

August 2014

## Masters Season

So – it's the end of the master's T&F season which was run under a new format for the first time.

As southern counties veterans group wanted all teams to split and run independently, Sussex declared independence and went it alone.

Every team in the league with a single exception is formed of two clubs which complement each other. But there was still a strong commitment toward the 4 evening matches staged across the summer even though there was no place at the vets final in Ashford for winning men's and women's team like before.

Resounding winners of the men's league were the Eastbourne/Hailsham combo – winning three out of four matches; but the ladies found it tougher this year, eventually losing out to a strong Brighton team who go from strength to strength each season of late.

So if you're over 35 – with no upper limit, and you fancy trying your hand at some events you used to do years ago, or even if you're completely new to athletics, then make sure you get along to next summer's evening matches and give it a go!!

Brian's Arabian's Nights – a flying visit to the 19<sup>th</sup> European Masters Championships in Izmir, and no Carpets in sight!

First some facts.... Did you know that Turkey has its land mass defined as 7% in Europe (this is the part up by Istanbul and 93 % in Asia. It borders with 7 countries. Ankara is its capital with Izmir being the third largest city with some 5M+ people. The currency is the Turkish Lira and you get roughly 350 to the pound.

These trips always take a lot of planning but on this occasion I had no idea if I was fit enough so only confirmed my participation less than a week in advance and at this time could only get a flight that arrived at 22:00 with the first event, The Decathlon, starting at 10:00 the next morning ... not ideal but I tried to pre-plan by memorising the layout of the Athletic complex including places where I could warm up, shelter from the sun, have to register and where to be for the event call up room.

I was also lucky to line up a lift from the airport to my hotel....having friends and influence but having to buy the British team manager his favourite glass of red wine .... So surely the actual events would be the easy bit!! A Decathlon in 40 degree heat with little provided shade ...experience would definitely be needed to manage each situation as it appeared. So I am sure you all know the Decathlon is ten events over two days with points awarded for each performance. At the end of the first day I had held my own, recording the fastest time for the 400M to be in bronze medal position over night.

The second day was just as hot and with just the 1500M to go I was still in third and most thought silver was out of the question as one of my old rivals was clear in the silver medal position some 400points ahead..... But never say never, as I knew this guy was not the best over this distance. I decided to take it out from the front with no one in pursuit other than the guy hanging on to silver.

The required margin was 80 seconds but although the guy finished second in the race he was an all-important 81 seconds behind, and I had secured the silver by just 5 points.

The next day I was up again to claim a 6<sup>th</sup> place in the individual pole vault and raced into the final of the 400M hurdles. The final day saw I finished 5<sup>th</sup> in this event. .... And then called for the flying carpet to high tail it back to the UK.



## Hastings 50<sup>th</sup> anniversary club champs

Massive well done to Shania who came over to Hastings to compete in the club championships.. should be very proud after ending the day with a win in both the 100m and 150m! Well done!



## Did You Know?

***Training restarts down the track on the 2<sup>nd</sup> October... see you all there and refreshed!***

## Thank you Hannah!

A MASSIVE thank you to Hannah Ingram for all the hard work she has put in to helping the club and coaching the younger athletes. Very sad time on Thursday, marking her last coaching session down the track after her decision to leave. Thank you again! And good luck with everything you do in the future! Make sure you come and visit!!!

## Question of the Month

Which of these throwing events is not performed in a safety cage?

- A) Hammer
- B) Javelin
- C) Discus

*The answer will be published in next month's edition  
The answer to last months question was... C*

## Quote of the Month

***"There will be days when I don't know if I can run a marathon. There will be a lifetime knowing that I have."***

*-unknown*



## September Fixture list

Fri 5th	U15 league final (provisional)	Brighton sports arena
Sun 7th	U13 League final	Crawley
Sat 13th-Sun 14th	Sussex combined events champs	Sutton
Sat 20th-Sun 21st	English Schools Combined Events	

## October Fixture list

Sun 5th	Lewes Downland 10 mile and 5 mile races (SGP)	
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