

BRIGHTON & HOVE AC Newsletter

MAY 2019

Dear Club Members

The second issue of our new regular monthly newsletter is here! Read on for our monthly one-stop round up of information, inspiration and club member successes, results and reports. Please get in touch with any stories or with reports from events you've attended that we may have missed.

Richard Carter who coaches the Juniors at Withdean is the first of our Who's Who Club faces. Look out for other committed coaches, team managers, rising stars, record holders and meeting organisers in the coming months.

Please do follow the club on Twitter @BrightonAthlete and check out the website for more details <http://www.brightonandhovacity-ac.com/>. Finally, please note that kate@punchlinepr.com / paula_blackledge@yahoo.co.uk who edit the newsletter are always grateful for feedback or stories.

Mike Ellis-Martin

*** MAY NEWS * MAY NEWS * MAY NEWS ***



Dulcie Yelling takes new U13 Javelin British record!

Dulcie Yelling has just broken the British U13 girls javelin record with a throw of 44.02m at the YDL in Southampton. It is the longest throw by a 12 year old girl. The record is waiting to be ratified (it needs wind factor and level 4 field judge confirmation to be taken into consideration).

Brighton's Dulcie first broke the county javelin record in 2018, when she threw 37.64m. At K2 on Easter Saturday, she improved this mark by almost two metres launching her spear out to 39.57m. Her British record throw went even further.

Dulcie takes the British record from Hannah Lewington (Swindon) who set it just last year with a throw at 41.66m. Well done Dulcie!

Want to see the current Brighton and Hove AC records? Visit <http://www.brightonandhovacity-ac.com/athletes/records.html>

(Dulcie Yelling pictured with Throws coach Bob Willows)

Jo Wilding 10th in European Masters

Our multi-talented masters athlete Jo Wilding and 800m runner Paul Howard both represented Great Britain at the Indoor European Masters Championship in Poland in March.

Paul ran 2:03.25 in his 800m heat at the World Masters and Jo came 10th in the Pentathlon recording PBs in hurdles, 800 and high jump along the way! Well done to both of you.

(Jo, pictured centre)



Hastings Half Silver medal for ladies!

There were a good number of Brighton & Hove AC athletes running in this year's Hastings Half Marathon, with the ladies team coming home with the silver team medal!

The silver medal team (left to right)

- Freya Leman
- Paula Blackledge
- Gill Bickle
- Ali Guihen
- plus Chris Mallinson



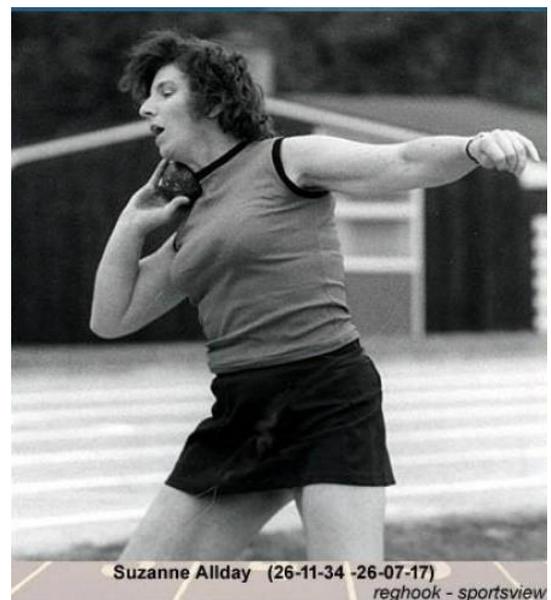
Remembering Suzanne Allday, one of the county's greatest ever athletes

In July 2017, we lost the Sussex women's shot putt record holder Suzanne Allday, nee Farmer and latterly Goddison. As Suzanne Farmer, a member of the then Brighton Ladies Athletic Club, she won the English Schools intermediate discus title in 1950 retaining the title in 1951. This was the start of a remarkable international athletics career.

Suzanne competed in 35 internationals for Great Britain and England in both Shot and Discus including three Olympic Games in 1952, 1960 and 1964, the European Games of 1958 and 1962 and the Commonwealth Games of 1954, 1958 and 1962 and for many years she was the most decorated British women athlete. She virtually dominated Discus and Shot events in the fifties and sixties including breaking the British Discus record ten times and the Shot record eight times.

Suzanne held the Sussex discus record at 47.70m, until Claire Smithson (Brighton & Hove) broke it in 2004 and she still holds the shot putt record at 15.18m from 1964.

The Sussex athlete with the most international appearances to their name, Suzanne came out of retirement when her children grew up and was highly successful for the Brighton & Hove team in their Southern Women's League team.



BHAC scores third place in the Youth Development League opener at Southampton

Well done to all the athletes who took us to 3rd place in their new division after promotion. What a team. In our first competition in the Premier 2 division our athletes worked hard and came 2nd. However, we finished the day 3rd losing an additional place to the home club who could produce the maximum number of graded officials.

We had some stunning performances on the day in difficult windy conditions. Well done Dillon, Noah, Libby and Lola in the longer sprints who came round the bend straight into strong wind. The distance athletes were also battling the wind, so to come away with so many PBs in the 800ms, 1500ms and 1200ms was excellent.

