

# BRIGHTON & HOVE AC Newsletter

**APRIL 2019**

Hello Club Members

With British Summer Time marking the official start of Spring we're launching a new regular monthly newsletter for all BHAC members. This will be shared in first week of each month with the aim of being a monthly one-stop round up of information, inspiration and all you need to know to get involved and get the most out of your club and celebrate successes. Please scan through for:

- details of upcoming events
- success stories, results and reports
- pointers on what the club offers and how to access it
- and a regular Who's Who feature to put names and stories to the faces of our committed coaches, team managers, rising stars, record holders and meeting organisers

The aim is to keep it short and sweet but informative. In time, some content will move over to the new website and newsletter items will be briefer but with links to more detail online. For now, please contact us with any news, stories or feedback. [kate@punchlinepr.com](mailto:kate@punchlinepr.com) / [paula\\_blackledge@yahoo.co.uk](mailto:paula_blackledge@yahoo.co.uk)

And don't forget to follow the club for more recent updates on Twitter @BrightonAthlete

Mike Ellis-Martin

**\* NEWS & HIGHLIGHTS \* NEWS & HIGHLIGHTS \* NEWS & HIGHLIGHTS \***

**Reminder for all athletes: The grass at Withdean is not to be used when throwing is taking place.**

We had a near miss incident on Tuesday with a young runner narrowly escaping when she ran across the grass whilst a discus was thrown. Thankfully there were no injuries.

**Good luck to all those taking part in the Brighton Marathon next weekend! England Athletics will have a stand in the Athletes Village from 9.30am until 7pm.** Charlotte Fisher (EA Road Running Manager), Nick Anderson (GB Endurance Coach EA Marathon Lead) and Sarah Gardiner will be offering coaching and club clinics. Book in on the day for 20 minute sessions.

**Watch Tomer Tarragano's Tips for Success vlog on Youtube** as the team head to the English Schools Cross-country Championships at Newsam Park in Leeds on Saturday. Tomer led the senior boys coming a fantastic 7th.

[https://www.youtube.com/watch?v=4Bg\\_DprnSQw&feature=youtu.be](https://www.youtube.com/watch?v=4Bg_DprnSQw&feature=youtu.be)

**Entries are open for the 2019 County Track & Field Championships in May**

The 2019 Sussex Track and Field Championships are at the K2, Crawley on 11th and 12th May this year. Last year broke records with 640 athletes entering over 1000 events. Let's make this year even bigger and better. <https://entries.opentrack.run/2019/sxaatf/> by 11.59pm on April 29th.

### Amber does it again

A club member since she was just 9 years old, Amber Anning now 18 returned home from her International Senior debut at the European Indoor Championships in Glasgow on Sunday with a silver medal as part of the 4 x 400 m relay team. Drawing praise from BBC commentator and Olympic Champion Michael Johnson in her 400m heat Amber was just squeezed into third place in the last couple of strides. Watch the relay final here

<https://www.youtube.com/watch?v=jQ5s7eLTXU>



### Former International athlete and club veteran Hugh Foord scores a hat trick on his 90th birthday

Hugh Foord, the Brighton and Hove AC veteran and former International athlete celebrated his 90th birthday on Saturday by completing the Hove Parkrun with a time of 49.13. and achieving his aim of breaking the M90-94 course record. Hugh now holds three Hove Parkrun records M90, M85 and M80 with the remarkable time of 28:31. Watch his BBC South interview here

<https://www.bbc.co.uk/news/av/uk-england-sussex-47755125/parkrun-former-athlete-hugh-foord-is-still-setting-records#>



### Lucy Rogers and Ali Guihen take bronzes in 20 miler

There was some fantastic running from Lucy Rogers (second left) representing Sussex at the Southern Country 20 mile Road Championships



### Kevin Rojas (pictured far left) 4th in 100km championships

Kevin Rojas whose usual event is the marathon stepped in style to ultra running taking 4th place in the British 100km championships and helping the England team to the gold medal.

### Easter Athletics Camps for U/13s

Withdean Athletics Academy are running sessions on Monday/Tuesday 8th/9th and 15th/16th at Withdean from 10am to 3pm. Great fun and lots of exciting athletics activities on the track. Please speak to Reception for more details and bookings.

### **Brighton and Hove AC Open Throws competition, March 10th**

**By Bob Willows, meeting organiser**

Brighton held its first open event for several years on a very windy Sunday. The event attracted athletes from far and wide: Basildon, Oxford, Stratford, Portsmouth and Southampton as well as the local Sussex clubs. We were restricted by not having hammer events but as the football season was still on-going we could not have hammer. The other events were well supported. Senior women were a bit thin on the ground but the senior men and the younger age groups were well represented.

