



Annual Report 2025

Welcome to the annual review. What follows is a long list of the great achievements of our athletes and the club. It has been a good year, with countless county titles across track and field, cross country and road. There have been club and county records galore, and even a world title and two world records.

We are very lucky to have our volunteers: committee members, officials, coaches and team managers. They are the driving force behind our continued success. However, we need more people to come forward and share the load. Nothing we do is rocket science, and the existing officials will be delighted to explain what is involved and help with the duties that are needed. If you have a bit of time and feel you can contribute to the team effort, please come forward. You will be given a very warm welcome, and the club will even fund any courses you take.

Age Group Changes from 2026

From 2026, changes to the age groups will affect athletes currently in the under 13, under 15 and under 17 categories. The new recognised age groups will be:

- **Under 10s** – Years 3 and 4
- **Under 12s** – Years 5 and 6
- **Under 14s** – Years 7 and 8
- **Under 16s** – Years 9 and 10
- **Under 18s** – Years 11 and 12

The under 10s will be a newly recognised age group. While it will take time for athletes and parents to adjust, the changes will align us with World Athletics and ease pressure in the under 18 age group for those aiming to compete internationally.

Sussex Cross-Country Championships, Bexhill

Individual Medallists

Under 11 girls:

1st **Ada Greenaway**, 2nd **Victoria Ridley**, 3rd **Eleanor Poate**

Five in the top eight finishers

Under 11 boys:

Laurence Fox 2nd

Three in the top seven finishers

Under 13 girls:

Skye Widdows 1st

Three in the top eight finishers

Under 13 boys:

Three in the top ten finishers

Under 17 men:

Finlay Goodman 1st

Four in the top ten finishers

Under 20 men:

Henry Yelling 1st, **Charlie Ferris** 3rd

There were twelve finishers, with five runners from the club

Senior men:

Matt Grindrod 1st, **Andrew Green** 2nd

Five in the top ten finishers

Team Results

Under 13 girls: 1st

Skye Widdows, **Florence Matten**, **Sophia Fitzgerald**

Under 13 boys: 2nd

Sam Gill, **Barnaby Moyes**, **Eli Clayton**

Under 15 girls: 4th

Gracie Fox, **Hannah Mervyn-Thomas**, **Layla Smith**

Under 15 boys: 3rd

Taylor Thom-Watts, **Oliver Goodman**, **Joaquin Perez-Rork**

Under 17 men: 1st

Finlay Goodman, **Arun Khursheed**, **Thomas Barnett**

Under 20 men: 1st
Henry Yelling, Charlie Ferris, Jonathan Beckett

Senior women: 2nd
Jess Corbett, Linda Schofield, Lucie Bourne, Paula Blackledge

Senior men: 1st
(We placed 1st, 2nd, 4th, 6th, 10th and 12th)

Sussex Masters Championships – Lancing

Individual Medallists

M35: 1st James Dicks
M40: 1st Zared Arasaretnam-Hale
M45: 2nd Howard Bristow
M60: 2nd John Lowden
W50: 1st Linda Schofield

Team Results

M35/40: 1st
Zared Arasaretnam-Hale, Howard Bristow, James Dicks, Ziad Wattar
‘B’ team 4th

W50/59: 1st
Linda Schofield, Paula Blackledge, Jeanette Kenneally

Sportshall League

After the third and final match of the season, Brighton and Hove finished in 2nd place, despite the team manager struggling to find enough under 13s and under 15s to fill all the events. Just think what the outcome could have been if we had fielded a full team. Many thanks to **Sean, Richard** and **Glen** for organising.

SEAA Cross-Country Championships

There was a terrific performance from **Skye Widdows**. She won the silver medal in the under 13 event. Great stuff.

BUCS Cross-Country

Another superb performance, this time from **Tomer Tarragano**. He won the long course race and continued to follow up his great performances in 2024.

Sussex Cross-Country League

At the final race of the 2024/25 season, held at Stanmer Park, our athletes continued to lead the way, with many gaining medals and league titles.

Under 11s

There are no team races.

Under 11 girls:

Ada Greenaway 1st, **Victoria Ridley** 2nd

Ada Greenaway won all four races for a clear gold and **Victoria Ridley** gained the silver overall.

Under 11 boys:

Laurence Fox overall silver

Under 13 girls

Skye Widdows 1st

Team 2nd overall

Under 13 boys

Rory Grant 2nd overall

Team 2nd overall

Under 15 girls

Team bronze overall

Under 17 men

Freddie Matthews 1st, **Thomas Barnett** 2nd, **Arun Khursheed** 3rd

Arun Khursheed silver overall, **Freddie Matthews** bronze overall

Team 1st

Under 17 women

Ava James 1st, Team 2nd overall

Under 20 men

Rory Monti 1st on the day
2nd overall

Veteran women

V50: Linda Schofield gold
V55: Jeanette Kenneally gold
V50 team gold

Senior men

James Turner 1st, **Andrew Green** 2nd, **Kieran Harnes** 3rd

The team won the league by a huge margin of 355 points.
The 'B' team finished 3rd overall.

Overall league placings:

1st **Andrew Green**, 2nd **Kieran Harnes**, 3rd **James Dicks**

Veteran men

V40: Zared Arasaretnam-Hale 1st
V45: Howard Bristow 1st
V55: Graham Godden 1st
V50 team 1st

A huge well done to all our mudlarks, who have again dominated the winter season.

National Cross-Country Championships, Parliament Hill

Top 25 Placers

- Under 13 girls:
Skye Widdows silver medal
- Under 17 women:
Ava James 21st
- Senior women:
Ciara Muzio 14th
- Under 15 boys:
Taylor Thom-Watts 23rd
- **Senior men's team** 12th

A spectacular performance from **Skye Widdows**, who has had a brilliant winter with great performances at the National Cross Challenge races.

UK Indoor Championships, Birmingham

Amber Anning won the 400m and was selected to compete for Great Britain at the European Championships. There were fine performances by **Alex Riley** (under 20) in the 1500m with a 6th place, and **Tomer Tarragano**, who finished 9th in the 3000m.

England Age Group Indoor Championships, Sheffield

Under 17 women's triple jump:

Jaiten Best bronze (11.76m)

Under 15 girls' pentathlon:

Seren Rowe bronze (2962 pts)

European Indoor Championships, Apeldoorn

Despite a hugely disappointing disqualification in the heat of the individual 400m, **Amber Anning** added to her haul of international medals with a silver medal in the 4x400m relay.

