



A bright start for Southampton AC in Andover

Much like the weather over the weekend, Southampton AC's first Southern men's league fixture of the season was peppered with sunny spells despite finishing 3rd and missing out on 2nd place by a few points.

In the field, undeterred by the occasional rain showers, Garry Newton won all the throwing events and set a new personal best in the shot putt (14.03m). Whilst James Sutton cruised to victory in the 400m with another personal best time of 50.2 seconds.

In less than ideal conditions, sprinters Sean Foord (11.1/22.7) and Callum Bessington (23.7) both started the season well, narrowly missing out on victories in the 100 and 200 metres. Simon Nimmim ran a brave race in the 800 (1:59.9), taking the lead early on and holding on until the last bend when he was overhauled by the Basingstoke athlete

. Masters athlete, Andy Morgan-Lee recorded two fine victories in the 1500m (4:13.7) and the steeple chase (10:36.7) in his build up to this year's European Masters championships, to be held in Hungary.

Club stalwarts Sam Derham and Derek Warn scored valuable points for the team, covering several throws, jumps and runs between them.

Pictures below show:

Garry Newton powering to a new personal best in the shot putt

Andy Morgan-Lee and Gordon Westley clearing the water jump in the 3000 steeple chase.

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