



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Southampton Athletic Club CIO

**On accounts for the year
ended**

30th September 2021

**Charity no
(if any)** 1158398

Set out on pages

3 to 17

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28th September 2020.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

07/07/2022

Name:

Julian Brooke FCCA – H&E Accountants

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

4 Chepstow Close

Chandlers Ford, Eastleigh

SO53 4SA

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No items to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Southampton Athletic Club CIO

1158398

Receipts and payments accounts

CC16a

For the period
from

01/10/2020

To

30/09/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Membership Fees (net of refunds)	37,435	-	-	37,435	25,116
Charitable and Corporate Donations	42,580	-	-	42,580	954
Club Race - Netley 10k road race	810	-	-	810	7,868
Income from hosting track meetings	3,495	-	-	3,495	1,839
Sale of refreshments	1,531	-	-	1,531	950
Sale of merchandise	1,148	-	-	1,148	527
Hosting events	925	-	-	925	-
Members contribution to travel	-	-	-	-	-
Interest received on deposits	-	-	-	-	-
Other income	-	-	-	-	167
Sub total (Gross income for AR)	87,924	-	-	87,924	37,421
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	87,924	-	-	87,924	37,421
A3 Payments					
Club race - Netley 10k road race	-	-	-	-	854
Expenses of hosting track events	4,460	-	-	4,460	81
Purchase of refreshments	-	-	-	-	-
Merchandise costs	2,606	-	-	2,606	-
Professional fees	639	-	-	639	639
Cost of hiring training venues	13,103	-	-	13,103	9,114
Registration with England Athletics	6,750	-	-	6,750	5,130
Travel and Accommodation	188	-	-	188	358
Entry fees to races and leagues	100	-	-	100	1,058
Coaching and Officials courses	1,161	-	-	1,161	1,372
Coaching Stipends - Academy	601	-	-	601	-
Affiliation fees	1,612	-	-	1,612	2,595
Trophies engravings and prizes	-	-	-	-	-
Social events (net of contributions)	-	-	-	-	-
Cabin equipping and repair costs	7,506	-	-	7,506	-
Other expenditure (inc bank and DD)	1,807	-	-	1,807	1,272
Sub total	40,533	-	-	40,533	22,473
A4 Asset and investment purchases, (see table)					
Purchase of Equipment	3,047	-	-	3,047	1,432
Sub total	3,047	-	-	3,047	1,432
Total payments	43,580	-	-	43,580	23,905
Net of receipts/(payments)	44,344	-	-	44,344	13,516
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	3	-	-	-
Cash funds this year end	44,344	-	-	44,344	13,516

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Fixed term deposits	71,918	-	-
	Cash at bank	107,403	1,005	-
	Cash in hand	-	-	-
	Total cash funds	179,321	1,005	-

(agree balances with receipts and payments account(s))


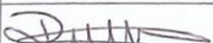
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Equipment	unrestricted	-	3,323
	Merchandise	unrestricted	-	5,819
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
 4	Tracey Jones	30/04/2022
	Deborah Callaway	30/04/2022



Trustees' Annual Report for the period

From 01/10/2020 Period start date To 30/09/2021 Period
end date

Charity name: Southampton Athletic Club CIO

Charity registration number: 1158398

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objectives of the club are established in the constitution which was approved by the trustees on August 28 th 2014. The object of the club is the promotion of community participation in healthy recreation for the benefit of the inhabitants of Southampton and the surrounding area by the provision of facilities for athletics and athletic related activities. In setting our objective and planning our activities the trustees have given careful consideration to the Charity Commission's general guidance on public benefit
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The club is managed by a Management Committee which meets regularly throughout the year. For the year ending 30 September 2021 the Committee held nine full meetings which included the 2020 AGM.</p> <p>Serving Committee members through the year were:</p> <p>Tracey Jones Mary Axtell Diane Reavey Debbie Callaway David Blackman Elizabeth Pugh Zoe Bond Nicci Bollinger Jon Tilt Michael Coker Alice Burch Richie Pearson</p>