Sussex Indoor Championships

Gold Medal Winners

- **Louis Ashworth** – Under 15 boys triple jump (C.B.P. 11.11m)
- **Jaiten Best** – Under 17 women's triple jump (C.B.P. 11.86m)
- **Matthew Plummer** – Under 17 men's triple jump
- **James Dutton** – Under 20 men's triple jump
- **Alexandra Koloutsos** – Under 15 girls triple jump (C.B.P. 10.19m) and shot
- **Dylan Calvey** – Under 20 men's high jump and 60m hurdles
- **Isaac Machin** – Under 15 boys high jump and pole vault
- **Kieran Parr** – Under 17 men's high jump
- **Seren Rowe** – Under 15 girls high jump and 60m hurdles
- **Julia Machin** – Senior women's high jump
- **Dylan Parr** – Under 20 men's pole vault, long jump and shot
- **Florence Matten** – Under 15 girls pole vault
- **Elise Machin** – Under 20 women's pole vault
- **Arthur Rogers** – Under 15 boys long jump
- **Jack Staples** – Under 17 men's long jump and shot
- **Klara Novak-Wightman** – Under 15 girls long jump
- **Lucy Kirby** – Senior women's long jump
- **Jessica Bliss** – Under 20 women's 60m hurdles (C.B.P. 8.87s)

Silver Medal Winners

- **Klara Novak-Wightman** – Under 15 girls triple jump
- **Jessica Ojo-Osagie** – Under 20 women's triple jump
- **Scarlet Margaroli** – Senior women's triple jump
- **Jude Porter** – Under 17 men's triple jump
- **Seren Rowe** – Under 15 girls long jump and shot
- **Jaiten Best** – Under 17 women's long jump and shot
- **Cooper Seitz** – Under 17 men's long jump
- **Charlie Fisher** – Under 20 men's long jump
- **Libby Russell** – Under 20 women's high jump
- **James Kane** – Under 15 boys high jump
- **Dylan Parr** – Under 20 men's high jump and 60m hurdles
- **Kieran Parr** – Under 17 men's shot put
- **Raffaele Barra** – Under 17 men's 60m
- **Remi Coates** – Senior men's 60m
- **Isaac Machin** – Under 15 boys 60m hurdles

Bronze Medal Winners

- **Mia McGovern** – Under 15 girls triple jump
- **Grace Filiata** – Under 13 girls long jump
- **Libby Russell** – Under 20 women's long jump
- **Lana Sutton** – Senior women's long jump
- **Jude Porter** – Under 17 men's long jump
- **Dylan Calvey** – Under 20 men's long jump
- **James Kane** – Under 15 boys pole vault
- **Heidi Ely** – Under 17 women's shot put
- **Livia De Menezes** – Under 13 girls 60m
- **Miabelle Mann** – Under 15 girls 60m
- **Evie Seddington** – Under 17 women's 60m
- **Thalia Witham** – Under 20 women's 60m
- **Florence Matten** – Under 15 girls 60m hurdles
- **Arthur Rogers** – Under 15 boys 60m hurdles
- **Mattia Consiglio** – Under 20 men's 60m hurdles

British Masters Throws Championships

Gold medal for **Tracey Brockbank** in the javelin.

Silver medals for **Gary Pullen** in the shot and discus.

Bronze medals for **Kevin Baker** in the javelin and **Neil Grover** in the shot put.

Glasgow Open Event

A superb performance from **Jaiten Best** (under 17 women). She set a new county triple jump record and therefore a club record of 12.17m.

Leicester Podium Event

Following on from **Jaiten Best's** record, **Alex Riley** smashed the national under 20 5000m road race record with a time of 13.41s. **Alex Riley** is continuing to show exceptional talent after his World Under 20 appearance last year.

In America, **Lizzy Korczak** demolished the senior and under 23 county javelin records with a throw of 58.10m. This moved her to 7th on the UK all-time list and 3rd as an under 23.

World Indoor Championships, Nanjing, China

At the World Indoor Championships in Nanjing, China, **Amber Anning** overcame some rough tactics from an American rival to win her first world title in the 400m, possibly the first of many. **Amber Anning** is the first British athlete to win a World indoor sprint title.

Portsmouth Open

At the Portsmouth Open, **Monty Rowland** broke the Sussex boys under 13 javelin record with a throw of 42.39m.

Lee Valley

Competing at Lee Valley, **Florence Matten** broke the club under 15 girls pole vault record with a vault of 3.17m.

Sussex Schools Cross-Country Finals

At the Sussex Schools cross-country finals we had the following medallists:

Ada Greenaway (Year 6) 1st

Victoria Ridley (Year 5) 1st

Isabelle Clarke (Year 5) 3rd

Jack Ashdown (Year 6 boys) 3rd

Sussex Road Relay Championships

Under 11 Girls

'A' team 1st, 'B' team 2nd, 'C' team 5th, 'D' team 16th

- **'A' team: Ada Greenaway, Victoria Ridley, Eleanor Poate**
- **'B' team: Elzie Ortiz, Isabella Clarke, Rosalie Phillips**

Under 11 Boys

'A' team 2nd, 'B' team 5th, 'C' team 6th, 'D' team 13th

- **'A' team: Laurence Fox, Jack Ashdown, William Ridgeway**

Under 13 Girls

'A' team 1st

- **Florence Matten, Skye Widdows, Gracie Henderson**

Under 13 Boys

'A' team 1st, 'B' team 6th, 'C' team 16th

- **'A' team: Samuel Gill, Rory Grant, Barnaby Moyes**

Under 15 Girls

'A' team 3rd, 'B' team 6th

- **'A' team: Layla Bartlett, Hannah Mervyn-Thomas, Ruby Armstrong**

Under 15 Boys

'A' team 3rd

- **Taylor Thom-Watts, Joaquin Perez-Rork, George Gilbert**

Under 17 Women

No competitors

Under 17 Men

'A' team 1st, 'B' team 8th

- **'A' team: Arun Khursheed, Freddie Matthews, Thomas Matthews**

Senior Women

No competitors

Senior Men

'A' team 3rd

- **Henry Yelling, Rowan Curtis, Ben Savill**

Veteran Women

'A' team 2nd

- **Kirstie Phillpot, Paula Blackledge, Geraldine Moffat**

Veteran Men (M40)

'A' team 1st, 'B' team 6th, 'C' team 16th

- **'A' team: Richard Clayton, Ziad Wattar, Zared Arasaretnam-Hale**

Veteran Men (M60)

3rd

- **Mark Dooley, Keith Newton, Sean Gibson**

Winter Awards

We celebrated the winter season in the clubhouse, where the team managers presented their awards. These awards were handed out by our President, **Melanie**. The following were the winners.

Under 13 Girls

Best Performance: **Skye Widdows**

Best Contribution: **Florence Matten / Sophia Fitzgerald**

Under 13 Boys

Best Performance: **Rory Grant**
Best Contribution: **Sam Gill**

Under 15 Girls

Best Contribution: **Gracie Fox**

Under 15 Boys

Best Performance: **Taylor Thom-Watts**
Best Contribution: **Joaquin Perez-Rork**

Under 17 Men

Best Performance: **Finlay Goodman**
Best Contribution: **Arun Khursheed**

Under 20 Women

Best Performance: **Rosie Gasson**
Best Contribution: **Dulcie Yelling**

Under 20 Men

Best Performance: **Rory Monti**
Best Contribution: **Rowan Curtis**

Senior Women

Best Performance: **Ciara Muzio**
Best Contribution: **Lucie Bourne**

Senior Men

Best Performance: **Andrew Green**
Best Contribution: **James Dicks**

Veteran Women

Performance: **Linda Schofield**
Contribution: **Paula Blackledge**

Veteran Men

Best Performance: **Zared Arasaretnam-Hale**
Best Contribution: **Howard Bristow**

Sportshall League Awards

Under 11 Girls

Best Performance: **Ada Greenaway**

Best Contribution: **Victoria Ridley**

Under 11 Boys

Best Performance: **Jed Travis**

Best Contribution: **Adam Ibrahim**

Under 13 Girls

Best Performance: **Skye Widdows**

Best Contribution: **Amelia Waller**

Under 13 Boys

Best Performance: **Isaac Machin**

Best Contribution: **Harvey Weston**

Under 15 Girls

Best Performance: **Juliana Christopherson**

Best Contribution: **Evie Murray**

Under 15 Boys

Best Performance: **Cooper Seitz**

Best Contribution: **Michael Ojo**

It has been another wonderful year for the mudlarks, who continue to dominate Sussex over cross country and road races. Great work by the coaches and team managers as well.

