

# BRIGHTON & HOVE AC Newsletter

**July 2019**

Remember that all the latest news will now appear on the website [www.brightonandhoveac.com](http://www.brightonandhoveac.com) and on Twitter @BrightonAthlete

A big thank you to all those that have contributed to this month's newsletter!

NEWS AND HIGHLIGHTS \* NEWS AND HIGHLIGHTS\* NEWS AND HIGHLIGHTS

The latest news will now appear on the home page of our [website](#), click on the links below to read the full article, and visit the website regularly to see the latest news.

**English Schools successes** <https://brightonandhoveac.com/javelin-joy-for-lizzie-and-rachael-at-the-english-schools/>

**Gold for Garland at Southern** <https://brightonandhoveac.com/gold-for-garland-at-southern/> (Katie pictured below on podium)



**Lucy Rogers sets new course record at Bewl 15 miler** <https://brightonandhoveac.com/lucy-rogers-sets-new-course-record-at-bewl-15/> (Pictured above, right -Lydia Growsns, Jade Elphick, Lucy Rogers and Freya Leman)

**Brighton 10k will go ahead in November** <https://brightonandhoveac.com/brighton-10k-is-going-ahead-this-november/>

**Amber Anning wins U20 national outdoor 400m record** <https://brightonandhoveac.com/anning-wins-national-title-and-breaks-sussex-record-again/>

Three gold medals at the Independent Schools Champs <https://brightonandhoveac.com/gold-medal-trio/>

Under 13 team storm to victory in Sussex league <https://brightonandhoveac.com/u13s-storm-to-a-win-at-home-league-match/>

\* CELEBRATING SUCCESS \* MATCH REPORTS \* CELEBRATING SUCCESS \* MATCH REPORTS \*

- Well done to **Thomas Niner** and **Tom Eames** who managed impressive pbs in the 1500m at the Watford BMC Grand Prix 29 June 2019.

4	3:48.86	<b>Thomas Niner</b>	<b>PB</b>	SEN	M	<b>Allison Benton</b>	Brighton & Hove/Crawley
5	3:49.14	<b>James Heneghan</b>	<b>PB</b>	U23	M	<b>James Thie</b>	Southampton/Cardiff Uni
6	3:49.68	<b>Tom Eames</b>	<b>PB</b>	U20	M	<b>John Clements</b>	Brighton & Hove

- English Schools Championships successes! Report by Mel Anning** Sixteen members of Brighton & Hove AC were selected for the Sussex Schools team for the English Schools Championships, and they did the club proud. Pride of place goes to the 2018 Inter Girls javelin champion Lizzie Korczak who won her third successive title with a throw of 47.70m. The win earned her another English Schools' vest for the home countries international match next weekend. This was Junior Girl Rachael Wall's first English Schools and she rose to the occasion. She launched her javelin out to a new two metre PB of 38.60m and this secured her a brilliant bronze medal.

Fourth place can be the most painful position and one of the club's finest athletes just missed out on a podium places on the track by the narrowest of margins. Team captain, Tom Eames, looked to be catching Nottinghamshire's Luke Duffy in the [Senior Boys 1500m](#), but the latter just held on for bronze in 3:54.29, ahead of Eames 3:54.32. Sussex Schools had several sixth placed athletes. They included our own Kelsey Sutherland in the triple jump who leapt out to 11.52m.

There were several seventh places, with Tom Ridley clearing 1.82m in the Inter Boys high jump, and Louis Goffin triple jumping 13.43m in the Senior Boys triple jump. Tomer Tarragano was seventh in the [Senior Boys 3000m](#) in 8:39.21, as was Leo Walker with 40.21m PB in the discus. Meanwhile Inter Girl Lois Dooley had a great race crossing the line in a time of [5:16.77 in the 1500m steeplechase](#). Ruby Anning was fifth in her heat of the Inter Girls 200m in 26.16s. Poppy Palmer-Malins was 15th in her heat of the 1500m in 4:55.08. Adam Firsht 800m was sixth in his heat in 1:58.29. Torin Seagrove 11th in the high jump with 1.77m. Arthur Haines came 11th in the long jump leaping 6.10m. Seb Wallace ran 14.14s for fourth in his heat of the 100mH. First year under-15 Mollie Barrett was eighth in her 800m Junior Girls heat in 2:23.08.

- David Spencer** running in the V70 category earned a championship best in the 400m in 65.93secs on Saturday 6<sup>th</sup> July at the England Masters Inter Area Challenge in Coventry.
- Under 11 Quad kids report from Richard Carter** In the Boys event, Archer Pilkington finished in the Silver position with 245 points to Oscar's 265 points, putting him 6<sup>th</sup> on the Brighton & Hove Boys all-time lists, Saul had 4 great events but just fell short in 6<sup>th</sup> with 236 points a few points from the Bronze medal. The trio of Tommy G (218), Alex O (218) and Raphael K (217) all finished with great scores and were backed up by George Gilbert (200 pts) and Noah Baker (195pts) who have another year in the Under-11 age group. Overall the girl's event was just as exciting Julieana was pulled back by Jennifer Klein to finish equal 1<sup>st</sup> with 227 points, placing her 4<sup>th</sup> on the Brighton & Hove all-time list. With 200 points being a huge benchmark in this competition, Lara Cox recorded 204 for 4<sup>th</sup> place and Keren N'Cho scored 201 points for 6<sup>th</sup> (as a year 4) – Rosa Pucci gained 198 pts for 8<sup>th</sup> and Martha with 191 finished 11<sup>th</sup> overall.