		<p>The club has an open member's policy and membership of the club is open to anyone who is eligible to join an athletic club under the rules of England Athletics. The club charges a membership fee and the committee strives to keep these fees at an affordable level.</p> <p>In 2020/21 SAC was still responding to the ever changing situation regarding COVID-19 with much of the early winter training and competitions cancelled or severely restricted. The Track and Field season had a delayed and compacted season and most leagues managed to hold at least two fixtures with competitions organised locally to minimise travel.</p> <p>The CC6 fixtures started with a series of Virtual races and congratulations to those that took part. Sadly the Academy, and many other training groups, faced difficult training conditions and the much-loved Sportshall events were cancelled.</p> <p>The overall membership levels have remained good with just under 400 competing members.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All the charity trustees are volunteers, and have regard to the public benefit guidance when carrying out their duties, whether in administration, safeguarding and in the provision and facilitation of athletic related activities for members

Additional Information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>SAC were committed to competing in the following leagues in 2020/21. Due to the impact of the pandemic, many of the leagues were held in local divisions and had a reduced number of fixtures.</p> <ul style="list-style-type: none"> • National Athletic League (NAL) • Southern Athletic League • Young Athletes Development League (YDL) Lower and Upper Age group • Wessex Track & Field League • Hampshire Cross Country League • Wessex Cross Country League • Cross Country 6 League • Hampshire Road Race League • RR10 League • Hampshire Vets Track & Field League <p>The pressure on our remaining volunteers, specifically officials, was evident in the league fixtures when on occasion we were unable to fulfil our requirement and despite best efforts could not host additional fixtures. We were again able to hold Opens at Southampton and, for the first time in recent history, we held an Endurance Event in July. Much thanks to Noel O'Dowd for organising this and using local companies to provide the entry system and chip timing. We look forward to this becoming a regular event on our competition calendar.</p> <p>Our Track and Field home fixtures ended in September with a visit from Southampton City Mayor and Sheriff. Our Club President, Mary Axtell, was host for the day and both guests had a tour of the track and the Mayor found some time to talk to some of our younger Academy athletes.</p> <p>Another notable visitor was Richard Browning of Gravity Industries who set three Guinness World Records at the Southampton track in 400mH, 100m and Pole Vault using a Jetpack!</p> <p>During the summer Nicci Bollinger, Rob Shenton and Gemma Barry launched the #RunandTalk programme. They host monthly 5k runs, set at your pace, to</p>

		<p>support all members with a focus on getting out and enjoying running and having a chat. The programme is a great opportunity to meet new members and run with others.</p> <p>A huge thanks this year goes to Diane Reavey, her family and Jon Tilt's training group for giving the cabins a much needed facelift along with making them watertight, building false walls and redecorating inside and out. A huge undertaking producing dramatic results.</p> <p>This year a small group of the committee turned their hand to detective work. It's not every day an email arrives with the message 'Someone from Australia has left you some money in their will' and with multiple checking of facts this turned out to be from the estate of Martin Hedges who was a runner with Southampton Amateur Athletic Club in the 1960s and sadly passed away June 2020, leaving a portion of his estate to SAC. SAC will be looking to invest this money into the club to improve what it offers the athletes and has already purchased an EDM (Electronic Distance Measurement System) for use on long throws, and is investigating Photo Finish / Electronic Start systems for the track.</p> <p>In October we all lost a dear friend when Dave Blackman tragically passed away. Dave was part of the fabric of the club, Membership secretary, volunteer, athlete and all round amazing individual who will be missed by all.</p> <p>We end the year with good news, Jon Tilt was awarded Regional Coach of the year for the South East Region and was shortlisted as one of two coaches for the England Athletics Coach of the year award.</p> <p>In December we launched our 10 Year strategy. This has been worked on over the last few years, initiated by the member survey by England Athletics in 2019. This strategy will give direction as to how the club develops, and will inform any long term decisions. The aim is to involve our members in the future direction of the club, with focus groups and projects to mark the way forward in achieving our objectives.</p> <p>Once again our Netley 10K event has been postponed for another year, currently scheduled to take place in May 2022.</p>
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		<p>You will all, hopefully, have seen the public consultation from Southampton City Council on the redevelopment of the Outdoor Sports Centre. We will continue to work with SCC on refining their plans for the Athletics track and look forward to seeing these plans implemented and for the athletics facilities to be developed to meet the needs of SAC and the athletic community now and for the future.</p> <p>A huge thank you to all the athletes, coaches, team managers, officials, committee and volunteers for their continued support in what has once again been a challenging year.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Athletic Performance & Achievement		Athletic Achievement for the year to 30 September 2021 is detailed in a separate report (attached)

