

BRIGHTON & HOVE AC Newsletter

September 2019

Remember that all the latest news will now appear on the website www.brightonandhoveac.com and on Twitter @BrightonAthlete

On **Tuesday 24th September** 2019 the club is hosting the end of Summer awards evening for everyone. It is a chance to meet the Brighton and Hove Athletic Club family and hear about the amazing achievements of athletes of all ages during a brilliant Summer season.

Join us from 18:30 onwards. Bring your siblings, parents, partners, grandparents, friends and stay and celebrate the athletes receiving their well deserved awards. A buffet will be provided in the clubhouse.

This year there is also a raffle with the first prize a **one year's free membership** to Brighton and Hove AC. Second and Third prizes are '**Naughty and Nice**' hampers. Tickets are just £1, with all proceeds going to help the rehabilitation of one of our young athletes, 18- year-old [Noah Rees](#), who suffered catastrophic injuries after a freak accident in Brighton earlier this year. So please dig deep to support Noah.

Please spread the word and let's make this a brilliant evening.

Any donations of cake/food please contact Serena Smith, Competition Manager directly 07714 208468.

Thank you everyone 🏆🏆🏆🏆

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

[Four Podium Places at Combined Events Champs](#) Golds for Becky Owen and Dulcie Yelling at the Sussex and Surry Combined Events Championships. Silver for Alexander Ridley and Bronze for Fionn O'Murchu

[Kevin Rojas' 50k debut in Romania](#). Huge congratulations to leading Brighton & Hove AC endurance athlete Kevin Rojas who earned his first GB vest taking part in the IAU 50km World Championships in Brasov, Romania. Kevin finished 20th in 3:01.22.



[Julia Machin soars to another GB high jump record](#)

Congratulations to Brighton AC coach and athlete, Julia Machin, who broke her own British W45 high jump record on Saturday with a leap of 1.67m. Competing for the club at the last Southern Athletics League fixture of the season, Machin soared effortlessly over the record height and just missed out on 1.70m. (Watch a video of the jump [here](#)). The Cardinal Newman PE teacher is a former GB international high jumper. She has a best of 1.92m from 1990 and is ranked 11th on the UK all-time list.

UPDATE Julia has now bettered her record by jumping 1.70m

[Lizzie Korczak brought her a silver medal at the National Championships in August.](#) In windy conditions at Bedford, Lizzie threw 45.29m behind Basildon's Harriette Mortlock who won with 46.11m. In their 10 meetings, this was only the third time that Harriette had beaten Lizzie.

[Amber Purcell and Massi Campbell](#) both excelled themselves to achieve silver medals in the long jump at the South of England championships.

[Brighton & Hove's Jo Wilding and David Spencer](#) were two of the stars of the British Masters Championships taking a total of five titles between them.

[Victory for Tom Eames in his first international 1500m](#) Big congratulations to under 20 athlete Tom Eames who topped off his first international selection with a win for England South in the 1500m at the Welsh International. Tom ran 3:51.35 to take the win from Ben Reynolds. Watch a video of the end of the race [here](#).

For the full news archive visit the website: <https://brightonandhoveac.com/news-archive/>

TRACK SEASON ROUND UP* TRACK SEASON ROUND UP

U13 Sussex League and U13/15 Youth Development League

We were promoted to Premier 2 in the YDL league last year and rose to the challenge, holding our own finishing 3rd.

It was my pleasure to finish my three years as U/13 team manager by picking up the East Sussex league cup and seeing the team coming a credible 2nd to a strong Crawley side in the U/13 Sussex final. I have had a wonderful team and it's been a pleasure to watch the athletes gain confidence and flourish within what must be the happiest, most team spirited and definitely loudest team in Sussex. *Sarah Yelling, Team Manager*

U15 Sussex League

Brighton were unable to take the title from Crawley AC who made it 8 years. It was closer than in previous years with only 27 points between Crawley on 480 and Brighton and Hove on 453. Brighton and Hove had won the boys group by 3 points where Crawley dominated in the girls winning by 30.

Upper Age Group Youth Development League

Brighton & Hove AC YDL U17/U20 team ended the season with a home win for second place overall in the South Division 1A, less than 90 points behind Camberley and Woking AC – a composite team.

We had a great bunch of athletes across the four fixtures. Throughout the season it was a struggle to field full teams, due to the timings and clashes with A Levels and GCSEs. However, we had many exam-taking athletes who factored competing for the club into their revision schedules. You did yourselves and the club proud.

There were many strong performances and we would like to thank all the athletes who were willing to do events outside of their comfort zone to earn points for the team. We also thank all the qualified officials who scored valuable points for the club. *Kate and Mel, Team Managers*

Southern Athletics League

The SAL team came 3rd in the first year in division two (no promotion). A fantastic team effort with ever improving performances throughout the season. *Becky Owen, Team Manager*

Veteran's League

Women: With their new Team Manager, Jo Wilding the pressure was on for Women take the title again! Despite extreme weather conditions and a rather depleted team for the second fixture, they came through clear title winners after the three matches. Well done all!

Men: The men's team had a strong turnout throughout, from the unusually balmy Eastbourne through the 'damp' second match at Lewes, to the high summer home match at Lewes expertly organised by Mike Teague; there were even brochures!

We came second in the league; special mention to Loius Taub and Richard McGregor who jumped and threw anything. There were fine performances in the good conditions of the third match in the High jump by Chris Winter and 5000m by Craig Halsey. *Shaun Billing, Team Manager*

National/County or Club records broken this year

National Records	
Julia Machin, V45 Women's high jump	1.70m
Amber Anning, Indoor Women's U20 400m	53.0
Dulcie Yelling, U13 Javelin	44.02m
County Records	
Amber Anning, Women's U20 400m	52.18secs (Senior Sussex Record and 3 rd in all time U20 rankings)
Lois Dooley, Inter Girls 1500m steeplechase	5:15.8mins
Club Records	
Frankie D'Cruz U13 girls 70m hurdles	11.81secs
Ruby Adeyemi 100m U13 girls	13.26secs

VOLUNTEERS NEEDED*VOLUNTEERS NEEDED*VOLUNTEERS NEEDED

Sportshall Team Managers urgently needed! The club needs volunteers to become team managers for the Under 11, Under 13 and under 15 age groups for the 2019/20 Sportshall season. This would involve committing to the four fixtures and selecting teams in advance. The roles in each age group can be shared. Team managers choose teams and attend fixtures at Tanbridge House School in Horsham. Without managers there will be no teams, so if you are interested in supporting the club, please contact Richard Carter by email: rich_the_runner@hotmail.com

Track and field officials training Sussex AA is running a series of Officials Courses throughout the day of Sunday, September 29, at Wave Leisure, Lewes. Bookings for these can be online via England Athletics webpage <https://www.englandathletics.org/officiating/officiating-journey/>. If you can spare the time, please sign up to do this. Without officials we would not be able to stage athletics events. As a Club we are currently very low on numbers and desperate to increase. Cost of attendance can be reimbursed by the club.

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

Southern 6/4/3 Stage Relays, Crystal Palace Sunday 22nd September. The Team Manager for each age group will contact you about this and will select teams.

Sussex Cross Country Relays, Goodwood Race Course Saturday 28th September. The Team Manager for each age group will contact you about this and will select teams.

Sussex Cross Country League, Race 1, Goodwood Race Course, Saturday 12th October. Pay to enter on the day for all age groups under 11- Veterans!

THE BRIGHTON 10k

SUNDAY 17th NOVEMBER 2019 - 9:30 START

organised by Brighton & Hove Athletic Club



Join us at the seaside for this iconic autumn 10k race, now in its 36th year. The fast, flat course is ideal for runners of all levels and is held on traffic free roads.

Entry fees: until 16 August 2019 - UKA affiliated £18, unaffiliated £20.

17th August onward - UKA affiliated £20, unaffiliated £22.

entry limit 4,000 - entries may close prior to race day to allow delivery of numbers.

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/>

For information on a range of races from across Sussex visit www.sussexraces.co.uk/sussexraceseventplanner.html

Follow your club on Twitter @BrightonAthlete

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

Paula.blackledge@brightonandhoveac.com kate.van.beek@brightonandhoveac.com