



Powell powers home as Southampton snatch second place. **NYAL 22nd May, Bracknell.**

Southampton AC's young athlete's put in an improved performance in their second National Young Athlete's league Southern Premier league match. They were second of the 3 teams competing and their points total was not far behind winners Reading but well clear of third place Bracknell. They move up the league table to 5th after 2 of 4 matches chasing a top 4 spot and a place in the Area finals.

A tremendous team spirit was the secret of their success with great enthusiasm and encouragement from athletes, parents, coaches and supporters around the track. This was epitomised by the finish of the day from Luke Powell who snatched the U13 boys 1500m on the line in a personal best time of 4 mins 57.8 secs. Sam Costley was 4th in the same race with a massive improvement on his pb to 5 mins 08.8secs.

Also in the boys U13 age group, there were wins for Owen Lawrence who carried forward his impressive form from the Hampshire championships to win the 800m and long jump double. Eddie Jenkinson who likewise won the shot put and was 4th in the 800m in an impressive pb of 2 mins 30.7 secs and Adam Jones who won the hurdles and was 2nd in the 100m.

Harrison Fry had a great day to record pb's in the long jump where he was 5th and the 100m where he was 4th and then ran another great race to take 2nd place in the 200m. Kieren Apps was another to perform well clocking up 3 pb's to take 4th in the hurdles, 5th in the shot put & 6th in the 200m. Finally Jones, Fry, apps & Lawrence took 2nd place in the sprint relay.

In the U15 age group, there were wins for Alexander Allen in the 800m who also finished 3rd in the 400m & 5th in the long jump and George Butler in the 1500m who also finished 4th in the Hammer.

Oliver Bromby was 4th in the 100m and also contributed points in the long jump & discus. Josh Powell also added to the points total in the 100m, 200m & 400m. Bradley matched his Brother's tally of 3 pb's to make it 6 in total for the Apps family by coming 3rd in the sprint hurdles in 13.4 secs, 5th in the shot put with 6.99m and 6th in the 200m in 27.9 secs. Lucas Clements was another having a good day. He followed his 3rd place finish in his main event the 800m in a time of 2 mins 18.8 secs with pb's in the discus and Hammer where he was 4th & 5th respectively.

Jamie Abrahams contributed 9 points on the day with a 3rd place in the 1500m and 2nd place in the javelin in a new pb. Rory Farrell added 10 points with 2nd place finishes in the shot put and hurdles, the latter in a new pb of 13.2 secs. Finally, the sprint relay team of Farrell, Clements, Bromby & Abrahams were 3rd as were the 400m relay quartet of Powell, Apps, Allen & Butler.

Fielding a team of 18 athletes the Under17 Men had a very successful day, producing 10 first place finishes and 16 personal bests between them.

In the pole vault there was a first place for Luke Hodgetts clearing 4.10m (pb) grade 1 and 2nd for Sam Bass-Cooper 3.30m (pb). There were more maximum points in the triple jump from Jason Amarteay 10.21m (pb) and Luke Hodgetts 9.85m (pb). Henry Ridgers maintained his unbeaten start to the season with a grade 1 14.29m in the shot putt, while Dan Avery was in fine form winning the hammer 48.49 and the discus 36.25m (pb). Ben Ninnim was making his first start of the season winning the javelin 43.25m (pb) and third in the discus 28.35m (pb) and Bill Smith made a welcome return to competition with third in the hammer 16.59m (pb). In the long Jump there were personal bests for Jack Lynch 5.42 and Matthew Knapp 4.85 who also was making a welcome first start of the season.

On the track Dudley Mason maintained his 100 percent record in winning the 800m 1.58 and followed up with 2nd in the 1500m 4.14, with Cameron Hough making his first start of the season finishing in 4.37. David Fisher 10.27 (pb) and Amarpal Gill 10.31 (pb) gained maximum points in the 3000m and Calum Rowe made a welcome return from injury in winning the 400m hurdles 58.9 (pb). Niall Holt continued his improvement in the steeple chase finishing third 5.01 (pb) and Jack Lynch continued his fine form over 400m finishing second 53.3 (pb) and Jack Spencer finishing in 56.7. The sprint duo of Tom Gowans and Jason Amarteay both recorded pbs in the 100m 11.4, 11.8 and the 200m 23.4, 24.5 respectively.

