



Brighton and Hove Athletic Club Annual Report 2024

2024 will always be remembered for the outstanding performances of Amber Anning, our first Olympic medallist since Steve Ovett in Moscow 1980. Amber secured two bronze medals in the mixed and women's 4x400m relays and set a new British record in the 400m final. Earlier in the year, she also broke the British indoor 200m record while studying in America. After the Olympics, Amber returned to our track where she received a rapturous reception and shared how much the club means to her.

Beyond Amber's achievements, many of our athletes delivered superb performances throughout the year.

SUSSEX CROSS COUNTRY CHAMPIONSHIPS

- **Under 11 Girls:** 1st Skye Widdows, 2nd Ada Greenaway
- **Under 13 Girls:** Team 3rd (Highest placed: Gracie Fox 4th)
- **Under 15 Girls:** 2nd Julieana Walsh (Team 4th)
- **Under 17 Women:** 3rd Rosie Gasson
- **Under 20 Women:** 1st Jess Corbett, 3rd Tilly Wilburn
- **Senior Women:** 2nd Sophie Coleman (Team 1st)
- **Under 11 Boys:** 2nd Barnaby Moyes
- **Under 13 Boys:** 1st Oliver Goodman, 3rd Taylor Thom-Watt (Team 1st)
- **Under 15 Boys:** 2nd George Gilbert (Team 2nd)
- **Under 17 Men:** 2nd Finlay Goodman (Team 1st)
- **Under 20 Men:** 1st Henry Yelling, 2nd Alex Riley (Team 1st)
- **Senior Men:** Team 1st

As ever we finished **as the strongest cross-country club in Sussex**. Special thanks to our dedicated coaches and assistants: John, Pete, Glenn, Allison, Tom, Jason, and everyone who supports our athletes in all weather conditions.

SUSSEX MASTERS CHAMPIONSHIPS

- **Women's V45:** 1st Linda Schofield
- **Men's M40:** Team 1st
- **Women's V55/65:** Team 3rd
- **Men's M50:** Team 3rd

- **Men's M60/70:** 3rd John Lowden (Team 1st)

SUSSEX CROSS COUNTRY LEAGUE (FINAL STANDINGS)

- **Under 13 Girls:** Team 3rd
- **Under 15 Girls:** Team 2nd
- **Under 17 Women:** Team 5th
- **Under 20 Women:** 2nd Tilly Wilburn
- **Senior Women:** 3rd Lydia Growns (Team 3rd, Division 2 Team 4th)
- **Women's V45:** 1st Linda Schofield (Team 4th)
- **Under 13 Boys:** 1st Taylor Thom-Watt, 2nd Oliver Goodman
- **Under 15 Boys:** Team 5th
- **Under 17 Men:** 1st Finlay Goodman, 3rd Thomas Matthews (Team 1st)
- **Under 20 Men:** 1st Henry Yelling
- **Senior Men:** 2nd Matt Grindrod, 3rd Kieran Barnes (Team 1st, B Team 6th)
- **Men's M40:** 1st Zared Hale, 2nd Louis Taub
- **Men's M60:** 1st Mark Dooley (Team 1st)

GOODWOOD ROAD RELAYS

Strong performances across all age groups:

- **Under 11 Girls:** A Team 1st, B 6th, C 14th, D 15th
- **Under 13 Girls:** Team 2nd
- **Under 15 Girls:** Team 4th
- **Under 17 Women:** Team 6th
- **Under 20/Senior Women:** A Team 1st, B 9th
- **Women's V40:** Team 6th
- **Men's M40:** Team 2nd
- **Men's M50:** Team 4th
- **Men's M60:** Team 2nd
- **Under 11 Boys:** A Team 3rd, B 7th, C 10th, D 12th
- **Under 13 Boys:** Team 4th
- **Under 15 Boys:** A Team 1st, B 6th, C 11th
- **Under 17 Men:** A Team 1st, B 3rd, C 8th
- **Under 20/Senior Men:** Team 1st
- **Women's V50:** Team 1st

Our "Mudlarks" continue to dominate in cross-country and road races—long may it continue!

The attention now moved to the track and field season, and almost immediately the Sussex Championships arrived. The following are the medallists, there were many fine performances that did not reach the podium, but the glory goes to these members:

SUSSEX CHAMPIONSHIPS (TRACK AND FIELD)

Our athletes won an impressive **112 medals** across all categories.

