



ANNUAL REPORT OF BRIGHTON AND HOVE AC 2022

As usual, this report has a lot of statistics, so an early apology for its length, but we are a great club with many outstanding athletes, so their performances deserve a detailed account.

The first event on the calendar is the Sussex Cross-Country Championships which was held at Bexhill this year. I have listed all the medallists and the team positions, but there were many fine performances outside of the medallists, so if you want a more exhaustive account, check out the [county website](#) where all of the year's results are stored.

The Under 11's do not have a team race, but the medallists were:

Boys: **Elliott Marini** 3rd: girls: **Gracie Fox**: 2nd.

Under 13 Boys: **Raphael Kelly** 2nd **George Gilbert** 3rd **TEAM** 1st (Oliver Goodman was a fine 4th to give the team its title).

Under 13 Girls: **Julieana Walsh** 1st **TEAM** 1st (Lara Cox 7th, Julianna Christopherson 9th)

Under 15 Boys: **Jude Clayton** 2nd **Finley Goodman** 3rd **TEAM** 1st (Rowan Curtis as third scorer)

Under 15 Girls: **Dulcie Yelling** 2nd **TEAM** 2nd (Rosie Gasson, Eleni Pistolas)

Under 17 Men: **TEAM** 5th.

Under 17 Women: **TEAM** 3rd (Eadie Yelling, Tilly Wilburn and Allannah Clayton)

Under 20 Men, no participants.

Under 20 Women: **Emily Muzio** 2nd **Lara Clayton** 3rd **TEAM** 1ST (Gracie Bernard)

Senior Men: **Tomer Tarragano** 2nd **TEAM 3RD** (Will Cork, James Turner, Howard Bristow, Cameron Durn and Adam Clayton).

A superb set of performances underlines the strength and depth of our cross-country section. Well done to all of them and their coaches for all their hard work behind the scenes!

The next races were the Masters Cross-Country Championships held at Lancing.

Men's over 40: **TEAM** 3rd (Louis Taub, Paul Howard, Matt Bristow and Craig Halsey).

Men's over 50: **TEAM** 3rd (David Benton, Sean Gibson and Keith Newton.)

Men's over 60: **TEAM** 2nd (John Lowden, Frank Ward and Tom Ulliott).

Women's over 45: **TEAM** 3rd (Jeanette Kenneally, Paula Blackledge, Manjula Moon)

Women's over 55: **TEAM** 3rd (Gail Nerurkar, Cathy Ulliott, Tamsin Shasha)

As a brief break from the cross-country and road season, the county held its Indoor Championships at Sutton in February. These events are not very well supported in Sussex, but those who did attend recorded many podium places.

Track:

60m: Under 15 Girls: 1st **Elodie Bradley** 8.01s , 3rd **Senoiki Foyin** 8.68s
Under 13 Boys: 2nd **Tommy Batchelor** 9.24s. 3rd **Arthur Rogers** 9.53s
Under 15 Boys: 1st **Charlie Fisher** 7.63s
Under 17 Men: 1st **Joseph Campbell** 7.62s 3rd **Ethan Usherwood** 7.96s
Under 20 Men: 2nd **Noah Barwis** 7.21s
Senior Men: 1st **Toby Hawkins** 7.22s
60m hurdles: Under 17 Women: 2nd **Libby Kirby** 11.17s
Senior Women: 3rd **Lorraine Kirby** 10.37s
Under 20 Men: 1st **Seb Wallis** 9.01s

Field:

Long jump: Under 15 Girls: 1st **Layla Bowen** 4.24m
Under 17 Women: 1st **Amber Purcell** 4.88m
Under 20 Women: 2nd **Ruby Haines** 4.38m
Under 13 Boys: 2nd **Arthur Rogers** 3,53m
Under 15 Boys: 1st **Charlie Fisher** 4.63m, 2nd **Matthew Plummer** 4.18m
Under 17 Men: 1st **Ethan Usherwood** 5.01m
Under 20 Men: 1st **Seb Wallis** 5.78m
High jump: Under 17 Women: 1st **Libby Russell** 1.50m
Under 17 Men: 1st **Max Willemse** 1.65m
Under 20 Men: 1st **Steve Yell** 1.75m
Senior Men: 1st **Bradley Eisner** .1.90m
Triple jump: Under 15 Girls: 1st **Jaiten Best** 9.43m (**championship best performance**) 2nd **Layla Bowen** 9.22m
Under 20 Women: 1st **Scarlet Margaroli** 10.79m, 3rd **Lucy Kirby** 9.07m
Senior Women: 1st **Kirsty Nelson** 10.08m
Under 15 Boys: 1st **Matthew Plummer** 8.67m
Senior Men: 1st **Louis Goffin** 13.93m
Shot putt: Under 17 Women: 1st **Libby Russell** 7.87m, 2nd **Libby Kirby** 6.36m
Under 20 Women: 1st **Lucy Kirby** 7.75m
Under 17 Men; 1st **Ethan Usherwood** 9.81m
Under 20 Men 2nd **Steve Yell** 10.63m
A special mention to Jaiten for setting a new CBP in the U15 Girls triple jump.

Next on the agenda were the final cross-country league races held at Lancing. As will be shown, the club continued with its strong performances. On the day, the following results happened and also the final league placing as individual and teams.

On the day final league position, individual overall team position

Under 11 Girls: team 2nd overall **Seren Rowe** 2nd.

Under 11 Boys: Team 1st overall, **Taylor Thom-Watts** 1st, Elliott **Marini** 2nd.

Under 13 Girls: A team 3rd, B team 4th and C team 9th overall **Julieana Walsh** 1st A team 3rd, B team 4th C team 11th.

Under 13 Boys: A team 1st, overall a clean sweep for **Raphael Kelly, George Goodman and Saul Bennett**, in that order. A team 1st B Team 3rd.

(what a fantastic performance from all of the Under 13's)

Under 15 Girls: A Team 4th, B team 7th. Overall, **Dulcie Yelling** 2nd. A Team 2nd B Team 7th.

Under 15 Boys: A Team 1st, B Team 9th C Team 18th. Overall, **Jude Clayton** 2nd, **Finlay Goodman** 3rd. A team 1st B team 6th.

Under 17 Women: A team 3rd. Overall, Team 4th.

Under 17 Men: Team 8th. Overall, Team 6th.

Under 20 Women: overall **Emily Muzio** 1st team 1st

Senior Women: Team 1st B team 5th, and C Team 13th. Overall, **Lydia Growns** 1st Team 1st B Team 8th.

Senior Men: Team 2nd. Overall, **Will Cork** 1st, **James Turner** 3rd. overall team 1st Division 2 team 3rd.

Veteran Women Team 4th B team 7th overall Team 3rd.

Veteran Men: Team 2nd. Overall, **Craig Halsey** 1st, Team 1st.

So at the end of a hugely successful cross-country season, the club should be proud of the Mudlarks, who conquered almost all challenges and came out as the county's dominant club!

The final county event of the winter season was the Sussex Road Relay Championships: these are the team results:

Under 11 Girls: A Team 5th, B Team 8th and C Team 15th.

Under 11 Boys: A Team 1st, B Team 11th and C Team 13th.

Under 13 Girls: A Team 3rd, B Team 4th and C Team 16th.

Under 13 Boys: A Team 1st, B Team 4th and C Team 15th

Under 15 Girls: A Team 4, B Team 8th and C Team 11th.

Under 15 Boys: A Team 2nd, B Team 5th and C Team 10th.

Under 17/20/Senior Women: A Team 4th and B Team 5th.

Veteran Women over 50: Team 2nd.

Veteran Men over 40: A Team 1st and B Team 7th.