As there were no runners the supporters could get close to the events they were watching and to have 25-30 spectators close by really encouraged the athletes: many to personal bests or close to them. Some of the highlights were: a British number 1 throw By D.J. Thomas from Eastbourne who launched the 6K shot out to 18.14m.

As this was a very early season event several of the winners went straight to the top on Power of 10 but Dulcie Yelling, Under 13 javelin, threw 36.89m and she will be at the top or there about all year. The same applies to Liz Korczak in the Under 17 javelin who will be one of the leading throwers in 2019. Another Brighton girl who excelled was Rachael Wall in the Under 15 javelin who threw a life time PB of 33.55m.

Richard Carter held an Under 11s competition with standing long jump and throwing the howler which seemed very popular.

I would like to thank all of the officials who gave up their time to make this a highly successful event and as the feedback from all the competitors was very favourable we hope to hold another event later in the year.

### **Sussex School Games year 5/6 cross country race at Waterhall**

There were some great runs on Thursday 28th March from many of the group at the Sussex School Games. In the boys former group runner Arun Khursheed (now Haywards Heath) just managed to beat Tommy Matthews (B&H). Other boys running were Freddie Matthews, Louis Orrow, Tyler Bloom-Ovin and Oliver Holt. In the girls race Elodie Bradley was squeezed into 3rd place on the line after a great paced run, Julieana Walsh (for South Sussex) was 5th and was part of the winning team. Also running was Ellis Bromfield, Connie Bagnell, Imogen Woodward, Maggie McIntosh, Harriet Reeded and Emily Sheffield.

### **Inter Counties Cross Country**

In the Inter Counties held in Loughborough, there were some excellent performances against the best runners in the country.

In the U/13 girls race Dulcie led home the Sussex team with another excellent run in 34th. In fields well over 300, Rosie was the 3rd Sussex runner home in 129th and Macy was 192nd. All 3 have another year in the age group. Maddie came 214th and Sophie 222nd.

In the U/13 boys race Alexander did well in 90th and Archie in the U/15 boys race came 168th.

In the U/15 girls race Poppy was the 3rd Sussex scorer in 80th and Eadie just outside the first 100 came 104th while Ella finished 203rd.

In the U/17 women's race Lois had another excellent run finishing 56th and was the 3rd Sussex scorer and Pia came 132nd. Well done also to Patrick who was called into the team at the last moment and came in 218th.

A big well done to all the Brighton & Hove athletes who ran for Sussex at the CAU Inter-Counties Cross Country championships at Loughborough on Saturday. Under-20 Tomer Tarragano was our leading performer with a 16th place finish. There were some great results all round and real depth in the under 13 girls age group where the majority of our athletes are first years.

<b>POS</b>	<b>NAME</b>	<b>TIME</b>
<u>U13 Boys</u>		
90	Alexander Riley	13:16
<u>U13 Girls</u>		
34	Dulcie Yelling	13:38
129	Rosie Gasson	14:25
192	Macy Brooking	14:51
214	Madeleine Badruzaman	14:58
222	Sophie Packham	15:01
307	Mollie Barrett	19:34
<u>U15 Boys</u>		
168	Archie Rowles	14:59
<u>U15 Girls</u>		
80	Poppy Palmer-Malins	15:58
104	Eadie Yelling	16:10
203	Ella Matthews	17:13
<u>U17 Women</u>		
55	Lois Dooley	21:31
132	Pia Lewis	22:45
<u>U17 Men</u>		
218	Patrick Connolly	22:17
<u>U20 Men</u>		
16	Tomer Tarragano	30:40
111	Joe Clayson	33:51
<u>Senior Women</u>		
126	Martha Coyle	44:47
<u>Senior Men</u>		
131	Kevin Moore	37:00
142	Stephen Ferroni	37:16
146	Howard Bristow	37:18

### England Schools Cross Country

Sussex Youngsters battled the strong winds and heavy rain to come away with some brilliant results at the English Schools Cross-country Championships at Newsam Park in Leeds on Saturday.

Some of the highlights included four top twenty finishers, an overall bronze for all the boys' teams, a senior boys team silver and the inter girls getting silver for the Best 8 Runners category.

**Brighton and Hove AC's Tomer Tarragano** led the senior boys and didn't fail to impress finishing in a fantastic 7th position.

