



SUSSEX COUNTY ATHLETICS ASSOCIATION

President: Martin Etchells

Report to the Annual General Meeting on Friday 21st October 2016

The selection of four Sussex athletes for the Rio Olympics is one of the major highlights for the County this year. Seb Rodger, Rob Mullett, Charlie Grice and Sussex domiciled Jade Lally have been an inspiration. Alongside this pinnacle of elite achievement we have witnessed many glorious and record-breaking performances locally, regionally and nationally across the age groups in a wide range of competitions and events. These will be detailed below.

Sussex AA faces ongoing issues, which we need to address to enable us to move forwards and develop athletics in the County. Future funding streams and the recruitment of committed volunteers at all levels are both key to this strategy. We are also battling to save the County's **only** indoor athletics facility - the Tube at Broadbridge Heath in Horsham. It is a crucial training facility utilised not only by the Blue Stars, but by local schools' and the community, Sussex AA and England Athletics for squads and courses. It is a key training ground for two of our Rio Olympians.

This year entries to all of our events - Road Racing, Cross-Country, Race Walking, Indoor and Track and Field - have risen but the drop off in the senior age groups, in some competitions, has continued and sadly reflects an unfortunate nationwide trend in our sport.

Stuart Condie and Keith May have continued to represent the views of Sussex AA on the Regional Council. This has not been without its frustrations. This year England Athletics were not planning to hold a regional consultation meeting in Sussex but after some complaints they organised an event in Crawley. Due to lack of notice and timings this was poorly attended but did give Sussex AA the opportunity to discuss some of the issues raised regularly at committee, such as the unattached levy.

This year England Athletics brought in changes regarding compulsory athlete registration in competitions held under UKA Rules. 'While athlete registration has been a part of the rules of the sport for a number of years these changes mean it is essential that athletes are registered and aware of their registration details. While road runners will still be able to compete unattached, athletes, who wish to represent their club (and claim the registered athlete discount on entry fees) in road running events, must be registered'.

Last year I wrote about the 'ever-present spectre of drug taking' looming large over our sport. The compelling evidence of state sponsored doping in Russia led the world athletics governing body – the IAAF - to uphold their November ban and deny Russian athletes the chance to compete in track and field at the

Rio Olympics. The International Olympic Committee were expected to follow suit but they chose not to hand out a blanket ban. It was the International Paralympic Committee who stood strong and suspended all Russians from the games. "The anti-doping system in Russia is broken, corrupted and entirely compromised," said IPC president Sir Philip Craven.

When twice banned drugs cheat Justin Gatlin is still able to stand on an international athletics podium - thankfully below Usain Bolt – and there are monthly reports of athletes being stripped of medals from the 2008 Beijing and 2012 London games it is sometimes difficult to believe that athletics can ever be totally clean. However that is when we should look to our Sussex Olympians past and present. In Rio we had four first timers - three of whom are unfunded - representing our nation at the highest level through sheer hard work, grit, determination and the skill and dedication of their coaches Dave Leach, Steve King, Andy Neal and Jon Bigg. There are problems in our sport but there is so much more for us to be proud of.

Sussex AA has been saddened by the deaths of several long serving officials this past year. In December Brighton & Hove AC coach **Roger Wardale** died at the age of 78. Roger had been a leading sprints coach and he was one of the longest serving officers in Sussex. He started out at Bognor as a sprinter, before moving into coaching. He later ran Bognor Regis Athletic Club, which he led to become a force in Sussex in Track and Field.

Wardale coached a wide range of athletes including several English Schools medallists such as sprinter Andy Parker, long jumper Marion Wolsey, and discus thrower Carol Mitchell. He was the Sussex Schools General Secretary and Team manager, a position he held for more than a decade. He moved to Brighton & Hove AC as a coach and spent many years as Women's track team manager whilst also managing County teams. Wardale tirelessly contributed to the Amateur Athletic Association as a track official and a field judge. As an international track judge in the 1980s he came into regular contact with many of the great British names of that time including Steve Ovett, Seb Coe, Daley Thompson and Steve Cram.

