

February 2016

Cross Country

Cross Country and road relay competitors is looking promising for younger middle distance athletes. We did well at the last 2 Cross Country comps, with 4 U11s competing for their school from our club. This was the Combined School and Brooks league held at Hickstead on a very very muddy course. Eleanor Strevens age 9 1st place , and 3 more u11s coming in the first 25.

Matt Grinrod came 3rd in the u13s. Rosie Chaplin u13 girl and Jake Nixon u15 also ran well in rotten conditions!



Thames Trot Ultra 50 & Chichester 10k

In 2015 Eastbourne Rovers' Dave Kellond attempted the Thames Trot Ultra 50 Miler however due to injury, he was unable to finish. A year later Dave returned, determined to complete the course, on Saturday 6th February with support from Rovers' ultra specialist Russ Gardham. The event started in Oxford and ran along the River Thames to Henley. Heavy rain and strong winds along with a lot of mud provided the event's worse conditions for a number of years and many experienced ultra runners were unable to finish. Despite these conditions Dave succeeded in completing the course in a time of nine hours and forty seven minutes. Russ finished just ahead in 9:46:46.

The next day personal bests were achieved by three Eastbourne Rovers' runners at the Chichester 10k. Huw Oliphant continued his impressive recent form to run under 40 minutes for the first time in 39:23. Lee Dunstall was next in 44:21, closely followed by Louise Renforth in 44:45.

Pett Cross Country

On the 21st February the East Sussex Sunday Cross Country league season came to a close at Pett. Tom Oliver was the first Rover to complete the muddy undulating course, finishing in fifth place in 30 minutes and 25 seconds. Joining him in the top ten was Matt Southam in ninth with a time of 31:13. Stuart Pelling was next in 31:26 and twelfth place. Overall in the senior men's competition with the top 4 scores selected from the 6 races, there were 3 rovers in the top 5. Daniel Stidder finished in second place, only 4 points off a maximum score. Stuart Pelling finished in fourth and only one single point behind was Tom Oliver in fifth. In the Team competition Eastbourne finish in 5th on the day and in fifth place overall.

Next to finish at Pett was Rob Plummer in 33:04, followed by Huw Oliphant in 33:33, improving his time from the previous year by over 7 minutes and Russell Gardham in 35:58, two minutes quicker than last year. Achieving the biggest course PB was Neil Davidson (36:22), Nearly ten minutes quicker than the previous year. The first female rover home was Louise Renforth in 38:31, a course PB by over four minutes, next was in Alicia Caulfield (42:28) with a three minute improvement and Fenella Maloney in 45:46, finishing in sixth place in the overall competition for her age category.

Other runners to achieve course personal bests were Craig Shingfield (39:13), Andrew Bettiss (39:47), Rob Young (39:58) and Graham Clark (46:16). The remaining rovers times were: Andy Payne 37:31, Mike Thompson 37:59, Martyn Milligan 40:37 David Kellond 41:20 Steve Dennis 41:25 Lee Dunstall 42:58 Zoe Gardham 54:13 Cat Wilson 63:00 Stephen Clark 76:15.

Road Running

Over in Deal, Kent, Matthew Stephens completed his 34th marathon at the Good Bad Ugly Marathon in 3 hours 54 minutes and 56 seconds. On the previous Sunday, the 14th February, three Eastbourne Rovers took part in the first Worthing half marathon. Andrew Bettiss was the first Rover home in 1:36:23, missing out on a personal best by only 17 seconds. Ryan Walker (1:45:53) was even closer to a new PB, missing out by a few seconds. Natalie McCreath finished in 1:59:09 after supporting a fellow runner who had collapsed early on the race, Natalie stayed with him for the remainder, until he sprinted away at the end. There were also three rovers at the six hour Valentine's day challenge in Gravesend, Kent. Nikki Young achieved a new half marathon PB in 3:49:13, Debbie Davis ran the marathon distance in 5:44:24 and Richard Davis completed 30.5 miles in 6:15:34.



Sussex Indoor Championships Results

Eastbourne sprinters put their winter training to the test when they competed at the Sussex Indoor championships held in Sutton. A newcomer to the sport, Bailey Wright was not phased as he lined up for his first championships in the U17 boys 60m sprint. He won his heat comfortably in 7.4 secs then leading from the front shaved more off his time to record 7.35 and take the gold in the final.

Moyo Daramola knocked one tenth of a second off his best time to come first in his U15 boys 60m heat. He then showed the rest of the field a clean pair of heels to take gold in the final with 7.7 secs.

Training partner Luc Crisp was another finalist in this race after gaining third in his heat. He finished with a 5th place in the final 8secs

Shania Martlew and Mia O'Hara faced tough competition in their U15 girls 60m. Shania came first in her heat with a personal best of 8.28secs and was very unlucky to just miss out on a medal taking 4th in the final. Mia came third in her heat in a personal best of 8.55 and then matched this with a personal best in the long jump with 4m 38 and fifth place.

