



# ANNUAL REPORT OF BRIGHTON AND HOVE AC 2023

by Club Secretary Bob Willows

Hello All and Happy New Year,

This is the report on the club and its member's achievements in 2023. As always there is a lot to report and a vast amount of statistics, so here goes.

Firstly the highlight of the year was the superb bronze medal won as part of the 4x400m relay team by **Amber Anning** at the World Championships in Budapest: the first ever medal in a World Championship by any club athlete or by any Sussex athlete. She had earlier in the year been a part of the University of Arkansas team that set a world best indoor 4x400 relay at their National Collegiate Championships and with 50.68s run the third fastest time indoors over 400m by a British woman.

There have been many other great performances by our members this year but this is undoubtedly the best: a huge "well done" to Amber!

The athletics season runs to a regular timetable and the first major event is:

## **Sussex Cross Country Championships at Bexhill**

Medallists and team positions:

**U11 boys:** Jem Marshall 2<sup>nd</sup>

**U13 girls:** Team 3<sup>rd</sup>.

**U13 boys:** Team 1<sup>st</sup>

- George Gilbert 1<sup>st</sup>

- Oliver Goodman 2<sup>nd</sup>
- Joaquin Perez Rork 8<sup>th</sup>.

**U15 boys: Team 1<sup>st</sup>:**

- Finlay Goodman 1<sup>st</sup>,
- Thomas Matthews 3<sup>rd</sup>
- Thomas Barnett 8<sup>th</sup>.
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**U17 women: Team 1<sup>st</sup>**

- Rosie Gasson 1<sup>st</sup>
- Dulcie Yelling 3<sup>rd</sup>
- Xanthe Cox 10<sup>th</sup>.

**U17 men: Team 1<sup>st</sup>**

- Alex Riley 1<sup>st</sup>
- Charlie Ferris 5<sup>th</sup>
- Jude Clayton 6<sup>th</sup>.

**U20 men: Team 2<sup>nd</sup>,**

- Matt Grindrod 2<sup>nd</sup>
- Henry Yelling 5<sup>th</sup>
- Dante Oprandi 9<sup>th</sup>.

**U20 women: Ciara Muzio 2<sup>nd</sup>.**

**Senior Men: Team 2<sup>nd</sup>** ( a single point behind the winners, a close one this!).

**Masters Championships at Coombe Farm:**

**Ladies v35:** Team 3<sup>rd</sup> - Gill Bickle, Suzanne Jarrett and Tamsin Shasha.

**Ladies V45:** Team 2<sup>nd</sup> - Paula Blackledge, Manjula Moon and Jeanette Kenneally.

**Ladies V 55:** Team 3<sup>rd</sup>: Gail Nerurkar, Judith Carder and Cathy Ulliott.

**Men V40:** Team 1<sup>st</sup> : Craig Halsey, Howard Bristow, Matt Bristow and Louis Taub.

**Men V 50:** Team 3<sup>rd</sup>: John Lowden, Keith Newton and Paul Prosser.

**Sussex Cross-Country League final positions:**

After the 4 meetings were completed the individual and team placings were:

**U11 girls:** Skye Widdows 1<sup>st</sup>.

**U11 boys:** Jem Marshall = 2<sup>nd</sup>.

**U13 girls:** Katherine Haslip tied for 1<sup>st</sup> Team 1<sup>st</sup> by a single point!

**U13 boys:** George Gilbert tied for 1<sup>st</sup>

**U15 boys:** Finlay Goodman 1<sup>st</sup>, Thomas Matthews 3<sup>rd</sup>. A team 1<sup>st</sup> B team 2<sup>nd</sup>.

**U17 women:** Rosie Gasson 2<sup>nd</sup> A team 1<sup>st</sup> B team 6<sup>th</sup>.

**U17 men:** Alex Riley 1<sup>st</sup>. A team 1<sup>st</sup> B team 6<sup>th</sup>.

**U20 men:** Matt Grindrod 1<sup>st</sup> Henry Yelling 2<sup>nd</sup>.

**Senior women:** A team 3<sup>rd</sup>, B team 7<sup>th</sup>.

**Senior men:** A team 1<sup>st</sup> division 1 B team 2<sup>nd</sup> C team 9<sup>th</sup> division 2.

**Men V40:** Craig Halsey 1<sup>st</sup>: A team 1<sup>st</sup> B team 11<sup>th</sup>.

Looking at the set of results above it shows the clubs domination over the mud. There were several very close results which is good for the sport as competition will make for more thrilling races. Congratulations to all those who took part and to the coaches and team managers for their part in this success.