We celebrated 3 A & B string double first places; Hurdles (Frankie and Libby), Shot (Dulcie & Frankie) and Javelin (Dulcie & Libby). Libby's Javelin was particularly brilliant as this is the first time she has ever thrown a Javelin in a competition.

The day was more than topped off by Dulcie who smashed the British record by over 2 meters! U/13 Team Manager and Dulcie's Mum Sarah Yelling is still in a state of shock and forgot to sort the relay teams out and so would like to say a big thank you to the parents who stepped in to ensure they all got to where they were meant to be.

Preliminary results:

Crawley	546
Southampton	477.5
Brighton	469.5
Bracknell	459
Portsmouth	415
Guildford	399

Marathons and Mini Mile

The Brighton Marathon weekend was a great weekend for running in Brighton, with the Brighton Marathon 10k also the British 10k Championships.

The Brighton Marathon saw some fantastic times from the following Club members. Our huge congratulations to them and thanks all those who turned out to support.

Chris Mallinson	2hr 58m
Thomas Ireland	3hr 2m
David Boyce	3hr 7m
Phil Carey	3hr 20m
Nick Young	3hr 26m
James Mullan	3hr 38m
George Clayson	3hr 43m
Stephen Hare	4hr 1m
Andrew Gilbert	4hr 17m
Neil Dermott	4hr 21m
Simon Hodges	5h 17m

There were gold medals for Brighton and Hove AC athletes in the Mini Mile: Elodie Clayton (u9 girls), Freddie Matthews (U11 boys), Tom Matthews (U11 Boys), Mollie Barrett (U13 girls), Jude Clayton (U13 boys), Dulcie Yelling (U13 girls), Maggie McIntosh (U11 girls) & Henry Yelling (U15 boys). Team GB medal holder Amber Anning turned out to present medals to the Mini Mile winners and was delighted to congratulate so many of her younger Club mates. Full results for the Mini Mile can be found here www.brightonmarathonweekend.co.uk/events/mini-mile/results/

There were even more impressive times from BH runners in the London Marathon

Gill Bickle	3hr 58m
Emma Bristow	4hr 5m
David Edwards	3hr 41m
Ali Guihen	3hr 24
Craig Halsey	2hr 42m
Suzy Hawker	4hr 53m
Simon Hodges	5hr 11m
Kerry Kipling	4hr 17m
Freya Leman	3hr 17m
Phil Stevenson	2hr 31m

And last but not least James Turner with 2hr 25m and an amazing 26th place overall!

These results make the fastest times line up as follows (top 5 only):

James Turner	2hr 25m	London
Philip Stevenson	2hr 31m	London
Craig Halsey	2hr 35m	London
Adam Tribe	2hr 42m	Manchester
Chris Mallinson	2hr 42m	Brighton

Christ's Hospital road relays round up

The last winter meeting of the season took place at the popular Sussex Road Relays held in the school grounds of Christ's Hospital School in Horsham. There were many outstanding team and individual performances in what were record fields.

Brighton and Hove AC came away from the event with no less than 11 team and 10 individual medals.

Team medals:

U13 Girls: Gold (Dulcie Yelling, Rosie Gasson and Mollie Barrett) and Bronze (Macy Broking, Xanthe Cox and Sophie Packham)

U13 Boys: Bronze (Alexander Riley, Jude Clayton, Adam Mehew)

U15 Girls: Silver (Ella Matthews, Eadie Yelling, Poppy Palmer-Malins) and Bronze (Lacey Fowler, Ruby Wilson and Ciara Muzio)

Senior Men: Silver (Tom Niner, Kevin Moore, Stephen Ferroni, Tom Eames, Tomer Taraggano, William Cork)

V40 Women: Bronze Jeanette Keneally, Freya Leman, Paula Blackledge)

V40 Men: Gold (Howard Bristow, Louis Taub, Matt Bristow, Craig Halsey)

V50 Women: Bronze (Tamsin Sasha, Cathy Ulliott, Julia Chi-Taylor)

V60 Men: Gold (John Lowden, Frank Ward , Tom Ulliott) Pictured below



Individual medals for fastest laps:

Gold for Howard Bristow (V40M) and John Lowden (V60 Men)

Silver for Mollie Barrett (U13 G), Poppy Palmer-Malins (U15G), Lois Dooley (U17G), Tom Niner (Senior Men), Craig Halsey (V40 M)

Bronze for Dulcie Yelling (U13 G), Tom Eames (U20 M) and Tom Ulliott (V60 M).

Well done to all those that represented the club, at what is definitely one of the most fun events of the year.

The first Southern Athletics League (SAL) match of the season

The newly promoted Brighton athletes opened their SAL season on Saturday 13th April in Finsbury Park successfully by coming second in division two. There was a fantastic turn out with a total of 41 scoring and non-scoring athletes who battled with the less than ideal weather conditions of wind, hail storms and the cold to clinch vital points to open the season.

There were some brilliant performances including a few PBs and many of the athletes look set for a stunning season ahead.

