

March/April/May 2014

British Records at Masters indoor weekend

Well done to Brian and Di, both doing extremely well in the British masters indoor weekend!

BRIAN SLAUGHTER

1st British Indoor Pentathlon

(British Record) Heptathlon and Outdoor Pentathlon and Decathlon along with an International Double Heptathlon **(British Record)**

2nd - European (British Record) by just 8 points.



DI FARMER

1500m 3rd W50 6.07

3000m 5th 12.17



World Indoors Masters Budapest

With Angela temporarily sidelined only two ERAC athletes made it to the recent Masters Indoor World Championships in the beautiful Hungarian capital city of Budapest.

Both got going on the first day of competition with Di taking part in the 8k cross country in the extremely hot spring conditions in the main City Park. Putting in a strong run, she completed the park based course in 34.49.30, finishing 9th in the W50 age group which she almost immediately now moves out of.

In the meantime, the M 55 Pentathlon got underway in the Indoor facility. This event was a who's who of men's combined eventers and ultimately the 3 medal winners all achieved points scores which broke the previous European record. The indoor Pen is probably Brian's weakest combination of events but he still put together a strong series to take 6th place with an overall score of 3724. His individual performances shaping up like this:

10.10. 60 metre hurdles

5.12. Long jump

10.77. Shot

1.42. High jump

3.12.25. 1000 metres

It was into the main indoor arena the following morning for Diane who put in a 2.59.41 performance in the second semi of the W50 800. Cruising for the first 3 laps she responded to some encouragement from the stands to storm round the final 200, running down an Italian competitor just before the line.

With the indoor season now over for another year, vets track competition gets underway on Wednesday May 7th at Eastbourne when ERAC host the first match in the new standalone Sussex Summer League.

Hastings Half Marathon

A big well done to everyone that took part in this years' Hastings half marathon, here the results of our Rovers athletes that took part... full results can be found on...

<http://www.sportsystems.co.uk/ss/results/Main%20Event/1162>

Place	Time	Name
485	01:40:07	Richard Davis
621	01:43:00	David Axon
691	01:44:17	Graham Penny
697	01:44:18	Mike Pettett
796	01:46:30	Robert Young
804	01:46:40	Neil Kelly
1696	02:01:38	Julie Tester
1872	02:04:26	Zoe Gardham

Sainsburys vouchers please!

20th May is the **last day** that we can collect the Sainsbury's active kids vouchers, please bring any you have down the track, they will enable us to buy some new equipment for the club!



Running in the fog!



Barrys Birthday Bash

Many from Eastbourne Rovers Athletic Club turned out on April the 10th for club Coach Barry Morris' birthday for a night of competitive athletics for charity. The evening was arranged by Barry and Janis Long (club meetings organiser) and money was raised through entry fees a raffle and cakes and teas sold during the evening.



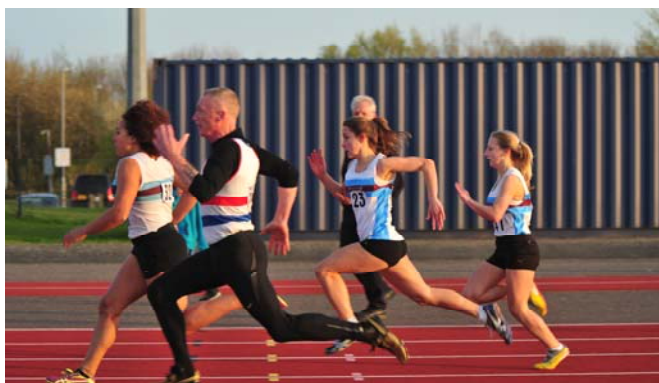
This is the second year of what will hopefully be an annual event.

Last year everyone involved raised £360 for cancer research but this years total of £460.60p easily surpassed that.

All proceeds went to St Wilfred's Hospice this time in memory of Barry's cousin Trevor Morris who was cared for by the hospice before he sadly passed last year. Many of Barry and Trevor's family turned up to support the event along with the Mayor and Mayoress.

The race of the night was without doubt the men's 1000 metres between brothers Ed and Chris Dodd who had a very tactical battle before a sprint finish saw Chris just pip Ed at the line. The performance of the night though was arguably Hannah Davis who beat her coach and fellow squad members in the 100 metres. Hannah's time of 12.7 secs was only one tenth outside the English schools qualifying time so hopefully she can achieve this before June when the Sussex team is selected.