Millie O'Hara came third in her U17 60m race in 8.43 secs.

Lee Fulham running in an Eastbourne vest in the Sen mens race got a fantastic start in both the heat and final which secured him the silver medal in 7.1 secs.

Sainsbury's vouchers

Sainsburys are giving away vouchers again this year. These are a great source of equipment for the club, so if you could collect and encourage others to give them to us on training nights.

Quote of the Month

Eighty percent of success is showing up.

Woody Allen

Barry's birthday charity track and field meeting.

Thursday April 7th at the sports park all proceeds go to St Wilfred's Hospice
6.00 start to 7.40

See below for full details.

BARRY'S BIRTHDAY CHARITY TRACK AND FIELD MEETING - 4



THURSDAY APRIL 7th 2016 at EASTBOURNE SPORTSPARK

ALL PROCEEDS TO ST. WILFRID'S HOSPICE

| | | |
|--------|-------------|---------------------------------|
| 6.00PM | LONG JUMP: | ALL AGE GROUPS |
| 6.00PM | SHOT PUTT: | U13'S UPWARDS |
| 6.00PM | 600 METRES: | ALL AGE GROUPS |
| 6.20PM | 300 METRES: | U13'S / U15's / U17's |
| 6.30PM | 400 METRES: | U17'S UPWARDS Men Semi-Final |
| 6.30PM | JAVELIN: | U15'S UPWARDS |
| 6.45PM | ONE MILE: | U13'S UPWARDS |
| 7.05PM | 100 METRES: | U13'S UPWARDS |
| 7.20PM | 150 METRES: | U11'S ONLY |
| 7.25PM | 200 METRES: | U13'S UPWARDS |
| 7.40PM | 400 METRES: | U17-Seniors Final |

ENTRIES ON NIGHT £2.50 ONE EVENT £5 TWO OR MORE EVENTS

RAFFLE ON NIGHT

DONATIONS PLEASE IN MEMORY
OF TREVOR MORRIS (1959-2013)

HELP ON THE NIGHT WOULD BE APPRECIATED PLEASE SEE BARRY OR EDDIE

PLAN AHEAD is proud to support Barry and a very worthy cause

Chocathon and Brighton ½ Marathon

A busy weekend for Eastbourne Rovers AC as new personal bests and great times were achieved at both the Chocathon Challenge and Brighton Half marathon.

Over 20 runners took part in the Chocathon 6 hour running challenge at Samphire Hoe in Dover, Kent, where runners ran 3.85 mile laps on a undulating and windy course, running over 500 miles between them. The first Rover to achieve over the marathon distance with 27 miles was Andrew Bettiss in 3 hours and 58 minutes. 4 rovers ran an ultra of 31 miles, they were Richard Davis, Natalie McCreath, Russ Gardham and Robin Walter, who reached the marathon distance in a new PB of 4 hours and 29 minutes. Martyn Milligan completed the marathon distance also in 4:29 and also achieved a marathon personal best.

There were a number of distance personal bests also including Neil Davidson 'accidently' running a

marathon and Nikki Young, Annabelle Randle, Sophie Saunders and Sasha Stevens all running 15.4 Miles. Also completing seven laps and the marathon distance were Danny Warner, Debbie Davis, Craig Shingfield, Zoe Gardham and Nicki Howard. Neil Kelly and Tracey Armstrong ran 5 laps (19.3 miles) and Debbie McIntyre 12 miles. Geoffrey Gray, Julie Tester and Ryan Walker all ran 15.4 miles.

At the Brighton Half, Tom Oliver made his half marathon debut in a incredible time of 1 hour 15 minutes and 14 seconds and finished in 26th place overall. Matt Southam was next in 1:21:26. There were new personal bests for Lee Dunstall in 1:35:51 and Alicia Caulfield in 1:51:14. There was no rest for Julie Tester after the Chocathon as she finished Brighton half in 2:26:47. Also running were Catherine Mullane 1:53:20 Sarah Wooler 2:02:28 Alan Roberts 2:09:29 Jessica Whitewood 2:14:48 and Paula Osborn 2:15:39.



March Fixtures

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| Sat | 5th | English Schools Cross Country Championships | Nottingham |
| Wed | 9th | Chichester Corporate Challenge Road Races | Chichester City Centre |
| Sat | 12th | CAU Championships & UK Cross Challenge | Cofton Park, Birmingham |
| Thurs | 17th | Sussex Schools Year 7/8 CC Championships | Christ's Hospital tbc |
| Sun | 20th | Hastings ½ Marathon | Hastings |
| Sun | 20th | Crawley Open Meeting | K2, Crawley |
| Wed | 23rd | Chichester Corporate Challenge Road Races | Chichester City Centre |
| | | (Thursday 24th End of school term) | |
| Sat | 26th | Sussex Road Relays | Christ's Hospital School tbc |
| Mon | 28th | Lewes Easter Monday races | |