**Another Brighton and Hove AC competitor Poppy Palmer-Malins** was along with Olivia Toms and Maggie King one of three to gain top one hundred placing 66th, 84th and 89th respectively to help the team into 7th place. Both Palmer-Malins and Toms will still be in this age group next year which bodes well.

Nicholas Hollan-Ellidge and Ben Connolly led the junior boys to 16th placing 51st and 59th respectively, with **Brighton and Hove AC's Henry Yelling** 85th.

### **Year 7/8 cross country championships (reports from Peter)**

Well done to everyone who competed in the Sussex schools year 7 & 8 teams in the South East Inter Schools where against tough opposition there were many excellent performances.

In the year 7 girls race Dulcie had another excellent run leading home the Sussex team in 6th place. Xanthe having her best run of the season came 22nd, Rosie 45th, Polly 75th, Ilse 77th and Nicole 79th. In the year 7 boys race Jude who was the 3rd Sussex scorer came 31st and Ruben came 69th. In the year 8 girls race Mollie also led home the Sussex team in 28th, Sophie came 41st, Maddy 45th and Tilly came 60th. In the year 8 boys Sam came 48th.

### **Indoor Sportshall final**

For the first time the under-11, under-13 and under-15 Sportshall regional finals all took place on the same day at the Triangle Leisure Centre in Burgess Hill. It was the girls who triumphed with both the U/15 and U/13 girls winning bronze team medals.

The under 15 competition is for all rounders and each athlete has to take part in a run, jump and throw or speed bounce. For the girls, Crawley's Michelle Okorie was the only individual event winner taking the shot put with a distance of 11.45m. Her club mate Isabella Lehtinen ran a beautifully measured 2-lap race for second place in the sprint. Overall Horsham's Cleo Tomlinson was the highest placed Sussex athlete finishing seventh out of the 46 competing. However, her five team mates - Lehtinen in 13th, Okorie in 16th, Crawley's Noa Maoundis in 21st, Brighton's Katie Ridley 33rd and Horsham's Sophie Hogton 34th all have another year in the age group which bodes well for next season.

For the under-15 boys Crawley's Alessio Anah was the leading Sussex athlete with a seventh place finish out of 48 competitors. His results included a second place in the 2-lap sprint. His clubmate Tom Kimber was 15th, Haywards Heath's Ethan Lambert was 26th and Michael Shaw (B&H) and Edward Crossman (HBS) were 33rd and 35th respectively, just ahead of Brighton's Joshua Pay in 37th.

Under-13 Mollie Barrett (B&H) had a fantastic 6-lap run to outclass the rest of the field and win the race, and then with Horsham's Olivia Sharpe also won the 8-lap Parlauf. Madeleine Way (HBS) was left behind in her heat of the 2-lap race and slowest to qualify but turned it around brilliantly and commanded the final for joint first place. Crawley's Muna Okori in the Shot put and Brighton's Amber Purcell - Standing Triple jump - were both second in their events with 9.68m and 6.42m respectively. Meanwhile Kyla Ball (HBS), who is just back from injury, was third in the vertical jump.

In the under 13 boys competition Brighton's Adam Mehew ran a savvy race to win the 6-lap and his club mate Alex Riley was 2nd in the Shot with 9.63m. Worthing's Chae Goff was third in the Standing Long jump with a best of 2.45m.

### **England vests for Brighton and Hove AC Masters road running athletes**

Congratulations to Cathy Ulliott (FV55) and Adam Tribe (MV50) who have been selected to represent England and the Simply Health Great Birmingham 10k on 26th May.

The England team will compete against a Celtic Nations team for national glory. With 168 runners across 5-year age groups from V35 to V75, it is an excellent result to have two of our own set to don the England vest. We wish Cathy and Adam well, and hopefully this will act as encouragement to all of our runners who are past the first flush of youth.

<https://www.englandathletics.org/athletics-and-running/news/masters-road-running-competition-selections-and-opportunities/> and <https://d192th1lqal2xm.cloudfront.net/2019/03/Team-List-10kMasters2019.pdf> for more information.