Barry and his family would like to express their thanks to everyone who took part, officiated and donated raffle prizes and of course the tea ladies Kelly and Nikki.



Dates for your diary...

U13 League dates

Wed 14th May – LEWES
Wed 11th June – LEWES
Wed 23rd July – EASTBOURNE
Sun 7th September – FINAL - CRAWLEY

U15 League dates

Wed 21st May – LEWES
Wed 4th June – EASTBOURNE
Wed 9nd July – LEWES
Fri 5th September - FINAL - BRIGHTON

SAL fixture dates

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

Sussex Masters League dates

Wed 7th May – EASTBOURNE
Wed 18th June – WORTHING
Wed 9th July – LEWES
Mon 28th July - LEWES
Please note this date and venue had been changed from previously

Quote of the Month

"Pain is just weakness leaving your body" - anonymous

1st SAL Match of the Season

Eastbourne Rovers opened their Southern Athletics League season on a sunny but very windy day in Eastbourne. Competing against Eastbourne were teams from Salisbury, Havant and Lewes in what on paper seemed to be a very even contest.

Blustery conditions meant fast times were going to be difficult to come by. Despite this, there were still a large number of impressive individual performances from the team. Several of which, were making their first appearance in the SAL for the club.

Unusually for Eastbourne, a strong headwind was blowing down the main straight made fast sprinting very difficult. Despite this, George Marsh won the Men's 100m and 200m in very creditable (considering the conditions) times of 11.3 seconds and 22.7 seconds respectively. The 200m yielded a double win for Eastbourne with Joel Harvey winning the B string race in a time of 23.2 seconds. The women also pitched in with some big points totals with Hannah Davis winning her 100m race in 13.5 seconds and Maddie Mann and Rebekah Morris gaining a second place each in the 100m and 200m respectively.

The Middle Distance group had a very good day with the Men winning the A&B string in the 800m, 1500m and 5000m. Ed Dodd put down a marker for the season ahead running 1:57.3 in the A string 800m. Brother Chris dominated the 1500m winning in a time of 4:22.3; very well supported by debutant Dan Stidder who won his first SAL race as a scoring athlete in a time of 4:31.4. The 5000m gave Eastbourne another double victory in tricky conditions with Richard Jones winning in 17:06.3 and Kevin Armstrong winning the B string in 17:34. The women also scored some good results with Flora Alessandroni winning her 800m race in 2:50 and Danielle Collier and Di Farmer scoring a second place apiece. Windy conditions also made some of the field events very tricky. Despite this, Mary Adeniji and Maddie Mann gained a pair of 2nd places in the women's high jump and Joe Morris scored two solid victories in the Shot Putt (with a throw of 11.47m) and the discus (with a throw of 29.60m). Erica Francis also made a welcome return to competition winning the women's discus (with a throw of 27.73m), hammer (with a throw of 30.89m) and shot putt (with a throw of 9.46m)

These and many other great performances meant a narrow second place finish on the day. Despite this, our points scored (which is taken into account if scores are tied at the end of the year) means that Rovers have made a solid start to this year's competition with promotion still a very distinct possibility. The next match is in Aldershot on May 17th and we hope to take a strong team to our first away match.

If you feel you could contribute to these matches as a competitor, official (which can gain us valuable points) or supporter, speak to Barry Morris, Richard Jones or Heidi Burgess. Remember, whoever you are, whatever your event, every point counts!

