

CITY OF PORTSMOUTH A.C.

Mountbatten Centre,
Northern Parade,
Portsmouth

www.portsmouthathletic.co.uk



Your Management Team



Andrew Dunlop
Interim Chairman



Vince Stamp
Vice Chairman



Paul Farres
Secretary



Peter Newton
Treasurer

OUR HOME TRACK

We are fortunate to have a local track for our training and for competition.

- Please respect the facilities
- Listen to the coaches
- Take regard of others using the facilities
- Have a valid Track Pass when using the facilities



WELCOME TO THE AUTUMN 2019 NEWSLETTER

An introduction by our Interim Chairman, Andrew Dunlop

And so another track and field season has come to an end. I hope every one of you athletes have reached your personal goals for the season and that your commitment and hard work has paid off. And thanks to all the coaches, officials, parents and other volunteers who give unstinting support and without whom the Club couldn't function.

I want to give a big shout out to two of our teams who have gained promotion in the Southern Athletics League and the Youth Development League (Upper Age Group) - a great result. Also nothing illustrates the strength of the Club than the fact that we had over 20 winners at the Hampshire Championship, 28 club members represented Hampshire in Inter-County competition and 16 new club records were set in 2019.

For those of you suffering withdrawal symptoms, then I hope the World Athletics Championships in Doha has been a suitable antidote. What an inspiration to see the success enjoyed by Dina Asher-Smith and Katarina Johnson-Thompson. As Phil Budd rightly pointed out recently on the website, these two outstanding athletes gained their first experience of athletics in the Sportshall competition, which is now getting back underway this autumn.

On the subject of the website, the Committee is moving forward with a revamp of the Club's website and have contracted a specialist company to help with the design and execution - so watch this space.

Finally, thanks to all those who responded to consultation on changes to the club's constitution. It's very important that the Club's rules and policies are up to date and reflect best practice. The Committee has taken on board the comments made and we intend to put forward an amended constitution for approval by members at an Extraordinary General Meeting on Wednesday 13th November. Further details will be posted on the website.

I look forward to seeing some of you at the Victory 5 Road Race on 1st December - always an important date in our events calendar.

Andrew Dunlop

COMMITTEE MEMBERS

Matt Bartlett Phil Budd John Cookson Adam O'Hara Paul Smith Alan Crook
Jayne Anscombe Katherine Brydon Lynne Newton Ann Hayter

Salute our Champions

Competition Round-up

Track & Field Champions



Serena Vincent



Hattie Bond



Olivia East



Maddie Wilton



Fola Odafin



Heather Cabbage



Claudia Cabbage



Cerys Thomas



Rosa May Sprake



Poppy Herbert

Salute our Champions

Competition
Round-up



Sadie Blake



Sophie Brame



Cameron Walker- Powell



Jack Holt



Sam Charig



George Rosam



Joseph Munn



Mackenzie Van Laun



Cartier Clothier



Jacob Nelson



Eddy Purser

Track & Field
Champions

2019 Track & Field

Competition Round-up

2019 Track & Field

Typical of most seasons, the club had a combination of successes, the adequate and disappointments in league competition. We were pleased to be promoted in two leagues, the Southern Athletics League and the Youth Development League - Upper Age Group.

Winning the Youth Development League - Upper Age Group was as a 'Composite Team' with Winchester & District A.C. This was a new venture for both clubs and worked well so the extent that we will continue to field a joint team in 2020.

Promotion in the Southern Athletic League came as a result of finishing runners-up to Newquay & Par after a season-long battle for top spot. Both clubs went into the last match tying on league points and a marginal difference in match points. Both clubs won their last match but we were pipped on league points.

The British Athletics League team finished 6th which was commendable as the team gained promotion last year and faced stronger competition

The club contested the Wessex League with members wishing to compete. This is not a league we hotly contest but finished 8th out of 24 teams.

In the Southern Counties Veterans League. The Women finished 5th and the Men 6th.

The one disappointment was the relegation our team in the Youth Development League - Lower Age Group. This was not unexpected as a good crop of 2018 Under 15's moved into the Under 17 age category for 2019 and, as shown above, the Youth Development - Upper Age Group and Southern Athletics League benefited and gained promotion.

