



Southampton AC 'bowl over' rivals in thrilling Plymouth league match

The omens were not looking good for Southampton AC when a series of navigational errors meant the team bus arrived with moments to spare before the first event, then a freak accident during the pole vault warm up robbed the squad of multi-eventer Derek Warn.

Southampton had taken a confident, young team on the long trip to the West Country in search of their first win of the season and despite the set backs the team pulled together to record an excellent victory that went right down to the last event.

Whilst there were a number of excellent performances in the field (Garry Newton, Geoff Davies and Abe Newell dominating in the throws, Aaron Dunne equalling his own personal best in the high jump) and on the track (Sean Foord, Abe Newell and David Bolton recording victories in the sprints) it was the way that the whole team pulled together that won the day.

Simon Nimmim and Iain Cross were undefeated in the middle distance events, winning A and B strings in the 800 and 1500m, while Cross added another win in the 5000m.

Justin Hunt and Sam Derham defied the schedule to leap and hurdle their way to success, returning vital team points in both hurdles races (110/400), the steeple chase, the long and the triple jump.

After a close fought contest with Yeovil Olympians, it came down to the two relays to decide the event.

In the 4x100 the Southampton squad of Derham, Foord, Bolton and Newell were too hot to handle and cruised to a confident win.

In the 4x400 Iain Cross and Jon Tilt edged ahead in the first two laps allowing Nimmim and Bolton to demonstrate their superiority and power to victory.

Team manager Jon Tilt was delighted with the team's performance explaining 'Its always tough to field a strong team on trips this far from home, but I was very proud of the way the team stood up to be counted when it really mattered.'

For Tilt it was a particularly special day, competing on the Plymouth 'Brickfields track' where his father won the Devon 400m championship in 1953!

Contact: Jon Tilt SAC SML team manager

Pictures show:

1. 4x400 relay squad Tilt, Bolton, Nimmim, Cross
2. Sam Derham and Justin Hunt in the 300 SC

Southampton Athletic Club