Another event that the club participates in is the **Sussex Sportshall League**: an indoor multi event competition that is lead at present by Richard Carter and a few willing volunteers. The youngsters compete against the other Sussex clubs and this winter the team finished in 2<sup>nd</sup> place behind Crawley: Crawley won match 1 and 3, we won match 2: the two teams were well ahead of any of the other Sussex clubs. Well done to Richard and his team for organising these very popular matches.

Next up on the athletics calendar is the **Sussex indoor Championships**. Held in conjunction with Surrey at Carshalton these are sparsely contested but those

who do go get to get a bit of the competitive edge ahead of the main outdoor season. Medallists:

<b>U13g:</b>	60m:	Klara Novak-Wightman	2 <sup>nd</sup> 9.29s
		Nicolle Nastase	3 <sup>rd</sup> 9.89s
	Long jump:	Klara Novak-Wightman	2 <sup>nd</sup> 3.80m
		Alex Koloutsos	3 <sup>rd</sup> 3.68m
<b>U15g:</b>	60m:	Joy Russell	3 <sup>rd</sup> 8.63s
	Long jump	Jaiten Best	3 <sup>rd</sup> 4.39m
	High jump:	Joy Russell	1 <sup>st</sup> 1.25m
	Triple jump	Jaiten Best	1 <sup>st</sup> 10.10m
<b>U17w:</b>	60m hurdles	Jessica Bliss	2 <sup>nd</sup> 9.70s
	Long jump:	Stella Kalman	1 <sup>st</sup> 5.16m
	Shot putt:	Libby Russell	3 <sup>rd</sup> 9.64m
	Triple jump:	Layla Bowen	3 <sup>rd</sup> 9.62m
<b>U20w:</b>	60m:	Sophie Wilkinson	3 <sup>rd</sup> 8.28s
	60m hurdles:	Lucy Kirby	2 <sup>nd</sup> 10.51s
	Long jump:	Amber Purcell	1 <sup>st</sup> 5.08m
	Triple jump:	“ “	1 <sup>st</sup> 10.73m
		Lucy Kirby	3 <sup>rd</sup> 9.48m
	Shot putt:	“ “	2 <sup>nd</sup> 7.60m
<b>Senior W:</b>	60m:	Aneira Farrah-Daniel	3 <sup>rd</sup> 8.15s
	60m hurdles:	Livvy Connor	1 <sup>st</sup> 9.15s
	Long jump:	Kirsty Nelson	2 <sup>nd</sup> 4.60m
	High jump:	Livvy Connor	1 <sup>st</sup> 1.55m
		Aneira Farrah-Daniel	2 <sup>nd</sup> 1.45m
	Triple jump:	Kirsty Nelson	1 <sup>st</sup> 9.91m
	Shot putt:	Livvy Connor	1 <sup>st</sup> 9.34m
<b>U13b:</b>	60m:	Matthew Reid	1 <sup>st</sup> 8.74s
		Louis Ashworth	2 <sup>nd</sup> 8.78s
		Isaac Machin	3 <sup>rd</sup> 8.91s
	Long jump:	Louis Ashworth	1 <sup>st</sup> 4.68m <b>CBP</b>
		Isaac Machin	2 <sup>nd</sup> 4.07m
		Ethan Taites	3 <sup>rd</sup> 3.99m

<b>U15b:</b>	Long jump:	Jude Porter	2 <sup>nd</sup> 4.69m
		Matthew Plummer	3 <sup>rd</sup> 4.60m
	Triple jump:	Jude Porter	2 <sup>nd</sup> 9.83m
		Matthew Plummer	3 <sup>rd</sup> 9.68m
<b>U17m:</b>	60m:	Charlie Fisher	1 <sup>st</sup> 7.35s
		Louis Wilson	2 <sup>nd</sup> 7.42s
	60m hurdles:	Daniel Allan	1 <sup>st</sup> 8.94s
<b>U20m:</b>	60m:	Noah Grant-Barwis	2 <sup>nd</sup> 7.18s
	Long jump:	Milo Bowen	2 <sup>nd</sup> 4.85m
	Triple jump:	“ “	1 <sup>st</sup> 10.92m
<b>Senior M:</b>	60m hurdles:	Bradley Eisnor	1 <sup>st</sup> 8.68s
	Pole vault:	Matt Smith	1 <sup>st</sup> 3.20m
	Triple jump:	Pat Apantaku	1 <sup>st</sup> 11.85m
	Shot putt:	“ “	1 <sup>st</sup> 10.95m
		Matt Smith	2 <sup>nd</sup> 10.66m

