

June 2021

Welcome to the June Newsletter. It is a bumper edition this month, so grab a drink and enjoy! This newsletter is here to celebrate all the Club's athletes, but with competitions returning it is hard to keep up with all your achievements. So please send them in by email or tag @Brightonathlete on social media.

Club Updates

Track nights

Just a reminder 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 vacancies

Following on from the Clubs AGM we now have a new Membership Secretary and Officials Secretary, we will add their details to the website soon. We still have some vacancies that need filling which are:

- Volunteer Co-ordinator
- Southern Athletics League Team Manager
- 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. 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.

BRIGHTON & HOVE AC Newsletter

Hardship fund

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/>.

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.

Results and match reports

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!

With lockdown easing it is a relief to see the return of track and field competitions. Here's a few quick links to the results of some of the events Brighton and Hove athletes have taken part in so far.



The results of events run by Sussex Athletics can be found here:

<https://www.sussexathletics.net/2020-2/>

Picture (left) Thomas Wells whose 1.90m high jump at the Sussex Festival of Athletics on the 8th May took places him top in the UK U17 rankings.

Worthing Open results can be found here:

<https://justiming.co.uk/liveresults/liveresults.html?meeting=worthing1.6.21&page=schedule>

Results of the SEAA U20/Senior Championships on 12th-13th June can be found here:

<http://results.seaa.org.uk/?MeetId=184>

BRIGHTON & HOVE AC Newsletter

Results of the Sussex Schools Competition on the 12th June can be found here:

<https://docs.google.com/spreadsheets/d/1e0OeO7M1N-0bX4xfX7UJjsa5R28y7e0lsy-edleeMS8/edit#gid=1637196984>

It was a win for us at the first Youth Development League match on 5th June! Well done to all the athletes that competed. Full results are available here:

http://www.ukydl.org.uk/Match%201_LAG_SOUTH_South%20Coast.pdf

Record alerts!!

Some of our regular record breakers have been at it again. Congratulations to club coach Julia Machin who broke her own V50 World High Jump record with a leap of 1.68m. Javelin thrower Lizzie Korczak broke her U20 Sussex record with a 49.12m throw, and finally sprinter Amber Anning running for her university LSU in the USA has again broken her 400m Sussex record with a time of 51.78s. Amber is back in the UK now to try and qualify for the Olympics at the British Championships in Manchester.

<https://brightonandhoveac.com/record-breaking-bank-holiday-weekend-for-bh-women/>



Vets League report from Jo Wilding

Brighton's women won their first vets league match of the season at Eastbourne on 19 May. Sarah Hewitt and Tracey Brockbank cleaned up in the throws, while the Distance Dream Team of Paula Blackledge, Freya Leman and Jen Kenneally racked up the points in the longer events and the walk (plus a few sprints). Jo Wilding and Stef Dornbusch took on the sprints and jumps and Judith Carder was, as ever, the one-woman superstar of the W60 events. We ended the night winning the 4x100 relay in a very close finish - brilliant to be back on the track again. The men's team did well to take third place in the match, with only Paul Howard, Richard McGregor, David Spencer, and team manager Shaun Billing, heroically filling as many events as possible. Huge thanks to Bob Willows for stepping in to officiate, and Julia Downes and Tim Carder for assisting.

The second match, on 14 June, was another Brighton victory, with a different set of events. Louis Taub was a welcome addition to the men's team, as was Julia Downes for the W35 walk. Tracey Brockbank managed a stunning triple PB, in the discus, javelin and 200, while Paula, Freya and Jen bravely took a leg each of the 4x400m relay immediately after the 5000 metres. Hero of the night, though, goes to Christel Shaw, the club's new officials secretary, for stepping in at short notice to officiate, driving from Lancing to Lewes just in time to officiate the discus.

BRIGHTON & HOVE AC Newsletter

The vets' league team needs you! If you're over 35, whether you're already an athlete but don't normally do track, or a parent who doesn't compete, these are the friendliest teams and matches. There are three matches a year, in the evenings, with a short timetable squeezing as many events as possible into about two and a half hours. The final match of this year is on 26 July, at Lewes (match 2 is on 14 June) so please get in touch with men's team manager Shaun Billing or women's team manager Jo Wilding if you're interested - you can also compete as a non-scorer as long as you're a club member.

We ALWAYS need officials. We're assigned two events each match to officiate, and with such a tight competition timetable, we always need some people who are not competing to do those jobs.

You're never too old! Vets' / Masters' athletics is full of inspiring people well into their 90s. It's really supportive, friendly and non-judgemental. It's open to anyone over 35, and in most competitions we compete in 5-year age bands (so W35 is women aged 35-39 and M50 is men aged 50-54). As well as local league competitions, there are regional, national, and international events. The next European outdoor championship is scheduled for Portugal in October, with a World outdoor championship planned in Finland in 2022 - you have to fund yourself, but anyone can enter, travel to amazing places and meet other athletes from all over the world.

Team Managers (Vets) Jo.wilding@brightonandhoveac.com, shaun.billing@brightonandhoveac.com

Ultra running successes

James Turner a strong marathon runner, stepped up to the 100km distance and won the South Downs Way 100k race in an amazing 8 hours and 8 mins.



In the Devil's Lite 50km South Downs Ultra Jade Elphick came home first overall (men and women) in an astounding 4hours 28 mins.



BRIGHTON & HOVE AC Newsletter

Claire Smithson- Athlete Profile

Read Reg Hook's athlete profile of one the Club's most successful ever thrower, Claire Smithson. Claire won four English Schools competitions and help Sussex Records for the discus in all under 20 categories.

Read Reg's account here:

<https://www.sussexathletics.net/news/the-sprinter-who-became-a-throws-sensation/>



Event updates

The Events Calendar on our website is up-to-date, so check here for upcoming fixtures. <https://brightonandhoveac.com/events-fixtures/>. If you haven't been contacted to take part in an event then please contact the relevant Team Manager to register your availability (<https://brightonandhoveac.com/training/team-managers/>).

You can now register for the Sussex Track and Field Championships (4th July) and Quad kids events (10th July) on the Sussex Athletics website: <https://www.sussexathletics.net/take-part/events-information/>

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!



Please send any updates or news for the next newsletter to:

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