

June 2013

U15 Report

Atrocious weather conditions did not deter the young U15 Eastbourne Rovers athletes as they battled against the wind and rain in their first league match of the season.

Tommie Lee Brown was in fine form as he flew over the 80m hurdles dipping under 14secs. He then showed how versatile he is by sprinting to a close finish in the 100m with 2nd, 3rd and 4th all together on the line and Tommie was unlucky to be given 4th place. He completed the evening gaining valuable points in the shot put.

Mitchell Dennis was very apprehensive in his first pole vault competition but showed good technique and so cleared 1m80 for second place. He then teamed up with Tommie for another first place in the 'B' string hurdles and leapt just short of his best in the long jump with 4m52.

Jamie Eyres and Dylan Halpin stormed round their 300m to win both 'A' and 'B' strings for maximum points. Jamie's time of 41.7 smashed the league record and Dylan clocked 47.7 secs. They also joined Tommie and Marcus Hinchon to take second in the 4x100m relay.

Marcus joined training partner Jordan Penny in the 200m – both gaining 3rd placings in times of 26.5secs and 31.1 secs respectively. Marcus showed his skills in the throwing events clinching a second and third place and Jordan tackled the jumps with a first in the long jump and third in the high jump.

Edward Mammartot ran a fantastic 1500m keeping up with the leader for as long as he could, crossing the line 2nd in 5m12.1.

Rebekah Morris ran a strong 100m to record 13.4 secs with clear lead. She then performed a fine throw in the javelin event of 15m23 for a second spot. Rebekah lined up for the 200m at the last minute and did not disappoint with her third place in 29.1 secs.

Ellie Mackay showed fantastic team spirit as she volunteered for the 300m and hurdle races coming third in both with 52.2 and 16.1 secs. She is also gaining confidence in the discus where she was 4th.

Millie O'Hara came up against some tough opposition in her 100m and in another close race came third in 14.1 secs. Mary Adenji ran a strong bend in her 200m to clinch second place.

The weather was so bad that the girls high jump was cancelled. This is Alice Fenton's best event but she stepped into the 300m and shot put to gain more points for the team.

The girls fought hard in their middle distance events. In the 800m Izzy Siggs attacked from the start and was pleased with her time of 2m48.9 in the poor conditions and came in 4th place. Rebekah Coomber came 5th in 3m34.2. Izzy also came third in her long jump of 4m05.

Abigail Hughes was pleased to hear the bell for the last lap of her 1500m but still found energy to sprint to the finish coming 4th in 5m41.7.

Bryn Smith ran his 100m in 14secs and then hurled the javelin 15m45 backed up by Finley Jakes with 12m94.

Mimi Miles leapt to 3m51 in the long jump and Charlotte Tester put the shot 6m76 for another third place.

The highlight of the evening was the girls relay team of Rebekah Morris, Mary, Alice and Millie storming home to win the 4x100m relay.

The Eastbourne team came 4th overall and travel to Lewes on July 3rd for their next match.



Sue Keen

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

How long is one lap around an indoor standard track?

- a. 300m
- b. 800m
- c. 200m
- d. 600m

*The answer will be published in next month's edition
The answer to last month's question was... the 2012
British Olympic trial were held in Birmingham.*

Rovers second win of the Season

Round 3 of the Southern Athletics League marked the mid-point in the outdoor season for Eastbourne Rovers. This match took Rovers the beautiful city of Canterbury. Unfortunately, the weather did not live up to this reputation with strong gusty winds and the threat of rain throughout most of the day. Despite having a relatively small team and with the weather far from ideal, Rovers were not put off and there were several noteworthy performances throughout the different events.

George Marsh took a men's sprint double in the 100m and 200m clocking 11.15 and 23.72. Matt Harrison also chipped in with a victory in his 100m race clocking 11.86 to win by two tenths of a second.



The men's middle distance team were also able to gain some good results with Ed Dodd and Richard Jones both taking double wins in their 800m and 1500m races. Ed Dodd despite the awful conditions, managed to clock 2:01.82 for 800m. Showing that he is still in excellent form going into the second half of the season.

In the field for the men, Stuart Pelling took victory in his High Jump competition with a best of 1.70m and equalling his season's best jump. He together with club stalwart Brian Slaughter, took a double win the pole vault. Brian also scored wins in his discus, shot putt, hammer and Javelin competitions proving the value of his versatility to the team. Joe Morris also had a very successful day in the field taking wins in his Shot Putt (with 11.29), Discus with a personal best throw of 30.16m and Javelin (42.74m) competitions.

A special mention must go to the entire women's team which, despite being severely depleted, turned out several good performances which contributed valuable points to the team.

On the track, Emma Noel and Di Farmer put their multi-eventing skills to excellent use across a range of

Did You Know?

