

May/June 2014

Sussex Schools at K2

Eastbourne Rovers had many athletes competing in the Sussex Schools Championships with the aim to come home with medals, try to be placed in the first 2 to then be picked to represent Sussex in the Inter County Match and for the elite few be selected to be in the Sussex team for the English Schools Championships.

Luke James performance certainly did not disappoint in the U15 boys 800m. He took the lead on from the second lap and produced a fantastic sprint finish to smash the championship record in a time of 2m03.6 which should secure selection for the English Schools Champs as well as placing him 2nd in the South East.



The sprinters were out in full force – starting with U15 Sofia Cunningham who was pushed right to the line in her 100m by her Crawley rival, but although both recorded the same time of 12.7 secs Sofia took home the gold medal. This time also gives her qualification for the English Schools Champs and her wind assisted 12.5 ranks her 4th in the South East.

George Marsh continues to be in a class of his own in the U20 boys 100m. He clocked 10.9 again to equal his best and achieve the qualifying time for the English Schools Champs.

In the Senior girls sprints Maddy Mann is finding her form again taking the gold in the 200m with 25.9 and silver in the 100m with 12.6secs. Training partner Rebekah Morris also collected the silver for her fine run in the U17 girls 200m crossing the line in 26.2 secs. The girls have their Sussex vest and were so close to gaining the entry standard they will be now be waiting to see if they gain selection.

A well deserved bronze medal went to Daniel Stidder in the U17 boys 1500m. After the race slowed Daniel took it on in the second lap so all could record a good time. He has just moved into this age group and was pleased with his 4m25.3

Jamie Ayres fought hard to reach the U17 boys 200m final and came 4th with 23.7 secs.

5th places went to Hannah Davies and Millie O'Hara in their 100m and 200m races in 13.4 secs and 27.3 secs.

Nerves seem to get the better of both triple jump athletes who did not leap to their best distances at the weekend. Mary Adenji leapt 9m50 for a 5th place and Tommie Lee Brown came 9th with 10m57.

Alice Fenton and Bryn Smith both recorded personal bests in the 100m in 13.7 for 7th and 80mhurdles in 15.5 secs for 9th place.

As usual the girls relay teams came up trumps with Alice, Issey, Sofia and Millie collecting the U15 gold medals and Rebekah and Hannah were part of the winning U17 team.

Fantastic 5 give Eastbourne Victory

Round 3 of the SAL saw Eastbourne travel down to Portsmouth to face Chichester, Bournemouth, East Grinstead, Poole and Bournemouth on one of the hottest days of the year so far. Going into the match, Eastbourne still had a great chance of promotion although injuries and other commitments meant that the team was somewhat depleted.

This badly affected the women's team with only five athletes sharing out most of the possible events between them. Our fantastic five of Emma Noel (SW), Di Farmer (V55), Mary Adeniji (U17), Heidi Burgess (U20) and Liz Brandon (V60) still managed to cover eighteen events and scored a combined total of one hundred and fourteen points.



On the track, Emma Noel and Di Farmer scored seventeen points over the 100m and 200m; Emma running 13.7 and 30.5 seconds and Di running 17.2 and 38.0 seconds. Di also combined with Heidi Burgess to score eight points in the 400m; Di running 75.2 seconds and Heidi running 69.4 seconds. Di's versatility once again made it possible for Eastbourne to have a scoring presence across several middle distance events. She scored points in the 800m (3:11.6), 1500m (6:18.8), 3000 (12:49).

In the field events, Mary Adeniji continued her good form she has showed throughout her first year competing at senior league level. She won her high jump competition with a best of 1.45m and her triple jump competition jumping 10.22m. These two wins have taken her total top three finishes this season to eight in just three competitions. Emma Noel and Di Farmer also continued to collect points throughout their field events. Emma winning her shot putt (with a

best of 7.97m) and Javelin (with a best of 26.71m). Di scored in the discus (9.78m), hammer (10.83) and Javelin (9.04m). Heidi Burgess also scored valuable points with a win in her pole vault competition to add to her earlier successes on the track.

Liz Brandon continued her valuable contribution to women's throws. Liz finished third in the hammer (with a throw of 15.83m) and shot putt (with a best of 5.31m) and were achieved with a heavier implement than Liz is used to throwing. These results take her total top three's for the season to nine.

The men continued their good season and got off to a terrific start with Craig Razzle winning the 400m hurdles in his first ever race over this distance and running a very creditable time of 65 seconds. Craig was well backed up by Rory Burgess who won his 400m hurdles race in 71.1 seconds. Eastbourne also scored a double win in the 400m flat with Ed Dodd running 50.7 seconds and Rory Burgess picking up his second victory with a time of 57.1 seconds.

Calvin Kirstein kept up his 100% record this SAL season with a win in the 100m (11.3 seconds) and in the 200m (23.4 seconds). The other members of the men's sprint team also contributed big points to the team's total. Daniel Ogun also continued his valuable contribution to the team with a win in his 200m race in 23.7 seconds and Laurie Hughes.

