

# BRIGHTON & HOVE AC Newsletter

June 2020

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

England Athletics are regularly updating their Coronavirus FAQs

<https://d192th1lqal2xm.cloudfront.net/2020/06/England-Athletics-FAQs-for-Coronavirus-10.06.20.pdf>

Read the 16<sup>th</sup> June update on competition planning <https://www.englandathletics.org/athletics-and-running/news/update-on-competition-planning-2020/>

UK Athletics confirmed that the outdoor track and field competition year will be extended from 30 September 2020 to 31 October 2020. <https://bit.ly/37p3jJm>

**Athletics in Sussex.** At present All Sussex athletics has been cancelled until at least the end of July. All Championships including the September multi events have been cancelled.

We are waiting to hear from Freedom Leisure re the reopening of facilities, however, this may not happen any time soon and as a club we could only go back to training if we can ensure social distancing and the safety of all participants and coaches.

It is possible there may be some competitions organised by the county towards the end of the season however, everything is dependent on safety. It is also highly likely that even if it is safe to compete in some form, there will not be enough officials to cover meetings. As you know the county regularly asks for more support and as many of our officials are in their 70s and 80s they could still be isolating.

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

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



BRITISH ATHLETICS STAND WITH OUR  
ATHLETES, COACHES, STAFF, VOLUNTEERS,  
OFFICIALS AND FANS AGAINST RACISM.

WE ARE INCREDIBLY PROUD THAT OUR SPORT  
REPRESENTS AND REFLECTS SOCIETY;  
EVERY CORNER OF THE COUNTRY,  
EVERY BACKGROUND, AND THE CULTURAL  
DIVERSITY WITHIN OUR COMMUNITIES.

BUT, WE RECOGNISE THAT IS NOT ENOUGH ON ITS OWN.  
AS A SPORT, AND AS PEOPLE,  
WE COLLECTIVELY NEED TO DO BETTER  
TO BRING ABOUT CHANGE.

**BLACK LIVES MATTER.**

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In the aftermath of the [#GeorgeFloydMurder](#) [@BritAthletics](#) has invited athletes, coaches, officials, fans to online round tables to Talk About Race' To register, email [EqualityDiversityInc@uka.org.uk](mailto:EqualityDiversityInc@uka.org.uk) with the subject 'Let's talk about Race.'

The Backstraight boys and girl Track and Field podcast of 14<sup>th</sup> June featuring Olympian Chris Lambert is dedicated to the Black Lives Matter movement and what it means in our sport.



Veteran athlete Linda Schofield runs the fast V45 leg at both the European and British Masters Virtual Relays <https://brightonandhoveac.com/linda-shines-at-european-masters-virtual-5k-relay/>

To go along with her European win later in the month Linda also ran the fastest leg in her age group at the British Masters Virtual Relay. Her fantastic 5k in 17.32 secured the bronze team medal for the Brighton and Hove V45-54 women's team! <https://www.athleticsweekly.com/event-news/british-masters-in-virtual-relays-action-1039930597/>

**From Twitter @brightonathlete** Six Brighton and Hove AC took part in a virtual javelin competition . The results were amazing, and with five officials the distances are bonafide, even if they won't count in national rankings! U20 Liz Korczak:41.67m, U17s Rachael Wall:37.03m & Lily:25.52m, U15s Dulcie:36.80m, Louis:35.74m & Tia-Joy:34.92m.



Chris Carter with eight-year old Richard *reghook*

## Athlete profiles: Chris Carter and Hugh Foord

There are some great athlete profiles being added regularly to the Sussex Athletics website, as well as inspirational interviews with current athletes.

Here are two of Brighton and Hove ACs stars of days gone by!

<https://www.sussexathletics.net/news/nearly-eighty-years-of-running/>

<https://www.sussexathletics.net/news/chris-carter-seventy-years-of-athletics/>

## \*CLUB SURVEY - RESULTS\*

Firstly, huge thanks to those who gave their time to respond to the recent Club survey. The response rate was 43.5% which exceeded expectations and shows that the Club is important to its members. Interestingly, the response rate on behalf of 9- to 10-year olds was only 25%, even though it should have gone to the parents not the children.