Whilst this was all going on, the Sportshall League was being run, ably led by Richard Carter with the aid of a band of parents: Over three meetings, the teams acquitted themselves well, finishing 2nd behind our main rivals Crawley.

We then moved on to the track and field season with the club heavily involved with Youth Development and Southern Athletics leagues, county Under 13 and 15 leagues, plus county, regional and National Championships.

The first significant event was the Sussex Track and Field Championships held at Crawley in May. The following is a list of medallists:

The Under 13's have a Minithon Championship as part of the main events, and here we produced two champions, a runner-up and a bronze medallist:

Girls Minithon 1st **Kira Dunford** 66points. 2nd **Evie Murray** 59 points.

Boys Minithon: 1st **Louis Ashworth** 53 points 3rd **Jude Porter** 45 points

Main championships:

100m:

Senior Women: 3rd **Jas Paice** 14.40s

Under 15 Boys: 1st **Charlie Fisher** 11.66s 3rd **Joash Kadege** 12.19s

Under 17 Men: 3rd **Joseph Campbell** 11.79s.

Under 20 Men: 2nd **Noah Barwis** 11.33s 3rd **Danny Guistiniani** 11.40s

Senior Men: 1st **Toby Hawkins** 10.92s 3rd **Louis Dickson** 11.27s

200m:

Under 15 Girls: 1st **Stella Kalman** 26.66s 3rd **Martha Challis** 28.19s

Under 17 Women: 2nd **Ruby Challis** 26.38s.

Senior Women: 3rd **Lorraine Kirby** 33.35s

Under 17 Men: 2nd **Joseph Campbell** 23.81s 3rd **Ethan Usherwood** 23.94s.

Senior Men: 2nd **Louis Dickson** 23.02s 3rd **Bradley Eisnor** 23.61s

300m:

Under 15 Boys: 1st **Sonny Rider** 39.20s

400m:

Under 20 Women: 2nd **Emily Muzio** 60.98s

Under 20 Men: 2nd **Michael Shaw** 50.69s.

Senior Men: 2nd **Daniel Kolosov** 52.37s.

800m:

Under 17 Women: 2nd **Rosie Gasson** 2.22.27s

Under 15 Boys: 1st **Sonny Rider** 2.15.61s 2nd **Oliver Holt** 2.19.21s

Senior Men: 2nd **Matt Grindrod** 1.59.69s

1500m:

Under 20 Women: 1st **Eadie Yelling** 4.40.04s 3rd **Clara Muzio** 4.55.27s

Under 15 Boys: 3rd **Saul Bennett** 4.31.87s

Under 17 Men: 3rd **Fionn O'Murchu** 4.12.18s

5000m:

Senior Men: 1st **Will Cork** 14.50.19s

80m hurdles:

Under 17 Women: 1st **Sophie Wilkinson** 12.54s

100m hurdles:

Senior Women: 1st **Yutong Zhang** 17.86s.

300m hurdles:

Under 17 Women: 2nd **Tatiana Mehta** 50,56s

400m hurdles:

Senior Women: 1st **Jo Wilding** 1.21.53s

Senior Men: 1st **Steve Kasparis** 59.62s 2nd **Bradley Eisnor** 60.03s

4x 100m relays:

Under 15 Girls: 1st 54.23s

Under 17 Women: 2nd 52.01s

Senior Men: 1st 43.05s

Field:

Long Jump:

Under 15 Girls: 1st **Stella Kalman** 5.11m

U 17 Women: 3rd **Amber Purcell** 5.00m

Senior Women: 1st **Jo Wilding** 4.21m

Under 20men: 1st **Massi Campbell** 6.40m 3rd **Steve Yell** 6.13m

High jump:

Under 17 Women: 2nd **Libby Russell** 1.45m

Senior Women: 1st **Jo Wilding** 1.30m
Under 17 Men: 2ND **Max Willemse** 1.65m
Under 20 Men: 1st **Hari Brogan** 1.95m
Senior Men: 1st **Matt Smith** 1.75m
Triple jump:
Under 15 Girls: 1st **Layla Bowen** 10.19 2nd **Jaiten Best** 10.03m
Under 17 Women: 1st **Amber Purcell** 10.55m
Under 20 Women: 1st **Scarlet Margaroli** 11.25m 3rd **Lucy Kirby** 9.61m
Senior Women: 1st **Kelsey Sutherland** 10.22
Under 15 Boys: 1st **Matthew Plummer** 9.06m
Under 17 Men: 1st **Thomas Alexander** 12.07m.
Under 20 Men: 1st **Massi Campbell** 12.29m
Senior Men: 2nd **Louis Goffin** 13.87m

A special mention to the triple jumpers who won 7 out of the 8 titles on offer and a silver. A superb performance from this talented group.

Hammer:

Under 20 Women: 1st **Freya Brennand** 46.90m

Discus:

Under 17 Women: 2nd **Libby Russell** 20.04m

Senior Women: 2nd **Sarah Hewitt** 28.92m

Under 20 Men: 1st **Steve Yell** 32.70m

Shot Putt:

Under 17 Men: 3rd **Ethan Usherwood** 10.09m

Javelin:

Under 15 Girls: 2nd **Halle Millard** 29.42m

Under 17 Women: 1st **Dulcie Yelling** 42.48m 2nd **Eloise White** 38.81m 3rd **Jessica Bliss** 30.45m

Under 20 Women: 1st **Rachael Wall** 37.81m 3rd **Lily Carter** 30.04m

Under 17 Men: 1st **Josh Clarke** 46.71m 2nd **Louis Opoku** 44.16m

Senior Men: 3rd **Bradley Eisnor** 50.68m

The medal haul for our athletes was: 33 gold, 23 silver and 22 bronze. Superb!

The next major event for our youngsters was the Sussex Schools Championships held at Crawley. This was a chance for athletes to reach the qualifying marks required to be considered for selection to the Sussex team going to Manchester for the English schools Championships. The following athletes from Brighton and Hove were selected, and their performances at the Championships are also given.

English Schools' competitors 2022

Junior Girls: **Stella Kalman** long jump 2nd 5.33m

Intermediate Girls:

Dulcie Yelling javelin 1st 45.98m

Eloise White javelin 13th 34.48m

Amber Purcell triple jump 3rd 11.14m

Senior Girls:

Freya Brennand hammer 5th 45.49m

Rachael Wall javelin 8th 40.42m

Scarlet Margaroli triple jump 13th 10.56m
Eadie Yelling 1500m s/c 9th 5.22.34s

Junior Boys: **Charlie Fisher** 100m 5th 11.50s

Intermediate Boys:

Fionn O'Murchu 1500m heat 1 4.18.49s
Josh Clarke javelin 14th 40.42m

Senior Boys:

Massimiliano Campbell triple jump 4th 14.09m
Hari Brogan high jump
Noah Barwis semi-final 7th 11.35s

Sadly Hari had Covid and had to miss the event. Well done to all these athletes, and a special mention to Dulcie for winning her first title and Stella and Amber for gaining a medal. Dulcie was selected to represent the England Schools team at the home nations international meeting in Belfast, where she was the victor: an outstanding performance!

Next in the spotlight were the Under 13s for their County Championship. Also at this meeting were the Under 11s QuadKids Championships, where after three events, the winners are those who have gained the most points, as in the main multi-event competitions. In the girls' event, we dominated as never before! The first eight athletes were all from Brighton, and the medallists were: Gold **Amelia Dorrington**, 240 points; equal 2nd were **Betty Grice** and **Klara Novak-Wightman** with 227 points.

In the boys' event, the winner was **Isaac Machin** with 253 points and second was **Ethan Taites** with 247 points. Brighton finished with 5 of the medals on offer, and this is a show of the training our club gives to these up-and-coming future stars. Brilliant work by all!