- **Pete Witcomb's report from U15 league and U13 Sussex Champs** There were again several excellent performances in the second u/15 Sussex league meeting. Mollie leading all the way to win the 800m in a personal best 2mins 19secs.

In the u/13 Sussex championships we came away with 5 medals, in the girls 1500m Dulcie was an easy winner, and Xanthe in a personal best 5mins 21secs just outside the medals in 4th place. In the boys 1500m there was an excellent race with Tom in 4mins 51secs for the silver medal, with Jude 4mins 52secs for bronze. In the 800m Pearl with a personal best time 2mins 32secs earned her the bronze medal, and Ruben 2mins 26secs also taking the bronze.

- **Under 13 Sussex Champs Championship Best Performances (CBP) for Brighton athletes, report from Sarah Yelling**

Not only were there medals galore for Brighton athletes at the U/13 County championships but CBPs fell, and club records were taken. This must have been one of our most successful championships to date.

The day started well at 11:00am the 100m heats saw 6 Brighton athletes through to the finals and Libby take a silver medal in the Discus.

Next on the timetable came the 1500m races and boys high jump, and for Brighton 4 more medals and a CBP. Dulcie took gold and her own CBP finishing 12 seconds in front of 2nd place in 5:05. Tom and Jude finished 2nd & 3<sup>rd</sup> in the boy's race. In amazing times of 4:51.47 & 4:52.99 respectively. Whilst Max jumped 1.37 just shy of his PB to take HJ Gold.

Next to come were the hurdles races. Frankie bagged herself a silver and a club record in 11.81.

A club record, gold medal and CBP fell to Ruby in the 100m final with a stunning 13.26. 13.26 was also the time Noah ran to gain the silver medal. Noah then went on to gain his second medal of the day taking Long Jump bronze leaping 4.47, and Dulcie & Masha gaining Shot silver and bronze in 7.67 and 7.52 respectively.

Girls high jump and the boys 75h finals saw another 2 medals. Libby jumped a fine PB of 1.35 and Max ran a PB of 13.09 both gaining bronze medals.

In the 200m finals there were silvers for Ruby and Noah in 27.65sec and 27.79sec and Frankie came home with a bronze in 28.77. In the final field events long jump girls and boys javelins competitions. Another 5 medals. Silver and bronze both with PBs for Frankie and Stella jumping 4:59 and 4:37. Dulcie won the javelin with a second CBP beating last year's performance by over 3m in 37.97. Louis and Theo battled it out for silver and bronze, Louis getting the silver throwing 35.99 & 35.82 respectively. The final individual races on the track were the 800m races. 2 more races and 2 more medals, both winning their heats and gaining the bronze medals Ruben and Pearl ran 2:26.34 & 2:32.5. As the successful day came to a close it was only fitting our relay teams finished on medals. Having trained and raced together all season both batons made it round smoothly with Frankie, Elodie, Libby and Stella gaining silver and Max, Rhys, Louis and Noah bringing the competition to a close with a bronze medal.

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

## The next track and field events for Brighton athletes are:

**Youth Development League (U13 and U15)** 20<sup>th</sup> July, Guildford. Contact [kate.matthews@brightonandhoveac.com](mailto:kate.matthews@brightonandhoveac.com)

**Youth Development League (U17 and U20)** 28<sup>th</sup> July, Withdean. Contact [melanie.anning@brightonandhoveac.com](mailto:melanie.anning@brightonandhoveac.com)

**Veterans League final match (Over 35s only)** 29<sup>th</sup> July, Lewes Athletics track. Team Managers Jo Wilding ([jodiewildfire@gmail.com](mailto:jodiewildfire@gmail.com)) and Shaun Billing are always looking for more veteran athletes to take part. The evening has a full range of track and field events so if you would like to come along to have a go at events new or old please get in touch!

See the Events and Fixtures page on our website for a full list of events involving Brighton and Hove AC athletes <https://brightonandhoveac.com/events-fixtures/>.

For a full list of events across the county go to the Sussex Athletics fixture lists <http://www.sussexathletics.net/take-part/sussex-athletics-fixtures/>

## UPDATED KIT\*UPDATED KIT\*UPDATED KIT

Sue Riley and Linda King are usually at the Brighton & Hove AC clubhouse on Tuesdays and Thursdays from around 17:45 – 19:00. They stock items from the range of kit to try on and purchase.



If you have any queries about the new kit, contact Linda King or Sue Riley directly by Email:

[linda.king@brightonandhoveac.com](mailto:linda.king@brightonandhoveac.com)

[sue.riley@brightonandhoveac.com](mailto:sue.riley@brightonandhoveac.com)

Please note that we only take cash payments at this time.

Follow your club on Twitter @BrightonAthlete

Please send in your reports and achievements for us to include in newsletters:

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