

Awards Night



Saturday 23rd February saw the presentation of the 2012 awards at the Afton Hotel by our local MP Stephen Lloyd. Amongst the awards listed below were two special awards, one to Jayne Caplen for the years spent coaching and managing the young athletes teams. The other was to the Club's President, Janis Long in recognition of her impact on Eastbourne athletics since re-founding the club with her parents back in 1950. Janis has competed for and managed the ERAC teams, covered just about every job on the committee and kept Sussex athletes on their toes for *how many years since 1950?* Congratulations to all the award winners, and now we can all start the competition for the 2013 prizes.

A big well done to Matt Ginno who stunned us all with his hidden musical talents performing a variety of songs including Queen and Michael Bublé numbers. Also a big thank you to our brilliant DJ's, playing classics that got almost everybody onto

the dance floor! Pictures of the night are up on the [Eastbourne Rovers Website](http://EastbourneRoversWebsite), so make sure you take a look! Thank you Nick Harrison for the wonderful pictures of the night!

List of the award winners...

League points Male – Brian Slaughter

Junior Points Male – Luke McWilton

Vets Points Male – Brian Slaughter

Under 13 League Points Boys – Dylan Halpin

YAL and U15 League Boys – Dan Stidder

Junior XC Cup Best Performance boy – Dan Stidder

Minithon Boys U11 – Harry Hughes

Multi Events Male – Jon Dennis

Best Performance Junior Male – Dan Stidder

Best Performance Male – Joel Harvey

Most improved Male – George Marsh and Matt Harrison

Don Star 10K Road Trophy – Ed Dodd

Don Ranger Trophy – U17 4x100 team – Jordan Surrige, Matt Ginno, George Marsh and Joel Harvey

Don Turner XC Senior – Luke McWilton and Ieuan Handley

Jessie Jones Shield XC Girls – Mylene Schuwey

Mile Cup – Ed Hickman- Casey

Junior Multi Events Female – Alice Fenton

Carole Russell Trophy – Liz Brandon

Jim Lindsay Rose Bowl – Stuart Pelling

League points Female – Di Farmer

Junior Points Female – Heidi Burgess

Vets Points Female – Di Farmer

Under 13 League Points Girls – Abigail Hughes

YAL and U15 League Girls – Charlotte Tester

Junior XC Cup Best Performance Girl – Abigail Hughes

Minithon Girls U11 – Nellie Hannam

Multi Events Female – Emily Jones

Best Performance Junior Female – Alice Fenton

Best Performance Female – Maddie Mann

Most Improved Female – Esther Reynolds

Senior XC – Ed Hickman- Casey



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 Chris Burgess at chris@sussexbarn.com for consideration for the next newsletter.

Ashdown Forest, East Sussex Sunday Cross Country League 10th February

With the Sussex Schools and Masters championships the day before we expected to struggle with numbers for this one, however thanks to many people deciding to race twice in two days, we managed to have a good turnout with 12 competitors. The course was very muddy, with a particularly slippery downhill section, which resulted in quite a few tumbles, though thankfully no injuries reported!

As usual the first race was the juniors where Rebekah Coomber ran well for us coming second girl (and third overall) in a time of 8:03. Next up was the senior race, our first finisher was Ed Hickman Casey in 3rd, and he was closely followed by Rich Jones, who despite going off at a suicidal pace for the first 2km managed to finish in 4th. Then it was the first of our heroes (people who had raced the day before) Alan Rolfe who came an incredible 9th, clearly all the attention he pays to the sports science really does help your recovery time! Following him home was birthday boy Ed Dodd, who had also run yesterday, and may have been lacking some sleep after celebrating the night before so managing to come in 17th was very impressive.

Road running guru Russell Gardham came in 26th, with Mylene Schuwey (who claims to prefer all of the mud in these English races compared to the boring snow she gets back in Switzerland) in 28th (4th Lady) and Holly Gillard in 33rd (5th Lady). Phil Robertson finished in 43rd, with Richard Halpin in 49th, then Diane Farmer (another two races in one weekend runner, though as she is known for regularly doing every track race in an athletics meeting, she should have found this turn around easy!) in 58th (12th Lady) and Emily Jones 62nd (13th Lady).

All this meant that we finished in 4th place in the team competition, so we have managed to hold onto our 3rd place over all. Though with Heathfield only 2 points behind, we are going to need another strong performance in Pett on the 24th. Thank you again to all of our runners, especially those who had also run the day before!

Ed Hickman-Casey

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

Apart from quick feet, what other amazing talent does Paula Radcliffe have?

- A. She can blow bubbles with her nose
- B. She can speak fluently in French and German
- C. She can tear a phonebook in half
- D. She can play the saxophone

The answer we be published in next month's edition

2012 Club Rankings

The club rankings for 2012 are now ready to view on the Eastbourne Rovers Athletic Club website www.eastbourneroversac.co.uk/ranks/rank2012.htm

It has both female and male rankings for all events from the competitions of 2012 so make sure you check it out!

Vouchers

Once again the club is collecting Sainsburys Active Kids Vouchers, please bring them to training and pop them in the wallet on the notice board. This will be a great help to the club so we can get some lovely new equipment for the club!



New Club Vests



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

Indoor Season

The indoor season started for Eastbourne Rovers athletes with a visit to Horsham.

Maddie Mann continued to dominate the girls sprints winning her 50m races with a best time of 7.1 secs and this is due to her explosive starts from the blocks when she gains metres over her opposition.

Mitchell Dennis got the evening off to a good start tackling the 50m hurdles for the first time. He was able to run three times in the evening getting quicker each time to finish with a best time of 9.0 secs winning his age group.