Apart from his athletics Wardale was an expert on Arthur Ransome the writer of *Swallows and Amazons*, a founder member of the Arthur Ransome Society and co-editor of its Journal. He wrote several books including the well-received biography "Nancy Blackett, Under Sail with Arthur Ransome."

In March we learned of the death of **Charles (Charlie) Fogg** from pancreatic cancer. He was a top race walker, well-respected hammer throwing coach at both Worthing and Horsham and the man behind the first Sussex County website. Charlie, as he was known in his race walking days with the Met Police and Enfield Club, was one of the leading British race walkers in the late fifties through to the seventies and gained several International vests.

In July Sussex AA lost **Ron Stead** to pulmonary fibrosis. Ron was a leading official in the County and he was Championship secretary for several years. Ron – alongside his wife Lyn - was a 12-month official - serving the County across all of the seasons covering Cross Country as well as Track and Field and Road Racing.

Just last month **Mike Langmaid** died aged 81. Langmaid was one of the most influential officers and officials of Sussex during the final decades of the 20th century. Alongside being a discus coach and secretary of the then Hove AC, he was the foundation Secretary of Brighton & Hove AC and served a term as its Club President. He was a prominent official in Sussex, a field referee, a National standard announcer and for many years the Championship Secretary of the Sussex County AAA, as well as promotions secretary for Brighton & Hove. Langmaid's role also involved the organisation of the European Veterans track and field championships in 1984 and the 1963 AAA Junior and the 1985 National Police championships at Brighton's Withdean Stadium.

Langmaid produced a *Practical Guide to Athletics Officiating* for newcomers. This was published by the Sussex County AAA but was also widely circulated by the South of England AA. He was a Director of the South of England AA and its Treasurer for nine years, as well as Treasurer of the Young Athletes League and a Director of the British Athletics League. Sadly for the last decade he had been suffering with Parkinson's disease. Few have given so much and at such a high level as Mike Langmaid did to athletics, particularly in Sussex.

Sussex AA will forever be grateful to Roger Wardale, Charles Fogg, Ron Stead and Mike Langmaid for their contribution to athletics in our County.

Reports of activities within the various areas of the County during the year are presented below.

The Network (Development Group)

Background

With the abandonment by England Athletics of the Network Programme and the associated loss of funding, the County Network Committee has nevertheless continued its role as the development arm of the County Association. In this role the group has focused on undertaking various projects and activities that continue to look to the future.

Whilst the future is always uncertain the Development Group has worked on the basis that England Athletics will, in support of its new strategy, receive much less funding from Sport England and from other sources. In this scenario the Governing Body of the sport will inevitably have to explore and put in place new ways of promoting and supporting the sport of athletics.

One possible way forward for the future of the sport is to tap into and build upon local resources with County Associations (certainly in the South East) potentially taking an expanded and leading role. Whilst there is an element of speculation about how the sport might move forward nationally and locally it was considered important for Sussex in any event to review and put in place new organisational arrangements. In this way the County would be in a position to respond positively and with confidence to what ever happens and continue to serve the local athletics family.

The new County Constitution

The aim when reviewing the existing County constitution was to ensure that it was fit for the future and would be capable of responding to and taking advantage of what ever happens with respect to the sport of athletics. What has emerged is a smaller more focused executive committee with the majority of its membership directly elected by County clubs.

Whilst the Executive Committee will be the driving force behind actions to promote and develop County athletics and athletes most of the actions will be delegated to executive panels and sub groups reporting to the main committee.

The new constitution is also capable of further development and change should this be necessary. The possibility of creating a not for profit company or seeking charitable status are both possible and would build upon the constitutional work undertaken by the Network Committee.

Financial forecasting

With the uncertainty around future funding of the sport at national and County level it was considered important to create a mechanism by which future County income and expenditure could be systematically examined and adjusted as necessary.

A five-year financial forecasting spreadsheet has been developed that enables various funding scenarios to be tested and if appropriate put in place. This will enable County resources to stay in tune with changing circumstance and anticipate what might be just over the horizon

County image and web site

Again looking to the future work has continued on replacing the County website to give it and the County a fresh and more up to date image. Not only has a fresh image been created but also the opportunity has been taken to incorporate new facilities into the web site. On line entry has been incorporated, as has social media.

