

January 2014

Metaswitch Games

Several of our sprinters attended the Metaswitch games just before Xmas with some very encouraging performances. Only the younger age groups were allowed to do the shorter 60 metres races with all three of our girls running new personal bests. In the third of eight heats in the under 15 girls Rebekah Morris(8.35) just pipped Millie O'Hara (8.39) with both girls clear of the rest. Both are now firmly on the club 10 for this event.

In the U17 category Hannah Davis just 15 was competing for the first time in an Eastbourne vest.

After a not surprising nervous slow start Hannah (8.39) came through the field to win with literally her last stride although it took a photo to confirm the result.

The older Athletes joined the youngsters for the 200 metres which was everyone's first experience of the tighter indoor track. So not surprisingly no P.B.s this time but very valuable experience. Maddie Mann did however run a seasons best in 26.94 exactly a second outside her all time best some 18 months ago. Indoors being generally regarded as half a second slower plus it being her first ever run indoors Maddie is surely on her way back. The bonus being it was the fastest of the 2 U20 women's races making Maddie the overall winner on the day.

Rebekah Morris recorded her second win of the day in 28.04 in what was the second fastest race in her age group. Hannah ran 28.26 and Millie 28.40.

Also in his first competition for the Rovers Daniel Ogun Men U20 ran a respectable 25.12 and Laurie Hughes 26.39 in the seniors. The fastest man for Eastbourne on the day was Joe Morris his time of 24.36 was only just outside of his P.B. set earlier this year and will surely improve it considerably this summer. Joe also took part in the Shot where he did record a new P.B. of 11.56 metres in finishing second in the U23 age group.

Many thanks to Angela who has worked with Joe on his Shot this year helping him to improve by nearly two metres. Both Joe and myself wish Angela well and a speedy recovery.

Barry Morris

Did You Know?

Any trophies that you were given at last year's award night needs to be handed in as soon as possible!

The dates of the 2014 SAL fixtures have been agreed with UKA as:

- 19th April - EASTBOURNE
- 17th May - ALDERSHOT
- 21st June – PORTSMOUTH
- 12th July - EASTBOURNE
- 2nd August - WINCHESTER

Please don't book anything on these dates; we need as many athletes as possible to turn up!

Circuit Training

Circuit training is still available to go to; we meet at 6:30-7:30 at Cavendish school every Monday evening during the winter. Come along and give it a go!

Quote of the Month

"Persistence can change failure into extraordinary achievement."

Matt Biondi



SAL's new team

Dear Members

I am pleased to announce the committee have kindly agreed to accept my offer to manage our Senior men/women team this coming season with the help and support of Christine Burgess. Although it is not always possible I believe the team is always better served by a non competing management team. I am determined that next year we should be aiming to be as competitive as possible and that promotion is a realistic target.

To achieve this we firstly need the support of as many athletes as possible not just for the two home matches but the away ones as well - Portsmouth, Aldershot and Winchester. Believe me these can be great days out especially if you go with a strong competitive team.

We also need support from qualified officials again to help on away days as well as home matches.

Thirdly I am particularly looking for the support of all coaches to not only encourage your Athletes to compete for there club where possible but also with in reason be prepared to fill in on a occasion when necessary for the sake of the team.

Richard Jones will be men's team captain and Heidi Burgess the women's team captain.

If officials and athletes could E-mail the attached form as soon as possible it would be very much appreciated.

With regards to team selection everyone is guaranteed to do at least one of their favoured events although I obviously cannot guarantee that will be A or B string. As most events have non-scoring this is easily achieved, but what better way to prove a selection wrong than to on the same day in the same conditions run faster or jump higher or throw further.

Barry Morris

Seb Rodger

Below is a link to Seb Rodgers blog... feel free to check it out!

<http://sebrodger.blogspot.co.uk/>

January fixture list

Sat 4th	Brooks Sussex Cross Country Champs
Sun 12th	East Sussex Cross Country League
Wed 15th	Sussex Schools Cross Country Champs
Sat 18th	Sussex Masters Cross Country Champs
Sat 25th	SEAA Cross Country Champs

Stammer Park
Petts Wood
Waterhall Brighton
Lancing Manor
Parliament Hill Fields

Fancy having a go at race walking?

On Sunday 23rd February there is a coaching session at Lewes track from 10:00am – 11:30am. Pete Selby, Sussex's race walking coordinator will be your coach. You must be at least 11 years old right up to 70+!!

Question of the Month

Who was the worlds fastest runner in 1999?

- Maurice Greene
- Usain Bolt
- Asafa Powell
- Tim Montgomery

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

Parkrun annual points!

The top 3 medals for the mens Parkrun annual points competition were taken by Eastbourne Rovers this year...

- 1) Neil Kelly
- 2) Richard Davis
- 3) Graham Penny

Another congratulations goes to Nicki Howard who placed 3rd in the female competition...

Well done all of you! 😊

Grade 2 officials Course

If any of you want to go on a Grade 2 officials please contact chris@sussexbarn.com