Chris Dodd continued his excellent return from his injury hit 2013 winning his 800m race in 1:55.7. Ed Dodd and Dan Stidder also continued their good form in 2014. Ed gaining second in both the 800 and 1500 and Dan gaining second in his 1500 running 4:30.5 and once again beating several far more experienced athletes. The 5000m also gained Eastbourne another pair of second places thanks to Richard Jones (17:17.4) and Alan Rolfe (19:17.5).

Joe Morris and Juan Jasso scored big points in the field events and covered seven events each



scoring a combined total of 72 points. Joe scoring in the Triple Jump (11.11m), Shot Putt (11.55m), Discus (32.5m), Hammer (21.07m) and Javelin (39.44m). Juan; who competed in some of his events for the first time

scored in the high jump (1.55m), Long Jump (4.47m), triple jump (10.24m), Shot Putt (8.19m), Hammer (15.49m) and Javelin 27.46m).

Combined with two relay victories, the performances from this depleted team were still enough to score the first league victory of the season and leave the overall league positions finely balanced. This result would have certainly been impossible without our fantastic five Emma, Di, Heidi, Mary and Liz combining to cover most of the women's events to contribute over one-hundred points between them.

Did You Know?

The final SAL match of the season is on 2nd August in Winchester-we need as many athletes to turn up as possible!!

Question of the Month

How many times round the track is a 1500m race?

- A) 2
- B) 3
- C) 3 and 3/4
- D) 3 and 1/2

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

Quote of the Month

"Running is the greatest metaphor for life, because you get out of it what you put into it."

-Oprah Winfrey



Overall, Eastbourne are third in the league a mere half point behind Yeovil in second and just one point behind league leaders Plymouth. With promotion still the target for Rovers, the next match at home on July 12th could go a long way to achieving this. As ever, any support you can give as a spectator, official or athlete is much appreciated. If you feel you can contribute, please speak to Barry Morris, Richard Jones or Heidi Burgess.



U15 League

The balmy evening conditions at Lewes were conducive for athletes in the U15 athletics league to produce some fine performances, with many Eastbourne Rovers athletes gaining personal bests.

This was most evident in the 1500m races with Jevan Cousins knocking a massive 29 secs off his personal best to record 5m07.8 secs and in the girls race Rebekah Coomber improved by a fantastic 16secs to record 6m55.4 secs. These athletes both deserved the 'man of the match' awards.

Caitlin Knight was also in top form as she improved in all three of her events. She started the evening shaving .2 secs off her 100m time finishing with 14.6 secs. She then hurled the discus 13m35 and the shot 6m43 both further than in previous matches.

Athletes who have been gaining experience from Eastbourne throws coach Liz Brandon all improved their javelin performances. Finley Jakes threw 18m49 to win the 'B' string event with Eliana Collins improving by over 4m to record 15m42 and Aine Caunter throwing another 4m to the 11m88 mark.

Aaron Ward continues to run a tactical 300m finishing second in the 'B' string with 46.7 secs an improvement of just over 1 sec. Lionel Zirabamuzaale ran this event for the first time. He was up against tough opposition and although placed 4th recorded a very fast time of 43

secs. Mille O'Hara looked impressive in both her sprints winning by a clear margin in the 100m and 200m.

Mason Dowle shows he is gaining race experience as he gradually improves at every outing and was pleased with his times of 12.5secs and 25.1secs for the 100m and 200m.

Top sprinter Sofia Cunningham continues to show the opposition a clean pair of heels as he crossed the line well ahead in both the 100m and 200m. In the boys 200m Stevis Kasparis ran well to gain second place.

Issey Siggs showed her strength endurance finishing fast and hanging on to second place in the 300m.

Luke James ran a relaxed 800m leading from the front while in the girls race Morgan Duncan showed she can consistently run under 3mins.

Newcomers Olivia Birt and Ella Roberts gained valuable points for the team in the long jump.

Still unbeaten the Eastbourne girls romped home in first place in the 4x100m relay, with the boys finishing in second.

Both teams came 3rd overall despite these fantastic performances as points were given away in some of the field events and hurdles. Hopefully before the final others will fill all the gaps so Eastbourne can make a good impression.

July fixture list

Wed 2nd	U15 league match	Lewes
Sat 5th	BAL/UKWAL	
Sun 6th	Sussex U13 Championships and U11 Quad kids	Brighton
Wed 9th	Masters track & field league	Lewes
Sat 12th	Southern Athletic League (Meeting 4)	Eastbourne
Sat 12th	Southern Mens League	
Fri 11th-Sat 12th	ESAA Champs (English Schools)	Birmingham
Sat 12th	Diamond League	Glasgow
Wed 16th	Crawley Open	Crawley
Sat 19th	London Street Games	
Sat 19th	Youth Development League (U15)	
Sat 19th	SEAA Combined Event Champs	
Wed 23rd	U13 league match 3	Eastbourne
Sat 26th	Youth Development League U20	
Sat 27th	27 July - 2 August: Commonwealth Games	Glasgow
Sat 27th	U13 Inter County match	Kingston
Mon 28th	Masters track & field league	Lewes