

December 2014/January 2015

Park Runs 3rd Birthday!

3 years ago our very own Stuart Pelling set up Eastbourne's Parkrun, since then it has grown very popular amongst many people. To celebrate the 3rd year we want to get as many people down as possible to get a record attendance of 200+ people. This will take place on Saturday the 31st January, same place, same time!

Hope to see you all there.



Heidi Wins Young Coach of the Year!

Heidi Burgess was rewarded for all the hard work she has put in with our U11 groups when she won the 'East Sussex Young Coach of the Year Award' She received this at the Winter Garden at the end of November at a Dinner/Dance.

Heidi has showed a keen interest in helping out with the U 11 age group since she was only 14. She has gradually taken on more and more responsibility , planning and leading sessions under the guidance of the coaching co-ordinators.

She has taken the 'Athletics Leader Award' and cannot wait to be able to take the Level 1 Assistant Coach Award when she is 18.

Heidi has been one of the most reliable young coaches the club has ever had- not missing a session and adapting to weather, variation in numbers and different abilities. She has also helped organise a 'Quadkids' competition for this age group. She also volunteered to coach on a 'come and try it ' weekend organised by

Eastbourne Council. and helped on the 'Star Track' Summer courses.

Heidi gets involved with all areas of the club- helping to officiate other age groups and serve refreshments. Another role as you know has been her taking on the clubs monthly newsletter- reporting on performances during the season and letting all age groups know of forthcoming events.

She is a very worthy recipient of this award ! Well done Heidi from all at the club.



Did You Know?

Can everyone who won an award last year please return it to the track as soon as possible – thank you!

Club Vests

If anybody has got any spare/old club vests that are no longer needed can they please bring them down the track to donate to our new/younger athletes to use in upcoming competitions (new or old style)

Thank you!



2014 Awards Night

This year's awards night will be held at the Chatsworth Hotel at 7:00pm, you will be able to buy your tickets down the track on a normal training night.

Quote of the Month

It's amazing that more people have climbed Mount Everest than have broken the 4-minute mile.

Roger Bannister

Cross country championships

Well done to Stuart Pelling who completed his race at the Cross Country championships in Bexhill in a time of 51:14 and ranking 55th out of 103 runners... even in these muddy conditions!



February fixture list

Sat	7th	Hampshire League	Kings Park, Bournemouth
		Sussex Sportshall - Worthing League (3)	Lancing Leisure Centre
Sun	8th	Chichester Priory 10K	
		Sussex Sportshall - Horsham League (4)	Tanbridge School, Horsham
Sat	14th	Brooks Sussex Cross Country League (4)	Bexhill
Sat & Sun	14th & 15th	Sussex Indoor Track & Field Championships	Sutton
Sat	21st	ECCA National Cross Country Championships	Parliament Hill
Sun	22nd	Brighton Half Marathon	