For the statisticians amongst you, we are aware that the survey would not stand up to scientific scrutiny. For example, we have no way of knowing if individuals submitted more than one reply. Indeed there were some duplicated word-for-word comments but we are assuming that these came from parents of several children or members of the same household. Some respondents are both athletes and volunteers or coaches and we can't know in which capacity they answered. However the software was free to use and gives a good gauge of the members' views, which is more than we had previously.

To remind you, questions were about Withdean training, competition, social side, clubhouse and communications, both the importance of these to the member and how well the club does. Scoring was from 1 (lowest) to 5 (highest). Respondent categories were ages 9-10, 11-16, 17-34, over-35 (veteran) and volunteers/coaches/Life Members.

### **So what did we find out?**

Firstly, across the whole membership, all questions had a response range from 1 to 5. This was a surprise and shows that individuals belong to the Club for very different reasons and also rate the Club's performance very differently.

Secondly, scores for importance were generally lower than those for performance. Were respondents trying not to be too critical? The social side of the Club did not follow this pattern.

Most people answered most questions.

So now by category:

#### Training at Withdean

Younger age groups (9-10 and 11-16) rate this training as more important and better provided. This was to be expected although older members are not all dissatisfied. We are aware that the Club could use some more coaches for adults.

#### Club Competition

Not everyone wants to compete but it is a motivation and target for many, not excluding coaches. Club provision scored above 4 except for the 17-34 age group with 3.8.

#### Social

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Here performance scores dropped to a low of 2.6 (average) for the veteran age group. However importance also fell. We once had a social organiser but she left to produce a family. There is a vacancy here if anyone would like to take it on.

## Clubhouse

This is of most importance to volunteers/coaches/Life Members! Performance is rated as mediocre. There were a number of useful suggestions for improvement.

## Communications

These are slightly more important to older age groups and especially to Club volunteers. We have clearly improved considerably in the past couple of years but there is still work to do.

In summary, this has been a very useful exercise and the committee will now consider ways in which we can improve the Club. We will take on board all of your comments and thank you for the many constructive suggestions. Some things, although desirable, will not be possible without further manpower but we'll do our best now we know what members want.

Finally, despite our failings, can I remind members that the Club is run entirely by unpaid volunteers. If anyone has the time and inclination to join us, please contact Sarah Hewitt for coaching ([sarah.hewitt@brightonandhoveac.com](mailto:sarah.hewitt@brightonandhoveac.com)) or Bob Willows for anything else ([bob.willows@brightonandhoveac.com](mailto:bob.willows@brightonandhoveac.com)).

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

**England Athletics Virtual 5K Road Running Champs 11-13 July 2020.** Entries for this are now open and details can be found here <https://www.englandathletics.org/athletics-and-running/england-competitions/virtual-competitions/virtual-5k-champs/>

**30 minute challenge** How far can you run in 30 minutes Weekly 30 mins challenge <https://www.englandathletics.org/athletics-and-running/england-competitions/weekly30-run-challenge/>

**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/>

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**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.

## Offers and discounts

**The Jog Shop** in George Street, Brighton is owned by Sam Lambourne - a veteran athlete and marathon coach at our club. If you take proof to the that you are a B&H athlete you will receive a discount.

We are also affiliates of **NEUFF Athletics**, long standing suppliers of Athletics equipment. For every purchase they will give a commission to the club which can be used towards buying athletics equipment in the future. Go to: <https://www.neuff.co.uk/> Use the Promo code: **BRIGHTONHOVEAC**

Finally, we are looking for somebody to take over and run the B&HAC Instagram account. If you are interested in regularly updating information and sharing club news via Instagram, please contact [melanie.anning@gmail.com](mailto:melanie.anning@gmail.com)

Please send any updates or things you have been doing to keep yourself active for the next newsletter to: [paula.blackledge@brightonandhoveac.com](mailto:paula.blackledge@brightonandhoveac.com)