

BRIGHTON & HOVE AC Newsletter

September 2020

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-witdean-stadium/>

Reminder: When signing-in in the clubhouse please remember to wear your mask!

Corona virus updates from England Athletics

Athletics and running will not be affected by new corona virus restrictions announced by the government on 22nd September, read the guidance from England Athletics here: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-23-september/>



Another World Record for Julia Machin! Huge Congratulations to W50 Julia Machin whose 1.66m, High Jump in the BIGish event at Chelmsford is an Age Group World Record. Julia is a former GB international with a personal best of 1.92m from 1990. When not breaking records,

she is a teacher at Cardinal Newman School in Hove.

[Lizzie sets new javelin club and county U20 record](#) Congratulations to teenage javelin thrower Lizzie Korczak who broke the club's under 20 and Senior women's record and set a county U20 best, after launching her spear out to a massive **48.51m** at the UK Javelin competition at Lee Valley on the 30th August. As a result of this achievement, Lizzie was invited to take part in the British Senior Championships in Manchester, where she threw 46.54m to come 6th. The star thrower now holds the club and county under 15, under 17 and under 20 javelin records.



Tom Niner (pictured) represented the club in 800m heats at British Championships in Manchester. Finishing a fine 5th in his heat, it was fantastic to see a B&H vest on the track. Well done Tom!

Ian Crowe Wright also represented the club at the British Champs, finishing 11th in the 1500m after qualifying 6th in his heat.

Great B&H athletes: Sonia McGeorge Read Reg Hook's profile of Olympian Sonia McGeorge, one of our club's greatest athletes, [here](#)

EVENTS*EVENTS*EVENTS

There are a few track events still taking place and these will be Covid secure. The best place to find out about these is on the Sussex Athletics Association website (www.sussexathletics.net)

Sunday 4th October, Martin Etchells Track and Field Challenge including the 3,000m champs
Entry details <https://data.opentrack.run/en-gb/x/2020/GBR/saa/> entries need to be received by 28th September (no entry on the day).

Brighton 10k Unfortunately the Brighton 10k in November has been cancelled. This fantastic event is run by our club. Fingers crossed that next year's event scheduled for the 21st November will be able to go ahead!

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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/>

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. Take proof that you are a B&H athlete to receive a discount.

THE JOG SHOP
EVERYTHING FOR THE FELLOW RUNNER

**10%
DISCOUNT**

if you're a B&H AC member



We are also affiliates of **NEUFF Athletics**. For every purchase they will give a commission to the club. Go to: <https://www.neuff.co.uk/> Use the Promo code: **BRIGHTONHOVEAC**

Finally, we are looking for somebody to take over as **Membership Secretary** as Emma Bristow, who has done a fantastic job for the past 2 years would like to step down from the role. If you are interested please contact bob.willows@brightonandhoveac.com

We also need someone to take over the clubs Instagram account this role doesn't require a lot of time commitment, but helps us keep our athletes updated! Interested? Then email melanie.anning@brightonandhoveac.com

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