



Southampton take huge points haul NYAL 5th June, Hillingdon.

Southampton AC's young athlete's go from strength to strength with a fantastic display in their third National Young Athlete's league Southern Premier league match. Although they were second to Harrow AC, their points total of 641 was the highest they have ever achieved in the league putting them just 3 points behind a top 4 spot and a place in the Area finals. With the fourth place team Shaftesbury Barnet to face in their last league match on the 19th June, it promises to be an exciting finish to the NYAL league season.

Tremendous all round performances was the key to so many points with great results both on the track and in the field.

Match result 1st Harrow AC 645 points
2nd Southampton AC 641 points
3rd Bedford & County AC 353 points.

The Under17 Men continued their very successful start to the season, producing 9 first place finishes and 10 personal bests between them.

Niall Holt typified the fantastic team spirit by competing in three middle distance events. He teamed up with David Fisher to secure maximum points in winning the 3000m and the steeplechase and then competed over 1500m where Cameron Hough improved his time to 4.34 in coming second. Calum Rowe was in good form in winning the sprint and 400m hurdles and Dudley Mason maintained his 100 percent record in winning the 800m then followed this with first place in the 400m. Also on the track there were personal bests for Jack Spencer 800m (2. 11), Tom Gowans (23.2) and Tyler Emmanuel (23.9) in the 200m.

Once again the relay teams were in unstoppable form. The 4x100 team of Calum Rowe, Tyler Emmanuel, Jason Amartey and Tom Gowans finishing in 46.7 and the 4x400 relay team of Calum Rowe, Jason Amartey, Tom Gowans and Dudley Mason produced a superb end to the meeting winning in a time of 3.39.3.

In the field Nicholas Hunt made his debut and showed what a fine asset he will be for the club in producing grade 1 standards in winning the high jump 1.95 and long jump 6.58. Maximum points were gained in the pole vault from the ever reliable Luke Hodgetts and Sam Bass-Cooper who took his personal best to 3.50. Further personal best performances came from Bill Smith hammer (19.57), Ben Ninnim high jump (1.55), Jason Amartey triple jump (10.71), Daniel Avery javelin (33.76) and discus (37.27)

The U15 boys claimed 3 individual victories, two of them courtesy of Rory Farrell in the High Jump and the sprint hurdles. Rory surged to 4th in the UK age group rankings in the latter with a fabulous time of 11.4 secs. He followed this with 2nd

place in the Shot Putt and was part of the victorious sprint relay team along with Bromby, Turrell & Powell. The 4 x 400m team also won their event courtesy of Allen, Clements, Abrahams & Butler. The other individual winner was Daniel Vibert who made a superb debut for the club by winning the discus and coming 3rd in the Javelin.

Oliver Bromby was 3rd in the 100m & runner up in the Long Jump. Josh Powell contributed valuable points in the 100m & 200m as did George Butler in the 400m & 800m both in personal best times and Alexander Allen in the Long Jump, 400m & 800m. Jamie Abrahams added points with a PB in the 200m as well as throwing the javelin and came 3rd in his more familiar 1500m. Lucas Clements ran an impressive pb to come 2nd in the 1500m before coming 4th in the Hammer throw.

Dan Turrell made a fine debut for the club by adding points in the sprint hurdles and the high jump and Tom Young added points in the Shot Putt before coming 3rd in the discus and 2nd in the Hammer, the latter in a new pb.

The U13 boys had a fantastic day winning an unprecedented 8 of the 9 events contested. They swept before them all on the track with Adam Jones winning the 100m in a new pb of 13.3 secs to move into the UK age group top 50. Jones also won the hurdles where he is currently ranked in the UK top 10 and then came third in the High Jump also in a new outdoor personal best. To finish, Jones was then part of the winning sprint relay team along with Powell, Lawrence & Fry.

Harrison Fry won the 200m by some distance and was 4th in the Long Jump. Lewis Bull made a fine NYAL debut by adding points in the sprint hurdles, the 100m & the 200m, the latter in a new pb. Eddie Jenkinson was 3rd in both the 800m and the Shot Putt.

Bitterne Park schoolboy Owen Lawrence continued his blistering form this season with wins in all 4 events he took part in scoring individual success in the 800m, Long Jump & high Jump, the latter with a new personal best of 1.41m. Luke Powell ran an intelligent race to take the lead in the 1500m on the final bend and surge clear at the line and also added points in the shot putt. Sam Costley ran just outside his personal best for a third place finish in the 1500m.