Away from the leagues, two of our relay teams were invited to compete in the 4x100m relay at the Olympic Stadium as part of the Anniversary Games. Both teams performed creditably with the Under 13 Girls finishing 3rd and the Under 20 Women finishing 6th.

Congratulations to members who represented Hampshire in Inter-County competition - Ellie Farrow, Claudia Cabbage, Heather Cabbage, Maddie Wilton, Serena Vincent, Cerys Thomas, Gabriella Jones, Sadie Blake, Claudia Garner, Isobelle Brydon, Natalya Smith, Fola Odafin, Ellie Lovett, Anya Fairbairn, Hattie Bond. Ella Hutton, Ed Dodd, Jonny White, Carter Clothier, Sam Kershaw, Tyler Pattison, George Rosam, Matthew Galbraith, Callum Taylor, Cameron Walker-Powell, Eben Skinner, Mackenzie Van Laun & Jack Holt.

Congratulations to members selected for the English Schools Championships and particularly to the two champions from the club, Serena Vincent in the Senior Girls Shot and Christopher Jones-Parker in the Junior Boys Javelin.

Serena also gained international honours, competing in the Under 20 European Championships in Sweden and the Under 23 Throwing Cup in Slovakia.

2019 Track & Field

Competition Round-up

Congratulations to our new club record holders. 16 club records were broken in 2019

2019 Track & Field

New club records 2019 U13 Girls				
150m	19.8	Fola Odofin	Brighton	23rd June 2019
Discus	34.44	Rosa-May Sprake	Swindon	29th Sept 2019
4 by 100m relay	52.73	Fola Odofin,	London Olympic stadium	21st July 2019
		Ella Hutton		
		Anna Fairbairn		
		Freya Evans		
New club records 2019 U15 Girls				
60m	8.22	Sadie Blake	Portsmouth	2nd April 2019
Triple Jump	10.54m	Mimi Nightingale	Lewes	14th Sept 2019
4 by 300m Relay	02:55.1	Sadie Blake	Bracknell	18th May 2019
		Bella Digby		
		Emily Dunkley		
		Olivia East		
New club records 2019 U15 Boys				
Javelin	56.89m	Christopher Jones-Parker	Guildford	20th July 2019
3000Walk	17:21.5	Ed Purser	Basingstoke	22nd June 2019
New club records 2019 U17 Girls				
60m	8.14	Sophie Brame	Portsmouth	2nd April 2019
Pole vault	3.0m	Poppy Herbert	Swindon	17th August 2019
New club records 2019 U17 Boys				
60m	7.22	Jacob Nelson	Lee valley	2019
Javelin	61.27m	Callum Taylor	Walton	5th May 2019
Discus	44.35m	Tyler Pattison	Basingstoke	17th July 2019
New club records 2019 U20 Women				
Shot	15.05m	Serena Vincent	Portsmouth	8th June 2019
		Also senior women's club best performance		
Discus	48.6m	Heather Cabbage	Bedford	27th May 2019
		Also senior women's club best performance		
4 by 100m relay	50.21	Amelia Spry	London Olympic stadium	21st July 2019
		Sophie Brame		
		Maddie Wilton		
		Ella-May Sprake		
		Res. Ella Hartwell		

Performances have used only those ratified on the Power of 10, prior to this records have been determined from the extensive archive of club results collected prior to the Power of 10 2006.

Competition Round-up

Lakeside 5k Series

The 2019 Lakeside 5k was also the Club Championships for Under 13, Under 15 and under 17 members.

In the race series, best on the best 3 performances over 5 races, the Overall Winner was Callum Crook. Emma Montiel was the runner-up in the Women's category.

There were age group wins for Daisy Wilkinson, Natalya Smith, Phoebe Carlile, Katie Simister, Emma Montiel, Ben Gibbard, William Campbell, Jenson Howard, Callum Crook, Martin Williams & Mark Hargreaves.



Callum Crook - Series winner & U17 Club Champion

The club championship was based on the July race and produced the following champions:

Florence East - Under 13 Girls

Olivia East - Under 15 Girls

Ellie Farrow - Under 17 Women

Callum Hawkins - Under 13 Boys

William Campbell - Under 15 Boys

Callum Crook - Under 17 Men

To add to the success, the club won the Alexandra Sports Inter-Club Challenge

Hampshire Road Race League

The league is contested by over 30 clubs with 12 races from September to June. The club produced the winner and runner-up in the Women's Individual competition with Emma Jolley & Emma Montiel & the Men's Over 60 winner with Mark Hargreaves.



