

Brighton and Hove athletic club annual report 2019

As usual I will be giving details of the club's and its athletes' performances over the year: there have been many successes both at club and individual levels and we should be proud of our achievements. We have had two National age records this year: major achievements by a club of our size, many larger clubs have not managed this feat. The first record to fall was to **Amber Anning** with an indoor 400m record for under twenty women and the second was to **Dulcie Yelling** in the under 13 girls javelin: the club is hugely proud of their achievements. Amber has now moved to university in America and we wish her more success over there: Dulcie will hopefully continue to excel at all the events she does and we will watch her progress with great interest.

I will now work my way through the year month by month:

The first events on the main athletics calendar are the County cross country Championships and we continued our tradition of gaining team and individual titles:

Under 11 boys: **Tom Mathews 2nd**

Under 13 boys: **Alex Riley 3rd Team 1st (A.R. Jude Clayton Adam Mehew).**

Under 15 boys: **Archie Rowles 3rd Team 3rd (A.R. Henry Yelling Will Matthews).**

Under 20 men: **Tomer Tarragano 1st team 1st (T.T. Joe Clayson Sam Wilkinson).**

Senior men: Team 3rd (**Kevin Moore, Howard Bristow, James Turner, Will Cork, Will Gray, Phillip Stevenson**).

Under 13 girls: **Dulcie Yelling 2nd. Team 1st (D.Y. Rosie Glasson, Macy Brooking).**

Under 15 girls: **Poppy Palmer- Malins 3rd. Team A 1st (PPM Eadie Yelling Bertie Brooking).**

Team B 3rd (**Ruby Wilson, Ella Matthews Rebecca Losh**).

Under 17 women: **Lois Dooley 2nd. Team 1st (L.D. Pia Lewis, Gracie Bernard).**

This gives 4 team titles and 1 individual title (great run by Tomer). A good performance by our runners: not quite up to last year but still a fine effort by all.

Following this the veterans had their championship where we had more success:

Men over 40's **Howard Bristow 1st Team 2nd (H.B. Thomas Ireland, Louis Taub, Robin Sutherland).**

Men over 50's **Morris Tarragano 2nd. Team 1st (M.T. Dave Benton, Keith Newton).**

Men over 60's: **John Lowden 1st Team 1st (J.L. Tom Ulliott, Frank Ward).**

Women over 55's **Cathy Ulliott 3rd.**

In the midst of the cross country season the Sussex indoor track and field Championships were held at Sutton Arena in conjunction with the Surrey Championships. Although not very well attended the club athletes who did enter gained several medals:

Under 13 girls: 60m	Elodie Bradley	3 rd 9.01s
" " LJ	" "	3 rd 3.99m
" " boys: LJ	Louis Opuku	3 rd 3.60m
" 15 girls: 60m	Keira Paterson-Jewell	3 rd 8.70s
" " " 60mh	Katie Ridley	2 nd 10.26s
" " " LJ	Amber Purcell	2 nd 4.67m
" " " "	Katie Ridley	3 rd 4.66m
" " boys: LJ	Isaac Kofi Obeng	2 nd 4.98m
" 17 girls: 60mh	Lucy Kirby	2 nd 10.25s
" " " LJ	" "	3 rd 4.53m

Under 17 girls:	LJ	Lucy Kirby	3 rd	4.53m
" " "	HJ	" "	2 nd	1.30m
" " boys:	HJ	Tom Ridley	2 nd	1.70m
" " "	"	Torin Seagrove	3 rd	1.70m
" " "	TJ	" "	1 st	12.05m
" 20 women:	LJ	Francesca Walmsley	1 st	5.02m
" " "	"	Ruth Noble	2 nd	4.57m
" " "	"	Anna Dornbusch	3 rd	4.35m
" " Men:	HJ	Harry Reinecker-Found	1 st	1.95m
" " "	SP	Noah Rees	1 st	12.80m
" " "	"	Leo Walker	2 nd	9.73m
Senior women:	60m	Merel Koemans-Collado	1 st	8.74s
" "	60mh	" " "	1 st	

The next major event was the Sussex Road Relay Championships: we put out many teams, particularly in the lower age groups which again shows the depth of the club.