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>This has again been an extraordinary year due to the restrictions on athletics competition in the summer season of 2021 and again in the winter months where multiple lockdowns prevented indoor and outdoor training.</p> <p>Membership fees of £37.4k have increased in this financial year to 80% of the pre-pandemic levels, with some members opting to take a reduced subscription offered by the Club as a result of Covid-19. The X-Country season was almost cancelled in its entirety, and the restricted summer season and lack of athletics activity in schools made it difficult to both retain and attract membership. In particular the delays to the Sports Centre development & improvement to the existing facilities which have deteriorated significantly, continues to be a factor.</p> <p>The operating surplus (excluding the charitable donation received of £42,580) was £1,764. Because of the reduced costs of hiring training venues due to Covid-19 of £13.1k (in comparison to £22.6k two years ago) and the localisation of league fixtures, which negated the necessity to pay travel and hotel costs to athletes (£7.7k two years ago), the Committee took the decision to invest surplus funds into the purchase of poles and other training equipment, principally for the Aacdemy and throws group (free acquisition of £1,000 of throwing equipment through a donation from Eveque)</p> <p>The Club's agreement with main facility provider, Active Nation expired on 31/12/2020. We have met and have agreed a new 5 year contract with no increase to basic cost.</p> <p>In addition, the Cabins were in very poor condition and repair costs of £7.5k were deemed necessary with the Sports Centre redevelopment not expected prior to 2023. Southampton Council have agreed to assist with a grant of £4.4k which will be received in the next financial year. To try to attract more helpers, who are vital to the operation of Club activities, polo shirts were offered to coaches, officials and team managers. The cost of £860 was included in equipment costs.</p>
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		<p>No costs were incurred for the Netley 10k road race, which has been deferred to 2022. The income earned in 2020 of circa. £8k has been retained to cover the associated costs.</p> <p>Bank charges appear high as they include £987 in collection fees for our subscriptions from London & Zurich, our new provider. These were cheaper than GoCardless whose charges were previously netted off against receipts.</p> <p>Donations and bequests - During this financial year, the Club received an extraordinary donation of £42.4k from the will of the late Martin Hedges, a former member who had emigrated to Australia and sadly passed away in June 2020. The Committee's intention is to invest these funds into improving systems and resources to improve our athletic experience for competition and training. Suggestions from our members have been submitted and are being thoroughly researched by a sub-group.</p> <p>In pre-pandemic years it would normally be the committee's policy to allocate approximately 30% of the operating surplus arising that year to the forward funding reserve, however the small operating surplus in this financial year has been retained in liquid funds to ensure that winter training venue and competition liabilities can be met in 2022, when normal athletic activities are expected to resume.</p> <p>Once we have have a full year of unrestricted activity, a financial review will be undertaken to determine the level of reserve funds required. Deposit monies are being specifically retained for investment in the proposed new club house, and to use updated technology such as EDM measuring and photo finish and electric start systems, once the Sports Centre development has been completed.</p> <p>It is also the aim to monitor closely the benefit to members of hosting the Netley 10k and various types of open competitions against the individual costs incurred to determine the best use of membership subscription.</p>
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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The purpose of the reserve headings are as detailed below:</p> <p>General Reserves - At the discretion of the management committee these reserves are available to use in the future on capital projects or to fund the ongoing activities of the club as required;</p> <p>Forward Funding Reserve - This reserve is set aside to meet any major or capital expenditure of the club that may be incurred in future periods. This expenditure is of a non recurrent or cyclical nature and is not intended to be used to cover the ongoing daily activities of the club.</p>
Amount of reserves held	Para 1.22	<p>Fixed term deposits - unrestricted £71,918</p> <p>Cash at bank at 30/09/2021 - unrestricted £107,403 (including donation of £42436.40 from the Estate of the Late Martin Hedges) restricted £1,005 from donations</p>
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Additional Information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CONSTITUTION
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	CHARITABLE INCORPORATED ORGANISATION
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Trustees are elected at the AGM.</p> <p>The Chair advised the AGM on changes to the interpretation of the Constitution which was set up in 2014 with two governing bodies; a Board of Trustees which granted delegated authority to the Committee. Advice received from England Athletics suggested that this structure placed the Board of Trustees in a potentially difficult situation from a governance perspective which has resulted in the move to one governing body. All existing Trustees were made aware of this change and given the option to join the committee. The second procedural change concerns the election of Committee members. Hitherto the whole Committee stood down at the AGM and put themselves forward for re-election if they so wished. Henceforth the longest serving one third of the Committee membership will stand down and stand again for re-election if they wish. SAC's intention is to review governance and club policies as part of the 10 Year Strategy. This is also a precondition set by England Athletics for their affiliation renewal process.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	

