



### **Youngsters shine as Southampton AC share victory with Newquay**

Southampton AC Southern men's league team took another giant leap toward promotion by tying their latest match in Winchester with league leaders Newquay & Par. The result wasn't decided until the final event, when the Southampton 4x400 relay squad romped home to an emphatic win securing the last vital point.

In near perfect conditions for sprinters, Southampton dominated from 100 to 1500m with wins from Lewis Towner-Smith, Sam Derham, Calum Bressington, David Bolton, Simon Nimmin, Russ Osborn, Dave Blackman and Matt Missen. The heat caused more problems for the longer distances, but didn't prevent Matt Hibberd from recording a creditable second in the 5000m.

In the field Richard Humby and Luke Hodgets were untouchable in the pole vault, clearing 4m and 3.40 m to win both the A and B strings. Calum Bressington equalled his own personal best in the long jump with 6.15m.

Calum Rowe, in only his second race over senior height 400m hurdles, sprinted to victory in 61.7 second. Dan Avery also looks a great future prospect for the club picking up valuable points in the throws.

Team manager Jon Tilt was again delighted with the team's performance that moves them into 3rd place in the league. "After a slow start to the season we are really picking up the momentum. We seemed to be getting the right blend between youth and experience and we are lucky to have such a wide pool of talent to pick from".