100m	1A	George Marsh U20	11.3
	3B	Adam Hutchings U20	12.3
200m	1A	George Marsh U20	22.7
	1B	Joel Harvey U20	23.2
400m	3A	Matt Harrison U20	54.4
	3B	Daniel Ogun U20	57.4
800m	1A	Ed Dodd U23	1:57.3
	1B	Chris Dodd SM	2:03.6
1500m	1A	Chris Dodd SM	4:22.3
	1A	Daniel Stidder U17	4:31.4
5000m	1A	Richard Jones SM	17:06.5
	1A	Kevin Armstrong SM	17:32.4
110mH	3A	Paul Keen SM	21.6
400mH	4A	Matt Harrison U20	68.5
	4B	Rory Burgess U20	71.5
2000mS/C	2A	Joe Russell U20	7:17.8
	2B	Ed Hickman-Casey SM	8:05.8
HJ	3A	Daniel Ogun U20	1.70
	3B	Ed Dodd U23	1.00
PV	2A	Paul Keen SM	2.80
	1B	Brian Slaughter M55	2.20
LJ	4A	Daniel Ogun U20	5.05
	3B	Marcus Hinchin U17	4.37
TJ	2A	Joe Morris U23	11.61
	3B	Barry Morris M50	9.39
SP	1A	Joe Morris U23	11.47
	2B	Brian Slaughter M55	9.55
DT	1A	Tony Hutchings M50	30.25
	1B	Joe Morris U23	29.60
HT	3A	Brian Slaughter M55	27.46
	2B	Joe Morris U23	22.55
JT	2A	Joe Morris U23	43.79
	3B	Brian Slaughter M55	33.11
4x100	1	SM Eastbourne Rovers	44.9
4x400	3	SM Eastbourne Rovers	3:38.0
Women's			
100m	1A	Hannah Davies U20	13.5
	2B	Maddie Mann U20	13.9
200m	4A	Maddie Mann U20	27.9
	2B	Rebekah Morris U17	29.3
400m	3A	Tilly Odedina U20	70.7
	3B	Danielle Collier U20	74.7
800m	2A	Danielle Collier U20	2:47.1
	1B	Flora Allesandroni U20	2:50.0
1500m	4A	Flora Allesandroni U20	6:05.6
	2B	Diane Farmer W55	6:11.3
3000m	3A	Diane Farmer W55	12:48.6
100mH	3A	Tilly Odedina U20	21.7
	3B	Heidi Burgess U20	24.2
400mH	3A	Heidi Burgess U20	99.8
High Jump	2A	Mary Adenji U17	1.40
	2B	Maddie Mann U20	1.25
Pole Vault	3A	Heidi Burgess U20	1.70
Long Jump	4A	Hannah Davies U17	4.22
	2B	Mary Adenji U17	4.12
Triple Jump	4A	Mary Adenji U17	9.29
	2B	Hannah Davies U17	8.57
Shot putt	1A	Erica Francis SW	9.46
	3B	Heidi Burgess U20	4.70
Discus	1A	Erica Francis SW	27.73
Hammer	1A	Erica Francis SW	30.89
	1B	Liz Brandon W60	17.09
Javelin	2A	Maddie Mann U20	23.61
	2B	Rebekah Morris U17	14.69
4x100	2	SW Eastbourne Rovers	51.7
4x400	3	SW Eastbourne Rovers	4:45.3

London Marathon

Well done to Julie Tester who completed the London Marathon this year in an amazing time of 4h 45:35



Hastings 5 Miles

Great ERAC turn out at the Hastings 5 mile race on the very windy promenade.

New age group for me and a win in the W55 category. Initially it appeared that someone else had taken the age group win, but it transpired they were in fact a man. I can only assume that the Eurovision win for Conchita Wurst had confused things!!

Di

Overall Results (ERAC)

7th 0:28:54 Richard JONES,
63rd 0:33:50 Richard DAVIS,
94th 0:36:06 Diane FARMER,
104th 0:36:36 Charlotte HOEVEL,
114th 0:37:18 Neil KELLY,
224 0:43:15 Nicki HOWARD,
295 0:48:36 Emma KELLOND,
316 0:50:55 Debbie DAVIS,
365 1:19:58 Nikki YOUNG,

Did You Know?

The World's biggest chocolate bar was over 6.5m (21') long, 90cm (3') high and weighed over 5440kg (12,000lbs)



Question of the Month

Brittney McGlone, Jessica Penney, Laura Juliff and Casey Case (Australia) ran a 4 x 100m relay in 1 min 4.19 sec in Sydney, NSW, Australia, on 28 September 2010, were they -

- A) on pogo sticks
- B) running backwards
- C) wearing high heels
- D) running on all fours

The answer will be published in next month's edition

The answer to the last question was...

A (Hollie Arnold)

Apologies for the delay in getting this issue out (A levels) The May Newsletter should be out very soon!

May/June fixture list

Wed 21st	U15 League match	Lewes
Sat 24th-Sun 25th	Sussex County Track & Field Championships	Crawley
Wed 28th	Sussex Schools Combined Events	Brighton

June

Sun 1st	Youth Development League (U20)	
Wed 4th	U15 league match 2	Eastbourne
Wed 11th	Sussex Under 13 League	Lewes
Sat 14th	County Schools	
Sat 14th	SEAA Senior & U20 Champs	
Wed 18th	Masters track & field league	Worthing
Sat 21 st	Southern Athletic League (Meeting 3)	Portsmouth, Mountbatten