

RUNNING BRIEFS

Team Southampton

September 2007

I would like to take this opportunity to thank and congratulate everyone on the contribution they have made to a successful season. As an athlete and committee member I appreciate the effort and commitment that is required from athletes, coaches, team managers and officials to ensure the club is able to perform to its maximum ability in all aspects and through all age groups.

Individual Honours 2007

LOUISE WEBB

Great Britain Team for World Youth
Championships.
England Athletics Championship
Gold Medal U20 3000m
Steeplechase

National Medals

England Athletics
Championships

LOUIS GATES

U15 1500m Bronze

FREYA JONES

U15 Javelin Bronze

SIMON NINNIM

U15 800m Bronze

BEN RICHARDSON

U23 110m Hurdles Bronze

English Schools Championships

KIM MURRAY

Senior Girls Long Jump Gold

RICHARD HUMBY

Junior Boys Pole Vault Silver

SOREN LITTLE

Junior Boys 400m Bronze

GARETH PRICE

Senior Boys 100m Bronze

When I reflect back to the 2006-07 winter season I am reminded of the many good performances produced and I am sure this provided a sound base for the summer season. The Club also made the decision in the Southern Women's League to support the senior's only division. In making this decision it was felt that we could protect our younger athletes, avoid fixture congestion and therefore prevent the possibility of too much competition too quickly. I believe this has contributed to the success this season in winning promotion in the National Young Athletes League and overall victory in the Southern League Senior division.

We have improved upon last season and together we can look forward to the future with optimism

Vic Novell

Vice Chair

All Members, Parents and Friends of Team
Southampton are invited to

The Club Awards and Informal Social Evening

At

Thornhill Youth Club, Upper Deacon Rd, Thornhill,
Southampton

On

Monday 29 October 2007, 7.00pm – 9.00pm

Light refreshments will be provided

No charge

**Come and join us in our celebration of
our successes of 2007**

(Note the full range of the exclusive Club training/leisure
kit will be available for viewing & ordering.
This event also includes the AGM of Team Southampton)

Track and Field Season 2007

It was a season just a little like the curate's egg – some part good, some part not so good, whilst the weather was hardly an aid to good performances.

The leagues, perhaps unfortunately, play a big part in track and field competition and it was here that the club achieved its most notable successes. The senior women were founder members of the new Southern Senior League and after a nail biting final match at Milton Keynes finished up as champions, beating their nearest rivals, Bedford by just six points. Whilst there were glaring weaknesses in some areas the team spirit could not be faulted. The title was all the more satisfying because one of the six fixtures clashed with the UK League and a small Southampton squad fought hard on that day to collect the points which in the end proved vital.

The other notable league success came in the National Young Athletes League where after a good season the Southampton youngsters gained promotion to the Southern Premier Division. Again the title battle went to the wire with the team running out as convincing winners in the last match. In the Wessex League we took a respectable 4th spot.

The senior men like to do things the hard way with safety from relegation in the British League Division 3 and the Southern League Division 3 only being completely assured in the final matches. Whilst there are notable weaknesses in some events there should be every reason to think of promotion rather than relegation if the matches are well supported next year.

In the UK Women's League we again finished in a comfortable 4th place despite yet again having to make long journeys, with Wigan again apparently popular when venues are sorted out by the league management committee.

At individual level it has not been the best of seasons and this was highlighted by the almost complete lack of entries from Southampton in the UK Senior championships, with only Ben Richardson in the 110m Hurdles getting his name in the programme and on the start list.

Things were better though in the Southern Senior championships where Katy Watts (Javelin) and Kim Murray (U20 Long Jump) collected silver medals and Laura Brenton (3000m) won bronze

There was notable success for Louise Webb, who taking up the 2000m steeplechase, a comparatively new event in the women's programme. was selected for Great Britain at the World Youth Championships. Despite strong opposition she finished a highly creditable 5th.

There was also medal success for Ben Richardson, 3rd in the UK U23 110m Hurdles, and at the UK U15 Championships Freya Jones (Javelin), Louis Gates (1500m) and Simon Ninnim (800m) all collected bronze medals.

Final League Standings

British League Division 3

6th

UK Women's League Division 2

4th

Southern Men's League Division 3W

12th

Southern Women's League Senior Division

1st

National YA League Division 2 South 1W

2nd

Wessex League

4th

Road Runners 10 Series

Senior Men - 7th Overall

Senior Women - 6th Overall

A total of 48 competitors from Team Southampton took part. Best individual finisher was Sally Gilbert who finished 2nd overall.

Track and Field Leading Points Scorers

British Athletics League - Ben Richardson

UK Women's League - Vicki Foster

Southern Men's League - Maurice Hicks

Southern Women's League - Becky Tune

NYAL (Boys) - Scott Legg

NYAL (Girls) - Freya Jones

Wessex League (Boys) - David Fisher

Wessex League (Girls) - Anna Stevens

Congratulations to all who competed for the Club this year – the full points scores for each of you plus rankings in each event and age groups are shown on the Team Southampton website at www.teamsouthampton.co.uk

Team Southampton Barn Dance!!!