**\* UPCOMING EVENTS \* UPCOMING EVENTS \* UPCOMING EVENTS \***

### **Calling all U17/Senior and Veteran athletes - your club wants you to compete**

Becky Owen ([beckyowen91@gmail.com](mailto:beckyowen91@gmail.com)) and Sarah Hewitt ([hewberrys74@yahoo.com](mailto:hewberrys74@yahoo.com)) have all Southern Athletics League (SAL) information and are calling for club members who want to participate to get in touch with contact details, availability for each match, current performances and PBs and requests for events. These can be updated throughout the season. Contact Becky or Sarah for more details and the SAL info sheet to complete. The dates are:

Saturday 13 <sup>th</sup> April 2019	Finsbury Park
Sunday 19 <sup>th</sup> May 2019	Brighton
Saturday 15 <sup>th</sup> June 2019	Chelmsford
Saturday 13 <sup>th</sup> July 2019	Tonbridge
Saturday 17 <sup>th</sup> August 2019	Dartford

### **Under 13s (School Years 6 & 7) - summer fixtures**

Sarah Yelling: [Sarah.Yelling@gmail.com](mailto:Sarah.Yelling@gmail.com) has confirmed the summer fixtures list for U/13s and is looking to top last year's successes when this age group won the YDL league (and were subsequently promoted), the Sussex league and the Sussex Final! Sarah has created a colour-coded fixture list of Open meetings (yellow, parents and athletes simply sign up), Championship events (blue, again open to enter, relay teams picked), Sussex U/13 league events (grey, selection) and Southern YDL league (highly competitive, selection).

Team Managers and Coaches encourage athletes to compete whenever possible. The expectation is **a minimum of four meetings** either as a scoring team member or in non-scoring events at League matches, in Open meetings or in championship events. Here is a link to last year's B&H U/13 performances, those with a 1 beside their name are still eligible to compete this year.

<https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U13&sex=W&year=2018&firstclaimonly=y&limits=n>

<https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U13&sex=M&year=2018&firstclaimonly=y&limits=n>

### **Under 20 years old? The Youth Development League (YDL) season is nearly here...**

After a fabulous team performance last year during which the club earned promotion to Division 1A for 2019, Upper Age Group Managers Kate Matthews (matthews2000@live.co.uk) and Melanie Anning (melanie.anning@gmail.com) have details of four fixtures this summer:

Sunday 5th May	Harrow (including photo finish and electronic timing)
Sunday 26th May	Hillingdon, Ruislip
Sunday 30th June	Kingsmeadow, Kingston upon Thames
Sunday 28th July	Withdean stadium, Brighton

### **Under 15s**

Team manager for the U/15s (school years 8 and 9) Kate Matthews (matthews2000@live.co.uk) will be selecting the teams for the 4 YDL League matches as well as the 4 Sussex League Fixtures. Kate is encouraging everyone to get out and compete as much as possible in the open meetings, especially the early season ones. Selection will be based on competitive performance as well as PBs.

The Youth Development League dates for U13/ U15 are:

Saturday 27th April	Southampton
Saturday 18th May	Bracknell
Sunday 22nd June	Withdean
Saturday 20th July	Guildford

There will be a coach for the away matches to Southampton, Bracknell and Guildford

The Under 15 League (East) competition dates are:

Wednesday 5th June	Eastbourne
Friday 28 <sup>th</sup> June	Withdean Stadium (Home match)
Monday 8 <sup>th</sup> July	Lewes

Friday 30<sup>st</sup> August - League Final/ Plate Withdean Stadium

There is a full track and field programme with two athletes per event. There will also be non-scoring events and relays for athletes not in the team.

### **...and put these dates in your diary:**

Sussex County Championships. Saturday & Sunday 11th-12th May. [www.sussexathletics.net](http://www.sussexathletics.net)

Sussex Schools Combined Events Championships. Weds 29th May. This is free and parents can enter their children Years 7 - 13.

Sussex County 3000m Championships during the U13 Sussex League final on Sunday 1st September at K2, Crawley.

Info for both of the above events will be on the Sussex website closer to the date.

### **...plus many open events including several at K2 Crawley:**

Sunday 7th April

Saturday 20th April

Wednesday 5th June

Wednesday 10th July

Monday 26th August.

Visit the Crawley AC website for details and on-line entry [www.crawleyac.org.uk](http://www.crawleyac.org.uk)