**CBP** Championship best performance.

One of the last events in the winter season are the Sussex Road Relays and again our winter stars performed brilliantly:

**U11 girls:** A team 1<sup>st</sup> B team 4<sup>th</sup> and the C team were 9<sup>th</sup> (great strength in depth).

**U11 boys:** A team 3<sup>rd</sup> B team 8<sup>th</sup>.

**U13 girls:** A team 2<sup>nd</sup> and B team 9<sup>th</sup>.

**U13 boys:** A team 2<sup>nd</sup> B team 6<sup>th</sup>.

**U15 boys:** A team 1<sup>st</sup> B team 2<sup>nd</sup> C team 8<sup>th</sup>. A stunning performance from the lads.

**U17/U20/Senior women:** A team 2<sup>nd</sup> B team 13<sup>th</sup> C team 15<sup>th</sup> D team 20<sup>th</sup>.

**U17/U20/Senior men:** A team 2<sup>nd</sup> and then 6<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> and 22<sup>nd</sup>

**Veteran Men:** Team 2<sup>nd</sup>.

What a great way to close down the winter events where Brighton again showed that we are the strongest club in Sussex over the mud and the roads.

## **THE SUMMER SEASON**

As the winter season drew to a close the summer season got into full swing. Before the main championships started the Sussex leagues, the youth development leagues and the Southern athletics leagues got underway. They would continue all through the summer and we had some great results from them all, but more of them later. The first major event is the Sussex track and field Championships, again held at Crawley, (surely it is time for them to come to Withdean with its much better atmosphere)!

### **Sussex Track and Field Championships**

There is a lot to report so prepare yourselves:

The county run a minithon competition for the under 13's in conjunction with the main events and the club's athletes were magnificent! We had the top 5 finishers in the girl's event and 7 of the top12 boys were our athletes, well done to them and their coaches for a superb performance.

#### **U13 girl's minithon:**

1<sup>st</sup> Seren Rowe 66 points, 2<sup>nd</sup> Alex Koloutsos 63 points, 3<sup>rd</sup> Gracie Fox 55 points.

#### **U13 boy's minithon:**

1<sup>st</sup> Isaac Machin 68 points, 2<sup>nd</sup> Arthur Rogers 59 points.

The following are the medallists but there were many others who performed well but sadly I cannot list them all, but a huge well done for those who did personal bests or got close to the podiums.

#### **U15 girls**

##### **100m:**

3<sup>rd</sup> Joy Russell: 13.49s

##### **200m:**

2<sup>nd</sup> Martha Challis: 27.13s 3<sup>rd</sup> Joy Russell: 27.46s

##### **300m:**

2<sup>nd</sup> Martha Challis: 43.99s 3<sup>rd</sup> Angelina Diacci: 44.33s

**Long jump:**

3<sup>rd</sup> Jaiten Best: 4.63m

**Triple jump:**

1<sup>st</sup> Jaiten Best: 10.86m 3<sup>rd</sup> Julieana Walsh: 9.58m

**Discus:**

2<sup>nd</sup> Kira Dunford: 15.77m

**Javelin:**

1<sup>st</sup> Sophie Bliss: 30.06m

**U17 Women:**

**100m:**

1<sup>st</sup>: Elodie Bradley: 12.90s

**200m:**

2<sup>nd</sup> Stella Kalman: 26.55m

**Long jump:**

2<sup>nd</sup> Stella Kalman: 5.30m

**Triple jump:**

2<sup>nd</sup> Layla Bowen: 9.98m

**Javelin:**

1<sup>st</sup> Dulcie Yelling 41.46m 2<sup>nd</sup> Eloise White 40.80m

**U20 Women:**

**100m hurdles**

3<sup>rd</sup> Lucy Kirby: 17.21s

**400m:**

2<sup>nd</sup> Emily Muzio: 61.30s

**800m:**

3<sup>rd</sup> Emily Muzio: 2.27.56s

**1500m:**

1<sup>st</sup> Ciara Muzio: 4.40.94s

**Long jump:**

1<sup>st</sup> Amber Purcell: 5.17m

**Triple jump;**

1<sup>st</sup> Amber Purcell: 10.86m 3<sup>rd</sup> Lucy Kirby: 10.11m

**Shot putt:**

2<sup>nd</sup> Lucy Kirby: 7.54m

**Javelin:**

1<sup>st</sup> Rachael Wall: 39.27m 2<sup>nd</sup> Lily Carter: 28.48m.

