

Holly Mills: Commonwealth & European Games



It has been a busy August for Heptathlete Holly Mills with back-to-back major championships taking place in the space of just over two weeks. First up were the eagerly anticipated Commonwealth games

in Birmingham, which Holly had targeted as a good opportunity for a first medal at a major championships.

Unfortunately, Holly's preparation for the Games was not a good one, having suffered with Covid 3 weeks beforehand and then picking up a couple of injury niggles at the preparation camp the week before the Games. Undeterred, Holly went into the Games with a positive mindset and hopeful of shrugging off these setbacks.

The impressive new stadium was pretty much full for the morning session and the British public did not disappoint with a great welcome for all the athletes. A solid hurdles run of 13.52 and Season's Best High Jump (1.78m), buoyed by the enthusiastic support of the crowd, was a decent start to the competition for Holly. Unfortunately, below par performances in the Shot Put (12.98m) and the 200m (25.12) saw Holly end the first day with a point score less than she was hoping for.

Day 2 started with one of Holly's stronger events and although Holly produced a decent long jump of 6.19m, it was again, less than she was hoping for and with her main rivals jumping further, it left us feeling that hopes of a medal were reducing, particularly knowing that the next event, the Javelin, was Holly's weakest event. Holly produced a decent Javelin throw of 38.63m but it was not enough to move her up into a challenging position for a medal ahead of the final event, the 800m.

Holly wanted to finish on a good note and led from start to finish to take the accolades from the spectators with a time of 2:11.42. Finishing 4th was a great achievement but also the most gut-wrenching position just outside of the medals. Holly was relieved that she managed to complete the competition in one piece, albeit with a battered and exhausted body, and to experience the amazing atmosphere generated by the British public at her first major outdoor senior

Continued on page 2

Andover Athletic Club

Championships

Thursday 8th September

6:00pm – 7:30pm

75m, 100m, 200m, 400m, 800m, Mile, Hurdles, Javelin, Shot, High Jump, Long Jump, Discus, Hammer, Mixed Relays, Quad Kids

£2.50 for each of the first two events, £1.50 for further events. Relay £1.00 per runner

Entry form available from Mo Cowx or the clubhouse

Andover AC: support it or lose it



Andover Athletic Club is small compared to almost all of our neighbours and has been in steady decline for a number of years. For the club to thrive, it needs;

athletes to train and compete (all ages and disciplines),

coaches to lead and train (school PE teachers, qualified coaches)

committee members and volunteers.

Without your support, the club will close. Not next season, or even next year. There is real possibility, that without further support, the club might close after the Presentation evening in November.

Please consider supporting your club, before there's no club to support.

Andover Athletic Club

Charlton Track, West Portway,

Andover SP10 3LF

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Championships. She also knew that it was less than 2 weeks to her next Heptathlon!

Patched up and held together with K-tape Holly travelled to the European Championships in Munich with the GB Team. Expectation levels were lowered as the strong European contingent of Heptathletes that had filled most of the top 10 positions at the recent World Championships would also be competing.

Ultimately, Holly's injury niggles were still affecting her, and the fatigue of the previous Heptathlon was still evident as Day 1 was a big disappointment for Holly with poor performances in hurdles (13.74), High Jump (1.74m), Shot Put (13.23m) and 200m (25.11). This left her well down the field of 24 heptathletes at the end of the first day.

Holly returned for Day 2 at the impressive Olympic Stadium hoping for better in the Long Jump. However, with a niggle in her take-off foot causing her problems on the runway, Holly could not produce a decent jump. Despite initially coming out to warm up for the Javelin, Holly found that she could not continue as her foot problem was worsening so took the decision to withdraw from the competition.

Although it has been an extremely disappointing couple of weeks for Holly, she has found it an amazing experience competing in front of such large crowds and amazing atmospheres in these two impressive stadiums. As she said afterwards, "the disappointment of the last 2 weeks has just made me hungrier for success in the future and that this will hopefully be just a steppingstone to a future major championship medal".

Report submitted by Steve Mills

Hampshire has been represented in many events at the Commonwealth Games in Birmingham. In addition to Holly's participation in the Women's Heptathlon, we've also seen;

- Jade Atkins (Portsmouth) Wheelchair basketball
- Lewis Burras (Winchester) Mixed 4x100m freestyle swimming – Silver Medal.
- Joy Haizelden (Southampton) Wheelchair basketball
- Ben Pattison (Basingstoke) 800m

Club Membership benefits

Regardless of your current discipline, membership of Andover Athletic Club gives you access to track, field and gym. We'd love to see track athletes taking on a field discipline and vice versa. The gym is accessible to all, but weights should be used in consultation with a coach. Anyone interested in Core fitness training should contact Andy Lunn.

Andover Athletic Club AGM

**Thursday 20th October
7:45pm in the Gym**

Dear Members

I am pleased to announce the Notice of Meeting for the 2022 Annual General Meeting of Andover Athletic Club. The AGM will be held in the clubhouse at 7:45pm on Thursday 20th October.

