

RUNNING BRIEFS

Team Southampton

September 2008



Committee Places need filling

This years AGM will take place on the 22 October 2008 at The Oasis Academy, see details on this page, where the committee for the coming year will be elected.

This AGM there will be a number of vacancies available on the club committee as several of the existing committee members who have spent a number of seasons contributing significantly to the current success of the club will be *passing on the baton* to others to help out and take the club forward. In particular the **Chairman** (Mike Smith), **Secretary** (Janet smith) and **Membership Secretary** (Carol Dawkins) are stepping down to allow others the chance to contribute and so these posts will be up for re-election at the AGM.

If you are interested in joining the committee either in any of these roles or indeed as a general committee member and helping out the club or indeed want to find out more about what is involved then please contact any of the current committee or in particular Des Webb on 07769 935673 desmond.webb@vodafone.com

Notice is given here that the

ANNUAL GENERAL MEETING & CLUB AWARDS

of

TEAM SOUTHAMPTON

Will be held on Wednesday 22
October 2008, 7.30pm

At

The Oasis Academy (previously
known as Oaklands School), Fairisle
Rd, Lordshill, 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 2008

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 22 October 2008.

CONGRATULATIONS

To the following members who have won medals at either National or Regional level this season

Becca Carrozi, (National & English Schools & South of England), **Rory Constable** (English Schools) **James Forman** (English Schools), **Lizzie Gittens** (South of England), **Freya Jones** (National, English Schools & South of England), **Gareth Price** (Wales), **Sian Scott** (South of England), **Louise Webb** (English Schools) **Fred Young** (South of England)

Final League Standings

British League Division 3
4th

British League Cup (Men)
Finalists

UK Women's League Division 2
3rd

Southern Men's League Division 3W
6th

Southern Women's League Senior Division 1
1st

National YA League Southern Premier
8th

Wessex League
2nd

Road Runners 10 Series

Senior Men - 4th Overall
Senior Women - 2nd Overall

Mile of Miles - **Winners**
Test Way Relay - **Winners**

2008 Track & Field Round Up

British Athletics League

A very respectable 4th place finish overall in the league was indicative of the higher quality of Team Southampton performances throughout the year. With three 3rd place finishes in our matches all our regulars performed well and were helped by several new signings and new higher claim athletes. Strong from their qualification for the BAL cup final Team Southampton confidently entered the final BAL match assured of avoiding relegation.

UK Women's League

Yet another strange season where match positions changed in the flash of a Javelin and safety could not be assured until the very last event in the final match. Our opening match in Swansea set the tone – having spent the afternoon moving between 6th and 7th a flurry of good results from the Javelin and relays saw us end up in 4th. Even though we were unable to turn out more than 3 middle distance runners in any one match the willingness of others to take on extra events saw us home safe and dry

Southern Men's League

Despite only managing 6th on the league table Team Southampton finished 3 points behind 1st (in 3rd) at Basingstoke and 2nd by just one point at Abingdon, if they would have won those two matches they would have been 2nd in the table and would have been promoted but now the team will have to wait until next season for the mixture of emerging young athletes and seasoned mature athletes to prove themselves.

Southern Women's League

In only the second year of the current league format our women once again finished as Champions though this year it was by a bigger margin. They proved unassailable comfortably winning all 5 of their matches and only once didn't manage to score over 100 points. Filling every event became the key and it is to be hoped that the standard of the League will improve next year.

National Young Athletes League

In our first year in the Southern Premier division Team Southampton did incredibly well to only narrowly miss out on the plate final by a single match point and all the athletes acquitted themselves well in what was a far higher competition than most of them were used to. The club achieved a first place finish at Woodford and 3 2nd place finishes at their other matches; With 11 boys and 10 girls taking part in all 5 matches the club showed they are more than capable of turning out full teams of talented and enthusiastic athletes.

Wessex League

This still proves to be a valuable source of competition for those who are new to the sport or may not make the NYAL team. In view of the relative inexperience of the teams we field it is testament to our all round strength that we still won all but one of our matches -the final match - and finished 2 places higher in the league table than we did last year.

Power of Team Southampton

Many of our members have produced fine individual performances during the course of the summer track and field season and we are once again well represented on the UK Athletic Power of Ten ranking lists.

Pride of place must go to **Freya Jones** who in throwing a UK National Under 15 Javelin record finds herself not just ranked first in the under 15's but also 2nd in the Under 17's, 6th in the under 20s and 19th in the Seniors.

