

March 2013

## Seb smashes Welsh AC indoor Record!

Sebastian Rodger brought his Indoor season to a fitting climax at Cardiff in March when he won the Welsh Grand Prix Indoor International 300 metres in a Welsh All comers Indoor record.

Rodgers, from Eastbourne, who now competes for the Shaftesbury/Barnet club, beat local runner Joe Thomas, who was in the British team at Gothenburg by a full second in 33.97 breaking the ten year old record of 34.01 by Matt Ellias.

This was Rodger's final indoor outing for this season and he will now be concentrating on a place in Great Britain to compete in European under 23 championships.

<http://www.sussexathletics.org.uk/>



## Parkrun

Stephen Lloyd MP joined Eastbourne Parkrun at Shinewater Park to congratulate the organisers and volunteers



on their enthusiasm and success and took the role of starter. He said "the Parkrun is growing from strength to strength and is a great community event. I was delighted to set the runners of all ages on their 5K run around the park"

Parkrun has been operating at Shinewater Park since January last year and in the past 12 months the park has seen visitors from all over the UK, sprinting with dogs, runners with buggies and even a visit from the Olympic torch bearer Dr Nick Webborn, together with his torch.

Organiser Stuart Pelling said "what is really great about park run is that it is all inclusive, whether you sprint the course in 15 minutes or walk it in 50, you will always receive encouragement from the marshals on your way round and a smile at the end."

Langney Councillor Alan Shuttleworth added, "Shinewater Park is a great venue for the run. We are discussing the possibility of a special running event to link in with the Fun Day in September."

The Langney councillors' ward delegated budget has funded some 1KM signposts for the route. See [www.parkrun.org.uk](http://www.parkrun.org.uk) for more information

## Inter Counties Championships 9<sup>th</sup>

### March 2013

On the 9<sup>th</sup> March, Ed Dodd and Daniel Stidder went to Birmingham for the Inter counties Championships, they both performed brilliantly with Ed clocking up a time of 28.48 for the U20 race and Dan finishing in 18.37 for the U15 race.

Well done boys!

## 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, for consideration for the next newsletter. please email us at [ERAC@sussexbarn.com](mailto:ERAC@sussexbarn.com) at least 2 days before the end of the month.

## Question of the Month

*The Answer to last months question was...*

*B. She can speak fluently in French and German!*

## Question of the Month

What is Usain Bolt's middle name?

- A. St Lewis
- B. St Leo
- C. St Lucia
- D. St Limbrook

*The answer we be published in next month's edition*

## English Schools' Championships



On the 16<sup>th</sup> March 2 of our athletes went to Catton Hall in Derbyshire and competed in the English Schools' Championships. A Big well done to Mylene Schuwey who finished with a time of 19.22 which gave her 92<sup>nd</sup> place in her age group out of 288 runners and Dan Stidder who finished in 119<sup>th</sup> place out of 323 runners with a time of 16.23. well done on your performances and for braving all that mud!

## Sue's what and when to eat!

With competitions coming up start to think about your diet! The day before a competition it is a good idea to get stacked up on energy giving foods like carbohydrates and make sure you have plenty to drink to keep hydrated. Examples of carbohydrates are; cereals, bread, pasta, rice and baked potatoes.

On competition day have a good breakfast -even though you may not feel like it as you are nervous. Cereal and toast with jam or honey and plenty to drink.

At the track - a little often is a good policy. Some examples of snacks to eat track side, Cereal bars, Dried fruit, Rice crackers, Jam and honey sandwiches. Fruit - especially bananas, Sports bars, Pasta and rice mini meals, water and sports drinks.

Try to keep away from high fat foods such as chips, crisps, chocolate, fry ups and high fat dressings on pasta and rice.

Do not let your body become dehydrated as you then feel heavy, lethargic, get headaches, may get cramp and obviously will not perform your best. After training and racing eat more carbohydrates and drink within half an hour to replenish your body.

I look forward to seeing your exciting packed lunches this summer!! One bit of good news is that jelly babies are allowed!!

*Sue Keen*

## Masters Information

The indoor season is really compact this year and last weekend several Eastbourne athletes were in action at the Indoor British Masters at Lee Valley.

Two weeks ago at Lee Valley - Brian Slaughter lowered the M55 British Indoor Pentathlon Record.