Other		

Reference and Administrative details

Charity name	Southampton Athletic Club CIO
Other name the charity uses	
Registered charity number	1158398
Charity's principal address	43 Moorgreen Road West End Southampton SO30 3EB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mary Axtell	Club President		
2	Tim Hall	Vice-Chair		
3	Richard Pearson			
4	Tracey Jones	Chair		
5	Deborah Callaway	Treasurer		
6	Derek Warn			
7	Diane Reavey	Secretary		
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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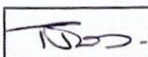
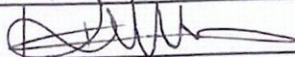
Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

	Signature(s)	 	
	Full name(s)	Tracey Jones	Deborah Callaway
	Position (eg Secretary, Chair, etc)	Chair	Treasurer
	Date	30/04/2022	

Track and Field League Positions in 2021

With the season being competed locally some leagues adopted a performance based scoring to enable the leagues to produce comparable results across the divisions and some continued with the more traditional points per event results. The final league positions are below.

League & Division	Position	Total No of teams
Wessex	16	25
LAG YDL – Southern South West	5 th	6
UAG YDL – Southern South West	4 th	6
SAL	31	96
NAL – Premiership	13	16

Athletic Achievement

Individual notable athletic achievements this year were:

- Oliver Bromby first individual GB vest for indoors 60m and finished 2nd in the UK for 60m
- Dan Offiah making the Semi- final of the England Athletics National Championships for 10m
- Zakariya Mahamed came 9th in the 8KXC U23 SPAR European Cross Country Championships
- Mahamed Mahamed came 17th in Müller British Athletics 10,000m Championships & European 10,000m Cup
- Lucy Short finished 4th in the rankings for 800m in V35.

The Academy

The Academy has gradually grown in size over the last twelve months and is now home to 115 athletes, 55 in the Fundamental Academy (school years 4&5) and 61 in the Foundation (yrs 6&7) and over 100 on the waiting list. We have also grown in our coaching team with 10 regular coaches including two volunteers for their Duke of Edinburgh award. This summer season ended with a game of rounders and we said goodbye to two coaches who left to start university and the older athletes who graduated from the Academy to continue their athletics in the event level groups.

A highlight of the year from the Academy goes to Megan Watts who made a film of the July Wessex League, the video can still be seen on the clubs Facebook pages.

Throws Group

A difficult year with very restricted facility usage and reduced competitive opportunities, however there were still some very impressive performances.

Olivia Austen took silver in the discus at both English Schools and U17 England Athletics National Championships and was awarded her first England vest, taking the title at the Schools International event in September. Olivia finished the season at 2nd in the UK U17 discus rankings, 11th in the shot and 20th in the hammer.

Anna Merritt took the bronze medal in the hammer at the English Schools Championships and placed 5th at the U20 England Championships. Anna was 5th in the U20 UK hammer rankings and also broke the Hampshire County U20 hammer record.

Elizabeth Adamson also won a bronze medal in the discus at the English Schools Championships and finished the season at 12th in the UK U20 rankings in this event.

Gracie Jenvey won a bronze medal at the U17 England Athletics National Championships in the hammer and also finished 8th in the English Schools and 4th in the UK School Games. Gracie finished the season at 8th in the UK U17 hammer rankings.

Jasmine Larsen won a bronze medal at the U17 England Athletics National Championships in the javelin, and also placed 4th in the English Schools and 6th in the UK School Games. Jasmine finished the season at 8th in the UK U17 javelin rankings.

Jessica Bennett took 4th place in the English Schools Championships in the hammer and finished the season at 8th in the UK U20 hammer rankings.

Brad Jenvey placed 7th in the U20 England Championships and 9th in the English Schools in the javelin and finished the season at 9th in the UK U20 javelin rankings.

Joshua Douglas was ranked 6th in the U23 UK discus rankings and 8th in the U23 UK shot rankings and won the bronze medal in the England Athletics National U23 Championships and 4th place in the shot. Josh also took his first senior Hampshire title in the shot and placed 2nd in the discus.

Olly Coulibaly had a great season in the U13 age-group, taking Hampshire titles in both the discus and shot and placing 2nd in the javelin. He finished the season ranked 2nd in the UK in the discus and 8th in the shot.

Aaron Axtell finished 1st in the UK U13 hammer rankings with a performance that also ranked him 32nd in the UK all-time list for this age-group.