The following athletes should also be congratulated for achieving performances that better the UK Target for the event;

Jenny Beckingham (13th U17 800m), Becca Carozzi (U20 4th 400H), James Grocock (3rd U20 LJ), Sian Scott (5th Sen 400 Hurdles)

Other members making the National top 20 are;

Alexander Allen (U13 800m), Emma Cowell (U13 70H, Javelin, HJ), Tom Gowans (U13 100, 200), Emily Jenkinson (U13 800, 1200, 1500), Victoria Mould (U13 70H), Poppy Barker (U15 Javelin), Lizzie Gittens (U15 HJ), Bradley Awuah- Peasah (U17 100), Alick Clark (400H), Richard Humby (U17 PV), Fred Young (U17 Disc), Becca Carozzi (U20 100), Rory Constable (U20 TJ), Louise Webb (2000/3000 S/C), Sarah Ellis (Sen Jav)

Principal Winter Fixtures 2008-2009

Date	Type	Venue
11-Oct	Hants CC League	Farley Mount
12-Oct	Hants RR League	Solent 1/2 Marathon, Blackfield
02-Nov	Hants RR League	Lordshill 10 miles
02-Nov	Hants Sportshall League	Winchester
08-Nov	Hants CC League	Goodwood
16-Nov	Hants RR League	Gosport 1/2 Marathon
06-Dec	Hants CC League	Overton
07-Dec	Hants RR League	Victory 5, Portsmouth
07-Dec	Hants Sportshall League	Eastleigh
03-Jan	Hants CC League	Reading
10-Jan	Hants CC Champs	tbc
18-Jan	Hants RR League	Stubbington 10k
18-Jan	Hants Sportshall League	Portsmouth
24-Jan	SEAA Championships	Hillingdon
01-Feb	Hants RR League	Ryde 10m, Ryde
14-Feb	Hants CC League	Salisbury (tbc)
15-Feb	Hants RR League	Bramley 20, Reading
21-Feb	National CC Champs	Parliament Hill, London
08-Mar	Hants RR League	Salisbury 10 miles
15-Mar	Hants Sportshall Champs	Portsmouth
29-Mar	Hants RR League	Eastleigh 10km

Winter Training

Most of you will have received details of your Winter training venues from your Coach. If you have not full details of our winter training venues will be held on our website at www.teamsouthampton.co.uk

Principal Young Athlete venues are;

Bellmoor School (Middle Distance)
Sports Centre (Sprints & Middle Distance)
Mountbatten School (Throws/conditioning)
Thornhill Youth Club (Sprints),
Oasis Academy (Sprints), Thornden School (Sprints)
West Hill Park School (Multi events)
Wyvern School (Under 11's)

Please note that any charges made are for the use of the facilities only.

Running Out

It is good to see a very active programme of Road Racing being undertaken by several of our members. Not content with some excellent individual results in the London Marathon – especially from Sally Gilbert and Owen Harries – an adventurous group of 10 athletes took part in the Stockholm Marathon.

Apparently this has only served to wet their appetite further. They will shortly be pounding the streets of Budapest as part of that city's marathon and are planning an "attack" on the Marathon de Sables in 2011. As this involves running 150 miles in seven days through desert sands of Morocco (carrying their own equipment/provisions) I am not certain if they are more deserving of our admiration or our pity.

England Athletics Registration

We are pleased that the problems we have encountered with the England Athletics Registration scheme appear to have been resolved.

We had delayed making payment until we received a satisfactory outcome to the issues and have sent the cheque to them. We understand that you will now receive the necessary member cards and will be able to access your personal details from the Athlete portal. The continued delay in issuing the cards is very disappointing not least because full payment was made early last year and it was the error of EA that led to the cards not being issued at the time.

We recommend that you should check the information held as it was individual details that were not correctly transferred from the database we submitted.

In particular there were considerable problems with dates of birth where our records for Officials and Volunteers merely stated that they were Over 21. We now know that the EA database will not accept this and a formatted date must be entered. It is a pity that EA did not advise us of this problem and, instead, simply entered various fictitious and misleading dates of birth for those affected.

In correcting this we took the decision to enter in each case a standard date of 1/1/08. If you notice this on your record please either amend the date yourself or let us know your actual date of birth for us to make the amendment.

In brief.....

Hampshire athletics lost two of its senior officials this year with the deaths of Pat Lillywhite and David Phillips. All at Team Southampton send our deepest sympathies to their families and to the members of their respective Clubs – Portsmouth and Winchester.