The Under 13's also produced some terrific performances, and these are the medals we won:

Track:

150m girls: **Joy Russell** 2nd 20.61s
150m boys: **Jude Porter** 2nd 20.28s
800m girls: **Kira Dunford** 1st 2.34.87s
800m boys: **Jude Porter** 2nd 2.28.22s
1500m girls: **Seren Rowe** 2nd 5.08.08s
1500m boys: **George Gilbert** 2nd 4.38.94s
75m hurdles boys: **Arthur Rogers** 3rd 15.20s
4x 100m relay girls: **Brighton and Hove** 1st 55.66s
4x 100m relay boys: **Brighton and Hove** 1st 55.95s

Field:

Long jump girls: **Kira Dunford** 2nd 4.22m
Long jump boys: **Jude Porter** 1st 4.39m **Frank Furness** 3rd 4.22m
Shot putt boys: **Noah Walker** 1st 9.27m **Sebastian Skinner** 3rd 5.53m
Discus girls: **Kira Dunford** 1st 18.80m
Discus boys: **Noah Walker** 1st 27.04m
Javelin girls: **Rosie Austin** 2nd 20.87m **Sophie Bliss** 3rd 19.46m
Javelin boys: **Frank Furness** 1st 30.81m **Arthur Rogers** 3rd 22.55m

Another very successful Championships with some outstanding performances:
Three medals apiece for Jude Porter and Kira Dunford and a double gold for Noah Walker.

Whilst the season progressed, the various leagues were being fought out: in the Youth Development Leagues our lower age group in division 1B finished in a creditable 4th place in a very strong grouping. This team were led by **Kate Matthews**. The upper age group, led by **Sarah Yelling**, finished a strong 2nd in division 1A. Both of these teams were always in great spirits despite some very early starts (a trip to Bedford is a 7.30A.M. start). I must also thank that small group of officials that accompanied the teams to all of the matches this year, and without them, there would not have been any matches to compete in! a huge thanks to them and the parents who stepped in to help as well.

The senior team in the Southern Athletics League division 2 east were the overall winners by a single point from the Ipswich team. This would have been reversed if not for the dogged persistence of **Sarah Hewitt**, the team manager who scrutinised the results and found that many had been wrongly recorded. She fought and got the correct results published to ensure promotion for next season.

The Sussex Masters League results: a small but keen veteran's team led by **Sean Billings** and **Jo Wilding** had a good season where the ladies finished 1st. This team needs some new blood, so if any parent wants to give it a go, chat with either of the team leaders; you might enjoy it!

The Under 15 and Under 13 county leagues matches culminated in their finals: the Under 15's were at Withdean where Brighton was 2nd to a very strong Crawley team, but two days later at Crawley, the Brighton Under 13's reversed this result with a comprehensive victory over our main rivals so honours even!

Several of our Athletes competed at the regional and National Championships: Seven athletes were at Chelmsford for the Southern Championships:

Under 20 Men: 1500m **Henry Yelling** 7th 4.07.04s
High Jump **Hari Brogan** 3rd 1.95m/ **Torin Seagrove** 7th 1.85m

U20 Women: 400m hurdles **Mollie Swingler** 2nd 64.01s
3000m steeple chase **Eadie Yelling** 2nd 11.24.64s
Javelin **Rachael Wall** 4th 37.39m

Senior Men: 400m hurdles **Steve Kasparis** 7th heat 59.50s

National Championships:

Under 15 Boys: 1500m **Saul Bennett** 7th 4.28.41s P.B.

U15 Girls: 1500m **Julieana Walsh** 8th heat 4.57.70

Long Jump **Stella Kalman** 12th 4.62m

Triple Jump **Jaiten Best** 7th 9.90m

Under 17 Women: Triple Jump **Tanitoluwa Sonoiki** 3rd 11.67m

Javelin: **Dulcie Yelling** 2nd 47.99m PB.

