

### The role of equality in sport

Did you catch any of the World Indoor Athletics Championships from Porun? If not, you missed something truly engaging and empowering.



There were three gold medals in 28 minutes. Georgia Hunter Bell stormed to her first global 1500m title to begin (22<sup>nd</sup> March) Sunday evening's medal rush, before pole vaulter Molly Caudery secured her return to the top of the podium in Poland. A third triumph never looked in doubt as Olympic champion and world record holder Keely Hodgkinson dominated the women's 800m to win her first world indoor gold. There were also earlier successes in the championships for Amy Hunt & Dina Asher-Smith (60m), Ellen Barber pb in the Pentathlon, and Emma Nwofor pb in 60m Hurdles.

The impact of women in athletics is profound and multifaceted. Women have not only excelled in sports but have also played a crucial role in shaping the landscape of athletics, advocating for equality and breaking barriers. Their contributions have led to increased participation, improved societal attitudes, and a more inclusive sports culture. Women's leadership in sports continues to be a significant factor in promoting gender equality and transforming opportunities for future generations.

Women in sport in general continues to improve, whether as competitors, coach / managers (Jenny Meadows, Sarina Wiegman, Charlotte Edwards) or commentators (Hazel Irvine, Alex Scott, Gabby Logan and Clare Balding).

Clearly, there's a need for these role models to inspire the next generation, bring further equality to sport in general, but to spread that throughout a wider society.

#### In this edition

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- Athletics Heroes
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**Andover Athletic Club**  
**Charlton Track, West Portway,**  
**Andover SP10 3LF**  
[www.andoverathletics.co.uk](http://www.andoverathletics.co.uk)



### Recent Results

#### 21<sup>st</sup> February:

Lily Couch (U13) came 8th out of 59 in the Sportshall competition on 21st Feb. 4 PBs and has been picked to represent Hampshire in the SE regional finals on 1st March.



#### 1<sup>st</sup> March: Inter-Counties Sportshall Finals, Burgess Hill

Lily Couch (U13) represented Hampshire. The team came 5<sup>th</sup> out of 7, with Lily securing a pb in the Hi Stepper of 13.2 seconds.

### Recent Results

#### 8<sup>th</sup> March: Dorney Lakes 10k

An early start this morning to head over to Dorney Lake for a 10k race. Conditions were misty, cool and overcast, ideal running conditions really, although a bit of a headwind on the return leg of each of the 2-lap course made it hard work. But very pleased with 37.54 chip time, 10th place overall and 1st place in the V60-64 age group.

10<sup>th</sup> Mike Webber 37.54



#### 8<sup>th</sup> March: Dorney Lakes 5k

10<sup>th</sup> Darrell Waite 20:40

*Darrell ran strongly in the 5k event but not quite achieving his sub 20 target in 20.40 but still 10th place and a strong finish! Next time!!!*

*Report and photos: M. Webber*

# NEWBURY ATHLETIC CLUB

# NEWBURY 10K

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FOR MORE DETAILS AND THE RUN ROUTE:

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### Recent Results

**8<sup>th</sup> March:** Chippenham 10 mile Road Race  
140<sup>th</sup> Criag Kennedy (V60) 1:13:00 2<sup>nd</sup> in age category



#### Brush up on better fitness.

What comes to mind when you think about getting fitter? Better diet, exercise, increased range of physical activity? How about oral health?



Low-level inflammation caused by oral health conditions such as gingivitis and periodontitis can negatively affect red blood production and mitochondrial health.

And the bad news is, oral health in athletes is quite common – partly due to those high carbohydrate gels and gummies we consume during training and competition. One study found that 55% of elite runners had oral health issues.

Cleaning your teeth and gums could have a significant impact on your overall health as well as your competitive fitness.

