

Second best time in Rovers History!!!



A successful weekend for ERAC athletes in the Sussex Championships at the K2 on the 25th/26th was topped off with wins in both senior 4x100m. Big well done to the for clocking up a time of 44.3 which places them second best in Rovers history!!! To watch the wonder team of George Marsh, Sam Caplen, Matt Ginno and Joe Morris go to <http://www.eastbourneroversac.co.uk/> and watch Lane 6! Not to be outdone the senior women's team also took the gold in 52.5. Ed Hickman Casey enjoyed double triumph in the 800m (1:56.1) & 1500m (4:02.7), a feat emulated by Ed Dodd (1:55.9 &



4.09.6 in the U20 events. Matt Harrison came within a whisker of a sprint double in the U17 age group with 11.4 for gold in the 100m but he was just squeezed into second in the 200m (23.1). Bradley Eisnor took gold in U17 high jump (1.80). Joe Morris (10.96-SP and 42.85-JT) George Marsh (11.2 -100m), Esther Reynolds (27.5-200m) and Alice Fenton (1.25-HJ) all picked up silver medals and third places were achieved by Jamie Eyres (24.8-200m), Daniel Stidder (4.35.2-1500m), Lisi Freeman (27.6 - 200m) & Millie O'Hara (13.4-100m).

SAL strong second for Rovers!

Eastbourne Rovers continued their good start to the athletics season by coming a close second in their league meeting in Hastings on Saturday 18th May. They took on teams from Bracknell, Poole and the hosts Hastings in the second fixture of the Southern Athletics League season. Due to injuries and exams Eastbourne had a much smaller team than usual. So it was a chance for the multi eventers to show how vital they are to the team. Emily Jones competed in a staggering seven events, the highlight being a win in the triple jump (B). Stuart Pelling in six, with wins in three events that couldn't be more different; the 400m hurdles, high jump and the 3000m. Di Farmer also did six events, with wins in the 3000m and triple jump (A), and Jon Dennis five events, winning the 400m hurdles and the B Javelin.



Twins Heidi and Rory Burgess took on the 400m, with victory for Heidi, and Rory breaking the 60 second barrier for the first time with a time of 58.2s.

In the sprints Lisi Freeman learnt how cruel her events can be after coming third in both the 100m and 200m despite being only two tenths of a second behind the winner in both races. Laurie Hughes and Sue Keen also brought in useful points for the team in the B string 100m races.

In the throws, Joe Morris had an excellent day with three wins, including some impressive new personal bests in the Javelin (46.50m) and Shot (11.42m). Veteran Angela Morgan threw well to win the Hammer with 22.39m, whilst Brian Slaughter came a consistent second in all three of his events and Paul Keen had another strong day in the Pole Vault.

Andy Payne's middle distance group were impressive as usual, with wins for Ed Dodd in both the 1500m (4:11.1) and the B long jump (5.23m), Rich Jones in the 3000m (9:54.2), Mylene Schuwey in the 3000m (11:23.6) and Ed Hickman Casey the 800m (1:56.4).

Athlete of the day though would definitely go to sixteen year old Bradley Eisnor, who took on much older athletes to win all three jumps, the most impressive being the 6.25m he recorded for victory in the long jump.

All of this gave Eastbourne an impressive total of 255 points in second place, behind the hosts Hastings with 295.

This leaves them fifth in the league, but only one point behind leaders Crawley, so chances of promotion this season are definitely looking bright.

Ed Hickman-Casey

Did You Know?

More than 1,800 medals are awarded at the Olympics!

Athletes shine at U13 Match

The first U13 match of the season took place in Lewes where luckily for us the weather stayed nice so a good evening for athletics. For many this was their first competition and even though we had a small team everyone excelled themselves.

