

September 2013

Success for Finley!

Eastbourne Rovers U15 athlete Finley Jakes competed in his first disabled competition recently at the U15 & U17 England Athletics National Championships held at the Bedford International Stadium on Saturday 31st August 2013. Finley, a T44 & F44 classified athlete for track and field events, competed in both the U14 boys Javelin and 100m. Having been fitted with his first sprint blade only days before and with only a couple of hours of practice on the blade Finley managed to get personal bests in both events and was also awarded a medal for best performance in his age group for both the javelin and 100m. Athletes from all over the UK were competing and Finley enjoyed seeing the other disabled athletes perform and to have the opportunity to compete against them.



Well done Julie

A big well done to Julie Tester who completed her first ever marathon in the new forest this month with a time of 4:45!!



Did You Know?

Training down the track starts again on Tuesday the 1st October. See you all there ready for Winter training!

Quote of the Month

"In theory, there is no difference between theory and practice. But, in practice, there is."

Jan L.A. van de Snepscheut

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/



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!



Question of the Month

The world record for the men's marathon was broken in Berlin recently. The new world record holder is... ?

- Geoffrey Kipsang
- Eliud Kipchoge
- Wilson Kipsang
- Patrick Makau

*The answer will be published in next month's edition
The answer to last months question was... B*

Performance of the month

Finley Jakes for his PB's in the javelin and 100m (see headline paragraph for more information)

October fixture list

Sat	5 th OCT	SEAA Cross Country Relays.	Wormwood Scrubs
Sun	6 th	Lews Downland 10 Miles SGP	
Sat	12 th	ERRA Road Relay Champs	Sutton Park, B'ham.
Sun	13 th	National Young Athletes Relays	Sutton Park, B'ham.
Sun	13 th	Haywards Heath H Open Cross Country races	Hickstead
Sat	19 th	Brooks Sussex Cross Country League (1) (Hampshire League & Surrey League)	Goodwood
Sat	26 th	Great South run – junior races	Portsmouth
Sun	27 th	Great South run – 10 miles	Portsmouth

Pictures!!

Here are some pictures from the last SAL match of the season at Crawley well done and thank you to everyone who competed and helped out!