Millie O'Hara, Mary Adenji and Ellie Mackay were all in the U15 girls 50m races. Millie ran consistently well to record 7.6 for all her races placing her first and Mary and Ellie were close behind both recording 7.8 secs.

The Pelling brothers, Stuart and James went head to head in their senior 50m races with Stuart starting off the quickest with 6.8 but James increased his speed at every outing to catch him up with his 6.9 secs.

Laurie Hughes shows good acceleration and was close to his personal best clocking 7.0 secs.

On the 16th February, 7 of our athletes performed brilliantly in the Sussex indoor championships at Sutton. Bradley Eisnor jumped his way into 2nd place in the high jump with an impressive 1.75m. The 60m sprints showed off some amazing talent, with Marcus Hinchon coming in 2nd with a time of 8.07 for the U15 boys and Matthew Harrison and George Marsh both sprinting their way into 1st place for their age groups. Finally a big well done to Laurie Hughes, Millie O'Hara and Mary Adenji who all ran very well in their heats.

Eastbourne Rovers athletes made their presence known as they competed in the final Horsham indoor 50m sprints. U15 girls Alice Fenton and Mary Adenji both knocked 0.1 secs off their personal bests to record 7.7secs, each winning one out of the three of their races. Newcomer Rhianne Tanner recorded 8.2 secs.

Marcus Hinchon and training partner Tommie Lee came head to head in their U15 boys 50m. Marcus maintained his form to cross the line first in 7.0 secs and Tommie's best time recorded was 7.2 secs.

George Marsh has only just moved into the U20 age group but can hold his own against the best in the county recording a slick 6.4 secs with Laurie Hughes equalling his best of 6.9 secs.

Sue Keen

Sussex Schools & Masters Champs

On Saturday 9th Feb the postponed school and masters championships took place in Bexhill. Thankfully the weather was better this time round, which allowed several members of the club to produce some very impressive performances. For once the first race of the day was the senior men and women, and with the age groups being different for the school competitions it was the first time long term training partners Ed Dodd and Luke McWilton had ever raced each other in a cross country race. Being the older of the two Ed was expected to have a slight edge, though Luke managed to have a very strong run finishing in 9th place, with Ed close behind in 14th. While all this was going on, Mylene Schuwey was busy working towards an impressive 6th place in the senior women's race, which should hopefully see her making the Sussex team for the English Schools in March. Next up for us were Daniel Stidder and Dylan Halpin in the junior mens. Daniel continued his extraordinary form in coming in 5th place and guaranteeing a place in the team for English Schools, well done Daniel. Dylan had a strong run and managed to produce what must have been the fastest sprint finish of the day! We then had Abigail Hughes who battled through to 23rd place in the junior girls race.

To finish off the day Alan Roffe in the Masters, took advantage of his favoured cooler conditions to finish in 17th place in the over 40 mens race and Diane Farmer equalled Dan's earlier 5th place, to tie for best Eastbourne performance of the day.

Ed Hickman-Casey



Coaching News

At the start of this winters training we had a massive influx of young athletes all keen to try out athletics after the Olympics. This was really daunting as we did not have enough coaches in place. However thanks to the help of university students, athletes and parents we have started up 5 new groups and have taken on around 80 new athletes.

Well done to the following for attending the coaching assistant course so we can now deliver exciting sessions to our athletes. – Fiona Middlemass, Paul Rogers, Karen Pearson, Sarah Hannam, Steve Latuske, Juan Jasso, Fredericke Jagu , Sophie Ramsay and Martin Hughes.

Thanks also to Abi East and Heidi Burgess who give up time to coach younger athletes.

We have 4 U11 and U13 groups on a Tuesday and one U15 group on a Thursday plus a specialist high jump group. This is alongside our usual more senior groups.

All this is overseen by Josie Denning.

There are throws coaching groups on both evenings for athletes interested in trying these events.

Any parents who would like to get involved in running are welcome to join our road running group who meet on a Tuesday and Thursday – see website for contacts.

HELP at fixtures

The fixture list is filling up and we will soon have all the summer dates available.

So all we need now are more parents of each age group to help organise the different teams at these meetings. I.e. give out numbers, produce handouts on match information, co-ordinate athlete selection and organise officials.

Please speak to a committee member if you can offer any help with this.

Sponsorship

Every year the club produces a programme that is given out free to spectators at all our home meetings – usually 6 per year.

We are looking for any sponsors to advertise in this and this would also include a link from our website. Again anyone interested please ask a member of the committee for details.

London Anniversary Games

British Athletics will host three days of world-class athletics action from 26 to 28 July 2013, on the anniversary of the London 2012 Opening Ceremony, at Queen Elizabeth Olympic Park. The London Anniversary Games will span three days of athletics, with IAAF Diamond League action on Friday evening and Saturday afternoon, featuring the return of many Olympic champions, with a third day of action on the Sunday dedicated to showcasing the Paralympic champions of 2012.



Quote of the Month

*Achievable goals are the first steps
to self-improvement*

J K Rowling

March Fixture List

Thu 7th Sussex Schools Cross Country Year 7 & 8
Sat 9th UK CAU Cross Country Championships
Sun 10th Worthing 20mile Road Race
Sat 16th English Schools Cross Country
Sat 23rd S E Schools Inter Counties Year 7 & 8
Sun 24th Hastings ½ Marathon + Sussex Championships
Sat 30th Sussex Road Relays Easter Weekend tbc
Sat 30th Chelmsford Open Meeting
Sun 31st Crawley Open Meeting

Christ's Hospital tbc
venue tbc
Worthing
Catton Hall Derbyshire
Basildon
SGP
Christ's Hospital
Chelmsford
Crawley