### Recent Results

**15<sup>th</sup> March:** Masters AA Indoors Inter-Area Track and Field Challenge, Lee Valley Athletics Centre

What a great weekend! 😊 Taking part in athletics track event has been something I've wanted to do for a while, so as a member of the South-West Vets Athletics Team, the Masters AA Indoors Inter-Area Track and Field Challenge at Lee Valley Athletics Centre in London was the perfect venue! Nearly 300 amazing and very inspiring athletes took part from 8 regions across the UK aged from 35 to 70+. I had no expectations as a complete newbie with standing starts in my road trainers instead of starting blocks and spikes! So pleased with my time of 10.41 secs and 3<sup>rd</sup> position in the F70+ 60m sprint, and winning my heat in the 200m with a time of 37.97 secs also placed me 3<sup>rd</sup> overall in the F70+ group. Really looking forward to my next event!



Janet (right) representing South-West Vets

Photo: J.Taplin

**The University of Cambridge graduate proclaimed to all young girls watching . . . "You can be an academic badass and a track goddess."**

*Amy Hunt after finishing 2<sup>nd</sup> in 200m in Tokyo*

### Southern Athletic League Meetings 2026

Following the UKA Fixtures Meeting held recently the SAL have been allocated the following dates ...

1. Saturday 16<sup>th</sup> May – Andover (Dorset hosting)
2. Sunday 21<sup>st</sup> June - Aldershot
3. Sunday 19<sup>th</sup> July - Andover
4. Saturday 8<sup>th</sup> August - Aldershot

#### Division 3 West

Aldershot F&D (Relegated)

Team Kennet and Marlborough (Composite)

Team Dorset (Composite)

Andover      Havant      Chichester

### Wessex League Matches 2026

The following fixtures have been confirmed for the Wessex League.

Sunday 19<sup>th</sup> April – Basingstoke

Sunday 14<sup>th</sup> June – Andover

Sunday 5<sup>th</sup> July – Salisbury

Sunday 12<sup>th</sup> July – Swindon

Team Managers: Fliss Stuart /

### 2026-27 Membership Renewal

The annual membership renewal comes into effect on 1<sup>st</sup> April. Any member not renewed by 1<sup>st</sup> May can have their membership (access to training and entry to events) removed.

Membership forms will be available from the website [Membership | Andover Athletic Club | Andover, Hampshire](#) by the end of February.

There will be three membership renewal forms:

- Athletic / Competing members
- Supporter members
- Ad hoc / monthly membership

The Athletic / Competing members form lists fees for the whole year, half year and last quarter. The latter two categories ONLY apply to newly joining members. If membership has lapsed for less than two years, you need a full annual membership.

The Ad hoc / monthly membership has been introduced for EA athletes looking to train at the club whilst on holiday, (e.g. university students) and not for returning members. Further details will be on the forms.

Note also that the EA fee has increased this year to £23, but your overall fee has not increased.

### Articles for submission.

The Andover Athletic Club newsletter is about the members and their exploits on track, field, road and cross-country.

Whether you compete in club, school, or Country colours, we'd love to hear how you get on. Articles are often less than 20 words long! Forward your story, ideally with a picture, to [aacchairman@yahoo.com](mailto:aacchairman@yahoo.com)



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### Recent Results

#### All in One Day

**22<sup>nd</sup> March:** Hendy Eastleigh 10k

1042<sup>nd</sup> Janet Taplin 52:20

1287<sup>th</sup> Tom Evison 55:57



**22<sup>nd</sup> March:** Devizes Half Marathon

Mike Webber 1:26:05



Nice course with a few cheeky hills thrown in, one of them being off road due to a diversion! Pushed on at 8 miles managing to catch 8th runner and kept it going to the end. Targeted 90 mins so happy with that!

**22<sup>nd</sup> March:** Surrey Half Marathon

Craig Kennedy 1:34



### Recent Results

**28<sup>th</sup> March:** South London Athletics Network, Tooting



James Herbert, High Jump 2.03m

James travelled to sunny Tooting for the South London Athletics Network Very early season open event ... a really well organised and friendly event with super judges and Marshalls.

This was his first event of the season, and he started solidly ticking off the heights until he was the last competitor ending up with a new pb of 2.03m

A super way to start the season at a really nice event in South London.

For anyone interested, James is documenting his high jump progress this season on Tick Tok via his account [jamesherbert\\_hj](#)

### The Match



**I went to see a match the other day.** The blue teams versus the reds. The players each shook hands in the middle and the with a referee / judge / umpire in black – I think. Then for forty minutes or so the players did their thing. There was a lot of running and pushing. A bit of shouting and the man in black kept blowing a whistle and talking to men with flags, who were running up and down the side. Then he blew the whistle again and then they all left the field. I had a cup of tea and a biscuit. Some people had beer.

