



Southampton take 2nd as relay records tumble. NYAL 19th June, Hendon

Southampton AC's young athlete's completed the NYAL season with another 600 point haul and a 2nd place finish in their final match of the season in the Barnet Copthall athletic stadium in Hendon. .

They missed out on a top 4 spot and a place in the area finals but finished firmly in mid-table to come a creditable 5th and were well clear of the 6th place team. This being a fair reflection of the season.

Once again, there were some fantastic performances on both the track and the field.

Match result 1st Shaftesbury Barnet AC 705 points
2nd Southampton AC 604.5 points
3rd Brighton & Hove AC 373.5 points.

The Under17 Men rounded off their very successful National Young Athletes League campaign, producing 10 first place finishes, 8 personal bests and 2 club records.

The field athletes had a very good afternoon with Luke Hodgetts and Sam Bass-Copper gaining maximum points, as they have done all season, in the pole vault. Dan Avery continued his fine season in winning the Hammer (54.7) and throwing a personal best by 3 meters in winning the Discus (40.36). Also securing first place and a personal best was Bill Smith in the Shot (9.32). Nicholas Hunt continued his unbeaten record in winning the High Jump (1.95) and Long Jump (5.96) and Ben Ninnim threw (38.69) in coming second in the Javelin.

The track runners found it tough going against a very good Shaftesbury team however there were first place finishes for Calum Rowe in the 400m Hurdles (59.84) also for the first time in this event Jack Lynch finished third in (63.71). Niall Holt won the 3000metres, dipping under 10mins for the first time, (9.55) with David Fisher also recording a personal best (10.16). There were personal bests for Tyler Emmanuel 100m (11.78), Jason Amartey 200m (24.42) and Jack Spencer 800m (2.11) and valuable points were gained in the 400m by Jack Lynch (54.63), Alex Ruggles (56.48) and in the 1500m by Dudley Mason (4.15), Cameron Hough (4.40).

Once again the relay teams provided superb entertainment. Up against the unbeaten and very confident Shaftesbury team the 4x100 team of Nicholas Hunt, Jason Amartey, Tyler Emmanuel and Tom Gowans produced arguably the race of the season in storming to a club record winning time of 44.54 just one tenth of a second quicker than their opponents. More amazingly the whole team will be able to compete in this age group next year.

Not to be outdone the 4x400 team of Calum Rowe, Jack Lynch, Tom Gowans and Dudley Mason brought the league season to a fitting end with a club record winning performance of 3.32.74 shaving 3sec off the previous record.

Some fine performances were on display in the U15 boys age group. Bradley Apps took 2nd place in the hurdles before recording pb's in both the discus & the javelin where he came 3rd in both. Alexander Allen was 3rd in both the 400m & 800m, the former with a new pb of 59.15 secs. Byrone Hale made a fine NYAL debut to come home 4th in the 800m. Duane Campbell recorded a new pb of 12.65 secs to come home 3rd in the 100m with teammate Oliver Bromby just behind in 4th. Bromby was also 3rd in the long jump before teaming up with Campbell, Hurley & Dredge to come 2nd in the sprint relay. Chris Hurley & Simon Dredge both running pb's to come home 3rd & 5th respectively in the 200m.

George Butler & Jamie Abrahams were 3rd and 4th in the 1500m, the former in a new pb of 4 mins 26.79 secs. Butler then teaming up with Apps, Allen & Powell to take 2nd place in the 4 x 400m relay. In addition Abrahams added valuable points in the high jump. Josh Powell was 4th in the 400m in a new pb of 59.33 secs and added points in the Hammer.

In the field, Daniel Turrell cleared a new pb of 1.50m to be 2nd in the high jump and was also 4th in the long jump again in a new pb. Daniel Vibert was 2nd in the discus and the shot put, the latter with a new pb of 8.99m. Ben Carter had a fine day with 3 personal best performances in the shot, discus & Javelin the latter of which he was 2nd with a throw of 24.48m.

Star of the show for the U13 boys was Bitterne Park schoolboy Owen Lawrence who won all 3 of his individual events including a hugely impressive 1.50m to win the high jump and move into the top 5 of the UK age group rankings. Owen also won the long jump & 800m as well as anchoring the sprint relay team to 2nd place along with Apps, Olowe & Jones.

Adam Jones also racked up a healthy points contribution with the runner up spot in a very quick sprint hurdles race as well as coming 3rd in the 100m and high jump. Harry Butler made his NYAL debut with a 4th place finish in the 800m and 6th place in the 100m. Lyndon Olowe ran an impressive home straight to come home 3rd in the 200m, and then was 4th in the Long Jump and 5th in the sprint hurdles. Kieran apps added points in the 200m & shot put. Luke Powell was runner up in the 1500m and also added points in the shot put. Sam costly ran his usual consistent race to come home 3rd in the 1500m.

