

August 2013

U15 Match

The Eastbourne Rovers U15 Athletic Team were victorious at their home league match beating teams from Lewes, Brighton, Hastings and Phoenix.

Only a couple of Rovers top athletes were missing due to holidays so Eastbourne were able to field a near full team so precious points were scored by having competitors in the 'B' string events. There were many good placings throughout the evening.

Marcus Hinchon got Eastbourne off to a great start running a well paced 300m, gaining a clear lead and clocking a fast time of 40.4 secs. He later added a first place in the 200m with 26.3 secs.

Tommie Brown continues to dominate in the 80m hurdles with his technique improving with every race and he recorded 14.0 secs.

Issy Siggs is a strong all round athlete and was pleased with her two second placings in the evening- the 800m in 2m48.1 and shot put - 6m82. She then came third in the 300m.

Mimi Miles has shown she is a real 'team player' as she volunteered to try two new events to help the team points score. She was thrilled with her hammer throw of over 18m for second place followed by a third place in the discus and finally she came first in the 'B' string long jump.

Jordan Penny is proving he is going to be a good jumps athlete as he leapt to a personal best in the long jump of 4m80 and he cleared 1m40 in the high jump.

Mitchell Dennis also produced a personal best in the pole vault of 2m10 and he ran a smooth 80m hurdle race to win the 'B' string in 15.4 secs.

Multi talented Rebekah Morris amassed her points with a second place in the 75m hurdles in 14.6 secs, third in the 200m in 28.1 secs and 4th in the javelin with 14m82.

Millie O'Hara doubled up in the sprints clinching two second placings in the 100m and 200m.

Watch out for Finley Jakes in the future. As Eastbournes first amputee athlete he is in the T44 classification and hopes to emulate Johnny Peacocks success when he is fitted with a new sprinting 'Blade'. His time of 19.4 secs for 100 was just short of his personal best.

Newcomer Kai Fletcher ran a brilliant 800m to come in 2nd place with 2m36.5 and showed his versatility with 3rd place in the 100m in 13.6 secs.



A first place was well deserved for Ellie Mackay in her 75m hurdles and she came third in the 300m and 4th in the discus.

Another athlete who was willing to try new events was Rebecca Coomber. She came 1st in the 'B' string hammer before she stepped on to the track for her favourite event of 800m when she came 2nd.

On his first outing for the club Aaron Ward showed determination for 2nd placings in the 300m and 800m.

Abigail Hughes excels in the longer distance races and dipped under 6 minutes again for the 1500m in 5m59.4 secs.

She was joined by Kathryn James who won the 'B' string and shows good potential for the future.

Mary Adeniji is developing her jumping techniques and cleared 1m41 in her first high jump competition for a 2nd place. She also leapt 4m15 in the long jump, so now needs to gain confidence to also attempt the pole vault.

She was backed up by Alice Fenton who also came in second place in the high jump 'B' string with 1m30 and another second in the 100m.

Harry Tait gained the club points in the hammer and jumped 3m95 in the long jump.

Lauren Bennet and Bobby Parker tested their speed in the non scoring 100m races.

The evening finished with some very close relay races. Rebekah Morris joined Mary, Alice and Millie for their 4x100m relay when they had to settle for 2nd place and the boys team of Tommie, Jordan, Mitchell and Marcus crossed the line in 3rd.

The athletes now all look forward to contesting the final in Crawley on September 6th.

StarTrack week proves a success!



Over 80 young athletes tried their hand at track and field events at yet another successful Eastbourne StarTrack week.

A great time was had by all as the young sporting enthusiasts took part in athletics activities coached by senior athletes at Eastbourne Rovers Athletics Club.

The undoubted highlights of the week were learning the pole vault, high jump, hurdles and throwing the hammer.

On the last day of the week-long event, held at Eastbourne Sports Park, athletes ran a series of relays and collected awards. Best performance awards went to Amelia Tait, Regan Kiani-Mokwele, Taylor Harding, Emma Cogan, Nellie Hannam, Chris Arecco, Mia O'Hara, NoamPritchett, Mary Adeniji and Mitchell Dennis.

There were also a handful of Coaches awards handed out, and these went to Megan Linden, James Fenton, Jem Matthews, Hannah Miller, Elise Sutherland, Charlie Rogers, Eliza Walton, Xavier Mace, Lara Dixon and Finley Jakes.

Question of the Month

How far was Jonathon Edwards Triple jump to win the World Record?

- a. 18.42m
- b. 19.01m
- c. 17.29m
- d. 18.29m

*The answer will be published in next month's edition
The answer to last months question was... B, Jan Zelezny!*

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/



Rodger aims to learn from 'amazing' World Champs

http://www.youtube.com/watch?v=y_e_mRkptF4

Eastbourne hurdler Seb Rodger gave a bold display in the semi-final of the 400m hurdles at the IAAF World Athletics Championships in Moscow earlier today.