The emphasis then turned to the track and field season.

Sussex Under 15 League

These matches are run at Withdean, and Brighton secured a narrow win over our main rivals, Crawley. There were many fine performances on the night, but pride of place goes to **Florence Matten** for a new club pole vault record of 3.20m.

Youth Development League – Upper Age Group

This was another home fixture, and we recorded a resounding win, finishing nearly 100 points ahead of our nearest rivals. There were many great performances from the team.

Sussex Under 13 League

At the first meeting of their season, **Monty Rowland** improved on his county record with a throw of 44.39m. This was the longest throw by an under 13 boy since 2019.

On the track, **Ada Greenaway** ran a new Under 13 girls club record for the 600m in a time of 1.41.4s.

Youth Development League – Lower Age Group

At Hastings, the club continued its winning ways with another strong performance. It is now four wins out of four for our teams, and hopefully this will continue over the rest of the season.

Ada Greenaway continued her brilliant form with a new Under 13 girls club record in the 800m, running 2.20.04s at the race night at Withdean.

County Track and Field Championships

On a very hot weekend at Crawley, we had some brilliant performances across a wide range of events. Pride of place must go to **Julia Machin**, who broke the **World record** for the V55 high jump with a leap of 1.58m.

Championship best performances were also achieved by **Florence Matten** in the under 15 girls pole vault with 3.21m (a club record), **Jessica Bliss** in the under 20 women's 100m hurdles, and **Jaiten Best** in the under 17 women's triple jump.

Medallists

Gold

- **Louis Wilson** (u20 100m and 200m)
- **Paul Howard** (senior 800m)
- **Henry Barker** (u20 800m and 1500m)
- **George Gilbert** (u17 1500m)

- **Stevie Kasparis** (senior 400m hurdles)
- **Sonny Ryder** (u20 400m hurdles)
- **Matt Grindrod** (senior 5000m)
- **James Turner** (V35 5000m)
- **Zared Arasaretnam-Hale** (V40 5000m)
- **Freddie Matthews** (u20 5000m)
- **Dylan Calvey** (senior high jump)
- **Dylan Parr** (u20 pole vault, shot put and long jump)
- **James Dutton** (u20 triple jump)
- **Gabriel Barnard-Seidel** (u20 hammer)
- **Arthur Rogers** (u15 javelin)
- **Kieran Parr** (u17 javelin)
- **Lucy Kirby** (senior 100m and long jump)
- **Jessica Bliss** (u20 100m, 100m hurdles and javelin)
- **Ava James** (u20 1500m)
- **Linda Schofield** (V50 5000m)
- **Julia Machin** (senior high jump)
- **Alexandra Koloutsos** (u15 high jump and triple jump)
- **Florence Matten** (u15 pole vault)
- **Klara Novak-Wightman** (u15 long jump)
- **Jaiten Best** (u17 long jump and triple jump)
- **Amber Purcell** (u20 triple jump)
- **Seren Rowe** (u15 shot put)
- **Mia Diacci** (u15 javelin)
- **Sophie Bliss** (u17 javelin)

Silver

- **Thomas Campbell** (u15 100m)
- **Jesse Sobrasuaipiri** (u20 100m)
- **Felix Fowler** (u15 300m)
- **Saul Bennett** (u17 800m)
- **Freddie Heath** (u20 110m hurdles)
- **Thomas Matthews** (u20 400m hurdles)
- **Jake Forrest** (senior 5000m)
- **Alex Roberts** (u17 5000m)
- **Jonathan Beckett** (u20 5000m)
- **Cooper Seitz** (u17 high jump)
- **Jack Staples** (u17 long jump)
- **Isaac Machin** (u15 triple jump and javelin)
- **Arpad Vermes** (senior discus)
- **Barney Hastings** (u20 javelin)
- **Joy Russell** (u17 200m)
- **Rosie Kornovall** (u20 200m)
- **Angelina Diacci** (u17 300m and 800m)
- **Leila Drummond** (u20 400m hurdles)
- **Seren Rowe** (u15 high jump)
- **Elise Machin** (u20 pole vault)
- **Alexandra Koloutsos** (u15 long jump)

- **Amber Purcell** (u20 long jump)
- **Klara Novak-Wightman** (u15 triple jump)
- **Julia Machin** (senior shot put)
- **Under 17 4x100m relay team**

Bronze

- **Remi Coates** (senior 100m and 200m)
- **Arthur Rogers** (u15 300m and triple jump)
- **Taylor Thom-Watts** (u15 800m)
- **Rory Monti** (u20 5000m)
- **Noah Walker** (u17 discus)
- **Rex Hastings** (u15 javelin)
- **Louis Opoku** (u20 javelin)
- **Evie Seddington** (u17 100m and 200m)
- **Lucy Kirby** (senior 200m)
- **Amelia McGurk** (u20 200m and 400m)
- **Ruby Armstrong** (u15 1500m)
- **Seren Rowe** (u15 75m hurdles)
- **Thalia Witham** (u20 400m hurdles)
- **Cecilia Eke** (u15 triple jump)
- **Heidi Ely** (u17 shot put)
- **Juliana Christopherson** (u17 discus)
- **Tracey Brockbank** (senior hammer)
- **Klara Novak-Wightman** (u15 javelin)
- **Under 20/Senior 4x100m relay team**

A superb turnout by our members and so many great performances.

At Loughborough, **Ava James** smashed the under 20 and senior 3000m steeplechase club record with a time of 10.58.91s.

A busy weekend followed in May, with the under 15s competing in the Sussex League at Withdean and the YDL Upper Age Group match taking place at Kingston. The home fixture attracted a good turnout, but numbers were very disappointing at Kingston. The under 15s secured another win, while a 5th-place finish at Kingston followed their victory at the first match, showing what a bit of travelling can do to team numbers.

The season continued at pace with the Sussex Steeplechase Championships at Withdean. **Ava James** starred by knocking another five seconds off her recent club record, which now stands at 10.53.04s.

Two days later, the second YDL Lower Age Group match took place, again at Withdean. Another convincing victory was recorded, with pride of place going to **Florence Matten**,

who set a new club record in the under 15 pole vault with a clearance of **3.30m**.

Southern Athletics League

The Southern Athletics League team (seniors) started their season with a fourth-place finish. This position was replicated in two further matches, and despite a superb win in match three, their points tally at the end of the season meant they finished in 10th place overall.

