

October 2013

Spotlight on Stuart

It is going to be much quieter at the track for the next year as Club Captain Stuart Pelling has gone to Australia.

After going on holiday there last year he decided it was 'now or never' to have his 'gap year'. He has got work organised and accommodation with an old friend from Eastbourne and details of the local athletics club of course!

The club as a whole will miss Stuart as well as his training group. Stuart came to the club at 12 years old as an 800m runner but then decided he preferred the long sprint so teamed up with Sam Turton to dominate the Sussex U15 and U17 400m.



Stuart is a real 'Mr Motivator' always encouraging younger athletes as well as helping at matches and on the committee.

Stuart won our most prestigious award 'The Jim Lindsay Rose Bowl' at the presentation evening this year for his work for the club and for starting up Eastbourne Park Run. (this is now being partly organised by his past team mate Scott Harrison)

Stuart has always been keen to travel and some of his first trips were when he persuaded me to take our training group warm weather training in Portugal.

We all hope Stuart has great time in Australia and finds himself a lovely girlfriend but then comes back to Eastbourne!

I myself am just glad that I am not having to sit next to him all the way to Australia - on the way to Portugal he did not sit still for 5 mins and stuffed himself with pounds worth of sweets from the duty free !!!

By Sue Keen

leaving meal at the curry leaf



last English training session



Parkrun

Eastbourne parkrun said 'goodbye' to Stuart Pelling who is leaving for Australia. However, as Graham Weir pointed out, Stuart's legacy of a parkrun in Eastbourne remains.

However, Stuart has promised to keep running parkruns down under, and is even planning on running in Brisbane next Saturday for his new local parkrun's anniversary! Good luck, Stuart, have a safe journey and keep in touch!

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

What is the capital of Australia?

- a. Sydney
- b. Melbourne
- c. Canberra
- d. Adelaide

The answer will be published in next month's edition

Last month's answer was... C

Did You Know?

Jessica Ennis started her athletics career taking part in Startrack as a 10 year old!

Performance of the month

This months performance of the month goes to Reece Hutchings for his dedication, since September he has been coming down the track and completing Andy's famous Kenyan hills sessions (they are hard!) now they have finished, he is still training woo hoo! well done!!



Circuit Training

It is once again time for circuit training, we meet at 6:30-7:30 at Cavendish school every Monday evening during the winter. This years circuit training will start on Monday 7th October, hope to see you there!



Quote of the Month

"Sport is a loathsome and dangerous pursuit. "

Barry Humphries (an Australian)



The Beachy Head marathon Team!

Andy's Charity birthday mile!!!

This year Andy will be doing his birthday mile run on the 7th of November, all in aid of teenager cancer trust so come down the track and get a time for your run ☺



The lucky winner is...

This month a ballot was held to decide who from Eastbourne Rovers was to represent the club in next years London marathon, the winner was Julie Tester!! Good luck and enjoy it! ☺



Richard's Race...

Well done to Richard Jones who completed the Great south run in a time of 62 minutes, with a very strong headwind, he finished in 100th place out of just under 30,000 runners. Well done!!

Reports

Please remember to send us your reports, pictures, achievements and anything else of interest, we want to know!!

Heidi@sussexbarn.com OR
erac@sussexbarn.com they will both come through to my emails so I can put your story into the months newsletter, thank you! ☺