England call-up

Congratulations to Emma Jolley and Godfrey Rhimes on being selected to represent England in the England v Celtic nations Road Races ~ a new BMAF initiative.

2019/2020

Cross-Country

Hampshire Cross-Country

League Dates & Venues

12 October -Bournemouth

9 November - Winchester

30 November - Aldershot

11 January - Reading

8 February - Basingstoke

[DETAILS](#)

Hampshire Championships

4 January -Fairthorne Manor

SEAA Championships

25 January - Parliament Hill

[DETAILS](#)

SEAA Relays

19 October Relays - Wormwood
Scrubbs

[DETAILS](#)

Veterans & Inter-Counties

7 December - Oxford

[DETAILS](#)

ECCA Relays

2 November - Mansfield

[DETAILS](#)

ECCA Championships

22 February - Nottingham

[DETAILS](#)

Looking
ahead

TRACK & FIELD LEAGUES

For 2020 we will compete in:

Wessex League

Youth Development League - Upper Age Group
This will be as a Composite Team with Winchester & Dist.

Youth Development League - Lower Age Group

Southern Athletics League

Southern Counties Veterans Athletic League

and In either:

The British Athletics League or the National Athletics League At the time of publication of this Newsletter, it had not been established if the National Athletics League would be formed and operating in 2020. If operating, we will be in the National Athletics League.



The 2019 Victory 5 Mile Road Race takes place on **Sunday 1 December**. It is now in its 73rd year, having started in 1946, and is the premier road race promotion of the club.

This year it is the Club Championship for Under 20, Senior & Veteran members.

For the event to run smoothly, we need about 40 volunteers to help on the day at the registration or to marshal. It will only take an hour or two of your time. Click [HERE](#) to e mail if you are about to help ~ no experience necessary!!!!

Other news

Chairman in the swim!



Andrew Dunlop & daughter Issy travelled to Turkey in August to swim the across the Dardanelles which forms part of the continental boundary between Europe and Asia. The 4.5km swim was to raise money for Maggie's Centres, a charity which provides free practical, emotional and social support to people with cancer and their family and friends. The swim raised £45,000 for Maggie's Centre's.

800 took part in the swim with Andrew 5th in his age group. Issy was 2nd in her age group and the first non-Turkish swimmer. Andrew was the winner in 'The Battle of the Lords', beating Lord Byron by 6 minutes!

Also on the water



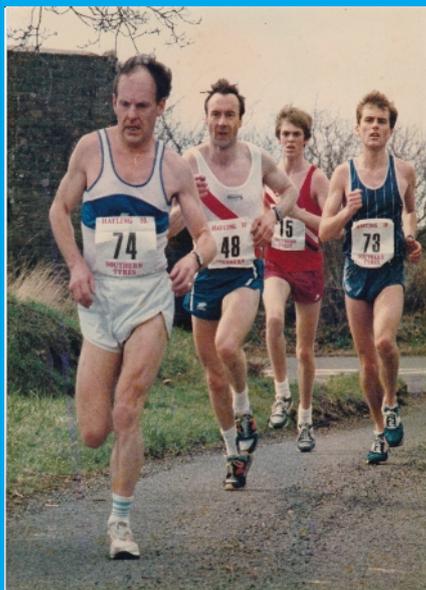
and practical support and advice to anyone affected by breast cancer.

After months of hard training, and waiting until sea conditions were favourable, Paul efforts raised approximately £12,000 for the charity.

