

July 2013

SAL Home match report

Eastbourne Rovers welcomed one of the largest athletic clubs in the country, Belgrave Harriers, on Saturday for the penultimate round of the Southern Athletics League season. Also competing were teams from Newbury and Holland Sports, but it was Belgrave who were the star attraction.

Whilst some of their more famous members, such as Dwain Chambers, were off picking up medals in the British Championships, they still brought down a very strong team containing an English Cross Country champion and a three time Olympian.

This meant Eastbourne were always going to be up against it and unfortunately, this turned out to be the case with Rovers forced to settle for third place. Despite this, there were still a large number of impressive individual performances from the team.

Joe Morris continued his fine form in the Javelin this year, winning with a new personal best of 46.54m and Russell Weir, competing for the first time this season, won the B string Pole Vault by clearing 3.20m.

On the track, Emma Noel ran a commanding 70.3s to take victory in the 400m hurdles, whilst Esther Reynolds clocked 13.5s to win the B 100m.

Middle distance specialist Ed Dodd decided to test himself over 400m. Showing off his speed, he smashed his personal best, winning in 51.4s. A time which a 400m specialist would be proud of!

The race of the day though came in the 800m, where Ed Hickman Casey took on the aforementioned ex-Olympian, Paskar Owar. After a very slow opening lap, Ed pushed to the front and held off all of Paskar's attacks to win with a time of 1:59.4.

The competition finished brightly for Eastbourne as they took victory in both the men's and women's 4x100m relays, thanks in part, to a fantastic anchor leg



from Adam Hutchings.

Their third place on the day means that Rovers lose their grip on the promotion places. With a trip to league leaders Crawley for the final match of the season they are going to have to be up for a tough challenge ahead.

The day ended on a sad note as it marked the last competition for the talented Ieuan Handley, before he moves to Cardiff and for such a small team, his contributions will be sorely missed. We wish him the best of luck with his new club and hope he enjoyed the nice send off we gave him with a refreshing dunk in the water jump.



U11 Quad event

On the 16th July Fiona and Paul organised their first competition for the U11's. After a good warm up, they were lining up for the 75m, after all the athletes had raced it was time for the Vortex Howlers. A quick drinks break and our star athletes were getting ready for the 600m where we saw some brilliant performances. It was now time for the last event and to finish off a wonderful evening (with brilliant weather!) the long jump took place with once again many amazing performances. Well done to all the athletes that took part and a big thank you to Fiona and Paul for making this possible!



Performance of the month

This month Mia O'Hara stunned us all by winning all 4 events in the U11 Quad kids competition. Mia always works extremely hard in her training and this has obviously paid off! Well Done!

Did You Know?

Greg Rutherford had trials with premiership football club Aston Villa as a teenager before deciding to pursue a career in athletics

Facebook Group

As, no doubt, many of you are aware, the club has its very own facebook page which can be found at www.facebook.com/groups/erac2010 we would like to encourage you to contribute to the more social side of the club and share your photos, results and anything of interest. It's an excellent place to ask questions, share your experiences or just gossip!

This will also allow us to create more competitions for you to enter because using facebook is so quick and easy to use.



Question of the Month

Who is the world record holder for the men's javelin?

- Sergey Makarov
- Jan Zelezný
- Raymond Hecht
- Tero Pitkämäki

The answer will be published in next month's edition

The answer to last month's question was...

C. 200m (indoor track)

Quote of the Month

"If you cannot win, make the one ahead of you break the record."

- Anonymous

Caption Competition



Well done and thank you to everyone who entered our Caption Competition, it ended up being very close! However, the entry chosen to be the winner was...

"When I go London, I'll miss you this much....."
CONGRATULATIONS! A large bar of chocolate is winging its way to Rusty Rusk!

U13 match (Eastbourne)

On a typically warm Eastbourne Evening our stars of tomorrow were displaying their talents at the Under 13's League. Although there were too many good performances to mention here, A very big "well done" to all who turned out on the night. It was very pleasing to see throwers coming through the ranks again with wins for Samuel Montieth in the discus (20.51) and Lauren Bennett in the shot (8.80) who also cleared an excellent 1.35 in the high jump.

Both strings of the girl's 600m produced very close finishes with Georgia Anderson coming through to win in 1:52.0 and Rosie Burgess (2:04.4) in a "photo finish" in the B race.

Another well done must go to our 2 long jumpers of the night for our girls team Rosie Bell (A) and Katy Meikle (B) who both performed brilliantly, this is also true for our boys team with Oliver Pryer taking on the other competitors as our only male long jumper.

George Dyer showed his diversity by competing in the 75m Hurdles and then racing at the other end of the spectrum with his 1000m

Caitlin Knight produced a good 150m and helped our 4x100 relay team at the end of the day.

Ben Pedroza gave good performances in both the javelin and the 75m, giving an excellent result of 18.71m.

Two of the runs were taken on with Max Rust in the 600m and Michael Bennett in the 150m.

Thank you to Nellie Hannam and Josh Hilda who turned up on the day and produced some fantastic performances as non-scorers.

With most of our athletes having to "double up" on events and still having to leave some uncontested the overall points were short of our opponents, but with more athletes competing we could win next time, couldn't we?

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/



Here are some pictures from the July SAL match...



August fixture list

Sat 3rd - 4th	England Combined Events Championships U15 & U17	Stoke
Sun 4th	Horsham BSH Open Meeting	Broadbridge Heath
Wed 7th	U15 League	Eastbourne
Wed 7th	Watford Graded Open	Watford
Sat 10th	Southern Athletics League (5)	Crawley
Sat 10th -18th	World Athletics Championships	Moscow
Sun 11th	South East Under 17 Inter Counties	Portsmouth
Sun 11th	SEAA U15 & U20 Inter County Championships	Cophall tbc
Sat 17th	Henfield Half	
Sat 17th - 18th	Southern U15 & U17 Championships	Cophall tbc
Wed 21st	Watford Graded Open	Watford
Sat 24th - 25th	CAU Inter County Championships & UK Challenge Final	Bedford
Mon 26th	Crawley AC Open Meeting	Crawley
Mon 26th	Kings Head Canter	
Sat 31st - 1st	England U15 & U17 Championships	Bedford