Massive thanks to Judith Carder, Christel Shaw and Tracey Brockbank who officiated, braving the weather for the whole day and gaining more vital points for the club.

The next SAL match is a home match at Withean on Sunday 19th May. If there are any senior/veteran/U20/U17 athletes who would like to compete please contact team managers Becky Owen and Sarah Hewitt on beckyowen91@gmail.com.

Officials and parents, grandparents, aunts, uncles, brothers, sisters and friends who want to help, please contact Serena Smith on serenasmith33@hotmail.com to show your interest, as we will need help running and officiating the day. This is also another way that you can help us score more points in the League.

*** UPCOMING EVENTS * UPCOMING EVENTS * UPCOMING EVENTS ***

Looking for 5k and 10k races?

<http://www.sussexraces.co.uk/sussexraceseventplanner.html> promotes running in Sussex and has links to details and entry information for 5k, 10k, half marathons etc as well as for Track and Field Champs.

U17/Senior and Veteran athletes interested in SAL information?

Contact Becky Owen (beckyowen91@gmail.com) and Sarah Hewitt (hewberrys74@yahoo.com)

The dates are:

Sunday 19 th May 2019	Brighton
Saturday 15 th June 2019	Chelmsford
Saturday 13 th July 2019	Tonbridge
Saturday 17 th August 2019	Dartford

Summer fixtures for Under 13s (School Years 6 & 7)

Contact Sarah Yelling: Sarah.Yelling@gmail.com who has the summer fixtures list for U/13s.

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 and interested in The Youth Development League (YDL)?

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

Under 15s

The Youth Development League dates for U13/ U15 are:

Saturday 18 th May	Bracknell
Sunday 22 nd June	Withdean
Saturday 20 th 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 5 th June	Eastbourne
Friday 28 th June	Withdean Stadium (Home match)
Monday 8 th July	Lewes

Friday 30st August - League Final/ Plate Withdean Stadium

Selection will be based on competitive performance as well as PBs. Please contact team manager for the U/15s (school years 8 and 9) Kate Matthews (matthews2000@live.co.uk)

Diary dates coming up

Sussex County Championships. Saturday & Sunday 11th-12th May.

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.

Visit www.sussexathletics.net for more information and www.openmeetings.co.uk

For open events including several at K2 Crawley: Visit the Crawley AC website for details and on-line entry www.crawleyac.org.uk

Wednesday 5th June

Wednesday 10th July

Monday 26th August.

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

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

In this section, we profile different training groups, team managers and coaches and club faces.

RICHARD CARTER has been the Juniors Coach at BHAC for the past six years.

An international athlete, running for England and GB in his teens for eight years between 1982 and 1990, both in cross-country and on the track, Richard was three times English Schools Champion.

Before switching to training youngsters, he coached some of the club's elite distance runners. With the help of a number of assistant coaches, Richard puts around 60 young athletes aged 9-13 through their paces in two training sessions every week.

Richard and his team can be found trackside at Withdean on Tuesdays and Thursdays between 6pm and 7pm. Being too young to specialise the focus is on fun and variety; throwing, jumping, running with basic skills, drills and core work instilled early on without the young athletes even realising.



Where did athletics all start for you?

Watching Dad (*the Olympic 800m runner Chris Carter*). He broke the British 800m record with a time of 1:46.3 in 1966... and that was on a cinder track when he was a full-time Police Officer. I remember watching him on TV running in Mexico 1986 Olympics when I was just three years old.

I was running pretty well aged nine or ten but didn't start to take it seriously until I was 15. I got to the final in the Southern U15 1500m and that spurred me on to run more.

Then Withdean Stadium hosted the National Junior champs in 1981 and I made the 1500m finals in what was a national event. I also got to meet lots of top international athletes there as the Under-20s was also being held in Brighton.

Best moment? (a particular 'athletics career' highlight)

Winning the National Junior Cross-Country Championship in Newark in 1984.

Favourite event?

5000m track, for the speed and tactics.

Top match / race tips?

Prepare. Failure to prepare is preparing to fail.

Not just training but planning everything from kit to food and drink. Planning to keep hydrated is key. There's so much more to it than turning up and running.

When I was competing, I didn't have any specific nutrition regime but I did always have Spaghetti Bolognese the night before. For me, it was part of preparing psychologically.

What does your training week look like? (where might one find you and when?)

Currently parkrun every Saturday. But I have registered for the Ealing Half Marathon this September and for the Brighton Half next February and then the Brighton Marathon next April. I would like to run again reasonably competitively.

Why do you do it? (what gets you up and out there in the morning?)

The atmosphere and the community. Most of my best and longest-standing friends are from the athletics world. The people are all lovely; the kids, the parents, everyone.

Tell us something we might not know about you.

I was involved in establishing Brighton & Hove parkrun. (Richard also recently helped set up Sunday morning kids parkrun in Preston Park and Hove park). And I volunteer as a Start Manager for London Marathon, each year recruiting and managing a team of 60 volunteers. We get all the athletes on to start line at right time.

*** 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-IzraV_d42-dToBFMtE

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www.openmeetings.co.uk

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