Squads and Master Classes

Young athletes are very much the future of the sport. With this in mind the development group has again put in place Sussex squad sessions for the more talented under 13 young athletes. The track and field squads are planned to give the young athletes the opportunity to meet with their peers from other clubs and to try the full range of athletic events.

Master classes for the under 15 and under 17 athletes are, for this year still in the planning stage and will be led by experienced and nationally recognised coaches in each of the specific events.

The endurance squad will again be led by County coaches and provides the opportunity for the young athletes to also meet their peers and to experience

coaching and training sessions that they may not be able to experience at their club.

The emphasis is very much on quality and improving the standard of athletic performances in Sussex.

Run England (Run Together)

The programme to get more people running continues in Sussex in association with Active Sussex (the County Sports Partnership). This is a Sport England and England Athletics programme and the opportunity was taken during the year to transfer the management to Active Sussex. The programme has changed its name to Run Together and at the same time some aspects of the programme have been revamped.

Representations to England Athletics

By letter and by attending the South East consultation meeting at Crawley some attempt was made to influence the actions and policies of England Athletics the governing body of the sport. It must be said however there was little to no success.

The first area was to point out the governing body the exponential growth and proliferation of Charitable and Commercial races being put on in Sussex. This has not only crowded out the timetable of events in the County but has taken significant resources away from the sport of athletics. Whereas the £2 unattached level some years ago directly gave the County up to £9,000 its change to a runners discount gives nothing to the development of athletics in the County. The Chief Executive of England Athletics said he would take this up with a parliamentary Committee. However if past experience is anything to go by nothing will happen

The other area of representation at the consultation meeting was to explain and promote the role of County Associations in the development of athletics. Regretfully the extent of knowledge by some of HQ staff of the County role was miserably low.

Peter Masters

Chair, Network Committee (Development Group)

Cross-Country

The 2015 / 2016 season saw the Sussex Cross Country scene continue in its healthy state of recent years with a thriving league, competitive County championships and success in inter-counties, area and national events. As in the previous year there were high numbers competing in Sussex events, resulting in the County being able to send strong teams to both the southern and national inter-counties fixtures.

Brooks Sussex League

There was a change of venue in one of the four fixtures this season as Plumpton College was unavailable. Instead the final match in February was held at Hickstead, with Haywards Heath the promoting club. Thanks must go to John Gill and his team of helpers for providing an excellent meeting in challenging cold and wet conditions. In addition the Primary schools County championships were held beforehand and the venue coped well with the extra influx of young runners and their supporters.

The season started as usual at Goodwood with over 550 runners enjoying a sunny autumn day on the South Downs. Hastings hosted round two at Bexhill on thankfully a drier day than the previous year and round three went to Lancing Manor hosted by Worthing Harriers. Nearly 2000 competitors ran in the four meetings with Brighton & Hove retaining their senior men's title whereas there was a new name on the women's roll of honour with Chichester, last year's runners-up, winning their first ever women's senior title. In the junior age groups there were wins for Horsham Blue Star (u17), Chichester (u15) and Hastings (u13) in the boys races while the girls titles were shared between Chichester (u17), Hastings (u15) and Brighton & Hove (u13).

Championships

Main championships at Bexhill

Once again the main championships returned to Bexhill with Hastings AC hosts and all there were treated to a great day's racing with 400 finishers overall. In both senior events there was a battle at the front of the field although the men's race provided two of the most comprehensive winning margins seen in recent years. Stephen Ferroni (B&H) and Finn McNally (PHX) opened up a gap over the rest of the field in the early stages and when Ferroni strode into the finish at the end of the under 20 race he had nearly 2 ½ minutes to spare over his nearest challenger leaving McNally to run his last lap on his own to win the senior race by over 2 minutes from previous multiple winner Jon Pepper.