Then they all came out again, but this time the red team played against the blue team. There was more running about and shouting and players doing their thing. Then the man in black blew his whistle again and it was all over. I don't know what the score was.

Whilst most people had been watching the players, the man in black and the two with flags, I'd been looking at everybody else. And there were an awful lot of them.

I got to the match early and I'd bought a ticket. Lots of people in there. Then I bought a programme and a pie and a beer. More people. And there were security people everywhere, dozens of them. They were nice, told me where the toilets were and showed me to my seat; but they took a different view of some noisy young men!

### The Match

During the match I noticed that there were some people not watching the game. They were watching the spectators. And along the side of the pitch were small people who sometimes got up and threw playing objects to the players and others who waved flags.

When the match ended, all the players came round a clapped the fans, but there were loads of other people with them, carrying medical bags and water bottles. And there was a man in a suit. I think he was important. But others said he should lose his job.

Even before the players had left the pitch, people with mowers and forks came out to treat the grass. They brought on lights too.

And I can't forget the fans. There were thousands of them – singing and cheering, waving little flags and scarves.

When we left the stadium, the security people were still there, wishing us a safe journey home. And there were people with brooms and bin bags to tidy up after we'd gone.

In any sport, the stars are the ones on the pitch, track, pool, course . . . But they only exist there because of the support crew they have behind them. Many of that support crew have nothing to do with the sport and don't need to be. Without the support crew, the players are just a bunch of guys (or girls) playing.

If you know what I'm driving at and think you'd like to be support crew, get in touch.

### Age Group Changes



Today (1<sup>st</sup> April), the age groups in which young athletes compete under UKA rules change to U12, U14, U16, U18 and U20. These changes are grounded in a desire to support athletes with their progression through the sport, to help grow participant numbers and to retain more young participants in the sport.

Sitting outside of the formal rules of competition, primary school-aged athletes will be encouraged to compete in U10 and U12 age groups in competitions that will utilise multi-event based run, jump, and throw formats, such as [funetics multi-challenge](#).

The England Athletics Age Group changes website has plenty of useful information for this period of transition, such as:

- Dedicated pages [for athletes and parents](#), [for clubs](#), [for coaches](#), [for officials](#), and [for competition providers](#).
- [Frequently Asked Questions](#) to answer your queries
- Details on [new hurdle heights and field implements](#) for each new age group
- Top tips to prepare for the changes
- The [updated UKA Rules of Competition for 2026](#)

### Recent Results

29<sup>th</sup> March: Fleet Half Marathon



Some fabulous performances from Andover Athletic Club athletes today at the Fleet Half Marathon. Huge PBs from Christina Searle and Jack Hainsworth, plus first time HM runner PBs from Alex Culley and Sophie Warner. And all athletes well inside 1.40 which is a great achievement for the club!!

Well done everyone!

193<sup>rd</sup> Chris Dewey 1:21:50  
201<sup>st</sup> Alex Culley 1:22:02  
280<sup>th</sup> Jack Hainsworth 1:24:32  
380<sup>th</sup> Jonathan Hill 1:27:54  
394<sup>th</sup> Archie McKeller 1:28:29  
395<sup>th</sup> Mike Webber 1:28:30  
604<sup>th</sup> Jack Searle 1:34:26  
695<sup>th</sup> Sophie Warner 1:35  
698<sup>th</sup> Christina Searle 1:35 2<sup>nd</sup> V60 pb  
702<sup>nd</sup> Peter Warner 1:36

There were 2501 finishers  
It's good to see so many AAC athletes out competing.

### What is healthy eating?

Healthy eating means having a healthy relationship with food, where no one food is demonised or heralded a hero but where all food is accepted without positive or negative judgement. At primary school, children are taught about a 'Healthy Eating Plate', where vegetables make up half the plate, whole grains make up a quarter and protein is  $\frac{1}{4}$ .



