

National Young Athletes Match 3 – Harrow 20th June 2010

Harrow and Hillingdon provided the opposition for Southampton AC who travelled to the Bannister Stadium in North West London for the third round of competition in the National Young Athletes League. With Southampton lying in fourth place in the league and Harrow one place behind a close contest was anticipated. With the lead constantly changing it was not until the final few events that the outcome was decided with Harrow edging the match by 13 points. Southampton's points tally of 616 was enough to maintain their advantage in the league and leapfrog Reading into third place. With one match remaining the youngsters are still in with a very good chance of finishing in the top four and securing a place in the area final in August.

The U13 girls won more age group events than either of their opponents, taking 1st place in 4 of the 9 events.

The highlight of the day and possibly the season was a new UK age group all time record for Sophie Merritt who threw the shot put an incredible 12.13 metres to win the event. This was a NYAL record, club record, and quite simply, the furthest distance ever thrown by an U13 girl in the UK. To complete a day she will never forget, Sophie she also ran a personal best to come second in the 150m and equalled her pb to win the long jump.

The days other winners were Briallen Taylor who continued her remarkable improvement this season with a blistering last lap to come home first in the 1200m in a grade 1 time of 4 mins 02.5 secs and Abbie Fisher who cruised home first in the 800m. Briallen also contributed a valuable point in the shot put and Abbie ran a PB to come home 4th in the 150m and equalled her pb to finish 3rd in the high jump.

Stevey-May Biles made a fine NYAL debut to come 2nd in the 800m in a pb of 2 mins 46.4 secs and also ran a PB in the 75m and came 5th in the long jump.

Phoebe Kalik contributed points across a number of events as usual, coming home 3rd in the 1200m in a new personal best of 4 mins 14.6 secs, 6th in the high jump in a new pb of 1.15m and 5th in the hurdles.

Madison Cooper also made a good NYAL debut, contributing points in the 75m hurdles where she equalled her pb, the 75m and the sprint relay.

The U15 girls dominated their opponents with another 6 victories, 6 pbs and a club record. Zoe Carter & Brianni-Grace Simmons dominated the 200 to come 1st and second, this 1-2 was repeated in the high jump with Emma Cowell and Emily Jenkinson, the Pole Vault with Georgia Parker & Clare Humby - both clearing a pb of 2.3m; Emily Gunn & Emily Jenkinson both throwing pbs in the javelin. Emily Jenkinson comfortably won the 800, and the final pbs came from the 2 1500m runners Bryony Osbourn and Frances Arnott. The club record and final victory came from the 4x100 relay winning a great race in a time of 51.8 secs - the quartet of Brianni-Grace Simmons, Stephanie Bottell, Vicky Mould & Zoe Carter.

The u17w had a very strong competition providing the most points for the team. There were 10 wins and 9 second places.

There were 3 girls competing in the middle distance events, Mhairi-Clair Stewart, Laura Seaman and Nicole Dally. Mhairi-Clair won the 1500m and 3000m, Laura won the 800m and came 2nd in the 1500m and Nicole came 3rd in the 3000m and 4th in the 800m.

Freya Jones and Poppy Barker dominated the throwing events with Freya winning the shot, discus and javelin and Poppy coming 2nd in both the discus and javelin. Special mention must go to Hannah Musker and Beth Sharpe who both are sprinters but competed in the hammer event coming 4th and 5th and providing valuable points for the team.

The Southampton AC sprinters always have a difficult competition when competing against London clubs, who usually dominate, but Susie Collins, Beth Sharpe, Hannah Musker, Jo Bottell and Lavinia Nkomo held their own, with Hannah and Lavinia coming 1st and 2nd in the 300m, Jo and Hannah coming 2nd and 3rd in the 200m and Beth and Susie coming 2nd and 4th in the 100m. Also Lavinia won the 300m hurdles with Laura Seaman 2nd and Susie was 2nd in the 80m hurdles.

Susie Collins also competed in the pole vault and came 2nd and the jumping duo of Jo Bottell and Vicky Vinter performed well with Jo winning the triple jump and coming 3rd in the long jump and Vicky coming 2nd in the long jump.

The 4x100m relay team of Susie Collins, Jo Bottell, Vicky Vinter and Beth Sharpe came 2nd and the 4x300m relay team of Laura Seaman, Mhairi-Clair Stewart, Hannah Musker and Lavinia Nkomo won with a season's best time.

The U13 boys had yet another good performance winning 6 out of the 9 events, gaining 4 pbs on the way. First was Eddie Jenkinson & Charlie Cooper coming 1st and 2nd in the 75m hurdles both running personal bests as well. Another 1-2 followed in the shot put, with Eddie Jenkinson again leading the way, but Mike Morris throwing a great pb to come second as well. Other victories quickly followed with Oliver Bromby in the 100m, again in a pb and a middle distance double from George Butler & Jamie Abrahams (800 & 1500 respectively) both winning well but just missing a pb. The final victory came in the relay where Owen Lawrence, Mike Morris, Adam Jones and Oliver Bromby held off all teams to win comfortably. Unfortunately despite all these great victories the boys lost their individual match by just 1 point!!

For the U15 boys there were personal bests and first place in the field events for Sam Bass-Cooper pole vault (2.30m) and Ben Ninnim in the Discus (28.62). Ben completed a fine afternoon with second place in the javelin (34.75m) and third in the High Jump (1.45m) and Rory Farrell secured second place in the long jump with a (5.25m pb). On the track Tom Gowans continued his fine season with a sprint double winning the 100m (11.9) and 200m (23.8). Alex Ruggles raced to victory in the 1500m with a personal best of (4.33.1) and there were highly encouraging debuts for Tyler Emmanuel in the 100m (12.4) and Jack Lynch in the 800m (2.13). The boys excelled in the 4x100 and 4x400 relay events. Rory Farrell, Tyler Emmanuel, Jake Till and Tom Gowans stormed to a season's best of (47.9) in winning the 4x100 and the team of Alex Ruggles, Matthew Knapp, Alexander Allen and Tom Gowans did likewise in winning the 4x400 in (3.47.7).

Sean Adams and Callum Rowe earned top honours on the track for the U17men with a one two finish in both the 100 and 400metres hurdles and the 4 x 400 relay team of Sean Adams, Craig Green, Martin Campbell and Dudley Mason raced to victory in 3.35.8. Paul Warn secured valuable points in the 3,000m and steeplechase and Dudley Mason and Martin Campbell ran personal bests in the 400m (52.8) and 800m (2.07.4) respectively. Top performance in the field went to Dan Avery winning

the hammer (46.93), second in the javelin (29.6) and third place in the discus (23.71). 2nd places went to Craig Green in the long jump (5.12) and Luke Hodgetts in the pole vault (2.20).