

July 2021

Welcome to the July 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.

Important track update

Although restrictions have been lifted from July 19th, under government guidelines, due to the very high Covid numbers in Brighton and Hove we would prefer masks to still be worn with in the Clubhouse.

However, we are moving the cash desk to the East car park entrance under the gazebo this is due to some athletes using the track without paying the entrance fee. We will remain using a cashless system.

Freedom Leisure have asked that we still produce a register of attending athletes on club nights so we will continue to use a QR code for registration, but it will be much simpler. The old QR code will no longer work.

Moving forward we would very much like the tuckshop to reopen on Club nights, but we require a volunteer to run it from 5pm until 7pm Tuesdays and Thursday. If anyone is interested in this role please contact serena.smith@brightonandhoveac.com.

Officials needed

As the summer season progresses, athletes and parents are reminded that stadium competitions cannot go ahead without trained officials (as well as lots of other volunteers). The officials ensure that events take place in a safe and fair manner, and that the rules are applied and performances properly measured. Track and Field officiating are different disciplines. Field officiating obviously covers jumps and throws, whereas Track is further subdivided into Track Judge, Timekeeper, Starter/Starter's Assistant and Photo-finish. All give an insight into the competition taking place and a close-up view of the action.



The Club always needs more officials. All League and County matches require participating clubs to supply officials. As a Club we are currently desperate for Track officials but more Field would also be very welcome. Is this something that would interest you? The routes to training are explained here: <https://www.englandathletics.org/officiating/qualifications/>

All experience will be guided by a qualified official and the Club reimburses course fees.

For further information please contact our Officials Secretary:
Christel.Shaw@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/>.

News

This month has been a busy one with athletics events returning. Visit the website for reports on how our athletes have performed at local, national and international level! www.brightonandhoveac.com and on Twitter @BrightonAthlete.

Remember to tag your results with @BrightonAthlete on social media, so we can celebrate with you!



All the latest news appears on the website: <https://brightonandhoveac.com/news-archive/>

July highlights for Club athletes:

- [Lizzie Korczak](#) represent Great Britain at the European U20 Champs and finishes 11th.
- [Raphael Kelly](#) breaks the Club 800m U13 record.
- [Three Championship best performances](#) at the U13 Champs and in the U11 Quad Kids Seren Rowe broke Amber Annings 10-year-old Sussex QuadKids Record, and Year 4 Isaac Machin won the boys competition and he still has another year in the age group. Both fantastic results!
- A Championship best performance and a big medal haul at the [Sussex Championships](#).
- Gold and silver for Bradley and Jo at the [Southern Combined Events Champions](#).



Pictured (above), the Women's Vet track team who successfully defended their Vet's League title this week!



And.. the Women's South Downs Relay team who were the third Women's team home this year, completing the 100 miles is just under 13 hours between them!

Match reports

Sussex Masters Championships: Report by Judith Carder

After the local excitement of County Championships for younger age groups, the Sussex Masters was held in Kingston (London not Jamaica unfortunately) on Sunday 18th July. The fixture took place with the Surrey Masters, sharing resources and manpower and explaining the relatively distant venue for Brighton-based athletes.

An aside: very few Sussex officials/volunteers made the journey. If Sussex is to ask Surrey to stage the event again, perhaps travel expenses for non-competing personnel would help us pull our weight?

The weather could only be described as HOT, with little shade for those competing. The number of officials was hugely depleted by last-minute self-isolations and the athletes had to help with many of

the field events. (The advantage of an event for “mature” athletes is that most are well capable of mucking in.) On track, the race walk had a single specialist judge with two having to stay at home, albeit one through injury not Covid. No-one could have envied the meeting organiser (Camilla Thrush) who had still not eaten her breakfast at 6.00 pm, but it all seemed to go off smoothly barring the odd timetable delay.

The following of our athletes competed in age groups ranging from V45 to V70: Kevin Baker, Tracey Brockbank, Judith Carder, Stef Dornbusch, Sarah Hewitt, David Spencer, Jo Wilding and Chris Winter. One of us delivered the full bag of County medals to Ron Penfold of SCAA for presentation and between us we brought a good number back in our pockets.

It was a successful day. There were too many events entered and medals won to list them all but mention goes to Tracey Brockbank for entering five events and coming away with two season’s bests, and to Jo Wilding for a long jump PB. Full results are now on Power of 10. Well done to all the athletes for some impressive performances in that heat.

Well done to all our young athletes that were selected to represent their schools at the English Schools Championships!