The first sport to interest Usain Bolt was cricket and he said if he was not a sprinter he would be a fast bowler

Quote of the Month

Success is the ability to go from failure to failure without losing your enthusiasm." Winston Churchill

events. Both took top 3 finishes in the 100m, 200m, 400m, 400m hurdles and 800m. They did not stop there. Di taking victory in the women's 3000m and Emma putting her skills as a former Heptathlete to excellent use gaining another top 3 finish in the High Jump and a win in the Long Jump with a best of 4.88m.

In the field, Angela Morgan and Liz Brandon were also contributing significant points to the team tally. Both gaining top 3 finishes in the Shot Putt, Javelin and Discus; Liz winning her Shot Putt competition with a throw of 5.32m. Added to this, they both achieved wins in the Hammer; Angela with a best of 23.31m and Liz throwing 16.49m.



Despite the size of the team and atrocious conditions, Eastbourne came out of the days competition with a victory and a combined total of 274 points. With the results from the rest of the day's competitions, this puts Rovers 3rd place overall in the league on match points scored and just 1 point behind the league leaders Crawley. This gives Rovers an excellent chance of promotion going into the next two, vital matches. The next match at home on 13th July pitches Rovers against 2 of the other top 4 teams in the league. All are racing for promotion. This should make for an excellent days athletics.

Richard Jones

Performance of the month

June's performance of the month goes to George Marsh! Earlier this month George recorded a time of 10.80 for the 100m making him The Sussex Schools 100m record holder.



Sussex Schools Champs

Several Eastbourne Rovers athletes attended the recent Sussex schools championships with some excellent performances. None more so than George Marsh in the senior boys 100 metres which he won by a clear three metres in a new championship best of 10.8 which was also a new rovers club record. Amazingly if this talented 16 year old was just one month younger he would of still been competing in the intermediate age group.

Esther Reynolds in difficult windy conditions recorded a P.B. of 63.6 in the senior girls 400 metres to take silver while in the senior 200 Lisi Kay Freeman equaled her P.B. of 27.5 to take the bronze. Matt Harrison had to wait the result of a photo finish before being awarded the gold in the intermediate boys 200 for a new P.B. of 23.0 secs.

Two relatively new junior girls both ran big P.B.s to qualify from their respective heats into the finals. Rebekah Morris in the 100 ran 13.4 a time she then equaled in finishing sixth in the final. Training partner Millie O'Hara qualified easily with 27.4 before just missing out on a medal in the final in a little slower time of 27.6 secs. Another who just missed out on a medal was Jamie Eyres in the junior boys 300 after setting a new U15 club record in the heats of 40.4 secs. Despite a very strong finish he left himself a little too much to do in the last 100 finishing fourth in 40.6 in the final. Marcus Hinchon made the final of the junior boys as a fastest loser in a P.B. of 26.5 a time he repeated in the final to finish a respectable fifth in a very competitive 200 metres. Dan Stidder had an excellent win in the junior boys 1500 virtually leading from start to finish in what were far from ideal conditions with a strong cross wind. Dan is a year young and will still be in the junior age group next year.

In the intermediate long jump Bradley Eisnor unfortunately tweaked his hamstring after two jumps but his best on the day of 6.09 metres was enough to win the bronze medal. However had he remained fit and repeated his P.B. of 6.36 set three weeks earlier he would have taken the gold.

July fixture list

Wed 3rd	U15 League	Lewes
Fri 5th - 6th	English Schools Championships	Birmingham
Sun 7th	Sussex U13 Championships + U11 QuadKids Championships	Brighton
Wed 10th	Watford Graded Open	Watford
Wed 10th	Pebbledash 10k	
Fri 12 - 14th	British Athletics World Trials & UK & England Championships	Birmingham
Sat 13th	Southern Athletics League (4)	Eastbourne
Wed 17th	Crawley AC Open Meeting	Crawley
Sat 20 - 21st	Southern Combined Events Championships - U15/U17/U20/Sen	Copthall tbc
Sun 21st or 28th	Possible date for Under 13 Inter Counties	Kingston
Wed 24th	Watford Graded Open	Watford
Wed 24th	Sussex Under 13 League	Eastbourne

Caption it!!

What is Ed saying at the Hastings SAL match?
Write in your suggestions to erac@sussexbarn.com and the best one will win a bar of chocolate!!



Daniel wins Gold!

After winning bronze 2 weeks ago at the Sussex county championships, Daniel Stidder has now won his first individual gold medal for Junior boys after triumphing in the 1500m at Crawley K2 Sussex schools championships. The Sussex schools championships is held each year for the best young runners from year 8-13 in Sussex, from private and non private schools. From the start Daniel only had the Gold medal on his mind. He ran the race from the front and after 800m he had lost half the runners! With 400m to go; still leading from the front, he made his move, kicking on the bell with more determination than ever. With 200m left Daniel had 30m on the chasing pack and used his speed training to drive forward and cross the line in a comfortable 1st place.

He also won both his 100m and 200m races at the SAL match. Well done 😊