ESSLXC WHITBREAD HOLLOW 13 OCT 2013

POS	NAME	TIME	CLUB	CAT	PTS
1	ROSS SKELTON	26-57	HAC	SM	200
2	KRIS EVERETT	28-42	HAC	SM	199
3	SCOTT HARRIS	29-44	EAST	SM	198
4	GARY JUDGES	29-45	HAIL	M40	197
5	SEAN PARKER-HARDING	30-05	HAC	SM	196
6	BEN SAVILLE	30-28	LEW	SM	195
7	KEVIN ARMSTRONG	31-03	EAST	SM	194
8	RICHARD JONES	31-04	EAST	SM	193
9	ED HICKMAN-CASEY	31-21	EAST	SM	192
10	JOSE NUNEZ	31-43	EAST	SM	191
11	JONATHAN BURRELL	31-49	LEW	M50	190
12	CHRIS HUNT	32-07	LEW	M40	189
13	ALAN ROLFE	32-16	EAST	M40	188
14	CIRAN OSBOURNE	32-21	CROW	M40	187
15	ANDREW MASTERS	32-26	LEW	M40	186
16	ALAN JACKSON	32-37	LEW	M40	185
17	BARRY ANDREWS	32-41	MEADS	M40	184
18	BEN MESSER	32-52	LEW	SM	183
19	ROB PLUMMER	33-02	EAST	SM	182
20	STUART PELLING	33-02	EAST	SM	181
21	MIGUEL PEREZ	33-03	EAST	SM	180
22	GREG EMMANS	33-11	LEW	SM	179
23	RUSSELL GARDHAM	33-26	EAST	M40	178
24	ALAN THORNTON	33-27	HAIL	M50	177
25	PAUL McCLEERY	33-30	HAC	M40	176
26	MARK PETTIT	33-31	EAST	M40	175
27	EMMA ROLLINGS	33-40	A80	SW	200
28	COLIN BENNETT	33-54	LEW	M40	174
29	PAUL HENDERSON	34-07	HAIL	SM	173
30	SARAH ROFF	34-08	HEAT	SW	199
31	PAUL ECCLES	34-17	HAIL	M50	172
32	JAMIE SEDDON	34-18	NS	SM	NS
33	LEE WOODGATE	34-19	LEW	M40	171
34	EMMANUEL MAMADZAKIS	34-22	LEW	M40	170
35	IAN BROMLEY	34-24	HEAT	SM	169
36	ALAN STEWART	34-37	CROW	M50	168
37	TOM BANKS	34-46	HAC	M40	167
38	MARTIN KOMAN	34-50	LEW	M40	166
39	SALLY NORRIS	34-52	LEW	SW	198
40	STEVEN DELEA	34-53	HAIL	M40	165
41	KIM FOO	34-54	HEAT	M50	164
42	BILL DARBY	35-05	HAC	M40	163
43	OLIVIA WEBB	35-06	HAIL	F35	197
44	CARL STRANGER	35-16	MEADS	M40	162
45	ROY COOPER	35-19	HEAT	M40	161
46	STEVE GILLETT	35-25	HAIL	M50	160
47	JUSTIN RIVETT	35-28	MEADS	M40	159
48	GRAHAM PURDYE	35-31	HAIL	M50	158
49	SAM ALVAREZ	35-39	HAIL	F35	196
50	DAVE KELLOND	35-41	EAST	SM	157
51	PAUL GASSON	35-51	A80	M60	156
52	MILES SEAVILL	35-55	LEW	SM	155
53	LARA BARAZZUOL	36-00	LEW	SW	195
54	MIKE HANNAY	36-03	NS	M50	NS
55	DAVE COULSON	36-04	HAIL	M40	154
56	MARTIN BELL	36-19	HAIL	M40	153
57	SIMON ROBERTS	36-20	LEW	M50	152



The Whitbread Hollow team!

ERAC Catch Up

A very British Eastbourne Athlete

Joel Harvey will be featured on a TV programme about his school this Wednesday 16th (Sky 1 8pm): Harrow, a Very British School. The next episode no 7 is partly about the inter house relay races. (It's also repeated at other times)

Sorry we couldn't tell you in time however you can watch it using the following link...

<http://www.youtube.com/watch?v=r-JR0PhAA40>

Under 15 Finals

last months U15 final at Crawley saw some excellent performances from our young athletes including Mitch who placed 3rd in the A string 80m hurdles, finishing with the same time as Bryn who completed his first ever hurdles race in 3rd position in the B string. Well done to all our young athletes who took part as well as the group of volunteers who looked after the team on the day.

Under 13's match

Well done to the small team of U13's that competed in the U13's match earlier this year



"Hope this gets better before 7th November so I can take part in Andy's charity mile!"

November fixture list

2 nd Sat	ECCA Cross Country Relays.	Mansfield (tbc)
9 th Sat	Hampshire League	Goodwood
10 th Sun	Regional Round ESAA Cross Country Cup	
	Preston Park Road Races	Brighton
	Firle XC	
17 th Sun	Brighton 10K SGP & Road Race Challenge	
23 rd Sat	UK Cross Challenge & European Trial	Liverpool
	Brooks Sussex Cross Country League (2)	Plumpton College
30 th Sat	ESAA School's Cross Country Cup Final,	Southend
	South of Thames 5 Miles	
	Hampshire League	Popham Airfield