Committee member, Paul Smith, discarded his wheelchair to row across the English Channel to raise money for Breast Cancer Haven, a charity that gives vital one to one physical, emotional



34 years on & it's a small world



This photograph was recently unearthed. Taken at the 1985 Hayling 10 Mile Road Race, the 4 runners in the photograph have a direct connection with this year's Lakeside 5k, **34 years on!**

Peter Newton (74) won the Over 40 category in the race & is the Race Director for the Lakeside 5k. Martin Williams (73) joined Portsmouth A.C. and won the Over 55 category in this year's Lakeside 5k. Phil Western (48) won the Over 70 category in last year's Lakeside 5k & competed this year. Gary Cantell (15) is the Brother-in-Law of the Lakeside 5k's Chief Marshal, Malc Lavery. The Race Director of the 1985 Hayling 10, Colin Goater, is the Course Measurer for the Lakeside 5k. To add to the coincidences, the photograph was taken by Chris Potts, now a Life Member of City of Portsmouth

Other news



The club are delighted that Alexandra Sports have enhanced their support for the club and are now offering a 15% discount to members on goods purchased from their Portsmouth store.

A message from Dawn Taylor, MD at Alexandra Sports

We hope you've all had a great track season & your already enjoying the cross country season!

The 5k series went really well this year, thanks to all those that attended, we saw some great runs and fantastic results! We are already looking forward to the Victory 5 in December!

Cross country spikes have started to arrive instore and we have offerings from Brooks, Adidas and New Balance. Saucony will be available in a few weeks.

More trail shoes have arrived which includes some great Saucony models! Pop in and take a look if your passing.

Club kit is available in-store and online with more stock arriving soon.

Alexandra Sports are now offering 15% exclusive discount to all C.O.P.A.C members. This offer excludes club kit as this is already at a fixed club price.

Enjoy your running everyone

Yours in sport

Dawn

Membership Fees

By popular request, the club are reviewing the payment of membership fees, particularly to include the England Athletics Competition Licence, which is currently paid separately. We are also looking to streamline the membership categories.

More information later.

Officials

We produced our first 'Officials Newsletter' in July. It is well worth reading.

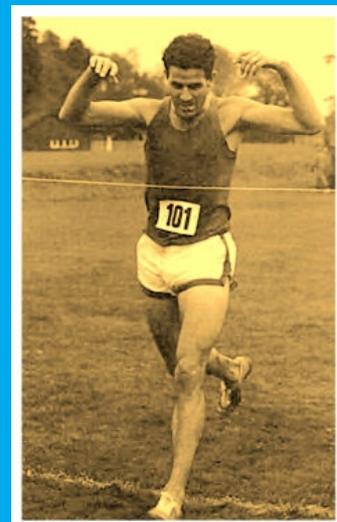
If you missed it, [CLICK HERE](#) to read. As a result, we have an army of members taking the England Athletics Level 1 Officials in November.

George Morralee BEM

The club were sad to learn of the passing of Chief Petty Officer George Morralee BEM in June. George was a tremendous servant to athletics, competing for Portsmouth A.C, serving as a committee member & treasurer. He became President of Hampshire Athletics & was Secretary of the Royal Navy Cross Country Association. Outside athletics, George was a founder member of the National Association of the Young People's Advisory Service, a Royal Navy Benevolent Trust Representative, on the board of trustees at Havant Leisure Centre & work unstintingly for the Voluntary Cadet Corps. George was a deserved recipient of the British Empire Medal.

Athletically, George was the Navy Cross-Country & Steeplechase Champion & Inter-Services Cross-Country Champion.

George always had a story to tell. Having won an Inter-Services 3 mile in the Mediterranean, a weary George slumped into a chair close to the finish only to have Lord Louis Mountbatten tap him on the shoulder saying "I don't want to worry you Morralee, but that's Princess Margaret's seat, so would you mind moving on!"