Men's Events

Gold:

- **U20 100m:** Louis Wilson
- **U20 200m:** Rowan Pearson
- **U20 400m:** Rowan Pearson
- **U15 1500m:** George Gilbert
- **U17 5000m:** Tom Matthews
- **Vet 45 5000m:** Louis Taub
- **U17 100m hurdles:** Mattia Consiglio
- **SM High Jump:** Will Sutton
- **U15 Triple Jump:** Louis Ashworth
- **SM Shot Put:** Jack Wadman
- **SM Discus Throw:** Matt Smith
- **U15 Javelin Throw:** Kieran Parr
- **U17 100m:** Charles Benson
- **U17 200m:** Charlie Fisher
- **SM 200m:** Remi Coates
- **U20 800m:** Henry Yelling
- **U20 1500m:** Henry Yelling
- **U20 5000m:** Fionn O'Murchu
- **U15 80m hurdles:** Arthur Rogers
- **U20 110m hurdles:** Daniel Allan
- **U17 High Jump:** Dylan Parr
- **U17 Triple Jump:** Matthew Plummer
- **U20 Shot Put:** Ethan Usherwood
- **U17 Hammer Throw:** Gabriel Seidel
- **Relays:** 4x100m U15's and U17's

Total gold medals: **26**

Silver:

- **U17 100m:** Raffaele Taiki Barra
- **SM 100m:** Remi Coates
- **U17 400m:** Sonny Ryder
- **U17 800m:** Arun Khursheed
- **U20 1500m:** Fionn O'Murchu
- **SM 5000m:** Ben Savill
- **U15 High Jump:** Cooper Seiltz
- **U20 Long Jump:** Ethan Usherwood
- **U17 Shot Put:** Dylan Parr
- **U17 Javelin Throw:** Barney Hastings
- **U15 100m:** Thomas Sorrell
- **U20 100m:** Rowan Pearson
- **SM 200m:** Stevie Kasparis
- **SM 400m:** Stevie Kasparis
- **U17 1500m:** Arun Khursheed
- **U17 5000m:** Freddie Matthews
- **U20 110m hurdles:** Ethan Usherwood
- **U13 Pole Vault:** Isaac Machin
- **SM Long Jump:** Matt Smith
- **U15 Javelin Throw:** Arthur Rogers
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Total silver medals: **20**

Bronze:

- **SM 100m:** Toby Hawkins
- **SM 400m:** Max Andrews
- **U17 1500m:** Tom Matthews
- **SM 5000m:** Cameron Dunn
- **U17 High Jump:** Dylan Parr
- **U20 Long Jump:** Joseph Campbell
- **U20 Triple Jump:** Tom Alexander
- **U15 Hammer Throw:** Arthur Rogers
- **U20 200m:** Joseph Campbell
- **U17 800m:** Saul Bennett
- **U20 5000m:** Rory Monti
- **U15 High Jump:** Kieran Parr
- **U15 Long Jump:** Cooper Seiltz
- **U15 Triple Jump:** Arthur Rogers
- **SM Shot Put:** Matt Smith
- **U17 Javelin Throw:** Cameron Dean

Total bronze medals: **16**

Women's Events

Gold:

- **VW45 100m:** Jo Wilding
- **VW55 100m:** Tracey Brockbank
- **VW55 200m:** Tracey Brockbank
- **U17 1500m:** Julieana Walsh
- **U15 75m hurdles:** Heidi Ely
- **U20 400m hurdles:** Tati Mehta
- **U13 Pole Vault:** Florence Matten
- **SW Long Jump:** Lorraine Kirby
- **U20 Triple Jump:** Jessica Ojo-Osagie
- **SW Shot Put:** Julia Machin
- **U15 Javelin Throw:** Sophie Bliss
- **U13 2000m walk:** Amelie Waller
- **VW50 100m:** Steph Dornbusch
- **VW50 200m:** Lorraine Kirby
- **SW 400m:** Lorraine Kirby
- **VW45 1500m:** Kirsty Armstrong
- **U20 100m hurdles:** Jessica Bliss
- **U15 High Jump:** Alexandra Koloutsos
- **U17 Long Jump:** Jaiden Best
- **U17 Triple Jump:** Jaiden Best
- **SW Triple Jump:** Scarlet Margaroli
- **SW Hammer Throw:** Freya Brennand
- **U20 Javelin Throw:** Dulcie Yelling
- **SW 4x100m relay**