It is about appreciating that there are certain nutrients we need to consume for our overall health, where health is not the size of your body but related to key metrics that reduce your risk of certain diseases. Human bodies are meant to come in different shapes and sizes – there is no 'one size fits all'.

This means some people will have a larger frame and bone structure, while others are smaller and more petite. It also means some people will naturally need a higher body fat percentage in order to be healthy for them, but no size or shape is intrinsically superior to another.

Healthy eating is not depriving our body of any food groups – and I mean any. So, while many health influencers, celebrities and even lifestyle nutritionists demonise sugar, small amounts are not an issue. In fact, I would argue that spending time with loved ones, over the dinner table, chewing the fat, breaking bread or enjoying a slice of your favourite cake (mine's a coffee and walnut or pineapple doughnut), is probably more beneficial to your mental health than avoiding social situations as a result of strict food rules.

In fact, research has proven that social connection should be top of your list when it comes to overall mental and physical wellbeing, because when we spend time with others it releases the hormone oxytocin, which brings about positive emotions and a sense of belonging.

Healthy eating is not celebrity-endorsed recipes that might look pretty but are often devoid of one or more food groups. It's a balanced approach to eating, one that provides the body and brain with all the nutrients necessary not just to maintain its function, but to allow it to thrive.

Next time you compete (and win) it's OK to celebrate or indulge in recovery foods. They're important stimulation to perform and recover – but don't over-indulge. A parkrun or 10k does not equate to a slap-up full English breakfast, nice though it is. Anything and everything, in moderation.



### Athletics Heroes

#### Phillips Idowu

A World, European and Commonwealth champion, Phillips Idowu is one of the greatest British triple jumpers of all time.



Phillips first attracted attention in 1997 when he placed fourth in the European Junior Championships with a wind aided 16.34m – way ahead of his legal best of 15.86m. He went on to excel at the 2000 Olympics, his first senior international appearance, where he qualified for the final with a personal best of 17.12m and was only 4cm short of that in the final. He ultimately finished sixth as Jonathan Edwards took the gold medal. In 2001, he improved to 17.33m but disappointingly managed only ninth place at the World Championships, Edwards again the winner. His first international medal came at the 2002 Commonwealth Games. In the second round he sailed out to 17.68m to take the lead ... only for Edwards to respond with 17.86m. However, the European Championships final 11 days later proved even more frustrating. Phillips led the qualifying round with 17.54m, a distance which would have won the title, but in the final his opening jump of around 17.50m was ruled a foul by the tiniest of margins and he wound up fifth with 16.92m. His next big occasion was no better, the 2004 Olympics, when in the final, after a first round foul of around 17.70m, he proceeded to add two more no jumps which ended his bid for Olympic glory.

### Athletics Heroes

Bouncing back, his reputation was restored at the 2006 Commonwealth Games, where he trounced the opposition with a leap of 17.45m, but inconsistency crept in again when he jumped 17.02m for fifth place in the European Championships. The see-saw continued in 2007, winning the European Indoor title with 17.56m but sixth in the World Championships with 17.09m. Doubts about his big-time temperament were swept aside for good in 2008. He scored a brilliant victory at the World Indoor Championships, breaking Jonathan Edwards' UK indoor record with 17.75m to become the first British man ever to win a World Indoor field event title. Phillips went on to produce an outdoor personal best of 17.62m to earn a Beijing 2008 Olympic silver medal, just 5cm behind the winner – although a disappointment to him as he fully expected to strike gold.

His greatest moment occurred in 2009 when he was finally crowned outdoor World champion. An emotional Phillips commented "it's been a long time coming". The 6ft 5in striking character produced an outdoor best of 17.73m despite giving away 20cm on the take-off board.

His next major goal was to become the third man in the world to jump 18 metres, but it never quite happened. In 2010, he captured the European title with 17.81m, proving to be his lifetime best. He had another excellent performance at the 2011 World Championships, jumping 17.77m in response to an inspired 17.96m by USA's Christian Taylor, to finish second. Injury ruined his chances at the London Olympics, failing to reach the final, and his career came to an end in 2014.

*Courtesy of the [athleticsmuseum.org.uk](http://athleticsmuseum.org.uk)*

### Forthcoming Events

**A list of future Track & Field, Road Race, Cross-Country and Open Events.** You are encouraged to wear your club vest wherever you compete and let us know your results, ideally with a photograph.