Under 20 Men: 110m hurdles **Seb Wallis** 7th heat 15.51s

High Jump **Hari Brogan** 3rd 2.01m

Triple jump **Massi Campbell** 6th 14.28m PB.

Under 20 Women: Javelin **Rachael Wall** 9th 39.02m

There were some terrific performances. Well done to all who went and came back with medals and or PBs or gained experience for future Championships.

As the summer season came to an end, the inevitable event clock came back to the cross-country season, the schedule virtually never changes. The first event was the cross-country relays held at Goodwood.

Under 11 Girls: no team event but **Skye Widdows** 1st, **Florence Maddon** 3rd.

Under 13 Girls: A team 1st: **Juliana Christopherson, Gracie Fox, Seren Rowe.**
B team 8th and C team 11th.

Under 13 Boys: Team 2nd: **Elliott James, Taylor Thom-Watt, Louis Ashworth.**

Under 15 Girls: A team 5th, B team 10th and C Team 13th.

Under 15 Boys: A team 1st: **Saul Bennett, Alex Roberts and Thomas Matthews.**

B team 3rd: **Sonny Rider, Freddie Matthews and Lewis Kemp.**

Under 17 Women: A team 2nd: **Rosie Gasson, Dulcie Yelling and Nicole Bleasdale.** B team 3rd: **Xanthe Cox, Marnie Butler and Macy Brooking.**

Under 17 Men: A team 2nd: **Jude Clayton, Charlie Ferris and Rowan Curtis.**

B team 6th.

Senior Women: team 1st: **Clara Muzio, Emily Muzio and Eadie Yelling.**

Senior Men: Team 3rd: **Henry Yelling, Matt Grindrod, Sam Wilkinson and Danti Opranti.**

Veteran Women over 55: team 3rd: **Tamsin Shasha, Gail Nerurkar and Judith Carder.**

Veteran Men over 40: team 1st: **Craig Halsey, Howard Bristow, Chris Stevenson and Paul Howard.**

Veteran Men over 50: team 2nd: **Keith Newton, Duncan Curtis, Paul Prosser and Sean Gibson.**

We then returned to Goodwood for the first of the cross-country league races. The club continued to dominate with some more fine performances: As before, the Under 11's compete as individuals as there are no team events for this age group:

Under 11 Girls: **Ada Greenaway** 2nd Under 11 Boys: **Jesse Skinner** also 2nd.

Under 13 Girls: **Katherine Haslip** 1st A team 1st, B team 5th and C team 11th.

Under 13 Boys: **George Gilbert** 2nd A team 2nd, B team 6th and C team 14th.

Under 15 Girls: A team 5th, B team 9th and C team 14th.

Under 15 Boys: **Finlay Goodman** 1st **Thomas Matthews** 2nd A team 1st,

B team 4th and C team 10th.

Under 17 Women: **Dulcie Yelling** 3rd A team 3rd B team 8th.

Under 17 Men: A team 2nd, B team 9th.

Senior Women: A team 4th and B team 7th.

Senior Men: A team 1st division 1 B team 4th C team 18th division 2.

Veteran Women: A team 7th.

Veteran Men: A team 1st, B team 11th, C team 30th.

The second round was held at Ardingly, where we continued in a similar vein, with a few different faces and some familiar names:

Under 11 Girls: **Skye Widdows** 1st and with three girls in the top six places.

Under 11 Boys: **Jem Marshall**, 2nd three in the top ten finishers.

Under 13 Girls: **Katherine Haslip** 1st A team 1st B team 7th, C team 12th.
Under 13 Boys: **George Gilbert** 1st **Sammy Harkin** 3rd A team 1st B team 3rd C team 10th.
Under 15 Girls: A team 4th, B team 10th.
Under 15 Boys: **Finlay Goodman** 1st A team 1st B team 2nd C team 12th D team 17th (five athletes in the top ten finishers).
Under 17 Women: **Rosie Gasson** 3rd A team 1st B team 5th.
Under 17 Men: **Alex Riley** 2nd A team 1st B team 5th (3 in the top 7 places).
Senior Women: A team 4th, B team 8th.
Senior Men: **James Turner** 2nd A team 1st division 1 B team 1st C team 6th division 2.
Veteran Men: A team 1st, B team 12th.
This was again another hugely successful performance from the cross-country section.