Other Hampshire County medalists were golds for Olivia Austin in the U17 discus and shot and silver in the hammer; Gracie Jenvey in the U17 hammer and Jasmine Larsen in the U17 javelin. Anna Merritt took gold in the U20 hammer and Brad Jenvey silver in the U20 javelin. In the U17 boys age-group, Travis Scottow won gold in the shot and finished the season ranked 18th in the UK and Jacob Axtell won gold in the javelin and finished the season ranked 21st in the UK. Both have a further year in this age-group.

Samantha Callaway and Rhys Allen, who are members of the local training group and still second claim members of SAC won Great Britain vests in 2021, with Sam throwing the discus for GB U20 in the Loughborough International and placing 8th in the European U20 Championships in Tallin and Rhys also throwing the discus for GB U20 in the Loughborough International and GB U18 in the Manchester International and also the shot for England U18s at Moulton in September.

Junior Sprint Group, Pete Wareing

We have only been back to full training since March 2021. But still achieved lots of PBS. Training was very fragmented last year- but we still saw lots of good improvements, And this year with training going so well, I expect some big performances. The core group works very well together helping and encouraging each other. A well balanced group of Athletes that the club is well pleased with. We have kept our numbers up all Winter. Average for Tuesdays 24. Attendance at all sessions has been really good. I am looking forward to a successful 2022.

Katy and Tim's Sprint Group

In what turned out to be a busy 3½ month track season, many athletes had notable performances:

- Codi Atkinson finished the U15 age group top of the club rankings for 100m (12.28) and 200m (25.54), both PBs.
- Jess Heads gained PB's in the 100m (13.81) and 200m (29.13)
- Lucy Davis improved her 100m PB to 13.18 seconds
- Zian Matthias reduced her 200m PB to 28.06 seconds
- Maddie Annells took her legal 100m time down to 13.0 in the 100m and improved her 200m PB to 26.86 breaking the 27 sec barrier for the first time.
- Tabitha Proudley in her first year as an U20 and learning a new event, 400m Hurdles, ran a PB of 69.4
- Tom Hockley took half a second off his 200m time to run a PB of 22.9 and dipped under 50 seconds for the first time in the 400m to set a PB of 49.93
- Joe Bass took 2 seconds off last year's 400m PB to run 53.6
- James Mitchell took 3.6 seconds off his 400m PB also running 53.6
- Rowan Gomanee started the season running his first ever 400m in the Southampton Open with 53.53, and finished topping the club rankings for U17 men in 52.68
- Tom Odell improved his 100m PB from last year to run 11.4 and almost took 2 seconds off his 200m time to run a PB of 23.4
- Harry McIlroy topped the U17 men's club rankings for the 200m in 23.1 and gaining a 100m PB of 11.4
- Alex Burchill had a fantastic season consistently running under her 400 PB of 62.07. In her last 400m of the season she broke the 60 second barrier for the first time to run 58.44. The wait all season was worth it. Alex's progression extended to the 400 hurdles event (67.27 sec) and in the shorter sprints where her 200m PB was lowered to 26.81.

The U20 women's 4x100m relay team broke the club record achieving 50.2 seconds and ranked 3rd in the South East of England. A time to aim for next year.

The season cultivated in the Hampshire County Championships, held at the end of August, with many of the group competing at Portsmouth:

2021 County Championship Finalists

U20	Lucy Davis	100m	1 st	
U17	Harry McIlroy	100m	2 nd	
U17	Tom Odell	100m	3 rd	
U17	Maddie Annells	100m	5 th	
U17	Harry McIlroy	200m	2 nd	
U20	Lucy Davis	200m	2 nd	
U15	Codi Atkinson	200m	4 th	
U17	Maddie Annells	200m	4 th	
U17	Tom Odell	200m	5 th	
U17	Zian Matthias	200m	7 th	
U17	James Mitchell	400m	2 nd	53.6
U17	Joe Bass	400m	4 th	53.6

Although not in our group, Emily Fry jumped 5.03m in the Senior Long Jump to become County Champion; and has been a constant presence in the SAL

Jon and Rich's group (The Mercury Project)

A relatively quiet year for the group with some good solid performances.

- Callum Gregson won the Hampshire schools and set a new 400m hurdles best of 56.78
- Kaytlin Roberts set new bests for the 200 and 400 (27.4/61.5)
- Liam Higgins lowered his 400m time to 51.06 and his brother Jack showed his consistency running under 49 seconds several times.
- Rob Shenton continued improving his 800 and 1500m times and is striving for Invictus games selection in 2022.

