

December 2020

A very Happy Christmas to all athletes, coaches, volunteers and their families!



Club Updates

Christmas track closure

The last Club training day at Withdean before Christmas was Tuesday, 22nd December. We will return on Tuesday, 5th January. If your coach arranges any training during the break, athletes will have to pay entry fees to Freedom Leisure at the main reception (check the track opening times directly with them).

Membership renewals due by 31st December

Membership renewal emails should have hit your inboxes a few weeks ago. If you haven't received yours check your spam/junk mail or go onto the [website to renew](#). The club has discounted all memberships to take into account the year athletes have faced.

We are still in need of a new Membership Secretary. Contact Bob if you are interested Bob.Willows@Brightonandhoveac.com!

New merchandise and online shop coming in the New Year!

Club vests and other club branded clothing including the new warm hats (pictured) can now be purchased on club track nights. Because of restrictions at the track please contact either Linda or Sue and arrange to meet them

Linda.King@brightonandhoveac.com,

Sue.Riley@brightonandhoveac.com

Hat 1 costs £6.20.

Hat 2, with the pom-pom, costs £8.20.



BRIGHTON & HOVE AC Newsletter

New online shop!

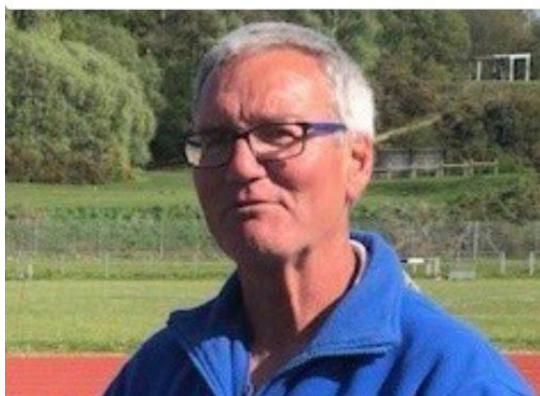
We are delighted to announce that in the New Year we will be launching a new online shop for B&H AC members. This will complement the existing in-house shop brilliantly run by Sue and Linda. The online offering is provided by Kukri, the official supplier to England Athletics, and will offer high quality, technical B&H AC branded technical training vest, t-shirts, shorts, bottoms, leggings and jackets and lots more for adults, youths and kids. Save that Christmas money in preparation!

Latest news

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



Coach of the Year
South East
Winner: Bob Willows
(Brighton & Hove AC)



Bob Willows crowned England Athletics South East Coach of the Year. Congratulations to our own veteran throws coach and Club Secretary, Bob Willows, who is England Athletics South East “Coach of the Year” 2020. Bob heard the news in a virtual ceremony in November and you can watch this lovely video recorded by some of his athletes on our Facebook page.

<https://www.facebook.com/100010625593782/videos/1261060264258148>

She won! Julia Machin our super veteran high jumper and club coach won the World Masters Athlete of the Year! Earlier in the year Julia broke the high jump World Record in the V50 age group
<https://athleticsweekly.com/athletics-news/duplantis-reekie-aw-awards-1039937946/>



BRIGHTON & HOVE AC Newsletter



In one of the few races of the year there were some fantastic results from our athletes at the Ardingly 5k including overall victory in the A race for Ian Crowe-Wright (pictured) <https://brightonandhoveac.com/victory-for-crowe-wright-plus-many-great-pbs-at-ardingly-5k/>



Many of our Club members were not even born in the 1980's when Brighton and Hove AC were dominating the women's race walking scene. Read Reg Hooks fascinating account here:

<https://www.sussexathletics.net/news/a-top-trio-of-race-walkers/>



B&H sisters' making waves in the Rugby world — Well done to former B&H AC athletes Emily and Flo Robinson who are now playing rugby in the England squad.

<https://brightonandhoveac.com/bh-sisters-making-waves-in-the-rugby-world/>

Virtual events and training

If you like virtual challenges then England Athletics have a few on offer, they're free and may help keep you motivated through the lockdown! **Running from the 26 December- 10th January is the virtual Road Relays (age 15+) – free to enter so lets try and get as many people running for our club as possible** www.englandathletics.org/athletics-and-running/england-competitions/virtual-competitions/

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British Masters virtual 10k Challenge runs from 27th-31st December. Open to anyone over the age of 35 <http://bmaf.org.uk/2020/11/20/bmaf-virtual-10k-challenge/>

Virtual officials courses from England Athletics The club is always in great need of trained officials. England Athletics are continuing to run officiating courses online during January and February. If you are interested the club will pay the fee. The schedule can be found here <https://www.athleticshub.co.uk/course-list/>

Keep an eye on the England Athletics website for coronavirus updates if there are changes in government regulations or if the regional tier level changes [England Athletics Official website](#)



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

Paula.blackledge@brightonandhoveac.com