

December 2019



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

Latest news always appears at www.brightonandhoveac.com and on Twitter @BrightonAthlete



[Howard Bristow back to winning form at South East Masters Championships](#) A gold medal for our Veteran men at Horspath, Oxford and a first place finish for Howard Bristow.

[International honours for Tomer Tarragano](#) Tomer (pictured) has been selected to run for England in January at Stirling in the Home Countries International, which is combined with the British Athletics Cross Challenge.

Amber Anning (U20) has been selected for the [Athletics Olympic Futures Academy programme](#) following an outstanding season in which she broke the 49-year-old British indoor junior 400m record, gained her first GB Senior vest and was part of the silver medal winning relay team at the European Indoor Championships. Outdoors she was National under 20 400m Champion and a European U20 Championships silver medallist over 400m and gold medallist in the relay.

[Sussex Road Race Challenge](#) Brighton and Hove AC finished second overall behind Arena80 in this year's Run Store Road Race Challenge. Big well done to James Turner who finished second in the men's standings, and Paula Blackledge who finished 8th in the women's. In the [Sussex Grand Prix](#)- another road racing league, we had 3 athletes completing the required 6 races. Freya Leman finishing a fantastic 2nd place woman overall and winning the V40 category.

GIRL POWER!- A REPORT ON OUR JAVELIN THROWERS BY BOB WILLOWS



Firstly, let me say that despite the title I have a superb group of male throwers: Louis and Theo in the under 13 age group finished 6th and 11th respectively in the national rankings, Luke is an English Schools' (ESAA) medallist as is Edan, who is away at university at present, who won gold and a silver in that prestigious competition. Up and coming we also have Bruno, who shows great promise. However, it is the ladies of the group who are the super stars of Brighton javelin throwers!

Liz has won three consecutive English Schools' titles (one at u15 and two at u17) and she still has the opportunity to gain another two. The club record is four, held by discus thrower Claire Smithson. Liz won the Schools' international title in 2018 and was runner up this year and she was second in the national championships.

Through sheer determination and hard work under 15 Rachael achieved a bronze medal in this year's English Schools at Birmingham, with a huge personal best, which took her to 8th in the UK rankings. In August she came 7th in the national championships at Bedford.

Finally, Dulcie. She is a hugely talented all-round athlete who shines on the track, over cross-country and is now the British record holder for the under 13 girls javelin. Her throw at Southampton on a very windy, chilly day was phenomenal! She had barely finished winning a 1200m race, which proves that a three-lap jog is a great warm-up for the real event! Dulcie threw further than the old record on another three occasions over the summer, and is unbeaten as an under-13 for two years.

It is a shame that these three high fliers in the javelin world are not mentioned in the local press.

What these girls have in common is a steely will to win. Both Liz and Rachael achieved their medals at the English Schools with a final throw. This is backed up by the ability to perform at the events that matter at the highest level, and that is something as a coach you try to instil in them as they start their throwing careers.

I am a firm believer in squad training. It enables up and coming athletes to watch and learn from their squad mates. The likes of Lily, Maddie, Tilly, Diana and Jess all work on the same principals, the same work ethic and if they continue to show the promise I am seeing, the strength of the squad will continue.

In the squad there is no pecking order, all athletes are treated the same: they have learnt the hard way that praise is earned and there are no platitudes, if a "well done" is given, they have deserved it!

My ethos is simple. I will let anyone who wants to try javelin have a go, and if they enjoy it and want to continue they will be made very welcome. **All** of the athletes in the group started from scratch, not all showed early promise but what they did all want to improve. That is all I ask. I get as a big a buzz from a 20-metre thrower setting a new personal best as I do from those winning medals.

If you are interested in trying the javelin, Bob is at the track on Tuesday and Thursday nights, or he can be contacted via email bob.willows@brightonandhoveac.com

* UPCOMING EVENTS * UPCOMING EVENTS * UPCOMING EVENTS *

The winter team managers are as follows:

U13-U17: Pete Witcomb peter.witcomb@brightonandhoveac.com

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

Senior Men Howard Bristow: howard.bristow@brightonandhoveac.com

Sportshall (U11-U13) Richard Carter 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.

South of Thames 7.5 mile XC

December 21st Lloyd Park, Croydon (Entries via team managers)

Boxing Day Run– organised by the Jog Shop

26th December, 10.30am Preston Park, Brighton Run 1-4 laps of Preston Park, open to runners and walkers. £5 entry on the day. Proceeds to charity.

Sussex Senior Cross Country Championships

January 4, 2020 @ 10:00 am - 5:00 pm, Bexhill Leisure Centre TN39 4HS

- For senior (U20 upwards) and Vet athletes entries via your Team Manager.
- **For U17 athletes downwards entries via:**
https://data.opentrack.run/x/2020/GBR/sussex_xc/ (Deadline 28th December!
There are no U11 races, but if you are U11 you can run in the U13 race)

See this statement from Sussex Athletics www.sussexathletics.net/news/changes-in-the-xc-champs-a-message-from-the-chairman/

Southern Indoor U13/U15/U17 Championships

January 11, 2020 - January 12, 2020, Lee Valley, London

http://www.seaa.org.uk/images/2020/TFIND2020_Prospectus.pdf

Sussex Veterans Cross Country Championships

January 18, 2020, Combs Farm, Lancing (Entries via team manager- Tom Ulliott)

Sportshall Sussex (Horsham League) Fixture 3 (Entries via Team Manager)

January 19, 2020, 1:30 pm - 4:30pm, Tanbridge House School, Guildford Rd, Horsham

South of England Cross Country Championship (entries via Team Manager)

January 25, 2020, Parliament Hill, Hampstead Heath

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:

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