County Under 13 Championships, Crawley

The club then moved on to the County Under 13 Championships at Crawley, where the following athletes medalled:

Gold

Boys:

- **Barnaby Moyes** – 800m
- **Monty Rowland** – javelin (C.B.P.)
- 4x100m relay (C.B.P.)

Girls:

- **Ada Greenaway** – 800m
- **Skye Widdows** – 1500m
- **Amelia Dorrington** – long jump
- **Evie Hunter** – javelin and discus
- 4x100m relay

Silver

Boys:

- **Jacob Juba** – 75m
- **Morgan Cottrell** – 150m
- **Rafe Millard** – javelin
- **Elzie Ortiz** – 800m

Girls:

- **Ada Greenaway** – long jump
- **Grace Filiata** – javelin

Bronze

Boys:

- **Morgan Cottrell** – 75m
- **Benjamin Sorrell** – 150m
- **Jem Marshall** – 1500m

Girls:

- **Amelia Dorrington** – 150m
- **Naomi Newman** – 800m
- 4x100m relay 'B' team

Congratulations to the girls for a clean sweep in the 800m.

Quadkids Event

While the under 13s were competing, the under 11s took part in their Quadkids event, consisting of four disciplines: running (600m), throwing (mini javelin), jumping (standing long jump) and sprinting (75m). There was a huge turnout for the boys and almost as many girls, making it a long day for all. To say that Brighton dominated the events would be an understatement.

Boys:

Gold – **Jack Matten**

Silver – **Adam Ibrahim**

Bronze – **Michel Simitsis**

Girls:

Gold – **Victoria Ridley**

Silver – **Chloe Mullins**

Bronze – **Nelly Greenaway / Sophia Omoyinmi**

It was a superb performance from all our athletes, with the added bonus of largely staying dry despite the forecast.

Southern Age Group Championships, Crystal Palace

On the same weekend, the Southern Age Group Championships were held at Crystal Palace. On the first day, **Arthur Rogers** won the under 15 javelin with a new personal best of 46.44m. On day two, **Florence Matten** claimed another title in the under 15 girls pole vault, clearing 3.20m.

Other medallists included **Jaiten Best** with a silver medal in the under 17 women's triple jump with a leap of 11.85m, **Klara Novak-Wightman** in the under 15 girls long jump, winning bronze with a new personal best of 5.07m, and **Alexandra Koloutsos**, who also won bronze in a very tight under 15 girls high jump competition with a clearance of 1.60m, the same height as the winner. **Felix Fowler** bettered this in the under 15 boys high jump, taking second place with a clearance of 1.65m.

Sussex Schools Championship

As usual, this was a very busy day for all concerned. Three of our athletes achieved championship best performances: **Jaiten Best** in the intermediate girls triple jump with a leap of 11.49m, **Jessica Bliss** in the senior girls 100m hurdles with 14.45s, and **Arthur Rogers** in the junior boys javelin with a throw of 50.80m. This javelin mark broke a record that had stood since 1971 and was also a club record.

Another record to fall was the under 20 women's 1500m steeplechase, where **Ava James** continued her rich vein of form with a time of 5.06.90s. A further club record was posted by **Louis Ashworth** in the under 15 boys 300m, improving his own mark with a time of 37.47s.

Schools Inter-Counties, Crawley

Two of our athletes posted new club records at this event. **Arthur Rogers** added to his recent record with a throw of 51.30m, while **Louis Ashworth** ran 37.23s in the 300m.

Following these championships, the following athletes were selected to represent Sussex at the English Schools Championships in Birmingham. Their performances at the championships are shown below, with medallists indicated.

English Schools Championships, Birmingham

Junior Girls (Under 15s)

- **Florence Matten** – Pole vault – 2nd – 3.30m
- **Alexandra Koloutsos** – High jump – 10th – 1.59m
- **Mia Diacci** – Javelin – 11th – 31.18m
- **Klara Novak-Wightman** – Long jump – 12th – 4.91m
- **Seren Rowe** – High jump – 17th – 1.48m

Junior Boys (Under 15s)

- **Arthur Rogers** – Javelin – 4th – 53.32m (club record)
- **Louis Ashworth** – 300m – 8th – 36.72s

- **Felix Fowler** – High jump – 11th – 1.69m
- **Taylor Thom-Watts** – 1500m – 9th heat – 4.22.72s

Intermediate Girls (Under 17s)

- **Jaiten Best** – Triple jump – 2nd – 11.59m
- **Angelina Diacci** – 800m – 9th heat – 2.19.35
- **Sophie Bliss** – Javelin – No mark

Intermediate Boys (Under 17s)

- **Saul Bennett** – 800m – 2nd heat – 1.56.87
- **George Gilbert** – 1500m – 10th heat – 4.13.35s
- **Kieran Parr** – Javelin – 14th – 47.19m

Senior Girls (Under 19s)

- **Jessica Bliss** – 100m hurdles – 3rd – 14.31s
- **Ava James** – 1500m steeplechase – 7th – 5.08.41s

Senior Boys (Under 19s)

- **Freddie Matthews** – 2000m steeplechase – 5th – 6.05.27s
- **Jesse Sobrasuaipiri** – Long jump – 7th – 6.61m
- **Barney Hastings** – Javelin – 7th – 52.06m
- **Sonny Ryder** – 400m hurdles – 8th – 58.02s
- **Louis Wilson** – 100m – 8th – 11.08s
- **Thomas Matthews** – 2000m steeplechase – 9th – 6.20.03s
- **Jonathan Beckett** – 2000m steeplechase – 11th – 6.29.07s
- **Charlie Fisher** – 200m – 5th heat – 22.25s
- The **4x100m relay team**, comprising **Jesse Sobrasuaipiri**, **Charlie Fisher**, **Sonny Ryder** and **Louis Wilson**, set a new county and club record of **41.99s**.

July

The following weekend saw **Lizzy Korczak** winning at the Welsh Games, which cemented her selection for the European Under 23 Championships in Norway. There, **Lizzy** finished 7th in the final, earning her second GB vest, and hopefully many more to come.

At Chelmsford, during the Southern Under 20 Championships, **Barney Hastings** won a silver medal in the javelin with a new personal best.

Following her second place finish at the English Schools' Championships the previous weekend, **Jaiten Best**, was selected to compete at the SIAB international event at Derby. There she gained a silver medal in the triple jump representing England Schools.

Youth Development League Finals

The final YDL events saw the seniors competing at Finsbury Park, where they finished 3rd. The lower age group competed at Dartford and finished 2nd to the home club, which was enough to win their division. Great work by the team managers and officials who supported the athletes throughout the season.

British Masters Championships, Lee Valley

At the British Masters Championships at Lee Valley, **Julia Machin** had a fabulous day. She set two world age 55 records and a British record. She added 2cm to her own high jump world record with a leap of 1.62m, and her pentathlon score of 4,752 points was another world best. Her British record came in the long jump, where she leapt 4.99m.

National Age Group Championships, Birmingham

At the National Age Group Championships in Birmingham, **Jessica Bliss** (under 20) broke her own club and county record in the 100m hurdles, running 14.02s in the semi-finals. She then ran a wind-assisted 13.90s in the final to win the bronze medal.