Total gold medals: **24**

Silver:

- **U17 200m:** Elodie Bradley
- **U17 300m:** Lara Cox
- **SW High Jump:** Julia Machin
- **U15 Shot Put:** Heidi Ely
- **U17 Javelin Throw:** Elise Machin
- **U17 4x400m relay**
- **SW 200m:** Lucy Kirby
- **U20 400m:** Amelie McGurk
- **U15 Triple Jump:** Alexandra Koloutsos
- **U15 Javelin Throw:** Mia Diacci
- **U20 Javelin Throw:** Jessica Bliss

Total silver medals: **11**

Bronze:

- **U17 200m:** Martha Challis
- **U15 300m:** Seren Rowe
- **U17 800m:** Lara Cox
- **U17 80m hurdles:** Laila Drummond
- **U13 Pole Vault:** Skye Widdows
- **U20 200m:** Ruby Challis
- **U17 300m:** Angelina Diacci
- **U15 800m:** Seren Rowe
- **U17 1500m:** Rosie Gasson
- **SW High Jump:** Jo Wilding
- **SW Pole Vault:** Steph Dornbusch

Total medals won: **11.**

Overview:

- Men's Gold Medals: 26
- Men's Silver Medals: 20
- Men's Bronze Medals: 16
- Women's Gold Medals: 24
- Women's Silver Medals: 11
- Women's Bronze Medals: 11

At the same time as the main championships, the Under-13 Minithon took place. The boys' event was won by Isaac Machin and the girls' by Florence Matten, with Betty Grice as runner-up—three excellent performances.

SUSSEX SCHOOLS CHAMPIONSHIPS

The next major event for our younger athletes was the Sussex Schools Championships, where 25 of our athletes earned selection to represent Sussex at the English Schools Championships in Birmingham. This group made up 30% of the Sussex squad—a testament to the club's work.

ENGLISH SCHOOLS CHAMPIONSHIPS:

Junior Girls:

- Heidi Ely: 75m hurdles, 8th (heat), 12.27s
- Sophie Bliss: Javelin, 10th, 28.24m

Junior Boys:

- Jonathon Lodi: 100m, 8th, 11.69s
- George Gilbert: 1500m, 3rd, 4.09.71
- Louis Ashworth: 300m, 6th (heat), 39.05s
- Noah Walker: Discus, 3rd, 41.94m

Intermediate Girls:

- Julieana Walsh: 1500m steeplechase, 3rd, 5.09.39
- Lara Cox: 800m, 2nd (heat), 2.14.74
- Angelina Diacci: 800m, 8th (heat), 2.17.92
- Jaiten Best: Triple Jump, 6th, 10.97m

Intermediate Boys:

- Charlie Fisher: 200m, 4th (heat), 22.51s
- Saul Bennett: 800m, 6th (heat), 1.57.13
- Arun Khursheed: 1500m, 11th (heat), 4.12.05
- Thomas Matthews: 1500m steeplechase, 10th, 4.30.97
- Freddie Matthews: 1500m steeplechase, 12th, 4.37.28
- Barney Hastings: Javelin, 3rd, 57.22m

Senior Girls:

- Rosie Gasson: 3000m, 20th, 10.24.74
- Jessica Bliss: 100m hurdles, 6th, 14.88s
- Amber Purcell: Triple Jump, 5th, 11.19m
- Dulcie Yelling: Javelin, 2nd, 43.98m

Senior Boys:

- Louis Wilson: 100m, 6th (heat), 11.18s
- Rowan Pearson: 400m, 4th (heat), 50.66s
- Daniel Allan: 110m hurdles, 7th (heat), 16.00s
- Alex Riley: 1500m, 1st, 3.54.59
- Jonathon Beckett: 2000m steeplechase, 12th, 6.34.56

A special mention to **Alex Riley**, who won his first English Schools title. His performance led to selection for the U20 World Championships in Peru—a fantastic achievement.