**4<sup>th</sup> April:** Basingstoke & Mid Hants AC Young Athletes Open Meeting

<https://meets.rosterathletics.com/public/competitions/details/about?id=27603>

**4<sup>th</sup> April:** [Testway Ultra | And Over Trail Event](#)

**6<sup>th</sup> April:** [Mortimer 10km - April 6th | Racing Line Running](#)

**11<sup>th</sup> April:** Radley Open Meeting [Roster Athletics · Radley AC Kear Memorial Open Graded Meeting 2026](#)

**11<sup>th</sup> April:** *Grand National*

**12<sup>th</sup> April:** Salisbury 10 (HRRL8)

**12<sup>th</sup> April:** Swindon Open Meeting [Roster Athletics · Mark Cawte Open Meeting](#)

**18<sup>th</sup> April:** Winchester [Home | WADAC Season Opener 2026 Open#1](#)

**19<sup>th</sup> April:** Wessex League, Match 1 – Basingstoke

**26<sup>th</sup> April:** London Marathon

**3<sup>rd</sup> May:** [ABP Southampton Marathon Festival 2026 – Marathon, Half Marathon, 10K & 5K](#)

**8<sup>th</sup> & 9<sup>th</sup> May:** Wiltshire County Championships, Swindon [Roster Athletics · Wiltshire County Track and Field Championships](#)

**9<sup>th</sup> & 10<sup>th</sup> May:** Hampshire County Championships, Basingstoke [Roster Athletics · Hampshire Athletics Track and Field Championships](#)

**10<sup>th</sup> May:** Alton 10 (HRRL9)

**16<sup>th</sup> May:** SAL Match 1 Dorset (venue tbc)

**16<sup>th</sup> May:** Men's FA Cup Final, Wembley

**17<sup>th</sup> May:** Netley 10k (HRRL10)

**19<sup>th</sup> May:** Thruxton 10k Series, Race 1

### Forthcoming Events

**25<sup>th</sup> May:** Newbury 10k

**6<sup>th</sup> June:** Endure Reading

**14<sup>th</sup> June:** Wessex League, Match 2 – Andover

**16<sup>th</sup>-20<sup>th</sup> June:** *Royal Ascot*

**18<sup>th</sup>-21<sup>st</sup> June:** *US Open Golf*

**21<sup>st</sup> June:** Alresford 10k (HRRL11)

**21<sup>st</sup> June:** SAL Match 2, Aldershot

**23<sup>rd</sup> June:** Thruxton 10k Series, Race 2

**5<sup>th</sup> July:** Lordshill 10k (HRRL12)

**5<sup>th</sup> July:** Wessex League, Match 3 – Salisbury

**12<sup>th</sup> July:** Wessex League, Match 4 - Swindon

**19<sup>th</sup> July:** SAL Match 3, Andover

**21<sup>st</sup> July:** Thruxton 10k Series, Race 3

**8<sup>th</sup> August:** SAL Match 4, Aldershot

**30<sup>th</sup> August:** Totton 10k (HRRL1)

**6<sup>th</sup> September:** Overton 5 mile (HRRL2) (tbc)  
**25<sup>th</sup> October:** New Forest 10 mile (HRRL3) (tbc)

**15<sup>th</sup> November:** Gosport Half (HRRL4) (tbc)

**6<sup>th</sup> December:** Victory 5 (HRRL5) (tbc)

### International / Elite Events

**26<sup>th</sup> April:** London Marathon

**11<sup>th</sup> June-19<sup>th</sup> July:** *FIFA World Cup, North America*

**29<sup>th</sup> June-12<sup>th</sup> July:** *Wimbledon Tennis Championships*

**5<sup>th</sup> July:** *British Formula 1 Grand Prix*

**2<sup>nd</sup> November:** New York Marathon

**7<sup>th</sup> December:** Valencia Marathon

[www.fetcheveryone.com](http://www.fetcheveryone.com)    [runabc.co.uk](http://runabc.co.uk)

[www.thepowerof10.info/fixtures](http://www.thepowerof10.info/fixtures)

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