If you will not be attending, we welcome a proxy to vote on the resolutions to be put to the members on your behalf

Copies of last year's AGM Minutes can be downloaded at

<https://andoverathleticsclub.com/statement>

Copies of the 2022 (Draft) AGM Agenda can be downloaded at

<https://andoverathleticsclub.com/statement>

Proxy Voting forms available at

<https://andoverathleticsclub.com/statement>

AGM Election of Officials (Committee)

nomination forms available at

<https://andoverathleticsclub.com/statement>

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Recent Results

14th August: SEAA Championships

Ellie Macdonald (U17): Hammer

: Discus

Benedict Simpson-Arnold (U17): 800m

Toby Tavener (U15): 1500m

Will Tavener (U17): Triple Jump 13.39m (1st)

Noah Wincott (U15): High Jump 1.68m (2nd)

The 4th, and final round of the **Southern Athletics League** meeting of 2022 was held at Winchester on Saturday 13th August. This was a double-header with a Division 1 match for Southampton, Salisbury, Thames Valley Harriers and Chelmsford.

Chris Dewey M55: 800m 2:28.1

Mack Evison U20: Shot Put 9.49m

: Javelin 27.97m

: High Jump 1.68m

: Discus 23.88m

Amelia Gray U20: Javelin 23.70m

: Triple Jump 12.13m

: High Jump 1.40m

Gabby Kirkham U23 : Long Jump 1.55m

: Shot put 7.88m

: High Jump 5.21m

Lewis Livingstone U17: 3000m 10:21.99

Jasmine McClutchie U23: 100m 12.44 (2nd)

: Triple Jump 11.29m (1st)

: Javelin 18.70m (3rd)

Tillie McClutchie U23: Long Jump 4.08m

: Shot put 4.95m

Allan Mckinnon SM: 3000m 10:22.2

Adam Robinson U20: High Jump 1.78m

Darrell Waite SM: 800m 2:30.25

: 3000m 12:53.56

Women's 4 x 100m Relay: 52.7 (3rd) Tillie McClutchie,

Jasmine McClutchie, Amelia Gray, Gabby Kirkham

Mixed 4 x 400m Relay: Mack Evison, Jasmine McClutchie,

Amelia Gray, Lewis Livingstone

Thanks to Sarah McClutchie and Abi Woolaston for moral support and Craig Topham and Tom Evison for officiating duties.

Thanks to all athletes that have represented the club at both Wessex League and Southern Athletic League meetings this season. The club is also indebted to the club's officials that allow these events to go ahead.

Andover AC will continue in the SAL Division 3 West next year. We look forward to more athletes donning the vest in competition.

A list of future Track & Field, Road Race and Open Events will be posted on noticeboards inside the clubhouse.

You are encouraged to wear club vest wherever you compete and let us know your results, ideally with a photo.

Forthcoming Events

4th September: Portsmouth Track & Field Open

8th September: Andover AC Club Championships

11th September: Bournemouth Open

11th September: Yeovil Games

11th September: Wessex League - Swindon

14th September (Weds): Oxford Open

25th September: Winchester Open

25th September: Swindon Open

25th September: Solent Half Marathon (HRRL 2 of 10)

2nd October: Clarendon Marathon, Salisbury to Winchester. Half Marathon, Broughton to Winchester.

20th October: Andover AC AGM, Clubhouse

6th November: Hayling 10 (HRRL 3 of 10)

12th November: Hampshire Cross Country League (1 of 5), Wellesley Woods, Aldershot

20th November: Gosport Half (HRRL 4 of 10)

25th November: Andover AC Presentation Evening

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Kay Noyce who received her British Masters Half Marathon Bronze Medal today, after her exploits for Team England in Wales last month.

Recent Results

27th-28th August: Under 15 & U17 Championships, Bedford

Ellie Macdonald (U17): Hammer 51.63m (3rd) PB

Will Tavener (U17): Triple Jump 13.64m (2nd) PB

Stuart Jones: Heavy Throws Coach

Stuart Jones, the Club's hammer and discus coach has decided to retire from coaching and as a member of the Committee.

Stuart has been involved with Andover AC for around 19 years as well as 3 years travelling to Bournemouth, Newbury, Southampton, Winchester and Gloucester. He has been rightly proud of his coaching achievements, in recent years seeing Ellie Macdonald and Charlotte Payne reach national competition.

The club is now seeking an experienced heavy throws coach to maintain athletes training. We wish Stuart well for his future.

The club would also welcome interest from PE teachers and coaches for Under 11 athletes.

Join now for winter training



WORLD ATHLETICS
CHAMPIONSHIPS
OREGON 22



BIRMINGHAM
2022
commonwealth
games



EUROPEAN
CHAMPIONSHIPS
MUNICH 2022

If you've been inspired by the World Athletics from Oregon, the Commonwealth Games in Birmingham or the European Games in Munich and fancy a go yourself; now is the time to join a club to train.

As the summer season draws to a close, now is the time to join Andover AC to enjoy the benefits of winter training in readiness for 2023. There's also the fun of the Road Race season and Cross Country.

Training can include track, field and the gym, helping you be all round fitter and capable of competing in multiple events.

Noah Wincott (U15) High Jump has been selected to represent Hampshire in the Inter Counties Championship at Horspath, Oxford on 10th September. Nineteen counties will be competing.

Please don't forget, if you compete or race anywhere, we'd love to have your story and a photograph for the Newsletter and website.

Please forward submissions to
aacchairman@yahoo.com

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