Rodger, 22, narrowly missed out on a place in the final as he finished seventh in the first of three top-quality qualifying heats.

He completed a lap of the track in a time of 49.32 seconds which was just a shade below his personal best and Sussex record of 49.19.

Rodger was far from intimidated as he lined up for the biggest race of his career against the best in the business in what proved an eventful race.

Jehue Gordon of Trinidad and Tabago finished the qualifier in first place as he clocked 48.10. One of the pre-race favourites, American Bershawn Jackson failed to the finish as he fell at the fourth hurdle.

Speaking after the race Rodger said, "I was pleased with that. I did keep clipping that hurdle and I'm quite sure why, I'll look into that.

"I tried my best against some of the best in the world. The whole experience has been amazing. It's given me the drive to learn from this and push forward."

The former Cavendish and Bede's pupil made it through to the semis as he finished fifth in heat on Monday in a time of 49.66.

He was selected to represent Great Britain in Russia after winning gold in the Under-23 European Championships in Finland last month, where he broke the Sussex County record with 49.19.

His victory moved him up to second in the Under-23 European rankings, fifth in the European Senior rankings and third in the UK rankings.

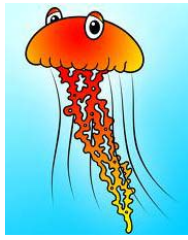
Former 110m Olympic hurdler and now BBC athletics pundit Colin Jackson said of Rodger's semi-final performance, "It was a good bold 49.32. He was not intimidated by those around him. He kept his head and he kept calm when there was lots going on around him.

"I think this guy has a genuine future in this event and is a good one to watch out for."

Fellow Brits Rhys Williams and David Greene also missed out on a place in Thursday's final as they finished fourth and fifth respectively in their heats.

Jellyfish in Rye!

It was the final race in the Rye series on 23rd, a nice flat 5k, even though there was a bit of a headwind on the way back to the start/finish... well done to Di Farmer who finished as the 4th lady and first W50!



She had an incentive for a quick get away with an 'absolutely huge 3' long jellyfish' right by the start line... maybe he was officiating?

World Masters Games Gold in Turin



Brian Slaughter has just won the World Masters Games Decathlon Title in Turin, Italy. Or 'Turino' as the Italian's prefer it to be

called. The original venue for the 'Italian Job' the original classic 1969 film set in Turin starring Michael Caine. No Minis chasing round the streets or \$4M of gold bullion being robbed during this visit. *(Most of you will only know the more recently made 'Italian Job' set in Venice lol 😊)*

These Games like the Olympics are staged every four years with 2017 ones due to be held in Auckland, New Zealand. They are run for Masters aged from 35 and in five year age bands. More than twenty sports were staged across a ten day program with competitors from around the world.

Brian travelled out with Ryanair 'who don't take prisoners with pole vault poles.' Flight no problem. Taxi from airport to town was a per agreed 26 Euro ... ok for 25min journey.

The entry fee was a very big 170Euros on top of everything else but you could do several sports and/or events for this price. This fee also got you free transport on buses and trams.

At the hotel Brian spoke to a few Canadians and Aussies who were very helpful in saying where to register. "I heard horror stories about registration taking several hours with large queues in a hot building a bit like an aircraft hangar." You had to visit a first desk to show your medical certificate (cost £20 from doctor) and got your photo taken, moved to second desk where they issued your photo ID, third desk was for picking up goodie bag. There were then desks for each sport...went to the athletic one where a handwritten note said go to Athletic stadium to register. It suggested a 56 or 64 bus. The map in the 'goodie' bag wasn't big enough to show where arenas were, just an arrow at edge of map pointing 2Km in

this direction. Anyway it was very hot after walking to this area so took a taxi to the track (the driver wasn't sure where the entrance to the track was!) so ended up walking all around the stadium to find the way in. Athletic Technical Information Centre (TIC) was fine and had the benefit of an English woman who spoke fluent Italian. Notices clear for call room. Schedule clearly displayed for events over the coming days and time to be there for each event *(more on this later)*. Had a look around to see the indoor warm up and area outside arena. Also displayed in the call room were signs about no mobile phones etc...

Having won the British Masters Decathlon event only the week before the heat was on ... quite literally.

(umm not ideal text book preparation for a big event)

Brian took the lead after the second event (long jump) that was never going to be relinquished despite the 38^o heat throughout the day. The first day was completed by a 400m victory which was a clear one second ahead of second place for a first day total of 3459 points. Day two at the track started at 8am with the sprint hurdles. The officials brought athletes out from the 'call room' and onto the track and Brian got off to the best start possible with a 17.31 victory in the high hurdles to increase his points to 4194.