UK Championships, Birmingham

At the UK Championships in Birmingham, **Amber Anning** continued her domestic domination with a comfortable victory, another step towards the World Championships in Japan.

August

Under 13s Southern Inter-Counties – Walton

Brighton members formed a strong part of the Sussex team at this event.

Ada Greenaway won the 800m A race with a time of 2.21.85s.

Monty Rowland had a double victory, winning the javelin with 38.04m and the discus with 26.48m.

Evie Hunter improved her javelin personal best, finishing 2nd in the A event with 31.73m, which moved her to 3rd on the Power of 10 rankings.

Barnaby Moyes finished 3rd in the A 800m with a time of 2.18.56s.

In the B events, **Amelia Dorrington** won the long jump with 4.49m, and **Elzie Ortiz** finished 3rd in the 800m with a new personal best of 2.35.80s.

There were other Brighton and Hove team members who took part, but those listed above were the medallists. Well done to all our athletes on gaining Sussex vests.

National Under 15 / Under 17 / Multi-Events Championships, Birmingham

Seren Rowe won a fine silver medal in the under 15 girls hexathlon with a score of **3,120 points**.

Arthur Rogers, competing in the under 15 boys octathlon, smashed the Sussex javelin record with a throw of **56.21m**, which contributed significantly to his bronze medal-winning total of **3,856 points**.

Felix Fowler secured a silver medal in the under 15 boys high jump with a clearance of **1.75m**.

In the under 15 girls high jump, **Alexandra Koloutsos** gained a bronze medal with a clearance of **1.56m**, while **Klara Novak-Wightman** also claimed bronze in the under 15 girls triple jump with a distance of **10.78m**.

The final medallist was **Florence Matten**, who earned a silver medal in the under 15 girls pole vault with a clearance of **3.27m**.

Non-medallists

- **Louis Ashworth** – 4th, under 15 boys 300m (37.63s), and 5th, triple jump (12.36m)
 - **Jaiten Best** – 5th, under 17 women's triple jump (11.12m), and 12th, long jump (4.88m)
 - **Angelina Diacci** – under 17 women's 300m heat (43.00s) and 800m heat (2.20.54s)
 - **Isaac Machin** – 6th, under 15 boys octathlon (3,185 points)
 - **Sophie Bliss** – 13th, under 17 women's javelin (31.07m)
 - **Saul Bennett** – under 17 men's 800m heat (1.59.79s)
 - **Felix Fowler** – under 15 boys 300m heat (38.74s)
 - **Alexandra Koloutsos** – 6th, under 15 girls triple jump (10.57m)
-

Birthday Boys Races, Withdean

These races, organised by **Tom Ulliott**, give many athletes who do not regularly use Withdean the chance to run in organised and timed events during training evenings.

Tom organises officials and timekeepers to provide an authentic race experience in an unpressured environment. The runners compete over 5,000m and 10,000m, but the results do not go on Power of 10, although this may change in future years.

British Transplant Games, Oxford

Bramble Johnson had a great weekend, winning gold medals in the 100m and 200m, and forming part of the victorious mixed 4x100m relay team.

He followed this by competing in Dresden at the World Transplant Games, where he replicated his success by winning gold medals in all three events. This was a superb performance, and credit is also due to his coach, **Dan Brooker**.

Additional Records and Performances

Continuing her run of record-breaking performances at Lee Valley, **Julia Machin** added another centimetre to her world record in the high jump, clearing 1.63m.

September

We had the two final Sussex League fixtures of the year.

Sussex Under 15 League – Withdean

The under 15s competed at Withdean and recorded a resounding win to cement their league title. We beat Crawley by 46 points, which is a huge margin of victory.

Two league records were set on the night:

- **Florence Matten** cleared 3.46m in the pole vault.
- **Arthur Rogers** threw 53.51m in the javelin.
- The 4x300m relay team of **Rory Grant**, **Arthur Rogers**, **Felix Fowler** and **Louis Ashworth** also set a league record, winning in 2:40.6.

Other winners on the night were as follows.

Boys' A events:

Louis Ashworth – 200m, 300m and long jump

Felix Fowler – high jump

Boys' B events:

Felix Fowler – 300m and long jump

Isaac Machin – pole vault and javelin

Girls' A events:

Ruby Armstrong – 1500m

Seren Rowe – 75m hurdles and high jump

Klara Novak-Wightman – long jump

Mia Diacci – javelin

Girls' B events:

Olivia Milchan – 300m

Hannah Mervyn-Thomas – 1500m

Alexandra Koloutsos – high jump and long jump

Gracie Fox – hammer

Rosie Austin – 75m hurdles

A special mention goes to **James Kane** for clearing 3 metres for the first time in the A pole vault.

This was a superb team performance, led by manager **Glen Matten**.

Sussex Under 13 League Final – Crawley

Two days later, the under 13s contested their league final at Crawley and were again victorious, although in a much closer contest.

Boys' A events:

Barnaby Moyes – 600m

Jem Marshall – 1000m

Monty Rowland – javelin and discus

4x100m relay

Boys' B events:

Seb McCulloch – javelin

4x100m relay

Girls' A events:

Ada Greenaway – 600m

Skye Widdows – 1000m

Amelia Dorrington – long jump

Evie Hunter – javelin

Girls' B events:

Livia De Menezes – 75m

Ada Greenaway – 150m

Elzie Ortiz – 600m

Sophia Fitzgerald – 1000m
4x100m relay

Other winners included **Monica Gomez** in the long jump and **Evie Hunter** in the shot put.

Another wonderful team performance, led by managers **Katie** and **Lara**. Well done to all involved in both league finals.

County 3000m Championships

In conjunction with the under 13 final, the County 3000m Championships took place.

Under 15 boys:

1st **Taylor Thom-Watts** – 9:11.94 (club record)

2nd **George Urben** – 10:03.95

3rd **Samuel Gill** – 10:07.27

Under 15 girls:

2nd **Ruby Armstrong** – 10:49.46

Under 17 men:

3rd **Arun Khursheed** – 9:18.94

Senior women:

1st **Lucie Bourne** – 10:41

Surrey Championships (Guest Appearances)

In between these finals, our multi-event athletes guested at the Surrey Championships. Although not eligible for medals, they performed superbly.

The under 15 pentathletes filled the podium, with **Felix Fowler** winning, followed by **Arthur Rogers** and **Isaac Machin**.

The under 17 octathletes placed 2nd and 3rd, with **Cooper Seiltz** ahead of **Jack Staples**.

Dylan Parr won the under 20 decathlon.

More great work by the athletes, led by coach **Julia Machin**.

Sussex Masters League

Our masters athletes competed at Lewes over the summer. At the final reckoning, the ladies retained their league title, ably led by **Jo Wilding**.

Southern Under 15 / Under 17 Inter-Counties, Oxford

In appalling conditions, several of our athletes represented Sussex.