Under 13 girls: A team 1st **Dulcie Yelling, Rossie Gasson and Mollie Barratt.**
 " " " B team 3rd **Macie Brooking, Xanthe Cox and Sophie Packham.**

Mollie ran the 2nd fastest leg of the race and Dulcie the 3rd quickest.

The C team finished in 6th place, the D team 12th and the E team 15th. A fantastic performance by every runner!

Under 13 boys: A team 3rd: **Alex Riley, Jude Clayton and Adam Mehew.**

The B team finished in 8th spot and the D team 12th

Under 15 girls: A team 2nd: **Ella Matthews, Eadie Yelling and Poppy Palmer-Malins**

" " " B team 3rd: **Lacey Fowler, Ruby Wilson and Ciara Muzio.**

The C team came 11th and the D team 14th: Poppy ran the 2nd fastest leg on the day.

Under 15 boys: A team 3rd: **George Taylor, Will Matthews and Henry Yelling**

The B team finished in 12th place: this means we had 45 runners in these two age groups a splendid performance by them and their managers.

Senior women: the under 17's, 20's and seniors run as one and we had the A team in 5th place and the B team in 14th. Lois Dooley ran the 2nd fastest leg by an under 17.

Senior men: team 2nd: **Tom Niner, Kevin Moore, Stephan Ferroni, Tom Eames, Tomer Tarragano and Will Cork.** Tom Niner ran the 2nd fastest leg by a senior and Tom Eames ran the 3rd fastest by an under 20.

Veteran men 40's: Team 1st: **Howard Bristow, Louis Taub, Matt Bristow, and Craig Halsey**
 Howard ran the fastest leg with Craig 2nd fastest.

Vet 60's: Team 1st: **Frank Ward, Tom Ulliott and John Lowden** John ran the fastest leg and Tom the 3rd.

Veteran women 40's: team 3rd: **Jeanette Kenneally, Freya Leman and Paula Blackledge**

Vet 50's: Team 3rd: **Tamsin Shasha, Cathy Ulliott and Julia Chi-Taylor.**

With the end of the cross country and road races the first major event of the track and field season is the County Championships. With a reasonable numbers entering these were again a good hunting ground for our athletes. The under 13's have their own Championships later in the year but the youngsters have the minithon to compete in at these games:

Under 13 girls: **Dulcie Yelling** 76points/ 2nd **Libby Russell** 73p

Under 13 boys: **Noah mason** 2nd= 63points

The following list is all of the medallists but there were also many other fine performances and P.B.'s

Under 15 girls:	75mh	Katie Ridley	1st
	800m	Mollie Barratt	1st
	1500m	Eadie Yelling	2 nd
	Long jump	Katie Ridley	3 rd
	Triple jump	Amber Purcell	1 st
	Shot Putt	Kathleen Kearney	3 rd
	Discus	“ “	2 nd
	Javelin	Rachael Wall	1 st .
	4x100m relay		1st

Under 17 girls:	300mh	Lucy Kirby	2nd
	100m	Ruby Anning	3 rd
	200m	“ “	1 st
	800m	Poppy Palmer-Malins	2 nd
	1500m	“ “ “	2 nd
	“	Lois Dooley	3 rd
	Long Jump	Kelsey Sutherland	3 rd
	Triple Jump	“ “	1 st
	Hammer	Emma Carter	3 rd
	Javelin	Elizabeth Korzcak	1 st
	“	Chardonay Bowles	2 nd

Under 20 women:	200m	Wiktoria Arasztowska	3 rd
	400m	Anna Dornbusch	2 nd

Senior Women:	200m	Jo Wilding	2 nd
	5000m	Martha Coyle	2 nd
	High Jump	Julia Machin	1 st
	Triple Jump	“ “	1 st
	“ “	Annie Close	2 nd
	Shot Putt	Julia Machin	1 st
	“ “	Sarah Hewitt	3 rd
	Discus	“ “	1 st