In the women's race there was a titanic battle between Grace Baker and Emma Macready with the under 20 Hastings athlete Baker only managing to break the deadlock in the last mile to win from her Worthing rival. On the other hand the two senior titles could not have been closer with all depending on the 6th scorer in the men's race and the 4th scorer in the women's race with Adam Tribe of Brighton & Hove finishing 29th and giving his team a total of 92 points and a two point winning margin over Brighton Phoenix. It was even closer for the women with Hailsham just losing out on count back to Brighton & Hove, both teams finishing on 70 points.

In the junior age groups the under 13's went to Hastings (Girls) and Lewes (Boys) with Bethany Cook (BWT) and Luke Ellard (WDH) winning the individual titles. For the under 15's it was Hastings (Girls) and Chichester (Boys) who came out on top with Ellen Crombie (HAS) and Ben Collins (CHI) the individual winners. Hastings made it a clean sweep of junior girls titles by winning the under 17 women's team award with Karina Bennett (CHI) the individual winner,

while Chichester won their second boys title of the day with the under 17 men in a race won by Daniel Stidder of Eastbourne Rovers.

Masters Championships at Lancing Manor

Worthing Striders once again hosted the Masters Championships at Lancing Manor and provided a testing course for the nearly 200 runners competing in six age groups. Hailsham accounted for two of the three women's champions with Sue Fry in the over 35's and Liz Lumber in the over 45's with Clare Acquilna (Arena 80) winning the over 55's. Teamwise, Hailsham and Brighton & Hove shared the spoils. For the men, Howard Bristow must have had one of the biggest margins in Sussex history with a 2 minutes 40 seconds winning margin in the over 40 race and leading his Brighton & Hove team to victory while Keith Newton (B&H) and Paul Whelpton (PHX) won the over 50 and 60 races with Horsham Joggers and Chichester accounting for the team awards.

South of England & National Championships

After being held at Stanmer Park the previous year, the South of England championships reverted to their spiritual home at Parliament Hill Fields and while not having the same success for Sussex athletes as in 2015, there were some fine performances notably in the women's under 20 race where Grace Baker finished 4th running for AFD and Brighton's Martha Coyle was close behind in 8th.

Team wise the best effort was from Hastings in 9th place in the under 13 girls race while Brighton & Hove did well to finish 11th in the senior men's nine miles race which featured Chichester's American doctor Chris Zablocki running with the leading pack for much of the race and finishing runner-up to Aldershot's Johnny Hay who in turn went on to claim the National crown.

In the National Championships themselves there was an outstanding run from Ben Martin of Lewes to finish 7th in the under 15 boys race while Leah Harris made the top 20 with a 16th placing in the under 20 women's event.

Inter Counties

While not quite matching the heroics of the previous year, the inter-county teams once again did Sussex proud and in no small way thanks to the hard work of the team managers Dave Leach, Vicky Clark, Gail Nerurkar and Virginia Fonteyn, the latter pair involved in the junior girls in their first year in the post.

The outstanding result of the day came from the under 15 boys who won the bronze medal thanks to Ben Collins in 8th, Ben Martin 19th, Joe Smith 27th and Leo Brewer 71st. There were another two excellent 5th places for the senior men led home by Howard Bristow in 30th and the under 13 girls with Maya Ramnarine in 32nd just in front of Bethany Cook in 33rd. A further two teams occupied the top 10, both finishing in 8th place and both in the under 20 age group. Stephen Ferroni led the men home in 12th while Martha Coyle had a fine race in 10th for the women. All in all it was a very satisfying day for the County.

Schools Championships

Once again the main schools championships were held in midweek at Waterhall just north of Brighton and the bitterly cold day failed to dampen the enthusiasm of over 600 runners over the six events. The girls winners were Olivia Macdonald (Seaford Coll- junior) Almi Nerurkar (B&H High – Inter) and Martha Coyle (Cardinal Newman – senior).

For the boys it was George Poole (Eastbourne Coll – junior). Ben Collins (Chichester High – Inter and a tie in the senior race between Stephen Ferroni (BACA) and Brodie Denholm (Brighton Coll).

Team winners were shared between Dorothy Stringer, Steyning Grammar and Brighton College for the girls and Hurst, Forest and Brighton College for the boys. Finally once again the years 7 and 8 championships at Christ's Hospital were well supported with large fields in all four races.