Last weekend, Di Farmer lowered her 1500 PB set two weeks ago to 5.36.04 and also put in strong performances with 11.52.69 in the 3000 followed shortly after by a 2.48.46 in the 800, two of these earning her Bronze medals in the W50 age group. This consolidates her runs at the south of England champs two weeks ago when she took Gold and silver in the 15 and 8 respectively. Also in good form were throwers Angela Morgan and Ian Turner. Angela's best performance came with a bronze in the Hammer, where she threw 27.43 but she also contested the Heavy Weight throw and finished with a best of 9.30. Both performances were good enough to take the bronze medal.

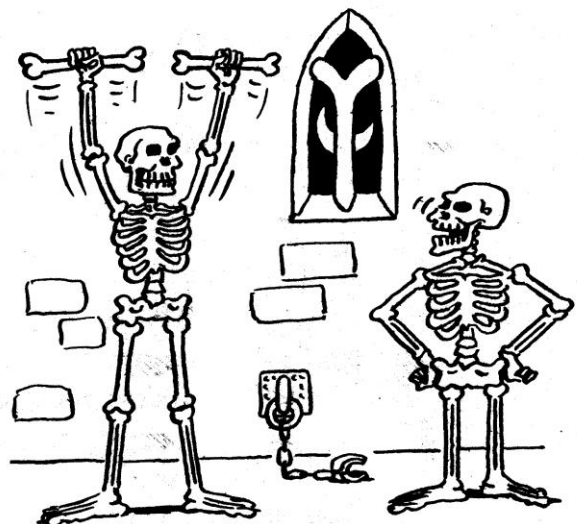
Ian Turner began with a moderate shot of 8.24 to finish in 6th place, but his discus and javelin distances of 24.16 and 27.16 respectively earned him bronze and silver.

The indoor season now culminates with the Masters European Indoor Championships in San Sebastian, northern Spain.

*Di Farmer*

## New Club Vests

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



*Hurry up, I want to go jogging!*



## Performance of the Month

This month the 'performance of the month' goes to Daniel Stidder for his performances in many races during this month. This includes a time of 18.37 in the Inter Counties championships and 16.23 in the English schools at Catton Hall. Well Done Dan!



## Vouchers

Remember we are still collecting Sainsbury's 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!



## Sports Injuries

What are shin splints? Understanding what causes shin splints can help rehab and prevention. One of the most common causes is inflammation of the periosteum of the tibia (sheath surrounding the bone). Traction forces on the periosteum from the muscles of the lower leg cause

shin pain and inflammation.

Shin splints can be caused by a number of factors which are mainly biomechanical (abnormal movement patterns) and errors in training. Here are some of the most common causes:

Overpronation of the feet    Oversupination of the feet  
Inadequate footwear    Decreased flexibility at the ankle  
Running on hard surfaces    Increasing training too quickly

[www.sportsinjuryclinic.net](http://www.sportsinjuryclinic.net)

## April Fixture List

Mon 1st	Lewes Easter 10K
Wed 3rd	Watford Graded Open
Sat 6th	ERRA National 12 and 6 stage road relays
Sun 7th	Mels Milers
Sun 7th	Hercules Wimbledon Open
Sun 14th	Brighton Marathon
Sun 14th	Crawley AC Open Meeting
Wed 17th	Watford Graded Open
Sat 20th	Southern Athletic League (1)
Sun 21st	London Marathon
Thu 25th	Haywards Heath H Open Meeting



### RUNNING SHOE CLEARANCE SALE!

EXCLUSIVE OFFER TO EASTBOURNE ROVERS AC  
AN EXTRA **5%** OFF SALE ITEMS AND/OR  
**20%** OFF FULL PRICE TRAINERS

OFFER RUNS UNTIL THE LONDON MARATHON  
(21<sup>ST</sup> APRIL 2013), PLEASE BRING IN YOUR CLUB  
MEMBERSHIP CARD OR UKA CARD.

**SAUCONY  
ADIDAS  
ASICS  
BROOKS**



**13 Clinton Place, Seaford, East Sussex, BN25 1NL 01323 898 516**

## Quote of the Month

*If you only ever give 90% in training  
then you will only ever give 90%  
when it matters*

*Michael Owen*



## Your Newsletter Needs You!

Don't let spaces invade our Newsletter; Please send us Anything of interest!

Lewes  
Watford  
Sutton Park  
Christ's Hospital  
Crystal Palace  
Brighton  
Crawley  
Watford  
Eastbourne  
London  
Crawley