Under 15 boys:	80mh	Ethan West	2 nd
	300m	Adam Mahew	3 rd
	1500m	Henry Yelling	3 rd

Under 15 boys. cont.	High Jump	Thomas Wells	2 nd	
	Long Jump	Isaac Kofi Obeng	1 st	
	Discus	Alex Riley	1 st	
	Shot Putt	“ “	1 st	
	Javelin	Josh Clarke	2 nd	
	“	Oscar Lilley	3 rd	
Under 17 boys:	400mh	Michael Shaw	2 nd	
	400m	Alex Pert	2 nd	
	800m	Adam Firsht	2 nd	
	Long Jump	Arthur Haines	1 st	
	“ “	Seb Wallace	2 nd	
	“ “	Massimiliano Campbell	3 rd	
	High Jump	Tom Ridley	1 st	
	“ “	Torin Seagrove	2 nd	
	Discus	Will Jump	3 rd	
	Javelin	Luke Twigger	2 nd	
	“	Bruno Baker	3 rd	
	Under 20 Men:	100m	James Martin	3 rd
		200m	“ “	2 nd
“		Max Brazier	3 rd	
400m		“ “	1 st	
“		Daniel Dunlop	2 nd	
800m		Tom Eames	1 st	
“		Daniel Dunlop	2 nd	
“		Sam Wilkinson	3 rd	
1500m		Joe Clayson	2 nd	
5000m		Tomer Tarragano	1 st	
Long Jump		Rafe Brooks	1 st	
High Jump		Harry Reinecker-Found	1 st	
Discus		Leo Walker	1 st	
Shot Putt		“ “	1 st	
Javelin		Adam McConnell	2 nd	
Senior Men:		800m	Tom Niner	1 st
	5000m	Stephan Ferroni	1 st	
	“	Howard Bristow	3 rd	
	High Jump	Simon Hewitt	1 st	
	Discus	Arpad Vermes	2 nd	

To save you counting that is 28 golds, 26 silvers and 18 bronze medals: a great weekend's work by the club's athletes. A special mention to the three under 17 boys cleaning up all the medals in the long jump and the same to the under 20 men in the 800m!

The veteran athletes then had their Championship at Kingston: for a full list of results see the Sussex website. At these Championships our athletes gained 18 gold medals, 4 silvers and 2 bronze, another fine performance from our older athletes.

Several of our athletes competed in major marathons: **Chris Mallinson** was the only Brighton athlete to dip below 3 hours in the Brighton marathon.

At the London marathon **James Turner** ran a superb 2h. 25m.26s, **Phil Stephenson** ran 2h 31m.15s and **Craig Halsey** was also under 3hours with a time of 2h.42m.45s.

Our fastest lady was Freya Leman in 3h.17m59s: well done to them and all the other club athletes who took part.

During the season we are involved in several leagues: YDL (youth development league), SAL(Southern Athletics League) and the two age group Sussex leagues (under 13's and 15's). In the YDL (splint into lower: u13/15's and upper u17/20's) we had very steady seasons with the lower age group finishing in 3rd place with 3x 3rd place finishes and a 4th which means that we retained our position in the Premier league for 2020. The upper age group fared better when finishing in 2nd place: again retaining their league position for next year: they had a 4th, 3rd and 2x2nd place finishes. The highlight in all of these matches was the British record For **Dulcie Yelling** at the first lower age group match at Southampton.

As expected we won all of our Sussex East league matches both in the under 13's and 15's but the finals involve the teams from West Sussex and these would be much tougher, (there will be more later on in this report).

The SAL team finished in 3rd place in a very competitive division and despite having two 1st places in matches a 3rd at the first match saw them lose out to local rivals Eastbourne and Tonbridge.

The next major event was the under 13 County Championships held at Withdean. This is always one of the best events of the summer because of the involvement of the parents aided by their proximity to the action. As for the senior Championship earlier I am highlighting the medallists but there were many other fine performances.