(Phil Baker)

Road Running

There is a healthy picture indeed with the County being very well served by road running events, as well as having a sponsor in the form of Harvey Curtis Financial Planners. This in turn can cause congestion and clashes of events, which aren't always easy to overcome. A few long-standing race dates have been altered by big city or charity events muscling their way into the calendar but these smaller club events have managed to adapt very well.

The Sussex 10k Champs was incorporated into the Brighton Phoenix 10k in 2016 and held on a weekday evening for the first time, and thanks to great organisation by the host club was very well supported and successful.

Once again Barns Green were back on the rota as hosts for the Sussex Half Marathon Champs and they didn't let us down with their continued professional set up and overall helpfulness. Congratulations to the new event director who helped us navigate a possible clash of dates with another big event already scheduled. A couple of potential medallists in the team competition didn't wear club vests and with new technology they were easily identified, this only affected the men's team placement in the end.

Hopefully clubs have taken notice of the new rule that not only they but individual club athletes must be affiliated to England Athletics to count for them, otherwise they are recorded as unattached. How this will work in practice will be interesting, however clubs can now check on the portal to ensure their own runners are registered.

I am pleased to say that Harvey Curtis who have been sponsoring the Sussex Road Race Challenge are continuing to do so in 2017. This is down to Matt and David Bradford of Lewes AC who must be congratulated for their ongoing support.

With so many events, leagues and parkruns taking place every weekend I don't think the road running community can have any issues with lack of opportunity and even though it is difficult to prevent clashes, long may it continue.

If you are interested in becoming involved in Sussex Road Running please contact me as I am currently the only person on the panel and it would be good to be able to discuss any issues with roadrunners. Contact sussexrunning@yahoo.co.uk

(Onward & Faster – Bob Page)

Sussex Sportshall Athletics

The two Sportshall leagues at Horsham and Worthing have continued successfully. There are five clubs in the Horsham league with fixtures held at Tanbridge House School and four clubs in the Worthing league with fixtures held at the Lancing Leisure Centre. The Horsham League includes events for Under 15's whereas the Worthing League caters more for the younger age groups.

Sussex competed in the Regional Inter County fixtures held at Burgess Hill, with teams selected based on individual performances at the league matches. There were excellent results. The Under 15 girls finished 2nd, both the Under 13 Boys and Girls teams were 3rd and the Under 15 Boys came 4th. We are especially thankful to team manager Kim Milnthorpe for organising the teams.

Alicia Borrill (CRA), Adam Dray (HHH) and Amber Anning (B&H) qualified from the Regional finals to compete as individuals in the National Finals at Manchester. Alicia had a very good result to finish 3rd in the Under 13 Girls Vertical Jump and Amber excelled to win the Under 15 Girls All-Rounder competition.

Amber has been by far the most successful athlete in Sussex Sportshall history and finishes her time by amazingly holding County records in 10 events over the three age groups. The reward for winning the National All-Rounder competition sees Amber named as a National Sportshall Ambassador and she will undertake this role during the 2016/17 season".

Background: The Sportshall League at Tanbridge School in Horsham, organised by John Linfield, began 35 years ago when the Blue Stars promoted two demonstration meetings. In the early days there were only four or five clubs in the County interested in this form of competition but in recent years there has been more widespread interest since UK Athletics adopted Sportshall as a grassroots scheme as a first step into athletics for young people.

Trivia: England Football Manager Gareth Southgate took part in the Horsham Sportshall League in his youth and his dad Clive is still a Sussex AA official.

(John Linfield)

Sussex Indoor Championships 2016

The 2016 indoor Championships attracted 227 event entries this year, which was a healthy 16% improvement on 2015. Between them the 145 athletes cracked 11 Championships bests to prove that there was quality as well as quantity. However numbers still remained low in the u20 and Senior ranks, particularly for women.

CBP's were set in the; Senior Men's 60m (Matt Hewitt, B&H - 8.38), Senior Women's shot (Becky Owen, B&H - 11.01m) and u20 Women's pole vault (Chloe Billingham, HBS - 3.40m) and 60m (Ella Chalmer, WDH - 7.85s).

