

Woking was the venue for Southampton AC second fixture in the Wessex League. A close competition was insured as three of the top four teams in the league were competing in what turned out to be an exciting afternoon of competitive athletics.

Southampton AC's U13 girls continued their tremendous form this season with some great performances at the second Wessex league match of the season in Woking.

The team's tremendous strength in depth was shown with 11 girls taking part who set an incredible total of 18 personal best performances.

Leading the way were the throwers Emily Green and Sophie Merritt, who both throw new Wessex league and club records in the javelin and Shot Put. Emily threw 37.96 metres and Sophie 12.06 metres respectively. Both girls stand well clear at the top of the UK age group rankings and both are within centimetres of the all time age group UK records. Sophie also won the discus and set a new pb in the 100m and Emily was second in the discus.

Abbie Fisher produced the finish of the day to beat a top class field to win the 1200m in a new pb of 3 mins 57.2 secs. The first 3 girls home all recording grade 1 times. Abbie was also 3rd in the 200m and set a new pb in the 100m. Millie Evans made a fine league debut for the club winning the b string 1200m in an impressive time of 4 mins 10.1 secs and coming third in the high jump with 1.25 metres.

Emma Redfern set 3 new pb's on the day competing well in the long jump, 1200m & javelin. Sarah Brown returned to the team from injury and performed well in high jump & 200m.

Phoebe Wiggins also made an encouraging league debut for the club coming fifth in the hurdles and the long jump both with personal best performances. Stevey-May Biles recovered bravely from a nasty fall in the hurdles to run a personal best time of 2mins 51.1 secs in the 800m and came home 2nd in the b string race contributing valuable points for the team.

Madison Cooper was also returning from injury and set a new pb in the 100m as well as helping the relay team to a third place finish. Zoe McClean was in the same relay team and also set a new pb in the 100m.

Briallen Taylor continues to have a fine season setting yet another pb in the middle distance events, this time coming home 2nd in the 800m in an impressive 2:34.9 and then throwing 5.71 metres to come second in the b string shot put.

The U15 girls produced another great all round performance to be the only age group to actually win their own competition.

There were also many personal bests here from nearly all the girls: Rachel Salisbury in the 100 and long jump, Stephanie Bottel in the 200, Olivia Kelly and Charlotte Cunliffe on their debuts for the club in the 300 and 800 respectively, Edith Phillips in the high jump and Vicky Mould in the shot putt, and Emma Cowell in the 75m hurdles. Other great performances followed with victories for Caitlin Stewart in the 800m A race, Charlotte Cunliffe in the 800 B, Emma Cowell and Vicky Mould likewise getting the double in the 75m hurdles, and although Emily Jenkinson did not get a PB she won her 300 and 800 races very comfortably, getting within 0.3 and 0.9 seconds of the League Record at both disciplines.

The u17 women performed well in the Wessex League at Woking this weekend.

There were 'A' string wins for Poppy Barker in the javelin and discus and for Hannah Musker in the 300m. There were also 'B' string wins for Hannah Brown in the high jump, Jo Bottell in the 200m and for Susie Collins in the 100m and long jump. Jo Bottell also achieved a personal best of 4.77m in the 'A' string long jump bettering her previous best by 37cm.

Lottie Lord achieved a personal best in the 'A' string high jump clearing a height of 1.45m and her twin sister Becky ran a personal best time in the 1500m in her debut for the club on the track.

Laura Seaman ran well in a competitive 'A' string 800m and Beth Sharpe ran strongly in the 100m and 300m.

The 4x100m relay team consisting of Beth Sharpe, Jo Bottell, Hannah Brown and Susie Collins won convincingly, with sharp baton changing, in a time of 52.5sec.

The U13 boys produced 14 personal bests out of a possible 20 individual events as they proved yet again a good match for any team they compete against, what is more remarkable that 5 of the magnificent 7 are year 6 boys and have another year in this age group. Mike Morris was the most prolific of the boys gaining a PB in every event he did - the 100, 200 and shot putt!

Likewise Adam Jones gained a clean sweep of PBs in the high jump and 100m, as did Charlie Cooper in his first ever 800m and 75m hurdles. Owen Lawrence did not quite reach the same heights, but 2 PBs (high jump and long jump - the latter by a massive 22cm!) out of 3 was still an excellent day. Not to be outdone by the younger ones Jamie Abrahams ran a very brave race from the start in the 800m as he lead all the way just to be piped on the line by a fast finish, and achieved his PB in the discus. Also the other old boy of the team George Butler ran a superb race in the 1500, not only winning by a massive 31 seconds, setting a PB into the bargain, but better still breaking a Wessex League record that had stood since 1999! However in terms of competitive performance and improving their PB by the biggest margin 11 year old Eddie Jenkinson stood out with a fantastic day, although it did not start well in his east favourite discipline of the shot, he was quickly into his stride and facing some tough competition in his more favoured events the discus and javelin. In both events he was against boys who had thrown at 2 and 1 metres respectively further than him before yesterday this year. The discus was his first, and in the first round he improved his PB by almost 4 metres, however his competitor did the same! They continued to both throw brilliantly, as Ed finished up with throwing 27.63 - not only a 5.2m PB, but also a club record into the bargain, and although this was not quite enough to snatch the win it was a great competition. The Javelin was also a great competition as Ed was behind by almost 1m with just one throw left, however he put all his efforts into this last throw, and launched the javelin a massive 34.24m, not only claiming victory by over 1.3m, but also almost a 3m PB!! All in all a great team effort, with many of the boys doing events for the first time ensuring we had no gaps, and thus maximising our points!!

There were a number of fine performances for the U15 boys and U17 men. Leading the way as often as he does was Tom Gowans gaining personal bests in winning the 100m (11.6) and 200m (23.6) both English Schools qualifying times. There was a clean sweep in the middle distance events for the under15 boys with Matthew Knapp (2.11.0) and Jack Spencer (2.13.7) both setting pbs in winning the 800m and Alex Ruggles and David Fisher winning the A and B string 1500m. For the U17 men Craig Green and Calum Rowe won the A and b string 400m in 53.9 and 57.3 respectively and another double first came in the shot for Henry Ridhgers (13.12) and Michael Palubicki (8.93) and Paul Warn coming first in the 1500m.

OVERALL MATCH			
CLUB	POINTS	POSITION	
SOUTHAMPTON AC	559	1	
OXFORD CITY	484	2	
WOKING	484	2	
MARLBOROUGH	440	4	
SLOUGH JUNIORS	311	5	
NEWBURY	175	6	