In the first event on the track the 75m Shania Martlew ran 11.7 to come in 3rd, she also competed in the 150m and ran a very good 24.1. Harry Hughes normally a middle distance runner changed distances for the evening and ran 75m in 12.5 and then went onto do the Long Jump and jumped a very good 3m 03. Michael Bennett and Aaron Hutchingson kicked off the field events with the High Jump. Michael jumped 1m 22 and Aaron 1m 10, very good jumping for a first High Jump competition for them both. Michael went on to run a 150m in a time of 25.9 and Aaron 600m in a time of 2.04.2. Freya McGillevray started her evening with the javelin which she was throwing for the first time and made her mark with 8m 12 she then went onto run the 150m in a time of 24.8. Another first time javelin thrower Oliver Pryor threw 9m 10 and also ran 75m in 12.7. Georgia Anderson started her evening with the Long Jump and jumped 2m 94 along with Eva Osbourne who jumped 2m 30. In Georgias main event 1000m she ran a very good 3.38.5. Unfortunately for Eva she hurt her knee in the Long Jump and was unable to finish the 600m, hopefully she will be recovered soon.

For the boys Max Rust ran a very good 600m in 1.54.1 and then did the Long Jump jumping 3m 46. George Dyer decided he wanted to try his luck in the Discus not a throw he has tried before and threw 8m 84 and then ran the 1000m in a time of 3.24.5. Henry Turnbolls first event was the Shot Putt not an event he usually does and threw 4m 98, but then went onto run a very impressive 1000m in a time of 3.07.1. Last races of the evening the ever popular relay the boys team ran a very good race. A big well done to everyone who took part.

The next match is in Lewes on Wednesday 26th June a date for your diary, let's see if we can get a few more athletes taking part at this match.

Jayne Caplen

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/



Have You Paid?

Thank you to everyone who has paid their memberships but there are still some that are outstanding. I have sent out reminders via e-mail, if you are still yet to pay please do so as soon as possible. Many thanks

Jayne Caplen, Membership Secretary

Man Shortage at Vets Match



Stand in men's captain Bob Sumsion really led by example and popped up in all the awkward events even covering the men's pole vault.

But the shortage of men on the night definitely showed and the men will feel disappointed they didn't make home advantage stick.

It was a completely different story for the women, not only did they cover every event except the pole vault, but several new members ran as non scorers and there was a stunning 200 metre debut from Sarah Hannam

For the second year running Brighton and Hove missed the closing relay, but this would still have kept them behind Eastbourne so it was a good opener to the new season, with better performances likely at the next match in Brighton on June 10th.

On the whole it was a very tight match - the men lost out to the combined

team of Lewes and Haywards Heath by just five points, despite the best efforts of all concerned to keep the points ticking over.

Di Farmer



Feet or fashion?

All athletes of all ages who are taking up athletics seriously need to invest in a good pair of trainers. Today's technological advances have helped design shoes to give good support and cushioning to alleviate the shock, absorbed through your legs when running. Trainers come in designs to suit the flat footed runner, normal plant of feet, pronation (running on the inside of your foot) and supination (landing on the outer edge of your feet).

Investing in the correct shoe, which fits well and securing the shoe on your foot, can definitely prevent injuries. The perfect model would be to plant feet in a straight line, roll from heel to toe, with no ankle movement from side to side and with cushioning underfoot.

If you can get near to this with the correct footwear for you lower leg injuries especially will be prevented. ie shin splints, soreness down the outside of calves, pulled calf muscles and sore Achilles tendon. (sound familiar!)Injuries then work up your body to knees, hips and lower back.

Injuries also occur as you change your training from steady running to introducing more speed – getting onto the balls of your feet and wearing spikes.

For most athletes who have one pair of spikes for training and racing and perhaps having a go at long jump and javelin, a design of spike with a small heel is preferable. This small wedge can offer cushioning on landing. It also raises the heel slightly so the Achilles tendon is not stretched.

Spikes need to fit more tightly than normal shoes so feet do not move about as you 'drive' along the track. In training and running 200m and above most athletes will drop on to their heels as they become fatigued, so this support is needed. Sorbothane inserts (obtained from sports shops) are a good idea to raise the heel slightly in both trainers and spikes.

