



## **Debutants shine amongst tough competition**

### **NYAL 8<sup>th</sup> May, Reading.**

Southampton AC's NYAL debutants made a fine start in to the National young Athlete's league first match of four. The standard in the match at Reading was incredibly high with a total of 121 graded performances from the 227 athletes taking part. Despite this, and being in the bottom year of the youngest (U13) age group, debutant sprinters Lyndon Olowe & Ellie Hodgson put in impressive performances.

Southampton who compete in the strongest possible league of the Southern Premier division, Southampton found the competition tough to finish 3<sup>rd</sup> against their 2 rivals of Team Dorset & Windsor, Slough, Eton & Hounslow. Nevertheless, Southampton had a respectable point's total of 529.5 points and with league positions decided on total points rather than match points, there continues to be much to play for throughout the track & field season.

A strong team performance saw a number of individual bests for the u/13 girls who travelled to Reading on Sunday. Sophia Wybourne (14.1) and Madison Cooper (14.6) started the day well gaining 2nd and 4th respectively in the 75 m hurdles followed by a solid performance from Stevie Biles and debutant Meg Davis in the 800 metres.

Ellie Hodgson continued her early season form with an impressive showing in the 75 m recording a time of 11.1 shaving Cooper in a close fought race who recorded a pb of 11.2. Elisabeth Curzen showed consistent form in the Long Jump (3.77m) where she was accompanied by Lizzie Payne who gained 5th place with a best of (3.53m). Payne went onto run a solid 1200 metres in a time of 4.07 mins taking 3rd place in front of debutant Aimee Coppin who recorded a time of 4.40.

Further efforts of note were recorded by Wybourne in the 150 metres recording a time of 22.4 secs along with Curzen who finished 5th in a creditable time of 24.0 secs. High jump debutants Biles and Cooper also produced good team points with Biles taking 2nd place with jump of 1.15m.

The best results for the team were left until the end of the day when Wybourne who was supported by Biles in the Shot Putt taking 1st place with a distance of 8.08m before joining the relay quartet of Cooper, Wybourne Curzen and Hodgson who went on to record a seasons best of 58.7 secs taking 2nd place.

The U17Men registered six first place finishes three on the track and three in the field. Luke Hodgetts recorded a personal best and Grade 1 performance in winning the pole vault with a 4.00metre clearance ranking him in the top ten in the country. Also with a top ten ranking is Henry Ridgers who won the Shot Putt 14.24 a Grade 1 performance. Dan Avery won the Hammer 53.13 and followed this with second places in the Discus 35.09m ( Pb) and Javelin 31.5m. There was a second place finish for Tyler Emmanuel in the Long Jump 5.25.

A young track team found the competition tough and it was left to Dudley Mason to record the only individual first place finishes in winning the middle distance double. He recorded a time of 1.57.8 for the 800m, which also ranks him in the top ten in the country and followed this with a 4.16 in the 1500m. There was a seconded place finish for Tom Gowans in the 200m 24.0 and an encouraging debut in the steeplechase for Niall Holt who finished second in 5.16. There was a first place finish for the 4x100m relay team of Luke Hodgetts, Tyler Emmanuel, Jake Till and Tom Gowans, and a second place for the 4x400m relay team of Jack Spencer, Alex Ruggles, Tom Gowans, and Dudley Mason.

For the U17 womens age group, in the middle distance events Emily Jenkinson and Laura Seaman both ran well to take maximum points in the 800m coming 1<sup>st</sup> and 2<sup>nd</sup>. Bryony Osborne was 3<sup>rd</sup> in the 1500m and Frances Arnott was 4<sup>th</sup> in the 3000m both running season best times.

In the long jump Emma Cowell got close to the 5m mark with a jump of 4.95m to come 1<sup>st</sup>. In the hurdling events Laura Seaman came 2<sup>nd</sup> in the 300m hurdles and Emma Cowell came 3<sup>rd</sup> in the 80m hurdles.

In the throwing events Samantha McCann started her season with a win in the javelin and the versatile Emma Cowell coming 4<sup>th</sup>. Olivia Nunn, Zoe Carter and Emily Jenkinson all gained valuable points for the team in the shot and discus. In the hammer competition the middle distance runners of Bryony Osborne and Frances Arnott – both of which had never thrown a hammer before- came 4<sup>th</sup> and 5<sup>th</sup> gaining the team 5 extra points.