CBP= Championship Best Performance

Girls:	75mh	Francesca Robertson D'Cruz	2 nd	11.81s	
	100m	Ruby Adeyami	1 st	13.26s	CBP
	200m	" "	2 nd	27.65s	
	"	Francesca Robertson D'Cruz	3 rd	28.77s	
	800m	Pearl Pennington	3 rd	2m 32.50s	
	1500m	Dulcie Yelling	1 st	5m 05.54s	CBP
	4x100m R		2 nd	57.43s	
	Long Jump	Francesca Robertson D'Cruz	2 nd	4.59m	
	" "	Stella Kalman	3 rd	4.37m	
	High Jump	Libby Russell	3 rd	1.35m	
	Discus	" "	2 nd	22.68m	
	Javelin	Dulcie Yelling	1 st	37.97m	CBP
	Shot Putt	" "	2 nd	7.67m	
	" "	Masha Mann	3 rd	7.52m	
Boys:	75mh	Max Willemse	3 rd	13.09s	

100m	Noah Mason	2 nd	13.26s
800m	Ruben D'Carlo	3 rd	2m 26.34s
1500m	Thomas Matthews	2 nd	4m 51.47s
"	Jude Clayton	3 rd	4m 52.99s
4x100m relay		3 rd	57.15s
Long Jump	Noah Mason	3 rd	4.47m
High Jump	Max Willemse	1 st	1.37m

As per the senior Championships the younger (under 11's) have their multi event Championships called the quad kids, another highly popular event with very good entry numbers. In the girl's event Julieana Walsh was tied in first place with 227 points: in the boy's event Archie Pilkington was 3rd with 245 points: we had 9 girls and 10 boys entered which is a very good percentage of the total entries. With good weather and a large, appreciative crowd this was a very good Championship held at the best stadium in the county.

In June our school age athletes competed at the Sussex Schools Championships with their eyes firmly on qualification for the finals at Birmingham: 15 athletes achieved this goal, the following are those athletes and what they achieved in the finals.

Junior (under 15's) Intermediate (under 17's) and seniors (under 19's)

GIRLS:

Elizabeth Korczak	I.G. Javelin	1 st *	47.70m
Rachael Wall	J.G. Javelin	3 rd	38.60m
Kelsey Sutherland	I.G. Triple jump	6 th .	11.52m
Lois Dooley	I.G. 1500m steeplechase	7 th	5m 16.77s
Ruby Anning	I.G. 200m	heat	26.16s
Mollie Barratt	I.G. 800m	heat	2m 23.08s
Tom Eames	S.B. 1500m	4 th	3m 54.32s
Leo Walker	S.B. Discus	7 th	40.21m
Tom Ridley	I.B. High jump	7 th	1.82m
Tomer Tarragano	S.B. 3000m	7 th	8m 39.21s
Louis Goffin	S.B. Triple jump	7 th	13.43m
Torin Seagrove	I.B. High jump	11 th	1.77m
Seb Wallace	I.B. 100m Hurdles	heat	14.14s
Adam Firsht	I.B. 800m	heat	1m 58.29s
Arthur Haines	I.B. Long jump	heat	6.10m

* This was Lizzy's third English Schools title in a row.

The club supplied a quarter of the Sussex team at the Championships which is a superb display of the talent we have at present.

As the track and Field season drew to an end we hosted the Sussex under 15's final at Withdean and as usual it was a battle between us and Crawley: sadly we lost this encounter by 27 points and this result would be repeated in the under 13 final held two days later at K2 but this time by a much larger score where we trailed at the end by 43.5 points. We had some good results but we could not match the greater all round strength of Crawley. In the under 15 final **Ethan White** score a double victory in the hammer and discus whilst in the

under 13 final **Dulcie Yelling** won both the 600m and the javelin. **Dulcie** finished her era as an under 13 undefeated in all competitions over the two year period, a superb performance.

Kevin Rojas gained a well-deserved G.B. vest when competing in the World 50K Championships on the 1st September: many congratulations to Kevin.

The final major event is the multi event Championships held at Sutton in early September: few of our athletes entered but those who did all medalled.

Dulcie Yelling won the under 13 pentathlon, **Alex Riley** finished 2nd in the under 15's and **Becky Owen** won the senior women's event: this was Becky's last athletics event having to retire due to damaged eye sight, she will be greatly missed.