You had to laugh when Coral Rogers was summonsed to account for the use of Becky Tune in the triple jump in our SWL fixture in Portsmouth earlier this season. The problem was the declared name was different from that on the Field Card. Worried about the potential loss of points Coral was quick to spot the problem and was able to explain that it was the same athlete but that the Field Judge (from Team Southampton) had inadvertently entered the athlete's maiden name – Ridgley – on the card. Much harder to explain was that the Judge concerned was Paul Ridgley – Becky's Dad.

Spellcheck can usually be relied on to produce a smile or a frown with its variations on a word. It is however its alternatives for a name that can sometimes make you believe it is almost human. Prior to our merger the suggestion that Team Solent should be Team Solvent suggested that it knew far more than a software programme should. Spellchecking this Newsletter has produced more "interesting" suggestions – Miss Sotherton's transformation to Botheration is perceptive and I am sure most Jamaicans would agree that Usain could indeed be a Saint.

The problems with the England Athletics Registration database have caused both frustration and amusement. Having e-mailed our database to them in July 2007 it took 11 months of largely ignored enquiries to establish that the database attachment had been overlooked and instead only the sender of the e-mail had been registered. Quite why EA thought that we had paid over £700 to register one middle aged, inactive, Club Official has yet to be explained.

And finally.....

As this is my last Newsletter please forgive this indulgence however this is a topic I feel compelled to get off my, modest, chest. You may hear strains of Grumpy Old Women and similar views may have been expressed elsewhere however this is my story of being sent Beijing Bonkers.

"Track & Field failures - what do they need to do to produce the same level of success as our Cyclists, Rowers & Sailors" was a generic cry across all the press. Ok it wasn't a great games for the athletes, the problem was this was the cry just 2 days in to the track and field programme. Before the games our medal target of five seemed a tall order to me and the "failures" of Sotherton and Radcliffe were hardly a shock. The furore died slightly with Gold & Silver on the same day but still the inquests raged – hardly helped by our inept relay performances. I could adopt the sour Australian response that Britons only do well in events where we sit down but I fail to see why my sport should be set against or compared with other sports. Not only is it not a level playing field it is not even the same field.

The fact is that Athletics has proved itself to be a truly global in a way not seen in any other sport. The statistics for Track and Field show that a total of 42 countries won medals with Gold going to 24 separate nations. There may be more events contested in athletics but even if you look at the figures in terms of percentages you will still see the indisputable evidence of its worldwide participation. Of the gold medals available Europe won 38%, The Americas 34%, Africa 21% with Australasia & Asia, accounting for the remaining 7%. Compare this with the cycling where 87.5% of the gold medals were won by Europeans and the other 12.5% by The Americas. Rowing fares a little better but still 57% of the gold medals went to Europe and no medals to Africa.

This is not to knock the tremendous success of cycling, rowing (or sailing) – no medal is won without hard work and determination and that those sports were bang on with their preparation is outstanding. Once again though I am drawn to the sheer difficulty of winning any medal in track & field. I strongly believe that we will never return to the dominance of one or two countries. Nations renowned for their athletic excellence, USA, Germany, Russia, struggled to make a significant impact. The USA had their "butts" saved by 2 late relay medals, the Germans finished just 39th in the medal table and even the endlessly funded hosts managed just 2 bronze medals for 35th. In 2005 at the Helsinki World Champs I witnessed medal after medal being won by Sweden (surrounded by very vocal Swedish supporters) – in Beijing they didn't win one gold, silver or bronze. Instead we saw medals awarded to athletes from countries most of us would struggle to find on a world map.

Yes some of our athletes underperformed and tough questions must be asked about their training and competition programmes. Injuries and loss of form in what can be a brutal impact sport will always be a frustration (ask Becky Lynne and Sam Ellis both of whom were tipped for success after the last European Champs). We must not be complacent but it worries me that everything is seen in terms of London 2012 – that is still 4 years away and we will lose and gain many medal prospects in that time. Even the magnificent Usain Bolt cannot say he will be competing in 2012. We still have 2 World Champs, a European Champs and the Commonwealth Games to contest before London. These are vital and worthy Championships where the pressure of training for and competing in will be invaluable for the future.

The debate on how we can move track and field on will rage long and hard. It is right that we should, after any major event, look critically at what happened and the lessons that can be learned. But it is wrong and ill informed to give athletics the label of failed in Beijing – lay off my sport.