

May 2020

I hope you are all well and slightly lifted by the fact we now have permission to exercise outside as much as we want. Although the summer season should now be in full swing, we have no idea when we will be able to train and compete again. I hope this newsletter will provide some inspiration to get you out the door (or do some activity inside!).

## \*CORONAVIRUS UPDATES\* CORONAVIRUS UPDATES\*

**England Athletics** released a statement about the potential format for the track and field competition season if training is allowed to resume this year. Read the statement from Martin Rush [here](#).

All Sussex Athletics events have now been **cancelled until at least the 30<sup>th</sup> June**. This will be reviewed nearer this date. Read more information on this [here](#).

## \*NEWS\*NEWS\*NEWS\*

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



**[Suzanne Falmer- The greatest Sussex Athlete ever?](#)** Suzanne (Sue) Falmer (1934-2017) was an extremely successful Brighton and Hove AC discus and shot putt thrower. During her athletics career Suzanne competed in 35 international events including the Olympics and Commonwealth games. Read Reg Hook's history of Sue's achievements, was she the greatest Sussex athlete ever?

## **[Get to know B&H AC talented teenagers Tomer and Amber](#)**

Two of Brighton and Hove AC's young stars, Tomer Tarragano and Amber Anning, have recently featured in the [Sussex Athletics](#) lock down interview series. Find out how they began in athletics, what motivates them to continue and how they are training during the pandemic.





## [The Clayson family raise thousands for Rockinghorse Children's Charity](#)

A huge congratulations to Brighton and Hove AC athletics family, George, Lara, Joe and Jenny Clayson who have completed a socially distanced, marathon relay to raise money for Brighton children's charity Rockinghorse. The sporty family completed the 26.2 miles in 3:32.24 and raised an amazing £5565, smashing their initial target of £750.

## **Virtual Road Relays (4-8<sup>th</sup> April) report from Tom Ulliott (adapted from Brighton and Hove AC Facebook page)**

Over 30 Brighton and Hove AC athletes took part in this 'virtual' event that required athletes to run a 5k route of their choice anytime between these dates. With over 3,700 finishers, and some very competitive time, B&H AC featured well in team and individual placings.

In terms of actual TIME, we had 8 of our men all record sub 16 minutes, the fastest being a fabulous 14:37 from u20 Tomer Tarragano. Tomer was rewarded with a 4th placed u20 for his efforts and an age graded score of 88.8%. In terms of age grading we had an interesting mix as Tomer, our youngest man in the competition, was closely followed by Cathy Ulliott, our oldest lady in the competition, Cathy recording a time of 20:00 which translated to 88.4% age graded and 1st overall W55 in the event. In total we as a club had 17 of our 30 runners record times that translated to age gradings higher than 80%, and trust me 80% isn't easy to achieve, with the next 8 of the 30 scoring 76% or above, so a remarkable record of the strength in depth we have at the club at the moment.

In the age graded team event, our best 12 scores came out at an average of 85.6%, good enough for 14th overall with 10th placed team at 86.1%, so we were THAT close to a top 10 placing.

In terms of the more conventional results, our best 12 men's times were good enough to give us 16th place overall with 3 hours, 9 mins and 46 seconds, which incidentally works out at an average of circa 15:48 for each runner.

We really struggled to get enough senior ladies entered AND although we had 2 very strong u17s running, neither of them were allowed to be included in the scoring 6 for our senior ladies, hence our team of 6 comprised 5 vet ladies so did very well to finish in 45th place. In the overall vet men's race which comprised all vets from 40 upwards, with teams of 6 we had a fab result with overall 5th place in a time of 1:42:45, so an average of inside 17:08 each. and only a little over 2 mins behind the winning team. There was also a vet men 50 and above contest, where some of the runners scored in both this and the overall vets

# BRIGHTON & HOVE AC Newsletter

event, but in the v50 plus event we were 6th with our team of 4 averaging a fraction over 19 mins, not bad considering there were 2 guys aged 63 and a third aged 56 running alongside 'youngster' Morris Tarragano.

As for individual performances in the age groups, a selection of our top performances were as follows.....

Tomer Tarragano 4th u20

Craig Halsey 14th v40

Howard Bristow 9th v45

Morris Tarragano 12th v50

Mark Halls 15th v55

Pia Lewis 8th u17 lady

Lois Dooley 9th u17 lady

John Lowden 10th V60

Tom Ulliott 13th v60

Cathy Ulliott 1st v55 lady

Freya Leman 25th v40 lady

Paula Blackledge 20th v45 lady

Jeanette Kenneally 14th V50 lady

## \*USEFUL RESOURCES\* USEFUL RESOURCES\*

**England Athletics podcasts** <https://soundcloud.com/englandathletics>

**England Athletics Athletics @home:** Lots of useful resources and videos to keep you motivated <https://www.englandathletics.org/about-us/athletics-at-home/>

**British Athletics #athleticsathome** videos and tips from the pros  
<https://www.britishathletics.org.uk/news-and-features/athleticsathome-part-6/>

**World Athletics** Ideas for staying fit and healthy in lockdown  
<https://www.worldathletics.org/be-active>

**[At home challenges](#)** for children from **England Athletics**.

**[Runner's World Advice](#)** on how to stay fit, sane and injury-free during coronavirus.

Please send any updates or things you have been doing to keep yourself active for the next newsletter to:

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