Under 15 Boys

Felix Fowler – 100m (5th heat), high jump 2nd

Louis Ashworth – 300m 3rd (36.72 PB), triple jump 5th

Arthur Rogers – javelin 2nd

Under 15 Girls

Seren Rowe – 200m (5th heat), shot put 11th

Ruby Armstrong – 1500m 5th

Alexandra Koloutsos – high jump 2nd

Florence Matten – pole vault 2nd

Klara Novak-Wightman – long jump 3rd, triple jump 1st

Mia Diacci – javelin 5th

Under 17 Men

Cooper Seiltz – 100m hurdles 8th, high jump 9th

Jack Staples – long jump 4th

Noah Walker – discus 8th

Under 17 Women

Jaiten Best – triple jump 1st

Congratulations to **Jaiten Best** and **Klara Novak-Wightman** for their victories, and to **Louis Ashworth** for another personal best and club record in the 300m.

Under 20 / Senior Inter-Counties

The following day, in much better conditions, the under 20s and seniors competed.

Under 20 women:

Ava James – 1500m 1st (4:32.34)

Under 20 men:

Sonny Ryder – 400m hurdles 1st (59.61s)

Gabriel Barnard-Seidel – hammer 2nd (43.57m)

Senior men:

Joshua Hobbs – 5000m 1st (15:49.67)

Senior women:

Amber Purcell – triple jump 3rd (11.08m)

British Masters Championships, Derby

At Derby, the British Masters Championships were held, with star billing once again going to **Julia Machin**, who added another world record to her list. She cleared **1.64m** in the high jump and also collected gold in the **W55 triple jump**.

Other medal winners were:

- **Jo Wilding** (W50) – silver, 300m hurdles and high jump
 - **Stephanie Dornbusch** (W55) – gold, pole vault; bronze, 200m
 - **Tracey Brockbank** (W60) – gold, javelin; bronze, triple jump
 - **Paul Howard** (M45) – gold, 800m
 - **Gary Pullen** (M60) – gold, discus; silver, shot put
 - **Kevin Baker** (M60) – silver, javelin
-

English Schools Combined Events Championships, Chelmsford

Seren Rowe completed an impressive year by winning the silver medal in the junior girls pentathlon with a score of **2,923 points**.

Alexandra Koloutsos finished in 11th place with **2,726 points**.

In the senior boys decathlon, **Dylan Parr** finished with **4,972 points**, placing 13th.

World Championships, Tokyo

All eyes then turned to Tokyo for the World Championships, where **Amber Anning** competed in the 400m. She reached the final with the second-fastest qualifying time and finished 5th in **49.36s**, a season's best. Another fine performance from the club's superstar.

World Para Athletics Championships, New Delhi, India

Lana Sutton represented Ireland at the 2025 World Para Athletics Championships in New Delhi, India.

Competing as a T38 sprinter, **Lana Sutton** was making her first appearance at a World Championships and produced some strong performances. She finished 4th in her 100m heat to qualify for the final, where she placed 8th overall, and went on to finish 6th in the 200m final.

Lana, who is coached by **Dan Brooker**, had a breakthrough year leading into the championships.

Multiple League Wins and Record-breaking performances

At the end of the summer track season, we won the Lower Youth Development League, the Women's Masters League, and the Sussex under 13 and under 15 leagues.

Our athletes set numerous county and club records, making it a superb season. With the age group changes coming in 2026, anyone holding a club, county or national record in the under 13, under 15 or under 17 age groups will hold those records forever. The target is now to set records in the new age groups that others will struggle to better. Over to you.

Summer Awards Evening – 30th September

As with the winter events, the club celebrated our athletes' performances over the summer months.

In a packed clubhouse, the following people were presented with awards.

Manager's Awards – Youth Development League

Under 13 boys:

Performance – **Barnaby Moyes**

Contribution – **Jem Marshall**

Under 13 girls:

Performance – **Evie Hunter**

Contribution – **Skye Widdows**

Under 15 boys:

Performance – **Arthur Rogers**

Contribution – **Samuel Gill**

Under 15 girls:Performance – **Florence Matten**Contribution – **Alexandra Koloutsos****Under 17 men:**Performance – **Noah Walker**Contribution – **Kieran Parr****Under 17 women:**Performance – **Jaiten Best**Contribution – **Honey Batchelor-Lyons****Under 20 men:**Performance – **Freddie Matthews**Contribution – **Gabriel Barnard-Seidel****Under 20 women:**Performance – **Amelie McGurk**Contribution – **Elise Machin**

Sussex League Awards

Under 13 boys:Performance – **Morgan Cottrell**Contribution – **Jed Travis****Under 13 girls:**Performance – **Ada Greenaway**Contribution – **Amelia Dorrington****Under 15 boys:**Performance – **Felix Fowler**Contribution – **Rory Grant****Under 15 girls:**Performance – **Seren Rowe**Contribution – **Amelia Hedger-Jones** and **Gracie Fox**

Southern Athletics League Awards

Men's performance: **Jesse Sobrasuaipiri****Men's contribution:** **Matthew Smith****Women's performance:** **Aneira Farrar-Daniel****Women's contribution:** **Elise Machin**

Veterans League Awards

Men's performance: Gary Pullen

Men's contribution: Ziad Wattar

Women's performance: Julia Machin

Women's contribution: Stephanie Dornbusch

Those athletes who competed at the **English Schools Championships**, including the recent multi-events championships, were presented with a commemorative medal to celebrate their achievements.

National Rankings

After a very successful summer season, the following athletes finished the year in the national top 10 positions.

Under 13 Boys

Barnaby Moyes – 600m, 3rd, 1:37.65

Benjamin Sorrell – 600m, 10th, 1:40.30

Jack Matten – pole vault, 1st, 2.60m (still under 11)

Monty Rowland – discus, 4th, 26.76m; javelin, 1st, 44.39m

Raif Millard – javelin, 2nd, 40.56m

Under 13 Girls

Ada Greenaway – 600m, 2nd, 1:40.90; 800m, 5th, 2:20.04

Skye Widdows – 600m, 6th, 1:43.29; 1200m, 7th, 3:50.00

Naomi Newman – pole vault, 8th, 2.20m

Evie Hunter – javelin, 5th, 31.73m

Under 15 Boys

Louis Ashworth – triple jump, 12.36m

Arthur Rogers – javelin, 56.21m

Felix Fowler – pentathlon, 10th, 2,705 points

Under 15 Girls

Alexandra Koloutsos – high jump, 5th, 1.65m

Florence Matten – pole vault, 2nd, 3.46m

Klara Novak-Wightman – triple jump, 6th, 10.78m
Seren Rowe – pentathlon, 6th, 2,923 points

Under 17 Women

Jaiten Best – triple jump, 2nd, 12.17m

Under 20 Men

Freddie Matthews – 2000m steeplechase, 6th, 6:05.27

Under 20 Women

Ava James – 1500m steeplechase, 10th, 5:06.83

Jessica Bliss – 100m hurdles, 5th, 14.02s

Amber Purcell – triple jump, 10th, 11.48m

Senior Women

Amber Anning – 200m, 9th, 22.97s; 400m, 1st, 44.36s

Elizabeth Korczak – javelin, 2nd, 58.10m

Masters

- **Gary Pullen** (M60) – discus 1st (45.68m); shot put 3rd (12.57m)
- **Neil Grover** (M60) – discus 2nd (44.50m); shot put 5th (12.10m)
- **Kevin Baker** (M60) – javelin 4th (37.56m)
- **Julia Machin** (V55) – high jump 1st (1.64m); long jump 1st (4.99m); pentathlon 1st (4,752 points)
- **Stephanie Dornbusch** (V55) – pole vault 2nd (2.50m)
- **Tracey Brockbank** (V60) – javelin 4th (21.00m); hammer 8th (30.48m)

Five athletes finished as number one in the country, and six finished in second place, which is absolutely fantastic.