Jack, Liam, Callum and Ciaran Dunnion represented the club in the NAL covering 200, 400, hurdles and relays between them.

Jon won Coach of the Year for South East region

Pete Haynes

Camille King, competing for GB in the World Ironman in the Netherlands. She collected a bronze medal in her age category.

Patrick Atkinson won gold at the Hampshire u15s 1500 this summer and went on to collect Hampshire vests at xc.

Tom Cully has supported the club in the National and Southern athletic league. in the 5000m and 3000sc. Tom is a very dependable athlete for the club on the roads and xc.

Ben Brown won gold at the Hampshire u17s 1500m champs. Finished with a silver at the UK school games 1500m. Came away with a bronze at the Great South run 5k. Ben also won the Lakeside 5k series and the Eastleigh 10k road race.

Steve Philips and Jim Davies

Many athletes from the group have made significant improvements this season and there are so many people we could discuss who have run personal bests or have competed in teams for the club at county, southern and national events but some of the stand out performers include:

Fiona de Mauny

1. 2:11.89 for 800 (fastest vet 35 in the UK in 2021)
2. 5th over 800 at the England Championships

Natalie Griffiths

1. Has run PBs over 800 (2:15.48), 1500 (4:30.17), 3000 (9:38.78), 5K (16:44.94) and 10K (35:47) this season
2. 71st in the UK over 3000m in 2021
3. 66th in the UK over 5000m in 2021
4. Part of the team who finished 4th at the national road relays

Lilly Hawkins

1. Has run PBs over 400 (59.53), 800 (2:04.83), 1500 (4:15.63), 3K (9:40.80) and 5K (16:26) this season
2. 24th in the UK over 800 in 2021 and 197th on the UK all time list
3. 25th in the UK over 1500 in 2021 and 201st on the UK all time list
4. 6th in the European XC trials over 1 mile
5. Competed in the British Champs over 1500
6. Part of the team who finished 4th at the national road relays

Catriona Witcombe

1. Has run PBs over 800 (2:10.32), 1500 (4:32.71) and 3K (9:50.74) this season
2. 72nd in the UK over 800 in 2021
3. 4th over 800 at the Scotland Championships

Alex Bruce-Littlewood

1. 11th fastest in the UK over 5 miles in 2021
2. Ran his fastest 3K (8:23.49) and 5K (14:32.98) since 2014
3. Part of the winning team in the south of England XC relays
4. Part of the team who finished 8th in the National XC relays

William Bryan

1. 12th at the Great North Run in 64:58 (PB and 20th in the UK in 2021)
2. 5th at the Great South Run in 49:05 (PB and 10th in the UK in 2021)
3. Ran a new PB for 5000m on the track - 14:25
4. Part of the winning team in the south of England XC relays

Sam Costley

1. Has run PBs over 800 (1:55.76), 1500 (3:51.88), 3K (8:26.29), 5K (14:48.36) and 10K (30:50) this season
2. 2nd at the Senior England Championships (3K steeplechase)
3. 2nd at the South of England Championships (3K steeplechase)
4. 3rd at the U23 England Championships (3K steeplechase)
5. Part of the team who finished 8th in the National XC relays

Pete Hart

1. Has run PBs over 800 (2:07.55), 1500 (4:00.83), 3K (8:44.67), 5K (14:51), and 10K (30:13) this season
2. 19th fastest in the UK over 5 miles in 2021
3. Part of the team who finished 8th in the National XC relays
4. 4th at the South of England Championships (5000m)

Rikki James

1. Has run PBs over 1500 (3:56), 3K (8:28), 5K (14:24) and 10K (30:05) this season
2. 90th in the UK over 10K in 2021

Aiden Lennan

1. Has run PBs over 800 (2:00.49), 1500 (3:58.10), 3K (8:32.03), 5K (14:30), 5 miles (23:58) and 10K (30:28) this season
2. 10th fastest in the UK over 5 miles in 2021

Jacob O'Hara

1. Has run PBs over 1500 (4:00.55), 3K (8:33.61), 5K (14:55), 5 miles (24:38), 10K (31:00) and 10 miles (50:48) this season
2. 2nd at the Eastleigh 10K
3. 19th at the Great South Run

Scott Pulley

1. Has run PBs over 800 (1:58.58), 5 miles (26:43) and 10K (33:22) this season