The 4x100 team of Calum Rowe, Luke Hodgetts, Jason Amarteay and Tom Gowans finished second with a seasons best of 46.6 and the 4x400 relay team of Calum Rowe, Alex Ruggles, Tom Gowans and Dudley Mason produced a superb end to the meeting winning in a time of 3.36.3 just half a second outside the club record.

Turning to the U13 girls, Sophia Whybourne maintained her unbeaten shot putt record with another win before running pb's in both the sprint hurdles and 150m in times of 13.6 secs and 21.5 secs respectively. Ellie Hodgson showed what a prospect she is with a 3rd place finish amongst older girls in a pb of 10.8 secs. Madison Cooper added points in the 100m and hurdles. Chloe Morgan Lee made her debut for the club by adding points in the shot put.

Elizabeth Curzen was another to record 3 pb's on the day with a 6th place finish in the 150m in 22.4 secs, a 3rd place finish in the long jump with 3.92m and a fine 2nd place finish in the 800m in a time of 2 mins 40.7 secs. Lizzie Payne was 4th in the 1200m and long jump the latter of which was in a new pb of 3.67m. Finally, the sprint relay quartet of Cooper, Curzen, Hodgson & Whybourne were 3rd.

10 personal best performances were recorded in the U15 girl's age group. High Jumper and debutant Eloise Flavell showed her versatility to jump a pb of 3.98m in the long jump after the High Jump was cancelled. The other age group debutant Rachel McAlpine took part in the day's highest standard event the shot put. She can count herself unlucky to come 6th in an event where 3 grade 1 throws were recorded but nevertheless recorded an impressive pb of 8.90m.

Steph Bottell had a day to remember with 3 pb's on the day and a haul of 12 points, finishing 4th in the 100m, 3rd in the 200m and 2nd in the Long Jump with an impressive 4.48m. Steph also combined with Teal, Kelman and Fisher in the relay. Charlie Kelman recorded a further 2 pb's in the hurdles and 200m respectively. Amy Teal ran a pb of 14 seconds flat to come 5th in the 100m as well as bravely getting up of the floor to finish 5th in the hurdles.

The final 2 pb's came in the 1500m where Briallen Taylor & Alana Spiers ran impressively to come home 2nd & 3rd in times of 5 mins 08.5 secs and 5 mins 11.8 secs respectively. Caitlin Stewart & Abbie Fisher were 2nd & 4th in the 800m both in graded times to complete the track events.

In the pole vault Georgia Parker & Claire Humby got good points totals as always finishing 2nd & 4th respectively.

The ever reliable throwing combination of Sophie Merritt & Emily Green delivered their customary 3 event victories. Sophie winning a hotly contested shot put event with an impressive 12.12m & also the discus in 34.22m. Sophie then finished runner up in the javelin in 34.26m. Emily won the javelin with a throw of 36.94m and was 4th in the high quality discus competition.

The 17w had a good competition with 5 first places. Emma Cowell won the 80m hurdles and long jump, Emily Jenkinson came first in the 300m, Laura Seaman won the 300m hurdles and the 4x300m relay team of Laura Seaman, Frances Arnott, Zoe Carter and Emily Jenkinson won in a very competitive time.

There were 2nd places for Frances Arnott in the 1500m and the 4x100m relay team of Olivia Kelly, Emma Cowell, Brionni-Grace Simmons and Olivia Nunn. Zoe Carter was 3rd in both 100m and 200m with Brionni-Grace Simmons 4th in the 100m and Olivia Nunn 4th in the 200m. Lottie Lord did well in the long jump and triple jump coming 3rd in both having got over the disappointment of not competing in the high jump (her main event) which had been cancelled due to equipment failure.

Olivia Kelly made her debut in the NYAL with a good performance in the 300m. There was a good team spirit with girls competing in events they don't normally train for including Emily Jenkinson and Zoe Carter in the hammer, Laura Seaman in the javelin, Frances Arnott in the discus and Olivia Nunn and Olivia Kelly in the shot all gaining valuable points for the team.

Match result

- 1st Reading AC 575 points.
- 2nd Southampton AC 539 points.
- 3rd Bracknell AC 468 points.

