

November 2013

## Teenage Cancer Trust One Mile Races



The Eastbourne Rovers Athletic Club held a very successful evening of one mile time trials to raise money for the Teenage Cancer Trust. Athletes estimated the time that it would take them to walk, jog or run a mile and tried to achieve this in their chosen race. The idea came from the British Milers club races and club coach Andy Payne uses this evening to celebrate his birthday!

The last race is the fastest when the top middle distance athletes from the club and guests go head to head. This years winner was Jake Algar who sprinted round in a fantastic 4min 28 secs. Hot on his tail was Scott Harris who has had to settle for second place twice now but on both occasions

pushed the winner to a good time. Nine athletes in this race dipped under 5mins.

The £ 345 that was raised will go towards running the Teenage Cancer Unit at the Royal Marsden Hospital in Sutton. This will help to provide a friendly home- from- home environment for patients, as well as a large recreational space, DJ hub, computers, games, classroom and a chill out area.

It has been shown that teenagers have a 15% better chance of surviving if treated in one of these specialised Units, rather than in a children's ward or with older patients.

Thank you to all those that supported this event.

### Xmas and new year training times

**Thursday 19<sup>th</sup> December** will be the last club track training session before the Christmas break  
Training will resume on **Tuesday 7<sup>th</sup> January 2014** for all athletes.

Please check with your coach as some groups may continue to train off track during this time

Have a great break!



### SAL match dates

The dates of the 2014 fixtures have been agreed with UKA as:

- 19th April
- 17th May
- 21st June
- 12th July
- 2nd August

Please don't book anything on these dates, we need as many athletes as possible to turn up!!!

## The Fox and the Hounds

Road Runners take on 24 hour challenge...

Briefly mentioned during a training session, Dave Kellond's idea of entering a twenty four hour team challenge was met with silence. However, a couple of weeks on interest began to build and Dave was able to enter two teams of five into the 2014 Endure 24 event.

Endure 24 is a twenty four hour race run over a 5 mile loop of forest trails. It takes place in the scenic Wasing Park Estate, near Reading on June 28/29<sup>th</sup> 2014.

The idea is to run as many laps as possible within the time limit, last year's "Team of Five" winners clocked an impressive 36 laps.

A friendly rivalry has already been instilled between the two Rovers teams -

### Eastbourne Fox Trotters:



Richard Davis (Captain), Graham Clark, Russell Gardham, Zoe Gardham, Robert Young

### South Downs Hounds:



Dave Kellond (Captain), Nicki Howard, Graham Penny, Mike Pettett, Julie Tester

## Circuit Training

circuit training is still available to go to, we meet at 6:30-7:30 at Cavendish school every Monday evening during the winter. Come along and give it a go!



## Performance of the month



This month's performance goes to Eastbourne Rovers Road Runners! Throughout the winter season they have been taking part in various races and events including the Beachy

Head Marathon, Whitbread Hollow and parkrun's every Saturday... keep up the good work guys!! ☺

## 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/](http://www.parkrun.org.uk/eastbourne/)



## Did You Know?

***It is the 100<sup>th</sup> Eastbourne Parkrun on the 14<sup>th</sup> December, try and make it down to get a record amount of people!***

## Quote of the Month

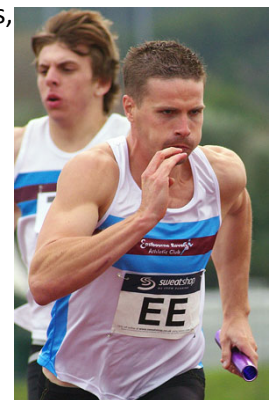
*Nobody who ever gave his best regretted it.*

*-George Halas*



## Club Vests

a new stock of club vests are now in, if you wish to purchase one for the upcoming matches and races please ask on club evenings, they are £23 and very nice!



## Question of the Month

In which year was Sebastian Coe born?

- a. 1962
- b. 1956
- c. 1954
- d. 1959

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

*The answer to last months question was... C*



**Good luck to everyone taking part in the Mince pie race this weekend, have fun!!**

## AGM

Thank you to everyone who attended the AGM on Thursday, we welcomed Josie Denning as our new Coaching co-ordinator and re-elected Eddie Dennis to start his 4<sup>th</sup> year in the role of Club Chairman.



## December fixture list

Sun 8th      Mince Pie 10k    TBC  
Sun 22nd    New Place Farm, Blackboys XC