The U17 women had a great competition with eight 1st places, 6 personal bests and 3 season bests.

Starting off the day well were Frances Arnott and Bryony Osbourn in the hammer who both improved their personal best throws by over 3 meters. Emma Cowell then came 1st in the 80m hurdles and Elly Henderson 2nd in the long jump with a season best jump of 4.16m. Daena Bennett and Laura Seaman scored maximum points in the

800m coming 1st and 2nd with Daena running a personal best and improving her time by over 4 seconds. Then Zoe Carter and Olivia Nunn came 4th and 5th in a very competitive 100m. Frances Arnott followed up her good performance in the hammer with a win in the 3000m and throwing another personal best in the discus. Laura Seaman and Lottie Lord continued the winning streak with Laura winning the 300m hurdles and Lottie winning the discus with a huge personal best throw of 17.24m. Then Olivia Nunn and Brionni-Grace Simmons scored maximum points in the 200m coming 1st and 2nd with Olivia running a personal best time of 27.01sec. Daena Bennett and Bryony Osbourn then scored valuable points in the 1500m coming 3rd and 4th as did Zoe Carter and Laura Seaman in the 300m coming 2nd and 3rd. Emma Cowell and Lottie Lord did well in the high jump with Emma winning and Lottie 4th. Sam McCann overcame a back injury to come 2nd in the javelin. The 4x100m relay team of Elly Henderson, Emma Cowell, Brionni-Grace Simmons and Olivia Nunn then ran a season's best time to come 2nd in the relay. The 4x300m relay team of Laura Seaman, Bryony Osbourn, Daena Bennett and Zoe Carter had a commanding win to remain undefeated over the season to finish off a great day of competition.

The U15 girls came away with 5 individual wins. Top points scorer was Eloise Flavell who continued her rapid improvement with another pb in the high jump with a winning height of 1.50m. Eloise followed this with 2nd place in the javelin & 3rd place in the long jump. Emily Green warmed up for her appearance in the English schools championships with wins in both the javelin and the discus. The days other winners was Caitlin Stewart who took the 1500m with a pillar to post victory and Steph Bottell who won a competitive 200m, Steph was also 3rd in the 100m and 4th in the long jump.

Felicja Bligh was 3rd in the 200m, 4th in the 100m & also contributed points in the shot put. Amy Teal and Charlie Kelman both had busy days competing in 4 events each. Teal ran a pb of 15.27 secs to come 5th in the sprint hurdles before coming 4th in the discus and 5th in the shot. Kelman also ran a pb of 14.06 to come 3rd in the sprint hurdles before courageously taking on the unfamiliar 800m to come 4th and equalling her pb to come 4th in the high jump with 1.30m. Teal & Kelman then teamed up with Bottell & Bligh to come 3rd in the relay.

Georgia Parker took 2nd place in the pole vault with a fine leap of 2.40m. Alana Spiers and Briallen Taylor were also 2nd in the 800m & 1500m respectively.

A makeshift u/13 girls' team showed real determination and spirit owing to the late withdrawal of key athletes Ellie Hodgson sensationally filled in at the last minute along with debutant Phoebe Wiggins in the 70 metre hurdles with both girls recording PBs in time of 13.68 & 16.68 respectively.

Wiggins then went onto accompany Madison Cooper in the 800 metres again collecting valuable points taking 3rd and 4th places. In the 75 metres Hodgson joined Sophia Wybourne and both were well placed competing against some top quality athletes from Shaftsbury Harriers. Wybourne and Cooper ran steady races in the 150 metres taking 2nd and 5th places. In the field events Lizzie Payne jumped a seasons best of 3.60 metres in the Long Jump supported by Phoebe Wiggins. Payne then went onto to gain further points in the High Jump with a height of 1.20 taking 3rd place followed by a solid 2nd place in the

1200 metres.

Both Wybourne and Hodgson took top places in the shot putt after running superb legs in the 4 x 100 metres along with Cooper and Wiggins.

An incredible 15 Southampton athletes go on to represent their counties in the English schools championships to be held in Gateshead on the 1st & 2nd July. We wish, Ben Winstanley, Sean Adams, Rory Farrell, Joseph Brown, Dudley Mason, Luke Hodgetts, Nicholas Hunt, Daniel Avery, Henry Ridgers, Jenny Beckingham, Freya Jones, Emily Green, Sophie Merritt, Emily Jenkinson and Emma Cowell the very best of luck.