

December 2013

History of ERAC

The club was founded in 1894 and was initially a cycling and athletics club. Athletic meetings were held at Devonshire Park, Eastbourne. During World War II the athletic club did not function but was reformed in 1950 by Mr Bill Ranger, whose son Pat was an international Long Distance and Cross Country runner. The HQ of the athletics section were at the Oval, Princes Park from 1952 when the new "cinder" track (with grass cycling track round the outside) was opened by the Duke of Edinburgh. In 1954 the National Police Championships were held at this venue as well as Sussex Championships during the 1950's and 1960's. The club operated from the Oval until 1999 when the new tartan track at Eastbourne Sports Park, Cross Levels Way was opened and the HQ and track training and meetings are now held from this venue. The club has gone from strength to strength and great progress has been made thanks to excellent coaching and enthusiasm from athletes, coaches and parents.

New Year training times

Hope you all had a great break but it's nearly time to start running off those Christmas dinners!

Training down the track will resume on **Tuesday 7th January 2014** for all athletes. Circuit training will start on Monday 6th January. See you then!

SAL match dates

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

- 19th April
- 17th May
- 21st June
- 12th July
- 2nd August

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

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

Stamner Park
Petts Wood
Waterhall Brighton
Lancing Manor
Parliament Hill Fields

Did You Know?

Awards night is on the 22nd February 2014 at the Afton Hotel

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

"it's hard to beat a person who never gives up"
Babe Ruth

Question of the Month

Which of these athletes has a stadium in London named after them?

- Usain Bolt
- Sebastian Coe
- Jessica Ennis
- Linford Christie

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