Amber Anning (B&H) took three records in the u17W age group, with a 7.80s 60m, 5.31m Long Jump and 11.18m Triple Jump. In the same age group Vicki Pellett recorded 11.01m for a new Shot record.

In under 15 events CBP's fell to Katie Bristowe (CRA) in the 60m Hurdles - 9.24s and Naomi Owolabi (PHX) in the shot putt - 11.48m, and Ruby Jerges took the u13 girls long jump record to 4.38m.

This was the first event to utilise the new on-line entry system and it did identify a number of issues for the organiser, which the web hosts have been working to rectify. However the new facility worked well for the athletes.

Thanks are due to Surrey AA for hosting the event once again and to those Sussex Officials who provided their assistance for the weekend.

(Martin Etchells)

Race Walking

Once again we have had a steady year from the Sussex walkers. The numbers have held up well from last year and we have had a couple of older newcomers racing.

Although we have not had any team successes this year, we have had individuals performing very well. Notably Ian Richards who has won various British and European titles in good times, and Ollie Hopkins who has achieved individual places in national races and continued to set new PB's along the way. Gary Witton, in a rare appearance, won the National Police 10K Title.

The Sussex Championships were better supported this year, apart from the Masters, and we will continue to encourage the walkers to enter these races. Unfortunately due to clashes with other races we could not get any walkers into the Inter Counties Championships.

Next year we will again be holding about 10 local races and would encourage other athletes to give walking a try, most enjoy it.

Below is an addition from Peter Selby who continues to do an excellent job at his coaching sessions at Lewes.

Race walking in East Sussex shows some progress. The group at Lewes, which trains most Thursdays and Saturdays attracts up to seven-eight athletes including juniors. Ollie Hopkins continues to improve and only recently finished second in the 5k at the junior international against Ireland, in his second fastest time of 26m 36s.

There are two under 15 girls who could make the Sussex Schools race walk team in 2017 at Boston, Lincolnshire - not east coast USA, as some hoped! That would represent one of the County's best teams for some years.

Support for the revived County 3k, held in conjunction with Surrey, seems popular. The date in September and early start time on a Sunday are about right.

I will continue to promote training and races through the winter and next year. There is a provisional date for Lewes Open walks of Saturday 25th February 2017 at midday. Clubs will be notified. Anyone interested in learning and training can contact me on pwselby@hotmail.co.uk.

(Ron Penfold & Peter Selby)

Track & Field

The County Track and Field Championships returned to Withdean Stadium this year and the organiser for numerous years, Keith May, stepped down from his role. Keith has been one of the most prominent and active Sussex officials for more than a quarter of a century organising many of the County's activities including cross-country as well as operating on Area and National committees and tackling similar roles for the Horsham Blue Star Harriers. Sussex AA thanks Keith for his tireless work supporting the County.

The County Championships in May showed a slight drop in entries on the previous year. For the first time entries were taken on-line. This proved to be a popular move forward for the County and we hope to be able to improve the system for next year. The Senior and Under 20 age groups still showed a disappointing level of entries, although we did have electronic timing at the Championships. The event went well with fine weather for both days.

There were seven Championships records broken; u15G 300m Calysta Morris (EBR) 42.55s, u15G 75m Hurdles Katie Bristowe (CRA) 11.46s, u17W 300m Amber Anning (B&H) 39.52s, u17M Javelin Edan Cole (B&H) 63.01m, u20W Pole Vault Livvy Connor (LEW) 3.71m, u15B 300m Moyo Daramola (EBR) 38.00s, u17W 3000m Almi Nerurkar (PHX) 10:10.5.

Thanks must go to all the officials and helpers over the weekend, especially as moving to a different venue produced some problems.

The Masters Championships were held with the Surrey Championships at Ewell with entries similar to previous years.

The Under 13 Championships, u11 Quadkids Championships and u15 Boys and u17 Men's 3000m Championships took place at Withdean Stadium in early July. There was a slight increase in overall entries, particularly in the QuadKids competition. For the second year in a row the event incorporated open wheelchair races – this time over two distances 100m and 800m. Five Worthing athletes keenly contested these events. Problems with the Photo Finish provision impacted on the speed of the results, however overall the meeting ran smoothly and thanks to all officials and helpers who made it happen.

