

April/May 2021

Club Updates

Return of covid secure track nights

Thanks to the hard work of Sarah Hewitt and Serena Smith we now have covid safety measures in place that will allow a return to training at the track on Tuesday and Thursday evenings.

So we can remain covid secure please:

- Only attend if you have been invited by your coach.
- **One metre social distancing must be practised at all times. Facemasks must be worn whilst queueing.**
- **[A B&H Health Questionnaire](#) must be to be completed prior to the first training session and given to gate volunteers.** Thereafter a QR code form must be filled in prior to every visit to Withdean stadium. **(The health questionnaire should be downloaded and handed in at the first session).*
- Please arrive at least 10 minutes before your session.
- **Card Payments Only for track fees.**

Volunteer for victory!!!

Behind the scenes the Committee work really hard to make sure that athletes can train and that we can host and support athletics events. All our training and the events we attend are run entirely by volunteers.

At the moment many of our regular volunteers are carrying out two or three different roles, and this is unsustainable. We desperately need more people to help out, be that athletes, their family or friends. The most urgent vacancies to fill are:

- Volunteer Co-ordinator
- Membership Secretary
- Southern Athletics League Team Manager
- Officials Secretary
- Covid-19 assistant for B&H AC events
- Officials (Training paid for by the Club)

Roles can be shared between a few people and full training and support will be given. Any of the Committee members would be more than happy to talk to you in more detail about any of the roles.



BRIGHTON & HOVE AC Newsletter

Please register your interest in any of the volunteering opportunities with Bob Willows and we will look at hosting an information/training day in the coming months.

bob.willows@brightonandhoveac.com

The Graham Ingram Award

In memory of the Club Official, Graham Ingram, who died earlier in the year. We are launching this special award. This will be given by team managers for any under 15's who show great effort and team spirit or have great training ethos. It will be given out on a regular basis once we get back into full training, there will be a small personal trophy to keep plus a large plaque for the Club House as a permanent record.

Membership

Club membership were due for renewal at the end of last year. You do need to be a member to compete for the Club. Visit the website to renew if you haven't received an email <https://brightonandhoveac.com/join/renewals/>.

If you are struggling to pay for your membership then please do make an application through the **hardship fund** <https://brightonandhoveac.com/brighton-and-hove-athletic-club-covid-19-athlete-support-fund/>

Latest news

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

Remember to tag your results with @BrightonAthlete on social media, and we can include you here!

BRIGHTON & HOVE AC Newsletter

Coach spotlight Sarah Hewitt

Club coach Sarah Hewitt loves athletics. This is clear from the passion she puts into both coaching and competing. Based at Brighton and Hove AC, she has mentored some of the county's top high jumpers.

Kate Matthews caught up with Sarah for a chat about her coaching. You can read the full interview on the Sussex Athletics website

<https://www.sussexathletics.net/news/coach-spotlight-sarah-hewitt/>



Ardingly PB5K

There was an excellent turnout from the club on Sunday 5th April at the Ardingly PB5K series of races, with many outstanding performances.

Read a full report on the website

<https://brightonandhoveac.com/great-show-at-ardingly-from-bh-athletes-by-tom-ulliot/>



Amber breaks Sussex 400m record, twice!

Amber Anning a club member since she was nine, was in sparkling form at the [NCAA Indoor Track and Field Championships](#) when she broke her Sussex 400m record twice over the weekend.

Event updates

We have started updating our Events Calendar and Team Manager information on the website in anticipation of a summer full of events! <https://brightonandhoveac.com/events-fixtures/>

Club athletics kit

The club kit shop at Withdean will be reopening one Tuesday and one Thursday a month. Updates will be sent out on this soon.

If need some new athletics gear in the meantime go to our [online shop](#) for a range of club branded gear (vests not suitable for competing in). 10% of all sales go back to the Club!



Also don't forget....

Club members get a 10% discount at [The Jog Shop](#) or [shop online](#). During the pandemic, The Jog Shop is offering free local delivery and a click and collect service from the store. Telephone: 01273 675717.



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