**Senior Women:****100m hurdles:**

1<sup>st</sup> Livvy Connor: 15.37s

**Long jump:**

1<sup>st</sup>: Livvy Connor: 5.24m

**Triple jump:**

1<sup>st</sup>: Julia Machin: 10.69m

**High jump:**

1<sup>st</sup> Livvy Connor: 1.60m 2<sup>nd</sup> Jo Wilding: 1.25m

**Shot putt:**

2<sup>nd</sup> Julia Machin: 10.12m

**Discus:**

1<sup>st</sup> Sarah Hewitt: 33.86m

**Hammer:**

1<sup>st</sup> Bonnie Brito Costa 36.43m 2<sup>nd</sup> Sarah Hewitt: 30.55m

**Veteran Women:****100m:**

W50: 1<sup>st</sup> Stef Dornbusch: 15.28s

**200m:**

W45: 1<sup>st</sup> Jo Wilding: 30.22s

W50: 1st Stef Dornbusch: 31.39s

**U15 Boys:****100m:**

1<sup>st</sup> Raffaele Barra: 11.71s

**200m:**

1<sup>st</sup> Raffaele Barra: 24.14s

**800m:**

1<sup>st</sup> Saul Bennett 2.05.25s

**1500m:**

1<sup>st</sup> George Gilbert: 4.29.08s 3<sup>rd</sup> Alex Roberts: 4.32.80s

**Long jump:**

2<sup>nd</sup>: Raffaele Barra 5.32m



**Discus;**

1<sup>ST</sup> Noah Walker: 30.45m 3<sup>rd</sup> Kieran Parr: 20.40m

**Hammer:**

1<sup>st</sup> Cameron Dean: 24.26m

**Javelin:**

1<sup>st</sup> Kieran Parr 30.01m 2<sup>nd</sup> Callum Bloxham 29.42m 3<sup>rd</sup> Frank Furniss 25.93m

**U17 men:****100m:**

1<sup>st</sup> Louis Wilson 11.51s 2<sup>nd</sup> Theo Lawson 11.59s 3<sup>rd</sup> Joash Kadege 11.72s

**200m:**

1st Theo Lawson 23.54s 2<sup>nd</sup> Joseph Campbell 23.86s 3<sup>rd</sup> Joash Kadege 24.01s

**400m:**

2<sup>nd</sup> Ethan Usherwood 53.41s

**800m:**

3<sup>rd</sup> Arun Khursheed 2.05.74s

**1500m:**

2<sup>nd</sup> Arun Khursheed 4.12.02s

**5000m:**

1<sup>st</sup> Freddie Matthews 16.51.14s 2<sup>nd</sup> Jonathan Beckett 17.16.45s

**100m hurdles:**

1<sup>st</sup> Daniel Allan 14.64s

**Long jump:**

2<sup>nd</sup> Dylan Parr 5.51m

**High jump:**

Dylan Calvey 1.75m 2<sup>nd</sup> Max Willemse 1.75m

**Shot putt:**

1<sup>st</sup> Ethan Usherwood 10.41m

**Javelin:**

1<sup>st</sup> Louis Opoku 54.33m 2<sup>nd</sup> Barney Hastings 51.68m

**U20 Men:****100m:**

2<sup>nd</sup> Noah Barwis 11.07s

**200m:**

3<sup>rd</sup> Noah Barwis 23.20s

**800m:**

1<sup>st</sup> Alex Riley 1.53.31s 2<sup>nd</sup> Henry Yelling 1.56.21s

**1500m:**

1<sup>st</sup> Alex Riley 3.57.94s 2<sup>nd</sup> Henry Yelling 4.02.43s 3<sup>rd</sup> Fionn O Murchu 4.05.41s