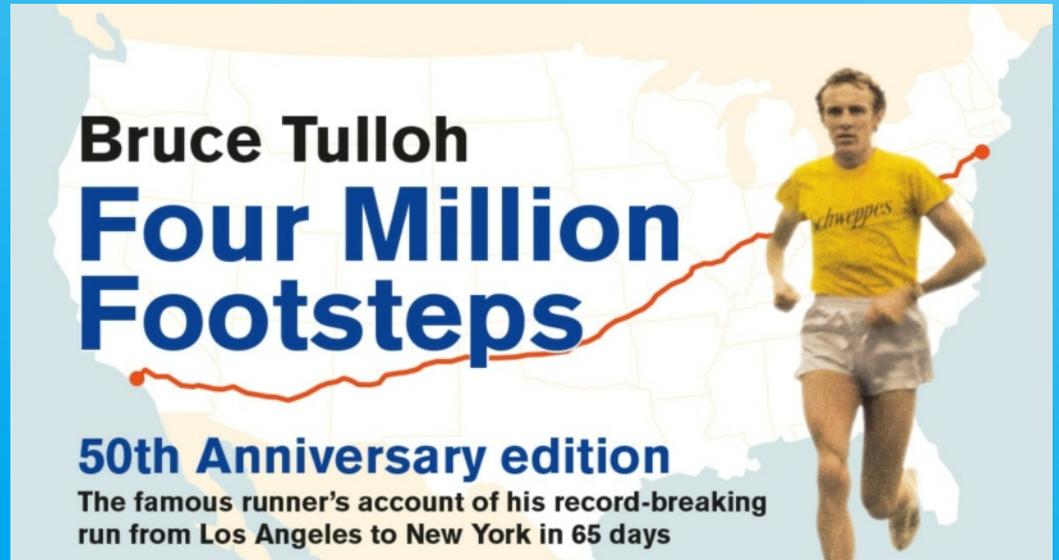


Bruce Tulloh

Bruce Tulloh, our Club President, died last year and our website paid tribute to Bruce at the time. Bruce was one of our most honoured members. As an athlete was European Games 5000m champion and his 13.29.4 is still a club record, unbeaten in 55 years! Bruce ran a sub 4 minute mile and broke the British records for 3 miles and 6 miles. Bruce was also an accomplished coach and author. 50 years ago Bruce set a record for running across America, 2,876 miles from Los Angeles to New York City in 65 days; a tremendous feat! Bruce wrote 'Four Million Footsteps' as an account of the adventure.

To mark the 50th Anniversary, the book is to be republished. To support the costs, a Kickstarter Fund has been set up. Contributions will be most welcome

[CLICK HERE](#) for details



“Bruce was a legend on the track”

My first inspiration was provided by Bruce Tulloh

I was only a fourteen-year-old schoolboy athlete at the time Bruce won his European Gold medal in the 5000m. I was out playing football and my father called me to watch the event with him. There was this tiny figure in bare feet running distant and alone from them, the spotlight on him in this dark and dingy stadium. It was a great moment for me.

Brendan Foster



“Bruce Tulloh was my hero. I was lucky enough to hear him talk about his great run across the States and I think it’s a very fitting memorial to reprint Four Million Footsteps on the 50th Anniversary of the run. I am thrilled.”

Joanna Lumley

A personal reflection

I was invited to join the athletics club in 1968 as a 14-year-old schoolboy, having just won a cross country race, which doubled as the club's championship, so presumably I was an alright cross-country runner. But my love was sprinting and jumping, something that seemed to take the team managers of the day by surprise. I still ran cross countries, but from 1969 onwards I'd be camped by the long and triple jump pits for every club match from then on. Only to be disturbed to run a 4x100 or 4x400 late in the day.

I was always somewhat peripheral to the club, I never once trained at what was then universally called Alexandra Park, I was never once offered to be coached by anyone at the club, I'd have trouble getting there anyway from the wilds of Waterlooville, bus or bike were my only options, and besides coaches were a rarity, many of the luminaries of the time were self coached and very often that was away from the track, forsaken for the delights of Pigeon House Lane round the back of Portsdown Hill.

But the club in those dim and distant days was a very different beast; men only, no junior section, indeed the piece of folded paper I was given on joining the club expressly forbade club athletics from interfering with school sports. League matches were a relative novelty, only just replacing the interclub matches, but still viewed with suspicion.

There was no Mountbatten Centre. The aging, crumbling, grandstand was all, but then all windows were intact, no doors boarded, it didn't carry the air of benign neglect it currently does. You'd approach via the large double gates on Northern Parade, past the best bedding plant arrangement the parks department could provide, and enter the track via the gates by the Wendy house, where a board pinned to wall announced the triumphs of the club; European Club Champions two years in a row. I don't think it was due to my arrival, but we never hit those heights again.

