



Southampton AC - Top of the League!

Last week The SAC squad travelled to Lee Valley to compete in the second Southern Athletics League match of the season.

Up against the home favourites Enfield & Haringey, high fliers Nene Valley and Tonbridge the result was always going to be tight. With just three events remaining SAC were level pegging with Enfield, but with a win and a second place in the discuss from Garry Newton and Dan Avery and magnificent runs from both the men and women's 4x400m relay squads, Southampton finished 5 points clear.

Notable results in the sprints came from Jaryd Robinson (10.8) and Emily Newton (12.6) in the 100m, Ben Winstanley (22.5), Abe Newell (23.5) and Rachel Lewington (25.5) in the 200m. Nicki Seal, Tom Doran and Adam Cowburn all set new personal bests in the 400.

Fred Legah, Emily Bonnett, Tom Muddiman, Clemmie McAteer and Peter Hart all continued to develop in the hurdles and the steeplechase picking up useful points for the club.

In the middle distance event Ceri Mitchell was imperious, destroying the field in both the 800 and 1500m, before rounding off the day with a storming leg in the 4x4 relay. Backed up by Nicci Blandford and Laura Brenton Southampton secured a clean sweep winning both A and B strings from 800 to 3000m.

In the field Garry Newton, Sarah Ellis, Dan Avery and Max Piesker were rampant, with Garry winning shot and discuss, Max and Dan winning the hammer and Sarah the javelin.

Such is the strength of the squad at the moment that Southampton won 3 or the 4 relays and fielded a non-scoring team in the 4x100!

Southampton's next match is at home in Southampton on 9th July.

Match Result:

1 Southampton	209
2 Enfield & Haringey	204
3 Tonbridge	124
4 Nene Valley	100
Harriers	