- Lizzie Korczak successfully defended her Javelin title
- Hari Brogan jumped 1.87m for 9th place in the Senior Boys High Jump
- Freya Brennand was 10th in the Hammer with 39.43m
- Massi Campbell was 10th in the Long Jump with 6.45m
- Kelsey Sutherland and Kirsty Nelson were 11th and 12th in the Triple Jump with 10.60m and 10.44m respectively
- Lois Dooley was 14th in the 2000m Steeplechase in 5:26.19
- Silver medal for Rachael Wall in the Intermediate Girls Javelin with a throw of 41.22m.
- Amber Purcell bagged herself a Bronze medal in the Triple Jump with a fabulous leap of 11.27m
- Thomas Wells came 9th in the High Jump with 1.85m
- Josh Clarke was 10th in the Javelin with 49.52m.
- Dulcie Yelling threw a fabulous season’s best of 41.06m in the Javelin for
- Eloise White just missed the medals in the Javelin in fourth place with 36.19m.
- Elodie Bradley a fine sixth place in the 100m with 12.65s
- In the 200m, Joseph Campbell clocked 24.03s in his heat and was 7th in the final in 24.32s.
- Theo Messant-Lily set a PB of 40.17m for eighth place in the Javelin
- Louis Opoku came 10th in the Javelin, also with a PB throw of 38.89m
- In the 80mH Daniel Allan was sixth in his heat and 11th overall with a time of 12.44s.

Full report https://brightonandhoveac.com/esaa-results_2021/

Javelin report from English Schools Championship (12-14th July) by Bob Willows

After 2020 being cancelled due to Covid the Championships were back but in a much-modified way.

Day 1: Liz Korczak was at her 5th English Schools and had won the previous three, and so you would have thought that this would be a breeze but as it turned out she was more nervous than she was letting on. The squad always measure their run-ups with a tape measure, (not pigeon steps or flipped javelins) but when she asked the officials they did not seem to know if they had one, so she guessed her approach: wrong decision! After two lack lustre effort she discovered that there was a tape after all and so after measuring properly and finding she was half a metre short, she was back and preceded to win with a throw of 48.47m, backed up with another 48m throw: the fourth title was hers. I think if you ask any athlete if they would rather win an English Schools or a National title the vast majority would opt for the schools, it means that much!

Day 2: This was the turn of the intermediates, Rachael and Josh. Rachael was ranked third on power of 10 and was a few metres behind the top two, but she had set her sights on a top two finish so that she could gain a school's international vest. She seemed very calm, hard to tell as this is her normal self, so she started well and was in front after the first round, but the other two contenders got their acts together in round two and so Rachael remained in third spot until the final round. What the rest of the squad know is that under that small, quiet persona there is a will of iron and so on her final throw she threw 41.22m giving her a small, 22cms, lead over the now third placed girl. Squeaky bum time for her coach and mum sitting in the stands but the damage was done and the girl behind her wilted and the international vest was hers.

Josh was up next and he was amazingly calm for a first timer at the schools. In the competition he was up against some very stiff opposition but his 49.52m was his second-best throw of the year and he seemed content with his 10th place.

Day 3: Junior's day! We had two girls and two boys competing: Dulcie and Eloise were up first and both threw superbly. Dulcie as expected was vying for the gold. Dulcie threw a season's best of 41.06m. She led right up to the final round when her main competition threw a massive throw, so Dulcie had to settle for silver. Eloise proved what a talent she is by throwing 36.19, gaining 4th place. Both girls should be delighted with their performances, it augers well for the future.

The final performers for the squad were Louis and Theo. They two performed beyond their expectations: Theo smashed through the 40m barrier for the first time with 40.17m and Louis threw a pb as well with 38.89. Theo finished in 8th spot whilst Louis was 10th.

When you consider that five of the squad were debutants at the English Schools this was a superb performance and it shows that training as a squad is so beneficial, working as a team with the same training ethos. With this squad and the new people coming up through the system javelin should remain one of the club's strongest events for several years to come.

What was clearly shown this year is the teamwork behind the athletes, parents are a much unappreciated group but without them these kids would not be able to perform to the level they do so thank you to each Mum and Dad for their commitment and sacrifice over the years.

Do you think there is Club Coach, Official or Volunteer that deserves special recognition?

Nominations are now open for the England Athletics Volunteer Awards:

<https://www.englandathletics.org/volunteering/volunteer-awards-2021/https://www.englandathletics.org/volunteering/volunteer-awards-2021/>

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/>).

The Sussex Combined Events Championships will take place on the weekend of 11-12th September in Sutton. Entries will be live at www.sussexathletics.net from 18th August.

Club athletics kit

The Club kit shop at Withdean will be reopening on Tuesday evening 5-7pm for official Club items like vests and hoodies. Alternatively, you can place an order via the [website](#) and someone will contact you to arrange a time for you to collect.

Our Kukri [online shop](#) sells a wide range of club branded gear (vests not suitable for competing in). 10% of all sales go back to the Club!



Finally, Brighton and Hove athletes get a 10% discount at [The Jog Shop](#), George Street, Kempdown.

Thank you to everyone that has contributed to this newsletter. Please send any updates or news for the next newsletter to: Paula.blackledge@brightonandhoveac.com