The following weekend saw the return of the Brighton 10K, which had not been run since before the pandemic. Over 2000 runners took part on a new course, and the race also included an inter counties event for men and women, which was organised by **Tom Ulliott**. Many thanks to all the club volunteers who helped with the race marshalling and all the other vital jobs that an event such as this entails.

Running at Sefton Park, **Tomer Tarragano** finished in a brilliant 4th place in the Under-23 men's race which gained him a call-up to compete for the Great Britain team in the European Cross-Country Championships in Turin, a fabulous achievement on getting a first international vest!

The final cross-country league races were held at Stanmer, where we continued with the highly successful performances from the previous races.

Under 11 Girls: 1st **Skye Widdows** we had 4 in the top 10 places!
Under 11 Boys: 2nd **Jem Marshall**
Under 13 Girls: our three teams finished in 3rd, 6th and 9th places
Under 13 Boys: 2nd **George Gilbert** again three teams who finished in 2nd, 3rd and 10th places.
Under 15 Girls: A team 5th, B team 10th.
Under 15 Boys: 1st **Finlay Goodman**, 3rd **Thomas Matthews**. **We** had 6 in the top 10 places, and the three teams finished in 1st, 3rd and 8th: A brilliant performance.
Under 17 Women: 3rd **Dulcie Yelling**. A team 1st, B team 8th.
Under 17 Men: 2nd **Charlie Ferris**, 3rd **Jude Clayton**. A team 1st, B team 5th
Senior Women: 3rd **Kathleen Law**, A team 2nd, B team 6th and division 2: C team 10th.
Senior Men: 1st **James Turner**, A team 1st/ division 2: B team 8th.
Veteran Women: Team 15th.

After being selected to run for the GB Under 23 cross-country team, **Tomer** finished in 37th place overall and was a member of the winning team. So he was a gold medallist in his first international: a superb performance!

Congratulations to the following athletes who set new club records in 2022:

Amber Anning: Senior Women's 100 and 200m: 11.49s/23.27s
Freya Brennand: Senior and Under 20 Women's hammer 46.90m
Eadie Yelling: Under 20 Women's 3000m steeplechase 11.24.64s
Harry Reinecker-Found: Senior Men's high jump 2.06m
Charlie Fisher: Under 15 Boys 200m 23.1

The final event on the club calendar was the Boxing Day races held at Preston Park, this was the 90th running of this event, and our thanks go to **Sam Lambourne**, who has organised this for

many years. The proceeds from this event, £330, went to a charity, so it is a very worthy event and a good way of running (or walking) off the previous day's excesses!

A final word from me to say that we are struggling at present with a shortage of coaches, the ones we have to do a magnificent job, but we need more so that we can take on more members: we are turning away so many who want to join, but we are restricted by England athletics rules on the number of athletes that a coach can take at any one session. So if any of you are interested in having a go talk to our head coach, **Sarah Hewitt**, or any of the coaches that you see on training nights.

Please consider it; the club will reimburse any costs for courses taken. This also applies to officials courses as well. Speaking from my own experience, I get a greater buzz from coaching than I did when I competed. There is little to beat seeing someone you have helped get their thrill from a new PB, gaining a medal, or simply do well when the pressure is on. A real high!

Lastly, I would like to thank my fellow committee members who keep the club running smoothly, the parents who helped with our league commitments, both summer and winter, and most importantly, the athletes who train and compete all year round.

Have a fantastic 2023 and enjoy our great sport.

Bob Willows

Club Secretary, Brighton & Hove AC