Combined Events Championships

The Combined Events Championships were held this year at Sutton in September and there was an increase in entries on the previous year, although as in the May Championships it was in the younger age groups, with a poor entry in the Under 20 & Senior events. Our thanks must go to Surrey AA who organised the event. The steeplechase championships held in conjunction had just one entry, and the 3k Walk held at these Championships had six entries.

Inter Counties

Sussex sent teams to all of the inter-county fixtures in 2016. Our thanks to the team managers: Melanie Anning – u13, Vanessa Bristowe and Matt Lethbridge - u15; Steve Jones - u17, Paul Cunningham - u20, Craig Cox and Amy Barclay - Seniors.

At the eight-counties senior match in July Sussex Men came 4th and the Women came 5th giving the team 4th place overall. Later in the month at the CAU Inter counties Championships at Bedford's both teams came 6th.

The u13 Southern Inter Counties, held at Kingston, saw both the Girls and Boys teams finish in 5th place. Meanwhile at the SEAA u15 & u20 Inter Counties at Oxford, the u15 Boys & Girls teams finished eighth overall and the u20 Men's & Women's teams came fifth and seventh respectively.

The u17 eight-County match saw the Men's team come a very creditable 3rd and the Women's team 6th - both improvements from last year with a final combined overall position of fourth.

Issues around the timings of some of the inter-county competitions, team selection and costs for athletes have been raised and are being addressed by the committee.

Sussex Veterans League

The Sussex Veterans League consisted of three matches this season, one down from last year. There were two fixtures at Lewes and one at Eastbourne.

Eastbourne Rovers were the winner's of the Men's League with victories in two out of the three matches and the Women's title went to Brighton and Hove AC who won all three of their fixtures. Many thanks to all the officials and athletes who took part in 2016 and especially to Paul Emerson the League organiser.

Sussex League Finals

The Under 13 League Final, held at K2, was won by Crawley, with Brighton and Crawley winning the East and West Divisions respectively. The u20 and Senior 3000m Championships held in conjunction with the u13 Final had eight entries, which was an improvement on last year. The Under 15 league final, held at K2, saw Crawley take the title for the fifth year in a row.

Schools

Schools have had a record-breaking year on the track and field with many excellent performances and results.

In June records tumbled at the **Sussex Schools Track and Field Championships**, where 10 of the existing CBP's were smashed. Under 17 Amber Anning (B&H) twice bettered Carley Wenham's 2003 100m record. Her club mate Edan Cole removed a decade old mark in the Intermediate javelin. A 15-year-old record fell to Lauren Lethbridge (CRA) in the u15 Long Jump. Eastbourne's Moyo Daramola set a new CBP over 300m and Naomi Owolabi (PHX) added nearly two metres to her own u15 Shot Put record.

Katie Bristowe (CRA) chopped almost half a second off the u15 75m junior hurdles record and broke the County record with a time of 11.27s. Natasha Purchas (CRA) added 10 centimetres to the previous record in the u17 Pole Vault, while in the senior event Livvy Connor (LEW) and Chloe Billingham (HBS) both cleared 3.50m to set another CBP.

Ruby Whyte Wilding (LEW) chopped half a minute off the four-year-old 1500m steeplechase mark while u17 Jordanna Joseph improved a year old record in the javelin. Frances Osman-Allu (LEW) and Ornelia Orfenov (CRA) set a new CBP in the junior girls pole-vault clearing 2.30m while another new event this year was the Intermediate 1500 steeplechase where Ella Honey (B&H) ran 6:32.07s.

The following weekend at the **South East Schools Inter-County match** at Carshalton there were many more outstanding performances. Amber Anning ran away from her rivals to record a personal best of 38.70s in the u17 300m - the fastest time ever recorded by a Sussex athlete. Also impressive was the victory of Jamie Lambert (B&H) in the 400m.