**Long jump:**

3<sup>rd</sup> Milo Bowen 5.28m

**Triple jump:**

3<sup>rd</sup> Milo Bowen 10.53m

**Shot putt:**

1<sup>st</sup> Stephen Yell 11.21m

**Discus:**

1<sup>st</sup> Stephen Yell 35.35m

**Senior Men:**

**100m:**

2<sup>nd</sup> Josh Hawkins 10.67s 3<sup>rd</sup> Toby Hawkins 10.70s

**400m:**

2<sup>nd</sup> Stevie Kasparis 52.62s

**800m:**

1<sup>st</sup> Tom Niner 1.54.28s 2<sup>nd</sup> Matt Grindrod 1.57.82s

**1500m:**

1<sup>st</sup> Matt Grindrod 3.59.84s

**5000m:**

2<sup>nd</sup> James Turner 15.08.00s

**400m hurdles:**

1<sup>st</sup> Stevie Kasparis 59.97s

**Long jump:**

2<sup>nd</sup> Matt Smith 6.29m 3<sup>rd</sup> Daniel Kolosov 6.09m

**Shot putt:**

2<sup>nd</sup> Jack Wadman 12.89m 3<sup>rd</sup> Matt Smith 10.96m

**Hammer:**

1<sup>st</sup> Vitor Brito Costa 24.97m

**Discus:**

2<sup>nd</sup> Oliver Beach 38.58m 3<sup>rd</sup> Matt Smith 35.84m

**Veteran Men:**

**100m:**

**M60** 1<sup>st</sup> Brian Steene 13.16s

**1500m:**

**M40:** 1<sup>st</sup> Paul Howard 4.19.24s 2<sup>nd</sup> Craig Halsey 4.24.82s

**M45:** 1<sup>st</sup> Matt Bristow 4.33.48s

**5000m:**

**M40:** 1<sup>st</sup> Craig Halsey 15.50.69s 3<sup>rd</sup> Paul Howard 16.44.43s

**M45:** 1<sup>st</sup> Louis Taub 16.59.20.

Finally the relays were poorly contested by most clubs but we had the following medallists:

- U15 girls 2<sup>nd</sup>
- U15 boys 1<sup>st</sup>
- U17 men 1<sup>st</sup>
- U20women 2<sup>nd</sup>

After the Sussex School's Championships the club had 22 athletes selected to represent the county at the English School's Championships at Birmingham: (sadly one was unable to attend but the rest all performed brilliantly). The following are the results:

**English Schools Championships 2023**

- Rachael Wall S.G. javelin 1<sup>st</sup> 45.05m
- Sophie Bliss J.G. javelin 4<sup>th</sup> 34.89m
- Dulcie Yelling I.G. javelin 3<sup>rd</sup> 48.56m (county record)
- Halle Millard J.G. javelin 10<sup>th</sup> 27.12m
- Louis Opoku I.B. javelin 4<sup>th</sup> 58.42m
- Barney Hastings I.B. javelin 6<sup>th</sup> 53.37m
- Theo Lilly I.B. javelin 12<sup>th</sup> 56.64m
- Eloise White I.G. javelin 10<sup>th</sup> 34.23m
- Fionn O Murchu S.B. 1500m heat 4.11.23s
- Daniel Allan I.B. 100m hurdles heat 13.99s
- Henry Yelling S.B. 2000m s/chase 7<sup>th</sup> 6.17.95s
- Edie Yelling S.G. 1500m s/chase 12<sup>th</sup> 5.39.10s
- Tom Matthews I.B. 1500m s/chase heat 4.39.50s
- Stella Kalman I.G. long jump 7<sup>th</sup> 5.18m
- Amber Purcell S.G. triple jump 7<sup>th</sup> 11.11m
- Alex Riley S.B. 1500m 2<sup>nd</sup> 3.55.25s

- Noah Walker J.B. discus 17<sup>th</sup> 26.88m
- George Gilbert J.B. 1500m heat 4.34.82s
- Saul Bennett J.B. 800M heat 2.04.35s
- Dylan Calvey I.B. high jump 2<sup>nd</sup> 1.94m
- Arun Khursheed I.B. 1500m heat 4.11.59s

At the same time as the English Schools' final day, the Sussex Under 13 Championships was held incorporating the Under 11 Quadkids event. Again these are the medallist but there were, as ever, many other great performances.

