



Southampton Athletic Club's women achieved a hard fought victory in the Southern Womens League fixture at Battersea Park on Saturday 24<sup>th</sup> April.

This was a fine all round performance with all athletes contributing to the result and great team spirit. Three athletes were making their debuts, Nicci Blandford in the 3000m, Katie Hickson in the 1500m and Lizzie Gittens in the High Jump.

The team attained eleven first places with doubles in 100m (Emily Newton 'A' and Rachael Lewington 'B'), 200m (Rachael Lewington 'A' and Becca Carozzi 'B') and in the 1500m (Ceri Mitchell 'A' and Katie Hickson 'B'). There were also first places for Becca Carozzi (400mH 'A'), Debbie Callaway (Shot 'A' and Javelin 'B'), Sarah Ellis (Javelin 'A') and for the 4 x 100m relay team (Rachael Lewington, Joanne Bottell, Katy Seal and Emily Newton).

The match was a close contest throughout the day and with six events left only 3 points separated the top three teams. Then Southampton athletes went into overdrive and accumulated 34 out of a possible 40 points to win the match by eleven.

## SENIOR WOMEN

Event	A String	B String
100m	Emily Newton - 12.7 (1)	Rachael Lewington - 12.7 (1)
200m	Rachael Lewington - 25.5 (1)	Becca Carozzi - 25.3 (1)
400m	Nicki Seal - 61.2 (2)	Melody Young (U20) - 63.8 (2)
800m	Claire Gallant - 2-29.6 (3)	Helen Warner - 2-35.5 (3)
1500m	Ceri Mitchell - 4-39.5 (1)	Katie Hickson (U17) - 4-59.2 (1)
3000m	Nicci Blandford (W35) - 10-58.9 (2)	Helen Warner - 12-39.0 (2)
100mH	Becky Tune - 23.7 (3)	Claire Gallant - 20.8 (2)
400mH	Becca Carozzi - 62.7 (1)	
High Jump	Lizzie Gittens (U17) - 1.50m (3)	Melody Young (U20) - 1.20m (3)
Long Jump	Emily Newton - 5.29m (2)	
Triple Jump	Joanne Bottell (U17) - 10.16m (3)	Vicki Vinter (U17) - 9.23m (2)
Pole Vault	Becky Tune - 2.30m (3)	
Shot	Debbie Callaway (W40) - 10.99m (1)	Anna Stevens (U20) - 9.80m (2)
Discus	Debbie Callaway (W40) - 38.59m (2)	Anna Stevens (U20) - 29.36m (2)
Hammer	Anna Stevens (U20) - 31.86m (3)	Becky Tune - 22.58 (2)
Javelin	Sarah Ellis - 39.96m (1)	Debbie Callaway (W40) - 27.26m (1)
4x100m Relay	Rachael Lewington, Joanne Bottell, Katy Seal, Emily Newton - 51.2 (1)	
4x400m Relay	Melody Young, Katie Hickson, Ceri Mitchell, Nicki Seal - 4-21.6 (2)	

## Non-Scoring

Event	Name	Performance
100m	Katy Seal	12.9
100m	Anna Henden	13.0
200m	Anna Henden	26.9
200m	Katy Seal	27.4

## Match Result

Position	Team	Points
1	Southampton AC	96

2	Sutton	85
3	Milton Keynes	84.5
4	Peterborough	56.5