

January 2020

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

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



Elaine Carter

The club is deeply saddened to announce the death of former Club President Elaine Carter. Elaine, 74, had been ill for several years and her condition deteriorated just before Christmas. She died on Friday 24th January.

A Life Member of Brighton and Hove AC, Elaine was the driving force behind the Supporters' Club, alongside Carole Dale and Hazel Bristow, both of whom died last year.

She was a warm, fiercely intelligent, witty woman whom club coach Pete Witcomb described as, "one of the best, a truly lovely lady."

We send our condolences to Elaine's husband, B&H Olympian Chris Carter, whom she met aged 14 and supported throughout his illustrious running career, to their sons club coach Richard, and Andrew and to grandchildren Emma and Ben and the wider family. Funeral arrangements will be shared once finalised.

[Tomer pipped at the post at Parliament Hill](#) Tomer Tarragano missed out on the gold medal by the width of his running vest, in the under 20 Men's race at the South of England cross country Championships in London. Dulcie Yelling finished an amazing 10th place in the U13 girl's. Full results can be viewed [here](#).



[Amber breaks club record](#) Amber Anning has broken the Brighton & Hove AC Senior Women's 200m record she set in 2017. Running her first indoor race for Louisiana State University, USA, the teenager clocked 23.71 seconds to beat her previous best, by 5/100ths.

[Golden day for B&H AC V50 men at the Sussex Master's XC on Saturday](#) Our veteran runners had a fantastic outing at the tough, hilly Coombes Farm cross country circuit on Saturday, coming away with no less the team Gold in the men's V50-59 event, 4 individual silver medals and 2 more team bronze medals in the ladies V35-44 and V45-54 categories at the Sussex Masters.



Southern Success for B&H athletes Eleven Brighton & Hove AC athletes made their way to Lee Valley last weekend for the Southern U13/U15/U17 Indoor Athletics Championships and they brought back a number of medals and personal best performances. Star of the weekend was under-15 Amber Purcell who ran a PB of 8.39s in the 60m heat before going on to claim silver in the Long Jump (5.02m) and bronze in the Triple Jump (9.91m). Likewise U15 Fionn O’Murchu was a double medallist with an 800m bronze in 2:20.94 and another bronze in the Triple Jump (9.58m).



A sterling international XC debut for Tomer Congratulations to under-20 Brighton and Hove AC athlete, Tomer Tarragano, who finished fourth in his debut run for England at the Home Countries International in Stirling.

It was a tough race in windy and wet conditions on an extremely churned up course. Tomer was the third English runner home finishing just nine seconds behind his victorious teammate Thomas Keen. With three athletes in the top four England won the team competition

Three individual and 4 team golds round off an outstanding Sussex XC Champs for B&H There were many superb results from Brighton & Hove AC athletes in the first county championships of the new decade. We had three individual winners, including two from the same family. Well done to the Yelling siblings. Dulcie became under 13 girls champion and Henry was the U15 boys victor (*His twin sister Eadie won a fine bronze medal in the U15 girls race*). Later in the day under 20 Tomer Tarragano was a run away winner of the U20 men’s race. After many years of trying the Senior Men (pictured) were one of our teams crowned county champions!



Moore’s New Year victory in the Big Apple In a great start to 2020 Brighton & Hove’s Kevin Moore won the New York Road Runners Midnight 4-mile race, in a sparkling time of 19:46. The iconic race started to the sound of fireworks as the clock struck midnight.

Freya Leman takes international half marathon bronze at the Polar Night Half Marathon! This amazing night run takes place on snowy streets in Norway in the middle of the night. With no experience of running on snow Freya stormed to an amazing 3rd place, with team mate Lucy Rogers coming in 5th. Well done both of you!!

Schools XC success for B&H athletes

Report by Pete Witcomb

It was another excellent day at the Sussex Schools Cross Country Championships held in awful conditions at Waterhall on 14th January. In the four races held no fewer than 20 of our youngsters finished in the first 20. They have all been invited to compete for Sussex in the South East Schools Championships in Chelmsford.

In the year 8/9 girls race nearly half the Sussex team will come from Brighton. First home was Rosie in 8th, Xanthe 9th, Macy 10th, Sophie 15th, Esme 16th, Maddie 17th, Mollie 18th and Tilly 19th. In the year 8/9 boys race Alexander recorded his best ever performance finishing in 2nd place and was automatically selected to represent Sussex in the English Schools Championships in March. Also in the top 20 Fionn was 13th, Adam 15th and Jude 18th.

In the year 10/11 girls race Eadie had another excellent run in 4th and will join Alexander in the Sussex team. Not far behind came Ciara 8th, Emily 9th, Ella having her best run this season 10th, Ruby 14th and Lara 17th.

In the year 10/11 boys race Henry came 7th and was the first year 10 to finish and Archie having his best run this season came in 10th.

With four more in each age group to be selected, we still have several who have a chance to make the final selection, which I believe will be made in the next few weeks so the Chelmsford race will be the main race to aim for.

Well done to everyone who competed. You all did your schools and Brighton and Hove proud.

The full Sussex Athletics report can be found here: <https://www.sussexathletics.net/news/brave-youngsters-battle-at-waterhall/>



BRIGHTON & HOVE AC Newsletter

2019 TOP PERFORMANCES 2019 TOP PERFORMANCES*

So, I hope 2019 and was a good year for you all it was definitely a strong year for Brighton and Hove AC. We were going to pull together the top performances for the year into the newsletter, but decided it would take up too much room. Instead Melanie Anning has filtered on the Power of 10 to provided links to all the club rankings for 2019 by gender and age group.

I hope you enjoy looking at them and it gives you inspiration to get more pbs next year!

	Male	Female
U 1 3	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U13&sex=M&year=2019&firstclaimonly=y&limits=n	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U13&sex=W&year=2019&firstclaimonly=y&limits=n
U 1 5	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U15&sex=M&year=2019&firstclaimonly=y&limits=n	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U15&sex=W&year=2019&firstclaimonly=y&limits=n
U 1 7	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U17&sex=M&year=2019&firstclaimonly=y&limits=n	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U17&sex=W&year=2019&firstclaimonly=y&limits=n
U 2 0	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U20&sex=M&year=2019&firstclaimonly=y&limits=n	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=U20&sex=W&year=2019&firstclaimonly=y&limits=n
O V e r A L l	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=ALL&sex=M&year=2019&firstclaimonly=y&limits=n	https://www.thepowerof10.info/rankings/rankinglists.aspx?clubid=190&agegroups=ALL&sex=W&year=2019&firstclaimonly=y&limits=n

* 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.ulliott@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.

Southern Indoor U20/Senior Championships

February 1st - February 2nd, Lee Valley, 61 Meridian Way, Edmonton, London

Bexhill Sussex Cross Country League (race 4)

February 8th, Bexhill Leisure Centre TN39 4HS (Enter on the day)

Sportshall Sussex AA (Horsham League) Fixture 4

February 9th, Tanbridge House School, Guildford Rd, Horsham (Enter via team manager)

Sussex Indoor Track and Field Championships

February 15th- 16th, David Weir Leisure Centre, Middleton Rd, Carshalton

Brighton Half Marathon and Mini Mile races

23rd February, Maderia Drive, Brighton

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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