

BRIGHTON & HOVE AC Newsletter

August 2020

CORONAVIRUS UPDATES* CORONAVIRUS UPDATES

England Athletics are regularly updating their Coronavirus guidance. Here is the latest update from 4th August <https://www.englandathletics.org/athletics-and-running/news/return-to-competition-update-guidance-for-competition-from-8-august/>

Athletics in Sussex. There will be some Covid safe track events beginning to appear. Sussex Athletics is planning an open Track and Field meeting at Withdean Stadium on 4th October, and there will be a jumps festival at the Lewes track on 12th September. Keep an eye on the Sussex Athletics website for more details www.sussexathletics.net.

NEWS*NEWS*NEWS

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



Read the important information about returning to track training. Please note athletes should only attend if they have been invited by their coach. More details on the website: <https://brightonandhoveac.com/covid-secure-training-back-at-withdean-stadium/>



Athlete spotlight Lizzy Korczak. Read Kate Matthews interview with Brighton and Hove AC thrower, Lizzy about training and the changes she made to her training during lockdown www.sussexathletics.net/news/athlete-spotlight-lizzy-korczak/

Sussex Schools Virtual competition. Some of the younger Brighton and Hove AC athletes (competing on behalf of their schools) took part in these virtual games held on 15th July. www.sussexathletics.net/schools-news/sussex-schools-stars/

400m star **Amber Anning**, has been back from the USA and training in Brighton during lockdown. Whilst here she has been making the news, with an interview with Dina Asher-Smith in the Telegraph and a feature on BBC South East news. Both are available on our website <https://brightonandhoveac.com/amber-and-pat-star-on-bbc-news/> .

At the moment England Athletics are running their **Athletics Field Official training** as online events (www.englandathletics.org/officiating/officiating-journey/officiating-journey-step-1/). Brighton and Hove AC are always looking for more officials, so if you are interested please contact Head Coach Sarah Hewitt sarah.hewitt@brightonandhoveac.com

USEFUL RESOURCES USEFUL RESOURCES*

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/>

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

At home challenges for children from **England Athletics**.

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

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