In the under 13 boys javelin and the M60 discus, we had the top two performers in each event. This shows a remarkable range of ages and a great display of the athletes our club produces.

Winter Season

The unaltered cycle of athletics continued with the road and cross-country season getting under way at the Southern Road Relays. Sadly, the senior ladies team was hit by late injuries and did not qualify as 'A' team.

The veteran men's teams did compete:

V40s finished 8th out of 28 teams

V50s finished 6th out of 23 teams

V60s finished 9th out of 17 teams

The focus then switched to Goodwood, where the Sussex Road Relays took place. Great performances followed, with the senior women winning their race and the veteran men's V40, V45 and V60 teams all winning gold medals.

Although the track season here had finished, one of our athletes was excelling at the World Para Championships in New Delhi. **Lana Sutton** competed in the T38 category in the 100m and 200m. She finished 8th in the 100m and 6th in the 200m, setting a new personal best of 26.77s. Congratulations to **Lana Sutton** and her coach, **Dan Brooker**.

Sussex Cross-Country Relays, Goodwood

We recorded many strong performances across the age groups.

Under 11 boys:

Luke Overton – winner

Under 11 girls:

Victoria Ridley – winner

Eleanor Poate – 2nd

There are no team competitions for the under 11s.

Under 13 boys:

'A' team 2nd – **Ben Sorrell, Jem Marshall, Barnaby Moyes**

Jem Marshall recorded the 3rd fastest leg

'B' team 7th, 'C' team 9th, 'D' team 11th, E team 12th

Under 13 girls:

'A' team 3rd – **Sophie Fitzgerald, Gracie Henderson, Elzie Ortiz**

Elzie Ortiz recorded the 3rd fastest leg

Under 15 boys:

'A' team 3rd – **George Urben, Sam Gill, Cory Walker**

'B' team 9th

Under 15 girls:

'A' team 2nd – **Ruby Armstrong, Hannah Urben, Hannah Mervyn-Thomas**

Ruby Armstrong recorded the 3rd fastest leg

'B' team 7th

Under 17 women:

Team finished 4th

Senior women:

'A' team 1st – **Ava James** (fastest leg), **Esme Stephenson**, **Ava Winton**

Senior men:

'A' team 2nd – **Alex Roberts**, **Thomas Barnett**, **Sam Oakden**, **James Polton**

Alex Roberts and **Sam Oakden** are under 17 athletes

Veteran women (V45):

1st – **Paula Blackledge**, **Jeanette Kenneally**, **Geraldine Moffat**

Veteran men (V40):

1st – **Rob Neal**, **Louis Taub**, **Ziad Wattar**, **Paul Howard**

Veteran men (V60):

1st – **Mark Dooley**, **Keith Newton**, **Sean Gibson**

Sussex Cross-Country League, Goodwood

A return to Goodwood straight after the relays saw our teams achieve similar results.

Under 11 girls:

Victoria Ridley won again, followed by **Eleanor Poate** in 2nd place. The club had four under 11 girls in the top ten finishers.

Under 11 boys:

Luke Overton repeated his win. The club had three boys in the top ten finishers.

Under 13 girls:

'A' team 2nd – **Ada Greenaway** 2nd, **Elzie Ortiz** 4th, **Sophie Fitzgerald** 7th

'B' team 4th, 'C' team 19th

Under 13 boys:

'A' team 2nd – **Barnaby Moyes** 2nd, **Ben Sorrell** 5th, **Laurence Fox** 11th

'B' team 5th, 'C' team 7th, 'D' team 12th, E team 15th, F team 19th

Under 15 girls:

'A' team 2nd – **Ruby Armstrong** 2nd, **Hannah Mervyn-Thomas** 6th, **Charlotte Hutchings** 8th

'B' team 12th

Under 15 boys:

'A' team 1st – **Taylor Thom-Watts** 1st, **George Urban** 5th, **Joaquin Perez-Rork** 8th

'B' team 7th

Under 17 women:

'A' team 1st – **Eva Winton** 5th, **Layla Bartlett** 7th, **Angelina Diacci** 18th

'B' team 12th

Under 17 men:

'A' team 2nd – **Alex Roberts** 2nd, **Ben Smith** 8th, **Sam Oakden** 18th

'B' team 7th

Senior women:

Division 1 'A' team 4th

Division 2 teams finished 13th, 19th and 28th

Veteran women:

Paula Blackledge 2nd, team 9th

Senior men:

'A' team 2nd – **Freddie Matthews** 5th, **Zared Arasaretnam-Hale** 7th, **Thomas Barnett** 11th, **Ziad Wattar** 15th, **Louis Taub** 24th, **Richard Clayton** 32nd

'B' team 8th

Veteran men:

M35–50 team 2nd

V50+ team 4th

More brilliant performances from our teams, carrying on from the previous year.

European Track and Field Masters Championships, Madeira

Competing in the W55 category, **Stephanie Dornbusch** won a brilliant bronze medal in the pole vault, clearing 2.50m. As part of the 4x100m relay team, she won a gold medal.

Paul Howard was also a bronze medallist in the 4x400m relay. More great performances from our veterans.

Sussex Cross-Country League – Race 2

Under 11 girls:

Victoria Ridley 1st, **Eleanor Poate** 2nd

Four girls in the top ten finishers

Under 11 boys:

Luke Overton 2nd

Under 13 girls:

No top three finishers

'A' team 2nd, 'B' team 3rd, 'C' team 13th

Under 13 boys:

Barnaby Moyes 1st

Five in the top ten finishers

'A' team 1st, 'B' team 3rd, 'C' team 6th, 'D' team 8th, E team 11th, F team 23rd

Under 15 girls:

Ruby Armstrong 3rd

'A' team 2nd, 'B' team 13th

Under 15 boys:

Taylor Thom-Watts 1st, **Oliver Goodman** 2nd, **George Urban** 3rd

'A' team 1st, 'B' team 4th, 'C' team 16th

Under 17 women:

No top three finishers

'A' team 3rd, 'B' team 13th

Under 17 men:

Alex Roberts 3rd

'A' team 1st, 'B' team 9th

Under 20 women:

Esme Stephenson 1st, **Rosie Gasson** 2nd

Under 20 men:

Freddie Matthews 1st

Senior women:

Division 1 'A' team 2nd

Division 2 'A' team 7th

Senior men:

James Turner 2nd

Division 1 'A' team 2nd, 'B' team 5th

Division 2 'C' team 13th, 'D' team 25th

Veteran women:

W35–50 – **Kathleen Law** 2nd, team 13th

W50+ – **Paula Blackledge** 2nd, team 13th

Veteran men:

M35–50 – **James Turner** 1st, 'A' team 2nd, 'B' team 14th

M50+ – **Howard Bristow** 1st, **Louis Taub** 2nd, 'A' team 1st, 'B' team 5th

Yet another strong performance from our cross-country athletes, with the under 13 boys continuing to dominate their event.

