

RUNNING BRIEFS

TEAM SOUTHAMPTON

April 2006

On your marks.....

The 2006 Track & Field season is about to start (or may have already started if you are one of those hardy types who risk snow or gales at an early Open Meeting) and, with due respect to those who compete on the Country or Road, it is the main focus for the majority of our members.

Included with this Newsletter is your track & field fixture list whilst the Newsletter itself gives you further information to help you to plan and fulfil your athletic objectives for the season. Competition is the final fulfilment of what we, as a Club, provide for you and it should be your focus as well – training without competition is meaningless, surely you want to challenge yourself to see how you have improved and how you measure against other athletes?

Whatever your level, whatever your ambition we believe our job is to help you compete and realise your potential. We need your help as well – if you feel you should be in a team then get in contact with the relevant team manager and let them know your performances, if you haven't made a team then get out there and compete in Open or Championship meetings so that you have declared your willingness to compete and show what you can achieve away from the safety of training. Even more important be fair to our Team Managers and your fellow athletes by confirming your availability for a meeting in good time and giving as much notice as possible if you are unable, through injury or illness, to compete.

At the conclusion of this season we want to see that all of our teams have topped their divisions and that members have won medals, set personal bests or achieved national standards – **good luck and enjoy your athletics.**

Team Southampton Open Meetings

The Club is hosting a series of mid-week evening open meetings at the Sports Centre during the summer. The dates for these are:

Weds 21 June

Weds 19 July

Weds 16 August

Each will include sprint, middle distance, throwing and jumping events for all age groups Under 13 upwards.

Entry forms will be available on the Club website or from the Club portacabin

Congratulations to the following who achieved International Honours during the winter

**Emma Duck & Melanie Purkiss
GB Team for World Indoor Championships**

**Angus MacLean
GB Team for World Cross Country
Championships**

**Sian Scott
England Team for Commonwealth Games**

Cross Country Round Up

Hampshire League

Senior Men	Team 3 rd Division 1 John Beattie equal 2 nd overall & 1 st in Under 20 age group
Under 17 Men	Team 6 th
Under 15 Boys	Team 1 st Jamie Knapp & Scott Legg Equal 2 nd overall
Under 13 Boys	Team 4 th
Senior Women	Team 7 th
Under 20 Women	Sasha Mucci 3 rd overall
Under 17 Women	Team 2 nd
	Domi Mucci 3 rd overall
Under 13 Girls	Team 3 rd Mhairi-Clair Stewart 6 th overall

South of England Championships

Under 15 Girls	Louise Webb 2 nd
Under 15 Boys	Team 7 th

National Cross Country Championships

Under 15 Girls	Louise Webb 11 th
Under 17 Women	Rebecca Gough 19 th Team 6 th
Under 15 Boys	Team 6 th
Under 20 Men	John Beattie 10 th

Inter County Championships & World CC Trials

Senior Men 4km	Angus MacLean 3 rd
Under 17 Women	Rebecca Gough 6 th
Under 15 Girls	Louise Webb 5 th

Championship Details

Hampshire County

Sat 13 & Sun 14 May 2006 - Mountbatten Centre, Portsmouth.

Entry forms/timetable will be available online at www.hants.org.uk/athletics or in the Club portacabin.

Details not available at time of printing however please note entries will close approximately one month before Championships

South of England – Under 15 & Under 17

Sat 27 & Sun 28 May 2006 – Melbourne Park, Chelmsford

Prospectus & Entry forms available online at www.seaa.org.uk or from Club portacabin

Entries close Tues 16 May 2006.

South of England – Senior & Under 20

Sat 17 & Sun 18 June 2006 – Crystal Palace National Sports Centre, London.

Prospectus & Entry forms available online at www.seaa.org.uk or from Club portacabin.

Entries close Tues 6 June 2006

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

In brief

The Club Plan has now been published and will be available to you online at www.teamsouthampton.co.uk or in the portacabin. Many of the aims are already being developed and we will be looking for your support and contribution to the implementation process

Physiotherapy – The Club is in talks with a local physiotherapist with a strong athletic background to provide a physiotherapy service to our members at the Sports Centre on one of our training nights. This will be a “triage” system – that is a basic injury management service and advice on the prevention of injury. A small fee will be charged. Further details will be available in the Club portacabin.

New young members will once again be invited to attend the successful introduction 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

Southampton City Sports Council is inviting applications for a Sports Bursary. Applicants must be resident in the city, aged over 14yrs on 1/6/06, not be in receipt of other funding and have reached representative level at County or above. Applications are available in the Club portacabin and close on 30 June 2006.

The Sports Centre charges will increase as from 1 April 2006 to £1.50 for Under 18’s or over 60’s and £2.20 for adults. Alternatively you can purchase an Athletic Savers Card at and receive 12 session tickets for the price of 10. Consideration is still being given to the re-introduction of a season ticket. Please note that the Club strongly condemns any athlete who wilfully tries to avoid paying the track/field fee.

New Club vests from Viga are on order and will be available on Club nights from the portacabin or through Carol Dawkins on 023 80860743. Ladies “crop tops” can be obtained through Wasp Leisurewear at www.wasp-sports.co.uk

Road Runners 10 Fixtures 2006

Visit www.rr10.org.uk maps of race venues plus results.

Races are free and run over 7-8km on gravel tracks (minimum age 15yrs on day) of race

Date	Venue	Hosts	Time
19th April	RVCP, Netley Abby	Southampton RC	7 pm
3rd May	Longdown Inclosure	Totton RC	7.15 pm
10th May	Deerleap Inclosure, Ashurst	Team Southampton + Running Sisters	7.30 pm
24th May	Recreation Ground, Blackfield	Hardley Runners	7.30 pm
7th June	Manor Farm Country Park, Hamble	Eastleigh & Stubbington Green	7.30 pm
5th July	Itchen Valley Country Park	Winchester	7.30 pm
19th July	Janesmoor Pond, Stoney Cross	Wessex + Romsey RC	7.30 pm
2nd August	Stoke Park Woods, Bishopstoke	Lordshill RC & Women’s Running Network	7.30 pm
16th August	Hursley IBM, Hursley	Hursley Runners	7.15 pm