### **Quadkids**

Girls:

- 1<sup>st</sup> Amelia Dorrington 262 points
- 2<sup>nd</sup> Skye Widdows 248 points
- 3<sup>rd</sup> Ada Greenway 238 points

### **Under 13 County Championships**

Girls:

**800m:**

- 1<sup>st</sup> Seren Rowe 2.27.85s
- 3<sup>rd</sup> Florence Matten 2.37.23s

**1500m:**

- 3<sup>rd</sup> Gracie Fox 5.10.47s

**70m hurdles:**

- 3<sup>rd</sup> Alex Koloutsos 12.69s

**4x100m relay:**

- Team 2<sup>nd</sup> 57.66s

**Long jump:**

- 1<sup>st</sup> Seren Rowe 4.49m
- 2<sup>nd</sup> Klara Novak-Wightman 4.33m

**High jump:**

- 1<sup>st</sup> Alex Koloutsos 1.33m

**Shot putt:**

- 3<sup>rd</sup> Gracie Fox 6.01m

**Discus:**

- 1<sup>st</sup> Seren Rowe 19.55m

**Javelin:**

- 1<sup>st</sup> Neve Talbot 20.01m

- 2nd Alex Koloutsos 17.63m
- 3<sup>rd</sup> Mia Diacci 14.76m

*Congratulations to Seren for her three gold medals over a diverse range of events!*

**Boys:**

**75m:**

- 1<sup>st</sup> Thomas Campbell 10.07s

**150m:**

- 1<sup>ST</sup> Louis Ashworth 20.19s

**800m:**

- 2<sup>nd</sup> Louis Ashworth 2.21.98s

**1500m:**

- 2<sup>nd</sup> Taylor Thom-Watts 4.52.66s

**75m hurdles:**

- 1<sup>st</sup> Arthur Rogers 13.74s
- 2<sup>nd</sup> Isaac Machin 14.07s

**4x100m relay:**

- Team 1<sup>st</sup> 55.98s

**Long jump:**

- 1<sup>st</sup> Louis Ashworth 5.06m **CBP**

**High jump:**

- 1<sup>st</sup> Isaac Machin 1.37m

**Javelin:**

- 1<sup>st</sup> Arthur Rogers 36.90m

**Championship Best Performance**

Well done to Arthur for his double and of course to Louis for the performance of the day!

Whilst all of these Championships were taking place, the leagues were continuing. The seniors had gained promotion to Division 1 of the Southern Athletics League the previous season, finishing in a hugely impressive 5th place at the end of their campaign. The Youth development league teams were also impressive, with the upper and lower age groups finishing in 2nd place in their relevant divisions. The Sussex leagues were also being fought out: the under 15's had all of their matches at Withdean, and after the four fixtures, Brighton were champions ahead of their rivals from Crawley. The under-13's were also victorious at the final held at Crawley, so we can rightly claim to be the best

junior club in the county. A mention to the team managers who work tirelessly behind the scenes and, in Sam's case, very vocally at the u13's final (earplugs recommended for those nearby)!

Senior managers: Sarah Hewitt and Joe Morris.

YDL upper age group Sarah Yelling assisted by Lucy Kirby

YDL and Sussex under 15's Sean Dunford, under13's Sam Koloutsos.

The next list is for those who competed at the higher levels: area and national. The following were those who won medals at these events.

### **Southern Indoor Championships:**

#### **U20 men:**

- **High Jump** 3<sup>rd</sup> Will Sutton 1.95m

#### **Under 13 girls:**

- **High Jump:** 1<sup>st</sup> Alex Koloutsos 1.40m

#### **Under 13 Boys:**

- **800m:** 1<sup>st</sup> Louis Ashworth 2.27.44s
- **Long jump:** 1<sup>st</sup> Louis Ashworth 4.78m

