

## 21 April 2010 Wessex Young Athletes League – Oxford

Southampton AC young athletes started the track and field season with a trip to Oxford for a Wessex League fixture. There were many fine performances throughout the age groups, which included two Wessex League records for Sophie Merritt U13 Discus and Emma Cowell U15 High Jump.

For the U13 girls 4 of the 7 athletes were making their league debut and they came away with 13 Pbs, 2 club records and a Wessex league record. Leading the way was Sophie Merritt who threw a tremendous 35.34 metres to win the discus. This is a club and Wessex league record and to put the throw into perspective puts Sophie 3<sup>rd</sup> in the UK age group all time list. Sophie went onto throw a club record 11.78 metres to win the shot put and followed this with a pb of 3.87 metres to come 3<sup>rd</sup> in the Long Jump. Abbie Fisher was the other U13 girl event winner of the day winning the 800m in 2 mins 35 secs. Abbie followed this with a 4<sup>th</sup> place finish in the a string hurdles and a 3<sup>rd</sup> place finish in the b string high jump. Briallen Taylor made a fine league debut coming home 4<sup>th</sup> in the a string 1200m in a pb time of 4 mins 23 secs. Emma Redfern finished 4<sup>th</sup> in the b string race in a pb time of 5 mins 01 secs and followed this with 2<sup>nd</sup> place finishes in the b string discus and Javelin events both with pb distances. Maddie Cooper ran well on her league debut coming home 5<sup>th</sup> in the a string 100m, 3<sup>rd</sup> in the b string hurdles and 3<sup>rd</sup> in the b string long jump. Sarah Brown had a fine league debut showing how versatile an athlete she may prove with pb's in all 3 of her events finishing 4<sup>th</sup> in the a string high jump with an impressive 1.15 metres, 3<sup>rd</sup> in the b string shot put and 4<sup>th</sup> in the b string 200m. Stevie Biles also made her debut competing well with yet another 3 pb's, coming home 3<sup>rd</sup> in the b string 200m, 5<sup>th</sup> in the a string 200m and an impressive 5<sup>th</sup> in the a string javelin which she threw for the first time.

The U13 boys made a great start to the season, although finishing third within the age group, they missed out on first place by just 5 points. This was an even better performance due to the fact the team consisted of only 5 boys, 3 of them making their debuts for the club in any competition. Oliver Bromby produced two great runs to win the sprint double of 100m and 200m, gaining two personal bests at the same time, also gaining a second place in the long jump (A string). His fellow sprinter Mike Morris made his debut and gained two great second places in the B string sprints and a victory in the B string long jump. An impressive victory by Jamie Abrahams in the 1500 showed his promise for the season ahead. Another of the debutants Eddie Jenkinson gained two victories in the Javelin, where he set a PB, and the discus, and along with a fine second in the 75m hurdles had another successful day. The final debutant, Toby Wilkins set a great PB in the high jump of 1.30, and although like the other two debutants being bottom of the age gave a creditable performance in his first ever run in the 800m. The day was rounded off by a resounding victory in the 4x100 relay, the team being Morris, Abrahams, Jenkinson & Bromby.

The U15 girls had a successful day also, not only in producing some fine performances, but also by giving a number of girls their debuts as well. Victories in this age group were harder to come by, but Edith Phillips managed to win the B string 1500, however it was in the field where the girls really excelled. Vicky Mould winning the A string long jump, and B string shot putt; Lucy Armstrong on her debut winning the B string javelin, and Emma Cowell winning the A string shot, A string javelin and A string High Jump, the latter being in a new Wessex League Record height of 1.66m. For the U15 boys Tom Gowans was in fine early season form winning the sprint double including a pb in the 100m breaking the 12sec barrier for the first time in a time of 11.9sec. Jack Spencer reduced his pb on the 800m by 18sec recording a time of 2m.16 and Jonny Wilkins produced pb's in the b string 100m (13.3) and 200m (27.8). There was a 1st place for Tom Young in the Discus with a throw of 22.33m and a 2<sup>nd</sup> place for the relay team of Tom Gowans, Jack Spencer, Jonny Wilkins and David Fisher.

The Under 17's womens team, of. Hannah Musker, Megan Fry, Suzie Collins, Poppy Barker, Leah Griffin, Jo Botell and Beth Sharpe managed some great performances. Unfortunately Beth had to withdraw from the 300m caused by an injury in the 200m. Hannah gave a supreme performance finishing first in the 300m, 2nd in the 200m and the relay team came 1st with a great performance. Poppy competed in all three throwing events finishing 1st in the Javelin. Megan Fry helped out the team by filling in the 800m, and event she doesn't normally do. Leah, Suzie, Jo all competed well in their events. For the u17 men there were wins for Sean Adams in the 400m (53sec), Martin Campbell a string 800m (2.07), Simon Campbell b string 800m (2.10) and Callum Rowe b string 100m hurdles (16.7).

The under 11 team of Beth Payne, Ciara Stocks, Ellie Hodgson, Ellie-Rose Francis, Chole Morgan-Lee, Isabelle Bennett, Olivia Hollos and Jake Norris produced some fine performances most notably Beth Payne first in the 600m (1.59) and second overall girl, Ellie Hodgson winning the 75m in the fastest time of boys and girls (11.3), Olivia Hollos second 600m (2.07), Jake Norris second in the vortex throw (34.19) and second overall boy.

1st	Oxford City	557
2nd	Southampton AC	477
3rd	Camberley	435
4th	Basingstoke	403
5th	Winchester	164
6th	New Forest	69