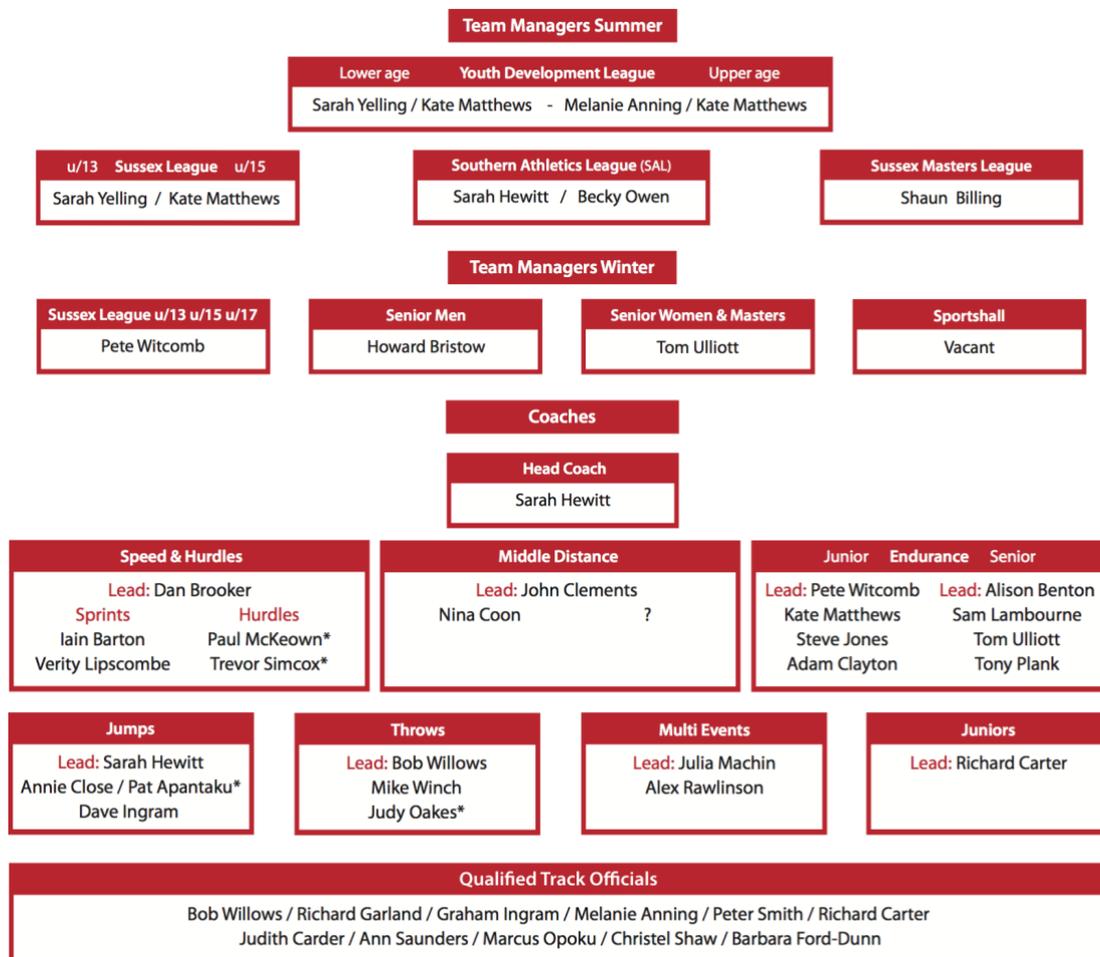
Thursday 25th April - Haywards Heath Harriers is hosting an open at K2 Crawley on the [www.haywardsheathharriers.co.uk](http://www.haywardsheathharriers.co.uk) closer to the date.

Wednesday 29th May - Brighton Phoenix AC Open Meeting, Withdean Stadium

Visit [www.openmeetings.co.uk](http://www.openmeetings.co.uk) to find info about other competitions in the region.

**\* WHO'S WHO \* WHO'S WHO \* WHO'S WHO \* WHO'S WHO \***

In this section we will profiling different training groups and club managers and coaches over the coming months but first a summary of who does what.



\* not club affiliated

**\* FURTHER INFORMATION \* FURTHER INFORMATION \* FURTHER INFORMATION \***

Follow your club on Twitter @BrightonAthlete

Sussex Athletics are on Facebook and Twitter @SussexAA

Dont forget a summary of the main events for athletes of all ages taking place over the summer can be found here:

[http://www.sussexathletics.net/sites/default/files/Summerfixtures2019%281%29%20%281%29.pdf?fbclid=IwAR1r\\_eYx\\_cG3JlKeRwT5fGsYm43Q9EkYe0GheOXV-lzraV\\_d42-dToBFMtE](http://www.sussexathletics.net/sites/default/files/Summerfixtures2019%281%29%20%281%29.pdf?fbclid=IwAR1r_eYx_cG3JlKeRwT5fGsYm43Q9EkYe0GheOXV-lzraV_d42-dToBFMtE)

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[www.openmeetings.co.uk](http://www.openmeetings.co.uk)

[www.sussexathletics.net](http://www.sussexathletics.net)