The team were short of sprinters but Emily Jenkinson ran strongly in the 300m to finish 2<sup>nd</sup>. Zoe Carter ran well in the 100m and 300m to finish 3<sup>rd</sup> in both and Olivia Nunn coming back from injury ran well in the 100m to come 5<sup>th</sup>. Laura Seaman after her 800m and 300m hurdles ran well to come 4<sup>th</sup> in the 200m to get valuable points. The highlight for the u17 women was a commanding win in the 4x300m relay in which each member of the team ran strongly. The team consisted of- 1<sup>st</sup> leg - Laura Seaman , 2<sup>nd</sup> leg - Bryony Osborne, 3rd leg - Zoe Carter and 4<sup>th</sup> leg - Emily Jenkinson .

Stars of the show in the U15 girl's age group were the throwers. Emily Green threw a personal best of 35.87m to win the Javelin and move to 3<sup>rd</sup> in the UK age group rankings. Emily also throw a personal best of 27.01m to come 2<sup>nd</sup> in the discus. Sophie Merritt threw an enormous 36.80m to win the discus, further extend her age group club record and retain her 2<sup>nd</sup> place UK age group ranking. Sophie also threw a personal best of 34.92m to finish just behind Emily in the javelin and move to 4<sup>th</sup> in the age group UK rankings. Sophie completed an amazing day by winning the shot putt. Pole Vaulters Georgia Parker & Claire Humby contributed valuable points to the team with 2<sup>nd</sup> & 3<sup>rd</sup> place finishes respectively. The rest of the girls found the competition extremely strong but notably, there were personal best performances from Charlie Kelman in the High Jump, Alana Spiers in the 800m, Amy Teal in the Long Jump & Briallen Taylor in the 1500m. Also contributing points for the team were Caitlin Stewart with a 4<sup>th</sup> place finish in the 1500m, Steph Bottell in the sprints & long jump, Abbie Fisher in the 800m & High Jump, and Mollie Branson with a

debut performance for the club in the sprints. Bottell, Teal, Kelman & Branson also made up the relay team.

Performances of the day for the U13 boys came from Owen Lawrence who won the High Jump & Long Jump and was just pipped into 2<sup>nd</sup> place in the 800m. Lawrence was also part of the winning sprint relay team with Olowe, Jones & Powell. The other age group winner was Eddie Jenkinson in the Shot Putt who also came 2<sup>nd</sup> in the hurdles. Lyndon Olowe made a fine NYAL debut with a superb 2<sup>nd</sup> place in the 100m as well as coming 4<sup>th</sup> in the 200m and hurdles. Adam Jones contributed valuable points with 2<sup>nd</sup> place in the 200m as well as 3<sup>rd</sup> place in the Long Jump & High Jump. Luke Powell ran a personal best to come home 3<sup>rd</sup> in the 1500m and also added shot putt points. Blake Miller was 3<sup>rd</sup> in the 800m and 4<sup>th</sup> in the 100m both in personal best times. Finally Sam Costley ran a fine 1500m to come home 4<sup>th</sup> again in a personal best time.

In the U15 boys age group, Rory Farrell secured wins in the hurdles and High Jump and finished 2<sup>nd</sup> in the shot putt as well as running the 4x400m relay along with Abrahams, Dredge & Clements. The sprint relay team was made up of Horley, Campbell, Powell & Bromby.

Tom Young also secured 2 wins in the Hammer and the discus as well as finishing 4<sup>th</sup> in the Shot Putt. Ben Carter also threw well with personal bests in the Hammer, discus and javelin.

Peter Ellis was 4<sup>th</sup> in the hurdles and the 1500m, Oliver Bromby was 3<sup>rd</sup> in the 100m & the Long Jump, the latter in a personal best of 4.91m. Josh Powell contributed valuable points in the 200m & 400m as did Chris Horley in the 200m and the Long Jump. Simon Dredge also added a point in the 400m.

A Personal best was recorded by Jamie Abrahams in the 800m and Jamie also contributed points in the High Jump. Also running a personal best was Lucas Clements in the 1500m.

The action now moves to individual competition with the Hampshire Championships this weekend.