The track was, as now, surrounded by the velodrome, but the track itself was a dark, compacted cinder surface, dusty, friable, and a nightmare to hammer starting blocks in, but what a track. My first English Schools was here, again in '68, there were temporary stands surrounding the whole track, all scaffolding poles and canvas. The stands were heaving, it was hot, the sun was unrelenting, in the days before global warming had been so tagged, this was unheard of. With no appended leisure centre, this was grafted on in the '70s, we had to change in a school down Northern Parade and walk to the track. Change? I had worn my kit under my day clothes on the bus, with my spikes knotted together and slung around my neck, so I stuffed my jeans and jumper in a paper carrier and proceeded to pad in my plimsolls up the road. My spikes still around my neck, my ubiquitous spikes, already blunt, they were my one and only pair; cross country, sprints and jumps all were served by that malodorous pair of fixed plate spikes. The rear pair of the six spikes were bent at a rakish angle and served no purpose, though they'd have been useful if I ever had to run backwards!

The logistic feat of putting on the ESAA championships was repeated with a series of international meetings at the track. All the lauded names of our recent past competed there; Christie, Coe, Cram, Jackson.... My personal favourite, viewed from the cheap seats on the back straight; Fiona May in the long jump, before she metamorphosed into an Italian! Even before these prestigious events there was an annual AAA v Combined Services v International Select triangular match. The seats in the grandstand were packed for this, and miraculously clear on pigeon guano.

I still competed for the club whilst at Bristol University, but work and injury curtailed my involvement much earlier than I'd ever imagined, and I never returned until my son joined the club in 1997, just another dad on the steps, by the track room, wondering if I still owed my subs, as I'd never resigned, so technically just a lapsed member, with twenty odd years of arrears.

But now the track was all weather, tartan, synthetic, there were both sexes, there were youngsters, there were all abilities, there was a leisure centre attached. This was unrecognisable from the club I'd left. The club has adapted to meet societal changes, the fading infrastructure is a consequent of economic preferences, but the new lights and refurbished track mean we are still worth investing in.

I had the pleasure of coaching Livvy Breen, as a primary school pupil when she first turned up to the club, but her age, her sex, her ability would have debarred her from the club I joined, but as world para long jump champion she's fared well in the new world order. There are winners and losers with every change and the all inclusive club we now see, fits the day and age, in a way the '60s club never could.

Phil Budd

Adam Akehurst

Special
Feature

Paul Farres has submitted this edition's 'Special Feature'

With Adam Akehurst last remaining individual event record being broken this year I thought it only right that we should honour this amazing club athlete with just a little bit of recognition.

Adam joined the club on 1st May 1999, aged 11. In 2002 he went to his first English Schools Championships & won the Junior Boys Javelin with a throw of 52.51m, which he improved later that year to 54.64m. His greatest ever performance perhaps came in 2007 when he produced a decathlon score of 6777 which at the time placed him 3rd on the all time list for U23 performances.

BUT it is as COPAC club athlete we need to note here, Adam is a true club athlete, this might sound incredible, but, the Power of 10 tells us he has competed in 705 individual events for the City Portsmouth AC since 2005, many of these being multi event competitions. I have managed senior mens teams for only the last 5 years, the only events I have not seen him compete in are the 3K chase and anything over 800m ! I still to this day think if he had concentrated on 400 hurdles he could have been quite something, interestingly an event not in the decathlon.



Watching Adam do the pole vault at one end of the stadium while simultaneously throwing the Javelin from the other and simple running between the two tasks and changing shoes on the way is always quite a sight. Many stories exist about Adam, most associated with his legendary driving. I remember one specific occasion on a very hot day at Walton, where Adam was the cry? long time team mate Steve says "I will give him a ring". The answer was he passed out in a garage from dehydration and was on an ECG monitoring device with a paramedic. True Adam response was "be with you in 30mins, sorry missed the hurdles should be OK for the long jump and the rest of the throws and two relays". True to his word that is exactly what took place, he also managed 59.64m javelin that day for his PB.

Adam the legend, the club thanks you for your efforts and we know come next season you will be out there again, even if the high hurdles are a bit too much for you now!

Adam Akehurst:

60m - 7.55 100m - 11.45 200m - 23.6 400m - 51.16 1500m - 4:52.03

60m Hurdles - 8.62 110m Hurdles - 15.1 400m Hurdles - 57.5

HJ - 1.91m LJ - 7.37m TJ - 12.08 PV - 4.0m

SP - 13.77m DT - 40.93m JT - 59.64m

Decathlon - 6777 points

Paul Farres