

RUNNING BRIEFS

The Newsletter of TEAM SOLENT

September 2003

Edited by Janet Smith

The Future?

Discussions are still ongoing with Southampton City AC over the possibility of a merger. There are obviously many advantages to merging, but there are important questions to be answered on both sides and nothing is a forgone conclusion.

Hopefully by the time of our Annual General Meeting at the end of October the situation will have become clearer.

In the meantime what are your views? A merger would make official bodies happy but how do you, the Club members, feel?

Please write to us at; The Secretary, Team Solent, 10 Priestwood Close, Thornhill
Southampton SO18 5RN Or e-mail us at teamsolent@hotmail.com

It Shouldn't Happen to a Road Runner!

Guess what? On our usual Sunday run Chris, Nicky and I helped a cow give birth!

Early one Sunday morning we were enjoying our usual long run on a muddy path at the back of South Stoneham. Despite the usual flow of chatting we noticed a farmer calling for help on her mobile. Being caring (and nosy) runners we asked if she needed any help, "its not for the squeamish" she told us. We could soon see what she meant – lying on its side in the field was a large cow: which had apparently been in labour for sometime. The calf was stuck, only it's head and front legs showing.

Muscle was needed. With ropes attached we were given our instructions on pulling – down and hard. Not a lot happened at first, we had to wait for a contraction. A bit more emerged but we were all anxious, as the farmer didn't think the calf would make it. Somewhere we found more strength (from Trev's press-ups!) and the calf slithered out, barely breathing. The farmer worked hard removing the gunk from its mouth and massaging its chest until, breathing harder, it was dragged to its mother.

We congratulated ourselves and continued with our run (like true super heroes). "Next Sunday, we must go back and see our baby, what colour was it?". No one could remember and we knew our families wouldn't believe us – after all we do live in the middle of Southampton!

Jo West

NOTICE IS HEREBY GIVEN THAT THE ANNUAL GENERAL MEETING

OF

TEAM SOLENT

**(TO RECEIVE THE REPORTS OF THE OFFICERS AND
ELECT THE OFFICERS AND COMMITTEE FOR THE
COMING YEAR)**

**WILL BE HELD ON WEDNESDAY 29TH OCTOBER 2003,
7,45PM**

AT

OAKLANDS SCHOOL, LORDSHILL

**NOMINATIONS FOR OFFICER OR COMMITTEE POSTS OR
ANY OTHER BUSINESS TO BE INCLUDED ON THE AGENDA
SHOULD BE WITH THE GENERAL SECRETARY BY
15TH OCTOBER 2003**

**DIARY DATE – 1st January 2004, your Club
subscription is due. Please note the rates may change.**

Road and Cross Country Team Solent Fixtures and News

The Leagues

Hants Cross Country League

This is one of the toughest leagues that we compete in – all age groups are covered from under 13 Girls to Senior Men. If we can turn out full teams for each of the fixtures our Senior Men should continue their rise up to Division 1 whilst the Senior Women can progress to Division 2. Our Young Athletes have led the way in recent seasons.

If encouragement is needed the courses tend to be flat and dry.

Cross Country 6

There are races, and prizes, for Senior Men, Senior Women as well as Veteran 40, 55 & 60 age groups. This league is designed for athletes of “more modest abilities” and has qualifying conditions to support that – Since January 2003 runners must not have run a race of over 5 miles distance at faster than 6 minute mile pace for men and 6 min 30secs for women. This is an ideal format to break the “drudgery” of constant road training (and a chance to legitimately get dirty!).

Hants Road Race League

This long standing league covers all abilities and is highly popular – it has given focus to all of the local road races that have “sprung up” over the years. The races are spread over 9 months of the year.

Test Way Relay, 2003-09-18

A total of 28 teams of eight competed in this Men’s, Women’s and mixed teams. We entered one Men’s and one mixed team.

Our Men’s team got off to a steady start, rose as high as 5th at one point before falling away to finish 10th (out of 15).

The mixed team met with far more success. Laura Brenton set a record for the fastest run by a Woman on the 5th leg from Wherwell to Stockbridge. Sadly we were overall we were pipped by Winchester who broke the course record by eight minutes. Next year.....

Thanks to Phil Stephens and Peter Dean for transporting runners and ensuring that nobody got lost. Also to Christine Smears and Neil Wells for timekeeping.

Road Runners 10

We finished an excellent fourth in the Men’s league this year with Angus Maclean winning six races. Our Women finished third on three occasions but also failed to finish three times – ending up 18th.