#### **Under 15 girls:**

**Triple jump:** 2<sup>nd</sup> Jaiten Best 9.83m

#### **Under 15 boys:**

**800m:** 2<sup>nd</sup> Saul Bennett 2.08.46s

### **Southern Outdoor Championships:**

#### **Under 13 boys:**

**Javelin:** 2<sup>nd</sup> Rex Hastings 32.87m

#### **Under 15 girls:**

**Triple jump:** 1<sup>st</sup> Jaiten Best 10.54m

**Under 17 women:**

**Long jump:** 3<sup>rd</sup> Stella Kalman 5.27m

**Javelin:** 2<sup>nd</sup> Dulcie Yelling 45.30m

**Under 17 men:**

**Javelin:**

- 1<sup>st</sup> Louis Opoku 59.82m
- 2<sup>nd</sup> Barney Hastings 57.84m

**Under 20 women:**

**Javelin:**

- 1<sup>st</sup> Rachael Wall 44.21m

**National Championships:**

**Under 23's**

**Javelin:**

- 2<sup>nd</sup> Lizzie Korczak 45.50m

**Under 20 women:**

**Javelin:**

- 1<sup>st</sup> Rachael Wall 44.21

**Under 20 men:**

**1500m:**

- 3<sup>rd</sup> Alex Riley 3.52.26

**Under 17 women:**

**Javelin:**

- 3<sup>rd</sup> Dulcie Yelling 46.07m

**Under 17 men:**

**Javelin:**

- 1<sup>st</sup> Louis Opoku 60.63m
- 3<sup>rd</sup> Barney Hastings 56.66m

**Under 15 girls:**

**Triple jump:**

- 3<sup>rd</sup> Jaiten Best 10.45m

Well done to all of these athletes who competed at the highest level and medalled

So, as is the natural order of things the start of the 2023 winter season was the Cross country relays and it seems that nothing has changed:

Brighton doing extremely well!

**Sussex cross country relays: Goodwood:**

**Under 11 girls:**

Not a team event but the first two finishers were: 1<sup>st</sup> Skye Widdows followed by Ada Greenaway. Superb.

**Under 13 girls:**

Team 2<sup>nd</sup>: Gracie Fox, Florence Matten and Scarlet Airey.

**Under 13 boys:**

Team 2<sup>nd</sup>: Taylor Thom-Watts, Louis Ashworth and Oliver Goodman.

**Under 15 girls:**

Team 3<sup>rd</sup>: Lara Cox, Juliana Christopherson and Mia Potton.

**Under 15 boys:**

Team 1<sup>st</sup> : George Gilbert, Alex Roberts and Ben Hutton.

**Under 17 women:**

Team 4<sup>th</sup>.

**Under 17 men:**

A team 1<sup>st</sup>: Finlay Goodman, Jude Clayton and Arun Khursheed

B team 2<sup>nd</sup>: Rowen Curtis, Freddie Matthews and Thomas Matthews.

C team 9<sup>th</sup>, D team 13<sup>th</sup>

What a great display from the lads and what depth of talent!

**Senior women:**

A team 1<sup>st</sup>: Tilly Wilburn, Lydia Grows and Kathleen Law.



B team: 5<sup>th</sup>.

**Senior men:**

A team 1<sup>st</sup>: Alex Riley, Callum Tharme, Stephen Ferroni and Kieran Barnes.

B team 3<sup>rd</sup>: Matt Grindrod, Kit Monti, James Dicks and Craig Halsey.

**Veteran women:**

**W45:** Team 1<sup>st</sup>: Paula Blackledge, Jeanette Kenneally and Linda Schofield.

**Veteran Men:**

**M45:** Team 1<sup>st</sup>: Craig Halsey, Howard Bristow, Paul Howard and Zared Hale.

**M50:** Team 1<sup>st</sup>: Duncan Curtis, Gary Christie, Richard Ruman and Mark Dooley.

Continued:

**Sussex Cross Country League:**

There have been three fixtures: Goodwood, Ardingly and Stanmer and the results have been very impressive and auger well for more titles when the cross country season finishes next year. So far we have seen the following results:

**Under 11 girls:** Skye Widdows 3 wins out of 3.

**Under 13 Girls:** three 3<sup>rd</sup> places.

**Under 13 Boys:** a 3<sup>rd</sup> and two 1<sup>st</sup>.

**Under 15 Girls:** two 2<sup>nd</sup> and a 1<sup>st</sup>.

**Under 15 Boys:** two 1<sup>st</sup>.

**Under 17 Men:** three wins

**Senior women:** a 3<sup>rd</sup> and a 2<sup>nd</sup>.

**Senior men:** three wins

**Veteran men:** three wins.

Finally at the very end of the year Tomer Tarragano, representing Great Britain in the European U23 cross country championships in Belgium won a gold medal as part of the four man team.

So, what a fantastic year this has been for the club and its members: we have seen over the previous pages a list of National, English Schools and area medallists a World medallist and record holder, a European cross country medallist and a huge number of county champions on the track and over the cross country and roads. What is not apparent is the work that goes on behind the scenes keeping all of this success going: We are indebted to the committee and the team managers, the team that run the gate on training nights and the officials that ensure the matches go ahead whatever the weather throws at them. What we need is more of these volunteers so if you want to be a part of this highly successful club please come forward, the work is not complicated and it does give a great deal of fulfilment when you see the athletes do so well.

**Bob Willows, Club Secretary**

