thursdays 6pm start, Sundays 9am start

Dave Callaway (Throws) – Tuesdays 6pm start, Sundays 9am start.