So as the track and field season closed the cross country and road season re-opened: as usual the first major event is the Goodwood cross-country relays. The teams gave some terrific performances and we again dominated the event with both number of participants and finishing positions.

Under 13 girls: A team 2nd, B team 4th, C team 8th and D team 10th. **Dulcie Yelling** (that name keeps cropping up!) ran the fastest leg on the day.

Under 13 boys: A team 6th, B team 11th.

Under 15 girls: A team 4th, B team 5th, C team 16th

Under 15 boys: A team 3rd, B team 9th, C team 16th.

Under 17 women: A team 2nd, B team 3rd, C team 6th. 9 superb team effort.)

Under 17 men: A team 2nd.

Senior women: A team 3rd.

Senior men: A team 1st

Veteran women over 35's A team 4th Vet 45's 2nd

Veteran men over 40 A team 2nd.

Two weeks later we went back to Goodwood for the first of the Sussex cross-country league races where again we did really well:

The under 11's race as individuals there is not a team event.

Under 11 girls: 1st **Julieana Walsh**

Under 11 boys: 2nd **George Gilbert**.

Under 13 girls: 1st **Dulcie Yelling**. Team 2nd.

Under 13 boys: 6th **Jude Clayton**. Team 2nd.

Under 15 girls: 3rd **Eadie Yelling**. Team 2nd.

Under 15 boys: 8th **Henry Yelling**. Team 3rd

Under 17 boys: 6th **Patrick Connolly**. Team 3rd

Senior women Division 1: 4th **Linda Schofield**. Team 2nd.

“ “ “ 2: B Team 1st, C team 4th, C team 11th.

Senior men Division 1: 2nd **Will Cork**. A team 1st, B team 6th

“ “ “ 2: C team 7th.

Veteran women: Team 5th

“ Men: 3rd **Howard Bristow**. Team 1st.

In the two following league races the teams continued to perform well and at the end of the year the teams were well placed for the top places when the leagues conclude in February. This list of club achievements shows that we are a club with a huge range of

talented athletes that encompass the whole of athletics: track and field, cross country, road racing, and marathon and with an age range from 9 years to 85!

The club uses Power of 10 to rank our athletes and those who finish the highest in their age groups are given the club's major trophies of the year: In 2019 we had three athletes finish in top place nationally and another four in the top ten, a superb display of our current strength. We must thank the coaches who work tirelessly behind the scenes and also the dedicated team of officials who run the club on a day to day basis meaning that when people come to train everything is in place for them to be able to concentrate solely on their performances.

MAJOR AWARD WINNERS FOR 2019.

Age group	Name.	event	national ranking
Under 13 girls:	Dulcie Yelling	Javelin	1 st
Under 13 boys:	Louis Opoku	Javelin	5 th
Under 15 Girls:	Rachael Wall	Javelin	8 th
Under 15 Boys:	Ethan White	Discus	37 th
Under 17 Women:	Elizabeth Korczak	Javelin	2 nd
Under 17 men:	Tom Ridley	High jump	12 th
Under 20 women:	Amber Anning	400m	1 st
Under 20 men:	Edan Cole	Javelin	5 th
Senior women:	Katie Garland	Heptathlon	14 th
Senior men:	James Turner	Marathon	42 nd
Veteran athlete:	Julia Machin	High jump	1 st

Finally the award for official of the year was awarded to **Graham Ingram** for his sterling efforts at most of the club's fixtures during the year despite having major surgery.

On the topic of officials we have had a large increase in people taking courses and this will, and has, made a huge difference when we supply officials for league fixtures. If you feel you would like to also take up officiating then please see a committee member for details, we can never have enough!

If you have waded through all of this report, well done! It is a lot but as a club we do a lot and we should be proud of our achievements. If we miss a lot of 2020 due to the virus crisis then so be it, we will return, hopefully fully fit and ready for whatever comes next. STAY SAFE, STAY WELL, STAY FIT.

Bob Willows club secretary.

