

April 2013

SAL Match 20th April

Eastbourne Rovers opened the new athletics season with a deserved victory in their first league meeting on Saturday. The event was held as part of the Southern Athletics League with teams from Lewes, East Grinstead, Invicta East Kent and Bexley making the trip down to Eastbourne. There were good performances from the whole team, with everyone enjoying the sunshine and relishing the first proper chance to put their winter training to the test.

Sam Caplen got the team off to a good start in the 400m Hurdles with an impressive win in 58.6s, and he followed this up later on with an equally respectable 17.0s to win the 110m Hurdles.

Ed Hickman Casey also won both of his races of the day with a 1m56s in the 800m and a 4m13s in the 1500m, as did youngster George Marsh in the 100m and 200m in 11.5s and 23.4s respectively.

Fifteen-year-old Ieuan Handley took on athletes much older than him in the 2000m steeple chase and won in 6m41s while Mylene Schuwey comfortably won the 3000m in 11m39s.

Veteran Di Farmer had a good day, winning the 1500m in 5.57.9. Elsewhere there were wins for Esther Reynolds in the 400m (65.0s) and Emily Jones in the 1500m B String (5.59.6).

On the field, newcomer to the senior league, Bradley Eisnor, jumped 1.78m in the high jump to claim second place and later in the day he snatched victory in the B triple jump, ably supporting Jon Dennis who jumped 11.95m to come second in the A string.



Captain Stuart Pelling led by example winning the B high jump. Joe Morris, another newcomer to the senior team, threw well in all the throwing events, but his highlight of the day was in the javelin. In a very high calibre competition, he came third with 43.11m.

Veterans Angela Morgan and Liz Brandon took part in the throwing events; their highlight was second in the hammer.

Eastbourne finished the day with victory in all four of the relays, thanks to some exciting sprint finishes in both of the men's events. At the end of the day's competition, Eastbourne finished with 264.5 points, comfortably clear of Bexley in second with 245.

Ed Hickman-Casey

SAL

Division 3 South (after 1 match)

1	Newbury	307	5
2	Crawley	272	5
3	Eastbourne Rovers	264.5	5
4	Bracknell	249.5	5
5	City of Plymouth/Erme V	271	4
6	Hastings	249	4
7	Bexley	245	4
8	Chichester	202	4
9	City of Salisbury	244	3
10	Belgrave Harriers	227	3
11	East Grinstead	196.5	3
12	S Factor Athletics	164	3
13	Lewes/Haywards Heath	154	2
14	Holland Sports	94.5	2
15	Sutton & District	93	2
16	Poole Runners	58	2
17	Invicta East Kent	46	1

Barry's Birthday Bash!



I would like to thank everyone who attended and supported my charity birthday bash. Special thanks go to Janis who helped to organise the meeting and the many of you who officiated and helped the evening go so smoothly. The weather was fairly kind to us although maybe a few degrees warmer would of been nice. It was a fun evening of athletics and a good taster evening for many of our newer and less experienced members. Your efforts helped to raise £322 for cancer research so well done one and all!

Barry Morris

Parkrun

Don't forget that Parkrun is on every Saturday starting at 9:00 at Shinewater Park, it's a 5K run for all ages and abilities, so take a look at the website to find out more... www.parkrun.org.uk/eastbourne/



Question of the Month

Which of these athletes won Gold in the 100m, 200m, Long Jump, and 4x100m relay at the same Olympic Games?

- A. Carl Lewis
- B. Fanny Blankers-Koen
- C. Jesse Owens
- D. Alvin Kraenzlein

The answer will be published in next month's edition

The Answer to last months question was...

B. St Leo

Did You Know?

The Olympic Flag was not used until the 1920 games!

Sussex AA Track & Field Champs

25th & 26th MAY at K2 STADIUM, CRAWLEY

Hurry, time is tight

Entry Fees are: Postmarked on or before Wednesday 1st May 2013 - £5.00 for first event, £4.00 per each additional event

Late Entries - Postmarked on or before Wednesday 8th May 2013 - £7.00 for first event, £6.00 per each additional event

New Grandma!

Sue Keen's son Jamie and wife Rachel are proud to announce arrival of baby Jade Hope Keen. She weighed 8lb 8oz and has long legs so has already been put on the list for sprinting and jumps!!

Performance of the month

The performance of the month goes to Sam Caplen for his 2 brilliant wins in the first SAL match of the season. He clocked up an impressive time of 58.6s in the 400m Hurdles, winning the race and he followed this up later on with an equally impressive 17.0s to win the 110m Hurdles. Sam also helped organise the new ERAC leggings that are beginning to become very popular amongst the athletes down the track. Well done Sam!



Vouchers End Soon

On the 22nd May Sainsbury will stop giving out their Active Kids Vouchers, if you have any please bring them down the track and put them in the wallet on the notice board, this is the last chance to help get us some new and needed equipment, thank you!



Young Athletes Team Managers

Thank you to all the parents that turned up for the meeting regarding competitions for U13 and U15 we now have team managers for both.

U15 girls - Gill Siggs

U15 boys - Elaine Harrod

U13 girls – Caron Osbourne

U13 boys – Denise Dyer

Have You Paid?