The 12, u17 women who competed produced 9 wins, 4 personal bests and 3 season bests.

Emily Jenkinson had an outstanding competition with three wins in the 800m, 300m and showing her versatility, discus, in a personal best distance of 21.90m. Emma Cowell had two wins and a 2nd place. Her wins coming in the 80m hurdles, in a personal best time of 12.5 sec, and in the high jump and a 2nd place in the javelin. The middle distance runners all ran well with Frances Arnott winning the 3000m and smashing her personal best by over 10seconds and then contributed valuable points in the hammer coming 3rd and discus 4th. Daena Bennett ran a seasons best time of 4.53.9 to come 2nd in the 1500m and Bryony Osbourn was not far behind to come 3rd. Bryony then went on to throw a personal best in the hammer. Laura Seaman won the 300m hurdles and was 3rd in the 800m.

The sprinters of Brionni-Grace Simmons, Olivia Nunn and Zoe Carter were up against tough competition from the girls of the London clubs who always produce good sprinters but they held their own with Zoe coming 2nd in the 200m, Olivia 4th in the 100m and Brionni-Grace running season best times in both the 100m and 200m. Olivia Kelly ran a gutsy race in the 300m overtaking a couple of competitors in the last 10metres and then contributed valuable points in the shot by coming 3rd. Lottie Lord competed well in the high jump and long jump coming 2nd in both and Samantha McCann who competed in the pouring rain in the javelin produced yet another win.

The highlight of the competitions are always the relays at the end of the day with everyone cheering and supporting their teams and the u17 women's 4x100m team of Olivia Kelly, Emma Cowell, Brionni-Grace Simmons and Olivia Nunn came home 3rd. The team of Laura Seaman, Daena Bennett, Zoe Carter and Emily Jenkinson brought everyone to their feet with a fantastic win in the 4x300m.

The U15 girls came away with 5 individual wins 3 of them coming from the throwing arm of rising star Sophie Merritt who won the discus, shot putt and javelin competitions, the latter just outside her personal best in the pouring rain. Eloise Flavell made her high jump debut for the club by adding a full 7cm to her personal best to win event with a leap of 1.45m. Caitlin Stewart completed the wins by cruising home in the 800m despite the efforts of a triathlon the day before.

Steph Bottell added valuable points in the 100m, Long Jump and 200m, the latter in a personal best. Bottell also anchored the sprint relay team to a seasons best time along with Teal, Fisher & Kelman. Amy Teal added points in the 100m and the sprint hurdles in a new pb. Charlotte Bull made her debut for the club with a 5th place finish in the 200m.

Charlie Kelman had a great day with personal best performances in the hurdles and the high jump where she was 4th with a leap of 1.30m. Emily Green threw a mighty 29.40m to come 2nd behind Merritt with a new pb in the discus and was also runner up behind Merritt in the javelin. Rachel McAlpine was 4th in the shot putt and Alana Spiers was 2nd in the 800m again after completing a triathlon the day before. Finally, Briallen Taylor & Abbie Fisher were 3rd and 4th respectively in the 1500m.

Leading the way in the U13 girls were Ellie Hodgson and Madison Cooper who gained good points in the 70 metres Hurdles with Hodgson setting a PB of 14.6. A determined and dogged run in the 800 metres saw Elisabeth Curzen secure 1st place with a time of 2.46 which was replicated by the fine young talent of Lizzie Payne in the 1200metres recording a time of 4.09 secs. Payne went on to produce a PB in the High Jump of 1.20 in difficult conditions. Both athletes then secured more points in the Long Jump with Curzen jumping a distance of 3.81 taking 2nd place.

In the sprint events Sophia Wybourne continued her excellent season with a PB in the 75m recording a time of 10.8 taking 3rd place and supported by the speedy Ellie Hodgson who was timed at 11.3 taking 4th place. Wybourne went onto secure 3rd place in the 150 m with a time of 21.9 also supported by Madison Cooper who recorded a PB of 22.5 secs.

The final field event saw Wybourne and Hodgson secure further points in the Shot Putt recording distances of 8.23 and 6.45 metres respectively. Both girls then formed an impressive relay quartet together with Hodgson and Cooper taking 2nd place behind Harrow in a time of 59.4 secs.