This all sounds very complicated and expensive but the £40 spent on these items equals your first payment for a physio session!! Once you have an injury it is hard to get back to full fitness- it could mean a month off hard training and competition.

Most makes offer a selection – look for a middle distance spike. Adidas are doing a good range plus Nike Zoom Victory, Saucony Velocity 4 and Brooks PR MD and PR Sprint. For trainers Saucony, New Balance, Asics and Brooks are particularly good. Best local sports shops for good athletic advice are Tri store in Grove Rd Eastbourne or Jog Shop in George St Brighton. If you do not know how you run, look at your old trainers to see where they are worn down.

Ask your coach how to stretch and strengthen lower leg muscles.

Sue Keen

New Club Vests



The competition season has now started and 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 upcoming matches!

Quote of the Month

Faith can move mountains, doubt can create them.

-Anonymous

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 us at ERAC@sussexbarn.com for consideration for the next newsletter. This newsletter cannot work without everybody's input so please email us!!!!!!

Question of the Month

Where were the 2012 British Olympic Trials held?

- Manchester
- Birmingham
- London
- Glasgow

*The answer will be published in next month's edition
The answer to last months question was... both Carl Lewis and Jesse Owens!*

Performance of the month



This Month's Performance goes to Mylene Schuwey, for her 3000m, she jumped from a time of 11:39.0 to 11:14.29. Not only has she managed to improve her time by over 20 seconds but has also filled in as part of the 4x100 and 4x400 relay teams at the SAL match, even though she is not a sprinter!

Brian on top of the world!

Well done to Brian Slaughter who went to Finland on the 6/7th April and competed in the Tetradeathlon. Finishing with 8088 points he placed 1st! Here are his performances from the winning weekend...

60m – 8.46	60HM50 -19.84
200m – 28.55	HJ - 1.40
400m – 62.93	PV – 2.90
800m – 2.27.61	LJ – 4.99
1500m - 5:33.28	TJ – 8.66
3000m -12:09.64	SP6K - 10.57
5000m - 22:34.08	WT11.34K - 9.77

Watford Open Meeting

Well done to Dan Stidder, leuan Handley and Ed Hickman-Casey for the brilliant times they did in the 1500m races at the Watford meeting on the 1st May. Dan finished in a time of 4:33:52, leuan in a time of 4:13:00 and Ed breaking the 4 minute mark with a time of 3:57:18. Well Done!

Brighton Races

Here are some results from the Brighton races on the 8th May...

Ed Hickman Casey – 800m – 1.54.30
 leuan Handley – 1500m – 4.18.09
 Daniel stidder – 1500m – 4.47.04
 Richard Jones – 3000m – 9.51.37
 Mylene Schuwey – 3000m – 11.14.29
 WELL DONE EVERYONE!



Matthew Harrison
 11.4s 100m
 GOLD

Daniel Stidder
 4:35.2 1500m
 BRONZE

Bradley Eisnor
 1.80 HJ
 GOLD

George Marsh
 11.2s 100m
 SILVER



June Fixture list

Sat 1st	Sussex Masters Championships	Ewell tbc
Sat 1st - 2nd	England Combined Events Championships U20 & Sen	Bedford
Sat 8th	Sussex Schools Championships	Crawley
Wed 12th	U15 League	Eastbourne
Wed 12th	Watford Graded Open	Watford
Sat 15th	Southern Athletics League (3)	Canterbury
Sat 15th	Schools Inter County Matches	Basingstoke
Sat 15th - 16th	England U23 / U20 Championships & including European Trials	Bedford
Sat 22nd -23rd	Southern Senior & U20 Championships	tbc
Sat 22nd - 23rd	Schools Inter County Combined Events	Sussex tbc
Wed 26th	Sussex Under 13 League	Lewes
Wed 26th	Crawley AC Open Meeting	Crawley
Wed 26th	Watford Graded Open	Watford