Cross Challenge Races, Sefton Park, Liverpool

In very challenging conditions, with heavy mud and rain, several of our runners made the long trip north and produced strong performances.

Under 15 boys:

Taylor Thom-Watts 6th, **George Urban** 18th, **Joaquin Perez-Rork** 47th

Under 20 women:

Ava James 7th, **Rosie Gasson** 38th, **Esme Stephenson** 58th

Under 23 women:

Emily Muzio 16th, **Ciara Muzio** 25th, **Eadie Yelling** 37th

Senior men:

Joshua Hobbs 38th

Brighton 10K and Mini Mile

The annual 10K event, organised by the Supporters Association, was a great success, with 2,932 adult entries and 190 junior runners in the Mini Mile.

Mini Mile

Under 11 girls:

1st **Chloe Mullins**, 2nd **Isabella Clarke**, 3rd **Paula Rojas**

Under 11 boys:

1st **Luke Overton**, 2nd **Adam Ibrahim**

Under 13 girls:

1st **Ada Greenaway**, 2nd **Alice Dibber**

Under 13 boys:

2nd **Laurence Fox**, 3rd **Jesse Walker**

Under 15 girls:

1st **Hannah Mervyn-Thomas**

Under 15 boys:

1st **Cory Walker**

Under 17 men:

3rd **William Mervyn-Thomas**

10K

2nd **James Turner**

3rd **Freddie Matthews**

Our thanks go to all members who marshalled the event and to the committee members who helped with the organisation.

SEAA Inter-Counties Cross-Country Championships

Several of our athletes were selected to represent Sussex and performed strongly.

Under 13 girls:

Elzie Ortiz 16th

Under 13 boys:

Ben Sorrell 20th

Under 15 girls:

Hannah Mervyn-Thomas 21st (team bronze)

Under 15 boys:

Taylor Thom-Watts 5th, **Oliver Goodman** 8th (team gold)

Also running: **George Urben** 30th, **Joaquin Perez-Rork** 36th

Under 17 women:

Eva Winton 31st (team bronze)

Under 20 women:

Esme Stephenson 7th (team silver)

SEAA Masters Cross-Country Championships

On the same day, our masters athletes again performed superbly.

Zared Arasaretnam-Hale was the overall winner and M40 gold medallist.

Howard Bristow finished third overall and won M50 gold.

Brighton and Hove won the bronze medal in both the M50–59 and M60 age groups.

What a great weekend for our runners.

Brunel Open, Uxbridge

Competing at the Brunel Open, **Florence Matten** continued her superb season by clearing a new club pole vault record of 3.60m. This moved her to 6th on the UK all-time list.

Schools International Multi-Event Championships, Glasgow

Competing for England Schools in Glasgow in the pentathlon, **Seren Rowe** produced a superb performance, recording personal bests in four of the five events. She finished 3rd with a score of 3,227 points and was part of the winning England team. Her individual marks were 60mH-9.80s, HJ-1.60m, SP-8.83m, LJ-5.01m, 800m-2:27.39.

Seren has had a brilliant year, and this was a fitting way to sign off 2025.

Sussex Cross-Country League – Race 3, Ardingly

Under 11 girls:

Victoria Ridley 1st

Four runners in the top ten

Under 11 boys:

Luke Overton 3rd

Three runners in the top ten

Under 13 girls:

Elzie Ortiz 5th

Team 2nd

Under 13 boys:

Benjamin Sorrell 5th

'A' team 1st, 'B' team 5th, 'C' team 6th, 'D' team 12th

Under 15 girls:

Hannah Mervyn-Thomas 3rd

Team 2nd

Under 15 boys:

Taylor Thom-Watts 1st, **George Urban** 2nd

Four in the top ten

'A' team 1st, 'B' team 4th, 'C' team 14th

Under 17 women:

Eva Winton 5th

Team 8th

Under 17 men:

Alex Roberts 4th

Team 8th

Under 20 women:

Ava James 1st, **Esme Stephenson** 2nd

Under 20 men:

Finlay Goodman 1st, **Freddie Matthews** 2nd

Senior women:

Combined team 1st, Division 1

'B' team 10th, Division 2

Senior men:

Andrew Green 1st

'A' team 1st, 'B' team 4th, Division 1

'C' team 8th, 'D' team 19th, Division 2

Veteran women:

W35 – **Kathleen Law** 2nd

W50+ – **Paula Blackledge** 3rd

Team 8th

Veteran men:

M40 – **John Franklin** 1st, **Ziad Wattar** 2nd

M50+ – **Howard Bristow** 1st

M35–50 'A' team 1st, 'B' team 10th

M50+ 'A' team 1st, 'B' team 5th, 'C' team 22nd

These were the final league races of the 2025 winter season, with just one match to come in 2026. Our teams and athletes are in a strong position for medals and titles.

Sportshall League (Winter)

With two fixtures completed, our teams sit in 2nd place behind Crawley. The younger age groups are performing well and are ahead of our rivals. However, our under 15s are seriously under-strength. If a few more athletes entered, we would likely be leading. Come on, under 15s, and get involved.

SEAA Indoor Multi-Event Championships – Lee Valley

In her first event as an under 17, **Alexandra Koloutsos** won a bronze medal with a new personal best score of 2,977 points.

Jack Staples also won a bronze medal in the under 17 men's heptathlon.
Dylan Parr secured a silver medal in the under 20 men's decathlon with 4,163 points, recording several personal bests.

Non-medallists

Cooper Seiltz – 4th, under 17 heptathlon (3,860 points)
Arthur Rogers – 6th, under 17 heptathlon (3,437 points)
Isaac Machin – 5th, under 15 pentathlon (2,239 points)

The multi-event athletes are progressing well under the leadership of **Julia Machin**.

Congratulations to **Jaiten Best**, now an under 20, who extended her **Senior Women's Triple Jump** club record to **12.23m** while competing at **Lee Valley** on **21 December**.

Boxing Day Races

Now in its 94th year, the **Chris Carter Boxing Day Races** were organised by **Melanie, Judith** and **Paula**, three long-serving members of the committee.

The walking and running events attracted athletes whose participation raised **£800** for **Whoopsadaisy**, a local charity supporting children with disabilities.

A total of **128 runners** and **8 walkers** took part, all started by **Chris Carter** himself.

Farewell

2025 has been a year of excellence for our club, but also one of loss as we mourned the passing of members present and past who all played their part in building our club to where it is today. Our thoughts are with the family and friends of **Gill Bickle, John Doherty** and **Dave Smith**.

And so that concludes this report. Another fantastic year for our members, with records galore and titles won. Roll on 2026 and its new challenges, particularly the age group changes. As I told my javelin group, go out there and set targets that others will struggle to better.

Finally, my thanks go to **Louise** for keeping the club Facebook page filled with results, which made the compiling of this report so much easier. She continues to do a great job across our social media.

We are a great club. Let us make it even better.

Bob Willows
Club Secretary