In March I sent out via email and letter, a renewal letter and form for subs for the New Year. There are some memberships still outstanding; if you have yet to pay please can you do it as soon as possible. As you know to continue to train and compete for the club you need to be a fully paid up member, and also don't forget your England Athletics registration fee

.Jayne Caplen, Membership Secretary

Contributions for Future Issues

The ERAC News wants to involve all of your stories, reports, pictures or anything that you would like to share with the rest of the club! If you wish to contribute a section please email us at ERAC@sussexbarn.com for consideration for the next newsletter. This newsletter cannot work without everybody's input so please email us!!!!!!

Quote of the Month

Winners never quit and quitters never win.

Vince Lombardi



New Club Vests

The competition season has now started and the new style of club vests are still available to buy in the clubhouse on training nights, they cost £21 each so treat yourself for the upcoming matches!

Results catch up

SAL Eastbourne 20 April

100m George Marsh, 11.5, A . Matt Harrison, 12.1, B **200m** George Marsh, 23.4, A . Matt Harrison, 24.7, B **400m** Joe Morris, 56.6, A . Stuart Pelling, 56.9, B .**800m**, Ed Hickman-Casey, 1:56.8, A . Ed Dodd, 2:00.3, B **1500m** Ed Hickman-Casey, 4:13.0, A . Ed Dodd, 4:20.9B **5000m** Richard Jones, 17:07.6 **110mH** Sam Caplen, 17.0 **400mH** Sam Caplen, 58.6, A . Jon Dennis, 62.2, B **2000m Steeplechase**, Ieuan Handley, 6:41.7 **4x100m relay** 45.7 **4x400m relay** 3:35.9 **HJ** Bradley Eisnor, 1.78, A . Stuart Pelling,

May Fixture List

Wed 1st	Watford Graded Open
Sat 4th-6th	British University Championships
Wed 8th	Phoenix AC BMC Meeting
Wed 15th	Watford Graded Open
Wed 15th	Sussex Under 13 League
Sat 18th	Southern Athletic League (2)
Sat 25th-26th	Sussex Championships
Wed 29th	Sussex Schools Combined Events Championships
Wed 29th	Watford Graded Open

1.70 B Pole Vault Paul Keen, 3.20, A . Bob Sumsion, 1.50, B Long Jump Bradley Eisnor, 5.75, A . Matt Ginno, 4.69, B Triple Jump Jon Dennis, 11.95, A . Bradley Eisnor, 11.64, B Shot Putt Joe Morris, 10.54, A . Tony Hutchings, 7.60, B Discus Tony Hutchings, 29.23, A . Joe Morris, 26.37, B Hammer Joe Morris, 21.05, A . Bob Sumsion, 17.02, B Javelin Joe Morris, 43.11, A . Jon Dennis, 33.98, B 100m Maddie Mann, 13.3, A . Tess Flood, 15.2, B . 200m Maddie Mann, 27.5, A . Lisi Freeman, 30.1, B 400m Esther Reynolds, 65.0, A . Emily Jones, 66.5, B 800m Emily Jones, 2:44.6, A . Di Farmer, 2:57.3, B 1500m Di Farmer, 5:57.9, A . Emily Jones, 5:59.6, B 3000m Mylene Schuwey, 11:39.0, A . Sarah Hannam, 12:37.9, B 1500m S/C Mylene Schuwey , 6:07.1, A . Emily Jones, 6:38.7, B 4x100m 53.1 4x400m 5:08.1 High Jump Emily Barker, 1.10, A . Emily Birt, 1.05, B Pole-vault Emily Jones, 1.10 Long Jump Heidi Burgess, 3.58, A . Lisi Freeman, 3.35, B Triple Jump Emily Jones, 7.47 , A . Di Farmer, 7.41, B Shot Putt Angela Morgan, 6.92, A . Liz Brandon, 5.19B Discus Angela Morgan, 13.66, A . Liz Brandon, 9.93, B Javelin Angela Morgan, 15.19, A . Heidi Burgess, 10.91, B . Hammer Angela Morgan, 22.66, A string. Liz Brandon, 14.73, B string

Here are some results that I have found. Unfortunately we have no reports or photos to use! Please email us ANY results or pictures etc.

Hastings half-marathon – Sun 24th March

Matt Southam – 1:23:53 (pos 42)

London marathon – Sun 21st April

Matt Southam – 3:29:34

Adrian Coyne – 6:11:39

Crawley open – Sun 14th April

Jamie Eyres – 100m – 12.82 PB

Jamie Eyres – 200m – 26.21PB

Millie O'Hara – 100m – 13.69PB

Millie O'Hara – 200m – 30.01

Tiegan Caulfield – 200m – 34.47

Richard Jones – 3000m – 9:59:54 PB

Mylene schuwey – 3000m – 11:45:18 PB

Joe Morris – Shot Putt – 10.24

Joe Morris – Javelin – 41.15

Hercules Wimbledon open – Sun 7th April

Ieuan Handley – 800m – 2:06:61 PB

Dan Stidder – 1500m – 4:44:34 PB

Rhiannon Handley – Long jump – 3.13

Rhiannon Handley – Shot putt – 5.75 PB

Watford Open – Wed 3rd April

Ed Hickman-Casey – 1500m – 4:05:49

Ieuan Handley – 1500m – 4:24:54

Haywards Heath

Rebecca Elphick – 800m – 2:24:3

Watford
Bedford
Withdean
Watford
Lewes
Hastings
Crawley
Withdean
Watford