SUSSEX UNDER-13 CHAMPIONSHIPS AND QUADKIDS

In July, our youngest athletes excelled again:

Gold Medals (11 total):

- Boys: Eddie Sullivan (75m), Isaac Machin (75m hurdles, High Jump, Javelin), Monty Rowland (Discus)
- Girls: Amelia Dorrington (800m), Skye Widdows (1500m), Florence Matten (70m hurdles, High Jump), Klara Novak-Wightman (Long Jump, Javelin)

Silver Medals (8 total):

- Boys: Rory Grant (800m)
- Girls: Betty Grice (75m, 150m), Florence Matten (800m), Amelia Dorrington (Long Jump), Evie Hunter (Discus, Javelin), 4x100m relay

Bronze Medals (5 total):

- Boys: Charlie Mason (Long Jump), Monty Rowland (Javelin), 4x100m relay
- Girls: Skye Widdows (70m hurdles), Evie Hunter (Shot Put)

A total of 24 medals won with two outstanding performances on the day: Isaac and Florence with 3 medals each plus the ones they won when the u13 pole vault was held with the senior event. They also both won the Minithons. Two to watch in the future!

In the QuadKids competition, Ada Greenaway won the girls' event, with a CBP and a score which would have won the boys' competition too! Evie Walker was a superb silver medallist. In the boys' event, Jack Matten was second and Ollie Wells third.

LEAGUE COMPETITIONS

We competed in three major leagues:

- **Youth Development League (YDL):**
 - U13 & U15: 1st place (managed by Glenn and Sean)
 - U17 & U20: 2nd place (managed by Sarah and Lucy)
- **Southern Athletics League (SAL):** 3rd place in Division 1 (led by the Joshua and Toby Hawkins)
- **Sussex Leagues:**
 - U13: 2nd place (to rivals Crawley)
 - U15: Champions

In the YDL, the lower age group team (Under 13s & 15s) secured first place in a tight finish, while the upper age group (Under 17s & U20s) finished a creditable second. The SAL team placed third in a highly competitive Division 1, managed and led by the Hawkins twins, who also competed – great work from them.

In the Sussex Under 13 League, we finished second behind our great rivals, Crawley, but the Under 15s emerged as champions. These leagues require a great deal of effort, and we must acknowledge the hard work of everyone involved: athletes, parents, managers, and officials.

A special mention goes to the team managers who select athletes, travel to matches, and post teams to the league in advance, as well as the officials who attend every event. Without them, none of these events would be possible (this applies to the championships as well).

We have an excellent team of managers and officials, but we're always in need of more. If you're interested in getting involved, please contact anyone on the committee for more information.

CROSS-COUNTRY SEASON

The athletics cycle is a repetitious thing, virtually every year is the same so as the track season draws to a close the cross-country events start up again. The first event was the Goodwood relays:

- **U11 Girls:** 1st Ada Greenaway, 3rd Victoria Ridley
- **U13 Girls:** 1st (A team), 10th (B team)
- **U15 Girls:** 4th (A team), 7th (B team), 13th (C team)
- **U17 Women:** 4th
- **Senior Men:** 1st
- **Veteran Men 40:** 1st
- **Veteran Men 60:** 1st
- **U11 Boys:** 3rd William Ridgeway
- **U13 Boys:** 2nd (A team), 8th (B team)
- **U15 Boys:** 7th
- **U17 Men:** 1st (A team), 3rd (B team)
- **Veteran Women 50:** 1st
- **Veteran Men 50:** 4th

The cross-country teams have once again demonstrated the club's dominance in county events. We led all three Sussex Cross-Country League races before the end of the year, setting an optimistic tone for 2025.

Our athletes have delivered exceptional performances across various events. **James Turner** represented the national team in India at a 100km ultra-distance race, finishing 11th and earning a team bronze medal. **Tomer Tarragano**, after winning

the National Cross-Country Trials in Liverpool, was selected to represent the UK at the European Cross-Country Championships in Türkiye. He placed 19th and also secured a team bronze medal. Congratulations to both on their wonderful achievements.

The club hosted two key winter events: the Brighton 10K and the "Chris Carter" Boxing Day races. Post-COVID participation in the Brighton 10K continues to grow, with this year's event, held in favourable weather, featuring strong competition. The Boxing Day races, with 171 runners and 6 walkers shaking off the festive indulgence, were a more relaxed affair, with proceeds benefiting a local charity Whoopsadaisy.

LOOKING AHEAD

This report highlights the club's ongoing success across track and field, cross-country, and road events. With your continued support, we aim to make 2025 another outstanding year, with our athletes competing for titles and medals.

To sustain this success, we need your help. A new membership system has eased the burden on our dedicated volunteers, but more assistance is always welcome. No special expertise is required, and guidance is available—if you can help, please get involved.

Bob Willows, Secretary