Team Southampton is hosting a family barn dance!



Saturday 17th November



Arrive 7 o'clock with a prompt start at 7.30pm until late!



**Pirrie Park Bowling Club
78a Wilton Crescent,
Shirley,**



**£5.00
per Adult**



**£3.00
child/Student
up to 18.
Third child is
only £1.50**



**Book your
tickets by
calling
02380 788
874**



**Please eat
before you
come
However
there is a bar
onsite**

A Team Southampton clubhouse at the Sports Centre

The Sports Centre is an attractive venue for athletics, but the off track facilities do not match the needs of an active, growing club. The club owned portakabins have served us well, and incidentally, have been used by a wide variety of other organizations. We now hope, with council support, to replace them with a purpose built clubhouse. Provisional plans have been drawn up and consultations are underway with the council.

In financial terms we would be responsible for the cost and whilst, if agreement can be reached, we would be seeking grant aid we must also expect to provide a considerable sum ourselves. Your active support will be needed if the project is to succeed.

Coaching & Officials Courses

England Athletics (South East Region) are organising several courses during the coming months for both new and existing coaches and officials.

In particular there are Level 1 (Assistant Coach), Level 2 (Group Event Coach) and Level 3 (Performance Coach) courses available in Portsmouth and a Level 2 (Official) course in a venue to be advised in Hampshire.

Full details are available from the England Athletics website at www.englandathletics.org

London Marathon

Team Southampton has guaranteed places available at the London Marathon. If you are interested in a place and you are a fully paid up first claim member please contact us and we will enter your name in a draw.

Club Kit

During the winter season Club Vests are available from the Membership Secretary – Carol Dawkins – please contact Carol on 023 80860743. The exclusive Hargreaves Sports Club training and leisure range will be available for viewing and ordering at the Club Social & Awards Evening on 29 October (see front page of this Newsletter)

For Sale

A second hand Ergo Master Dual Action exercise bike. £50 ono contact Carol Dawkins 023 80860743

Team Southampton Barn Dance!!!



Principle Winter Fixtures

Date	Type	Venue
07-Oct	Hants RR League	Solent 1/2 Marathon, Overton
13-Oct	Hants CC League	Farley Mount
21-Oct	CC 6 League	Denny Wood (prov)
10-Nov	Hants CC League	Goodwood
11-Nov	CC 6 League	Dibden (prov)
18-Nov	Hants RR League	Gosport 1/2 Marathon
01-Dec	Hants CC League	Overton
02-Dec	Hants RR League	Victory 5, Portsmouth
16-Dec	CC 6 League	Dritham (prov)
12-Jan	Hants CC League	Reading
13-Jan	Hants RR League	Stubbington 10k, Stubbington
20-Jan	CC 6 League	tba
26-Jan	SEAA Championships	Parliament Hill
03-Feb	Hants RR League	Ryde 10m, Ryde
10-Feb	CC 6 League	Stoney Cross (prov)
16-Feb	Hants CC League	Wimborne
17-Feb	Hants RR League	Bramley 20, Reading
16-Mar	Hants RR League	Eastleigh 10km, Eastleigh

Winter Training

Full details of our winter training venues are held on our website at www.teamsouthampton.co.uk

If you have not been notified by your coach of the details please contact the Membership Secretary – Carol Dawkins – on 023 80860743 for details.

Principal Young Athlete venues are – Bellmoor School (Middle Distance), Sports Centre (Sprints & Middle Distance), Mountbatten School (Throws/conditioning), Thornhill Youth Club (Sprints), Oaklands School (Sprints), Thornden School (Sprints), West Hill Park School (Multi events), Wyvern School (Under 11's)

Please note that although training venues are subsidised by Team Southampton a charge will be made at most venues to help with the cost of the facility hire.

NOTICE IS GIVEN HERE THAT THE

ANNUAL GENERAL MEETING

OF

TEAM SOUTHAMPTON

WILL BE HELD ON MONDAY 29
OCTOBER 2007, 7.00PM

AT

THORNHILL YOUTH CLUB, UPPER
DEACON RD, THORNHILL,
SOUTHAMPTON

The General Secretary by must receive
nominations for Officers and Committee,
proposed alterations to the Constitution and
any other business to be included on the

Agenda by

15 October 2007

Please note all nominations must contain the
consent of the nominee and the names of the
proposer and seconder. Voting is restricted to
paid up members over the age of fifteen on
29 October 2007.

The Club Awards will also be made at this

AGM.

Light refreshments will be provided

John Guilmant

All at Team Southampton were saddened to hear of the death this summer of John - one of our Life Vice Presidents

At 94 John was certainly our oldest member and probably our longest serving member.

A local headmaster and prominent scout leader John was a leading national track official for many years and was a source of encouragement and advice to many of today's top officials.

Infirmity had recently made it difficult for John to take an active part in our affairs but he retained a keen interest in the club and kept up to date with everything we have achieved.