The temperature increased to 41 degree along with the expectation as the organisers seem to lose the plot and ask athletes to spend too long out in the heat with very little shade cover. *("I went through about 4 litres of liquid each day but championships are all about dealing with different environments.")* By the time four of the events had been completed (the pole vault competition took over four hours) the 1500m took place a little after 23:00 hours. To crown off an eventful two days Brian was fifteen seconds ahead as the long and tiring conditions tested even the hardest of people. The top spot on the podium was secured with his new best score of 6632 points.

Brian's season started in Glasgow during February with a victory in the Scottish Open Indoor Heptathlon event. Next up was Lee valley on the edge of the Olympic Park at Stratford for the British Indoor Pentathlon title and a new British record mark. He travelled to San Sebastian, Spain in March to further increase this record and only missed out on the European Masters Indoor Pentathlon title by a mere 9 points after scoring 3824 behind great rival Peter Sladek of Slovakia. April saw a trip to Helsinki for victory in the Indoor TetraDecathlon for another British Record. June saw the British Masters Outdoor Pentathlon title added.

To celebrate back in 'Turino' I manage to get the last bus no 64 into town at about 23:30 and a couple of beers and a pizza after persuading the owner to stay open. At 01:06 the last tram was due and so got on it... the clock across the street still said 01:06 and 30degrees C... **WOW**

Final SAL Match

On the 10th August Eastbourne's SAL team went to Crawley to compete in the final SAL match of the season. The men's team certainly gave us some very impressive results with Joel Harvey coming 1st in the 200m with a time of 21.8 and 2nd in his 100m clocking up a time of 11.1. Stuart Pelling also gave a sterling performance in his 400m with a time of 55.1. Sam Caplen took on the hurdle events, performing brilliantly coming 2nd in both the 110mH and 400mH. Luke McWilton and Alan Rolfe were our 800m runners both finishing in 2nd place, Luke with a time of 2.02.9 for the A string and Alan with 2.23.0 for the B. Luke also came 2nd in the 1500m (4.37.8), the 5000m were run by Fraser Weir for our A string (2nd) and Richard Jones for the B string (1st)

Over in the field events Stuart was jumping his way to victory in the B High Jump clearing 1.70m, this height was equalled by Joel who finished in 2nd place in the A string. Paul Keen cleared 3.40m in the pole vault getting Eastbourne another 2nd place finish and the throws were dominated by Brian Slaughter and Joe Morris who both competed in the Shot Putt, Hammer, and the Javelin (Joe placing 2nd in all of these) Tony Hutchings also gave a brilliant performance in the discus getting 2nd place with a throw of 32.69m. Unfortunately, we once again had a very small women's team consisting of just 6 people. With Liz Brandon and Angela Morgan covering the throws (between them getting 24 points for us!) we still needed to fill up the other events. A big well done and thank you must go to Emma Noel who competed in a staggering 9 events to get Eastbourne some much needed points. While still managing to get a PB in her Javelin with a distance of 26.78! We also had Di Farmer coming 3rd in both the 800m and 3000m, Heidi Burgess competing in the Pole Vault, 200m and 400mH and Sue Keen running the B string 100m. After competing at all 5 matches of the season, our SAL team has placed 6th overall! Definitely worth a celebration so the team went down to Buffet Time to enjoy a well deserved end of season meal! Well done to everyone who competed, helped and supported. All that's left is to start the dreaded winter training that will help us place even higher next year!!

September fixture list

Sun 1st	Sussex U13 League Final	Crawley
Wed 4th	Watford Graded Open	Watford
Sat 7th - 8th	Sussex Combined Events Champs	Sutton
Sat 14th	BAL & UKWL Qualifying Matches	Abindon
Sat 14th - 15th	British Masters Championships	Birmingham
Sun 15th	Hellingly 10k	
Sun 15th	Hove Prom 10k	
Wed 18th	Watford Graded Open	Watford
Sat 21st - 22nd	English Schools Combined Events	Birmingham
Sat 28th	Brighton & Hove City AC Open Meeting - prov date	

Performance of the month

Mitchell Dennis, one of our U15 athletes gets August's performance of the month for his Pole Vaulting at the U15 match, he got a PB of 2.10m while also winning the B race of 80mHurdles, Well Done!



September closure

There are no ERAC training sessions at the track in September (but you can still use the track for a training fee to the Sports Centre)

Quote of the Month

Good. Better. Best. Never let it rest, until your good, is better. And your better, is the best.

-Dr Seuss

Needed to fill the gap so I put a Pole Vaulting frog in haha