In the hammer Ben Hawkes (WDH) hurled the implement out to 61.22m. Natasha Purchas soared over 3.50m to win the u17 pole vault and Alyssa White (CHI) won the 200m. Emily Robinson (B&H) was victorious in the Discus; Edan Cole won the javelin with 59.46m and Lewis Kirby (HBS) leapt to victory in the Long Jump 6.55m. Over the 75m hurdles Katie Bristowe (CRA) continued with her winning ways and in the boy's event Alex Clayton swept to victory in 11.80s. Meanwhile Harry Rienecker-Found soared over 1.75m to take victory in the High Jump.

At the **South East Schools Combined Events Championships** at Lee Valley Senior Man Matt Smith (B&H) put in a fine set of performances in the Decathlon to win the silver medal and guarantee his place in the English Schools' CE final

in September. In the Junior Boys Pentathlon Alex Clayton on his debut outing finished 4th and Adam Lindo (CRA) was 8th. Both qualified for the National final.

As with 2015 several **English Schools** medal prospects were lost to international duties - this time the World Junior Championships and the inaugural European Youth Athletics Championships. However this did not stop Sussex athletes increasing their tally of gold medals from 2015's '*Best for 50 years*' and winning the Senior Boys E.N. Hanley Trophy for the first time.

The Sussex team returned home from Gateshead with five gold medals, one silver and four bronzes. The gold medallists were Livvy Connor who retained her title in the Senior girls Pole Vault, Finley Bigg (PHX) who ran a tactically perfect Senior 800m to sprint finish home, Edan Cole who won the first medal of the championships in the Inter Boys javelin, Amber Anning last year's Junior girls 200m champion who moved up an age group to win the 300m title and Joe Fuggle - last year's Intermediate Boys 400m hurdles champion who also moved up an age group and controlled the Senior race from the start to the top of the podium.

There was a silver medal in the Senior 110m Hurdles for Cameron Fillery (B&H) and bronze medals for Natasha Purchas in the Intermediate Pole Vault, Sam Odu in the Junior Boys hurdles, George Turner in the Senior Pole Vault and for Lillie Franks (CRA) in the High Jump.

Amber Anning and Edan Cole were selected to represent England in the following weekend's Home Countries International. Amber won the individual 300m and anchored the 4x300m relay team to gold. Edan was injured during the warm up and was unable to perform to form, still coming a credible fourth.

Wheelchair Racing at Worthing

The Wheelchair Racing group at Worthing was established in 2014. Training is provided twice a week and in 2016 members were active in a variety of international, national and local events.

The stand-out performer was Lizzie Williams, who joined the group in April 2015 and in a little over a year has lowered her times to within a sniffing distance of Paralympic selection; she must be a serious prospect for Tokyo 2020. As well as competing in the BWAA/BWRA Grand Prix events at Stoke Mandeville, she took part in an IPC Grand Prix meeting in Nottwil, Switzerland in May and achieved a very creditable third place in the Under 20 400m invitational wheelchair race at the IAAF Diamond League meeting in Zurich on 1st September. Her Power of 10 ranking is 6th in the sprint events and 5th in middle distance and she competes in the very competitive T54 classification.

Founder Member, Nathan Freeman, is also a prodigious racer and picked up two silver and one bronze medals at the National Junior Disabled Sport Championships at Coventry on 3 July.

Lucy King began the year as an unclassified athlete but by the end of the track season had achieved a Power of 10 ranking in four events.

Adult members, Mic Riddy and Holly Billingshurst had not long joined the group before completing the Worthing Race for Life on 19 June, which was a 5K push along the seafront, and they were delighted to finish well ahead of their predicted times. Their morale has been dampened by the IPC's recent ruling that connective tissue conditions like Ehlers-Danlos syndrome (EDS) are not eligible for classification and have joined a campaign to get them re-instated.

Thanks to the support of local race and meeting organisers members have been offered the chance to compete in county events. Worthing Harriers included a Wheelchair Kilometre race as part of the West Sussex Fun Run League Lido 4 in January. Wheelchair races were included in the Sussex Under 13 / Under 11 Championships at Brighton in July and at Horsham Blue Star Harriers' Open Meeting in August. