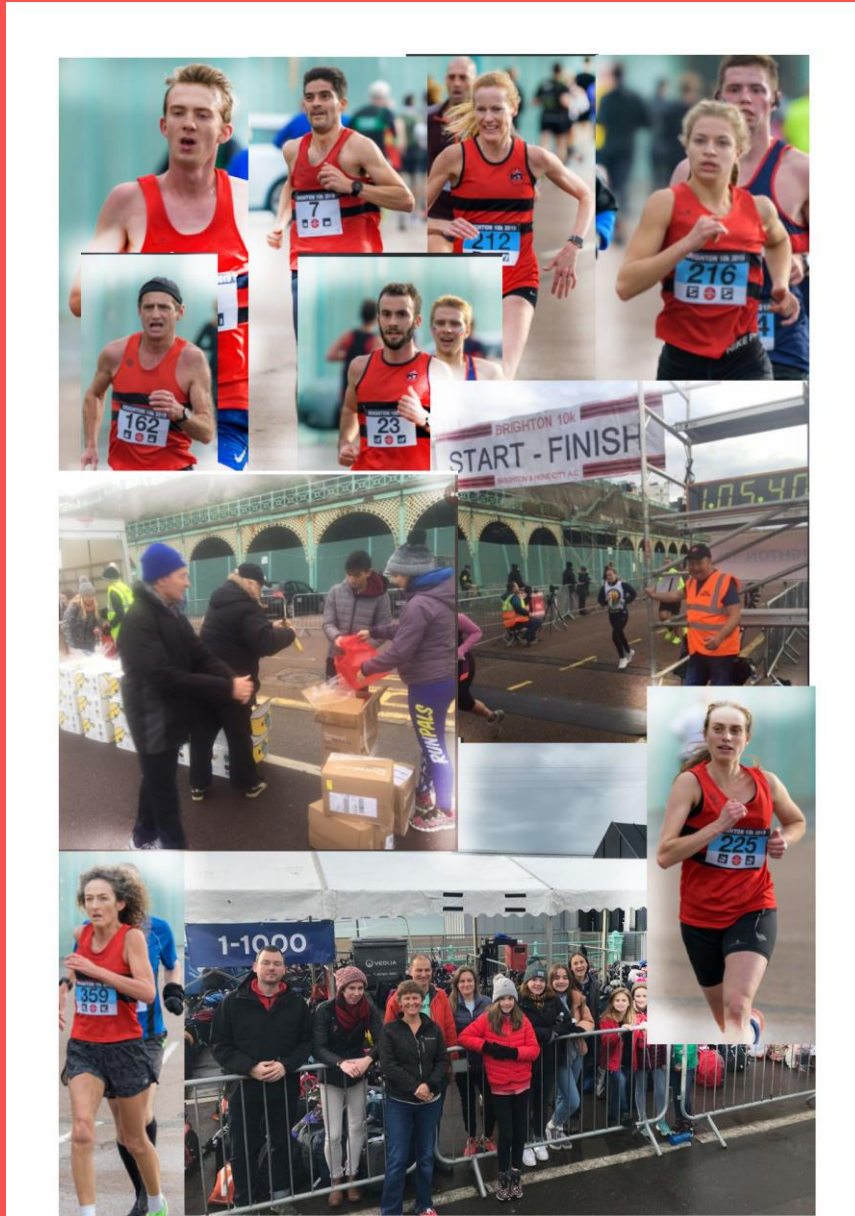


# BRIGHTON & HOVE AC Newsletter

November 2019

What a fantastic day at the Brighton 10k!!



Read the full club report here: <https://brightonandhoveac.com/a-brilliant-brighton-10k/>

The Run ABC report here: [https://southernrunningguide.com/news/brighton-10k-race-report-2019?fbclid=IwAR2V91steYUfcxNig\\_VOnBY2AqLyfifuDjPheIbiHCRIWrYxPtM\\_dl1hof8](https://southernrunningguide.com/news/brighton-10k-race-report-2019?fbclid=IwAR2V91steYUfcxNig_VOnBY2AqLyfifuDjPheIbiHCRIWrYxPtM_dl1hof8)

Full race results here: <https://results.sporthive.com/events/6592352123175226880/races/469081>

A massive thanks to all the Club members who stepped forward to help out on the day!

# BRIGHTON & HOVE AC Newsletter

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

Latest news always appears at [www.brightonandhoveac.com](http://www.brightonandhoveac.com) and on Twitter @BrightonAthlete

**Welcome to President Carter** Our club coach Richard Carter has been appointed President of Brighton, Hove and Portslade Schools' Athletics Association. Richard has taken over from B&H stalwart Reg Hook, who has stepped down after more than 50 years in the role. <https://brightonandhoveac.com/welcome-to-president-carter/>

**Bob Peel Death** Bob Peel was a long standing club member and a regular in the cross country, track and road running teams of the 70s and 80s. <https://brightonandhoveac.com/bob-peel-death/>

**Fantastic turn out for the club at Stanmer XC** An amazing 68 athletes represented Brighton and Hove AC at the second Sussex Cross Country league match in Stanmer. <https://brightonandhoveac.com/fantastic-turn-out-for-the-club-at-the-2nd-cross-country-league/>



**Cathy Masters the Marathon** Cathy Ulliott wins the British Masters V55 Marathon Championships <https://brightonandhoveac.com/cathy-masters-the-york-marathon/>

**Well done to the following athletes** who have been selected to represent Sussex at the South East Intercounties Cross Country in December. This is based on their performance in cross country so far this year: Dulcie Yelling, Rosie Gasson, Macy Brooking, Eleni Pistolas, Xanthe.Cox, Thomas Barnet, Jude Clayton, Thomas Matthews, Freddie Matthers, Eadie Yelling and Ruby.Wilson, Henry.Yelling, Lois Dooley and Ciara Muzio.

## Send us your 2019 highlights for next month's newsletter!

What have you been most proud of this year? Who has helped you the most? Who has inspired you the most? What hasn't gone so well? What has been your biggest challenge? What was your favourite event?

Submit your personal stories using this form before 15<sup>th</sup> December: <https://forms.gle/eoc1KaCkJVHcS8T3A>



Dear Club members and track users,

### Important announcement Re. PAYING AT GATE

In light of some recent queries we are sending out a reminder about fees for training at Withdean Stadium on Brighton & Hove AC club nights, which are Tuesdays and Thursdays. The club runs the gate and the money taken is used to pay for track hire, equipment, clubhouse maintenance, and all other costs related to running the club effectively all year round.

Perhaps through lack of understanding, some athletes are not paying their fees. This may be due to athletes gaining access to the track via the leisure centre/middle gate or via the far gate. Please remember that by not paying you are leaving others to cover the club's costs. Entry should only be via gate 5 off the main/lower car park.

From November we will be introducing a hand stamp on payment of fees.

Freedom Leisure has also confirmed that a Connect Card or other FL membership does **not** give free access to the track during Brighton & Hove AC's paid for sessions, as we run the track exclusively during these hours.

This is a reminder of the gate fees, which are payable per session:

**Members** Under 16 – £3.00 (ages 9-15); 16 and over £3.50

**Non-Members** Under 16 – £4.50 (ages 9-15); 16 and over £5.00

Regards, Brighton & Hove AC Committee

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

The winter team managers are as follows:

**U13-U17: Pete Witcomb** [peter.witcomb@brightonandhoveac.com](mailto:peter.witcomb@brightonandhoveac.com)

**Senior Women and Vets (male and female) Tom Ulliott:** [tom.ulliot@brightonandhoveac.com](mailto:tom.ulliot@brightonandhoveac.com)

**Senior Men: Howard Bristow:** [howard.bristow@brightonandhoveac.com](mailto:howard.bristow@brightonandhoveac.com)

**Sportshall (U11-U15): Richard Carter** [richard.carter@brightonandhoveac.com](mailto:richard.carter@brightonandhoveac.com)

Team Managers will email out requests for entries for team events. Messages are also posted on the Facebook groups: Brighton and Hove Athletics Club and Vet runners at Brighton and Hove Athletics Club.

Stanmer Sussex Cross Country League (Race 3)

**November 30th, Stanmer Park, Brighton BN1 9PY**

Southern Inter Counties XC AND Southern Vets XC

**December 7<sup>th</sup> Horspath Oxford** (Entries via team managers or Sussex selection)

Southern Indoor U15/U17/U20/Senior Combined Events Championships

**December 14th-December 15th Lee Valley, London**

[http://www.seaa.org.uk/images/2020/TFIND2020\\_Prospectus.pdf](http://www.seaa.org.uk/images/2020/TFIND2020_Prospectus.pdf)

Sportshall Sussex AA (Horsham League) Fixture 2 (U11-u15 age groups)

**December 15<sup>th</sup>, Tanbridge House School, Horsham RH12 1SR** (Entries via team managers)

South of Thames 7.5 mile XC

**December 21<sup>st</sup> Lloyd Park, Croydon** (Entries via team managers)

Sussex Senior Cross Country Championships

**January 4th 2020 Bexhill Leisure Centre** (Entries via team managers)

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/>

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

[Paula.blackledge@brightonandhoveac.com](mailto:Paula.blackledge@brightonandhoveac.com)