DATE	TYPE	VENUE/DISTANCE
11/10/03	Hants Cross Country League	Farley Mount, Winchester
19/10/03	Hants Road Race League	Hardley ½ Marathon
26/10/03	Cross Country 6 League	Matley Wood
01/11/03	Hants Cross Country League	Goodwood
02/11/03	Hants Road Race League	Lordshill 10 miles
16/11/03	Cross Country 6 League	Stoney Cross
29/11/03	Hants Cross Country League	Prospect Park, Reading
30/11/03	Hants Road Race League	Hayling 10 miles
14/12/03	Cross Country 6 League	Dibden Inclosure
10/01/04	Hants Cross Country League	Ashe Meadows, Overton
11/01/04	Hants Road Race League	Stubbington 10km
18/01/04	Cross Country 6 League	Farley Mount
07/02/04	Hants Cross Country League	Wimborne
08/02/04	Hants Road Race League	Chichester 10km
15/02/04	Cross Country 6 League	Lordswood
28/02/04	Hants Road Race League	Bramley 20 miles
07/03/04	Cross Country 6 League	Manor Farm Country Park
14/03/04	Hants Road Race League	Petersfield ½ Marathon

Congratulations to Jo Axtell on her personal best – a beautiful baby boy, Jude, born Monday 25th June

CLIVE FOGG
**Young Athlete Sprints, Jumps, Hurdles
& Throws**

Thursdays (from 16/10/03)
Oaklands School, Lordshill
6.30pm – 7.30pm

JANET SMITH
Sprints, Hurdles, Jumps

Thursdays (from 16/10/03)
Oaklands School, Lordshill
6.30pm – 8pm

Tuesdays (from 14/10/03)
Thornhill Youth Club
6.30pm – 8pm

Sundays (from 20/10/03)
Thornhill Youth Club
10.30am – 12 Midday
Contact – 023 80463384

PETER HAYNES
Young Athlete Middle Distance

Tuesdays & Thursdays (from 30/09/03)
Tauntons College, Hill Lane
6.30pm – 8.00pm



Winter Training

Set out below are the main
winters training sessions
available to our members.
Other sessions are available by
agreement with the individual
coaches

VIC NOVELL
Young Athlete Sprints, Jumps & Hurdles

Tuesdays
Mountbatten School, Whitenap, Romsey
7.00pm – 8.30pm

ROAD RUNNING

Tuesdays and Thursdays
Tauntons College, Hill Lane
6.30pm

Please note a charge will be made at most of these sessions,
to cover the hire of the facilities.

Details of other sessions are available from the Membership
Secretary – Carol Dawkins 023 80860743

Team Solent Awards and Quiz Night

Join us at;
The Saints Supporters Club, St Mary' Stadium
Saturday 29th November 2003. 7.pm for 7.30pm

2003 Track & Field Awards – Buffet – Bar – Quiz (teams of four) –Prizes
Tickets just £10 per head

Contact – Vic Novell Tel 023 80660407 or e-mail vicnovell@uk2.net

Around the Track with Team Solent The Summer Review

With our penultimate fixture of the season bringing relegation, again, to our senior men in the British League it would be very easy to look at the track and field season as one of intense disappointment. But why?

All of our other League teams, senior and junior, have achieved good results - we are a long way from the decline some of our neighbours have implied.

The simple fact is that, at grassroots level most clubs are struggling to attract members and maintain the level of commitment of the past. The reasons for this are complex and brought about in no little part by a lack of co-ordination from the very top. Too many times we have complained about the totally unnecessary clash of fixtures and confusing variations of rules from league to league – still nothing is being done at a national level to get to grips with, at least, the competition structure.

Until the focus is as much on that as winning medals at major championships we, at club level, will continue to struggle.

Before anyone writes us off just look around – we can still rightly claim to be the best club on the south coast. We continue to have excellent teams in the Men, Women and Young Athlete Leagues, nationally and regionally. Several of our members have achieved notable individual success – few teams won more medals than us at the South of England Championships. Unlike some we are not a one trick outfit and whilst we may need to make some hard decisions eg about the number of men's teams we have next season, this will only serve to make us leaner and meaner. **We are not complacent, we know we must continue to develop, but reports of our demise are way off line – to all of you who made the effort to turn out this season, thank you and be proud to be part of our continued success.**

New Club Records Set in 2003

Men's Pole Vault	-	Ashley Swain (5.41m)
Men's Discus	-	Simon Fricker (50.95m)
Women's Triple Jump	-	Charmaine Turner (12.61m)

Club Members Achieving International Honours

Emma Duck	-	England Under 23
Kieran Kelly	-	GB Under 20 & World Youth Champs
Melanie Purkiss	-	GB Senior
Jade Lucas-Read	-	GB Under 20 & European U20 Champs
Ashley Swain	-	GB Senior
Charmaine Turner	-	GB Under 23

Final League Positions

British Athletics League (Men) Division 3

7th (Relegated)

UK Women's League

Division 2

5th

BAL Cup (Men and Women)

Final – 8th

Southern Men's League

Division 1

12th

Division 4 West

16th

Southern Women's League

Division 1

17th

National Young Athletes League

(Boys & Girls)

South West 1

12th

Assessment Group

The Club, this season, introduced a new system for the introduction of new young members to the sport. Following on from the success of the 6-week Development Programme run in previous years, we set up season long sessions, twice a week, designed to cover all the basic skills of athletics.

All participants were shown track discipline, warming up, stretching and speed drills. Each session then ended with elementary work on specific events. Over the course of the season starting, sprinting, relay, hurdles, shot, discus, high jump, long jump, triple jump and pole vault were all covered.

Some of the older or more advanced athletes were placed in existing training groups to develop them further. All will now join our winter training programme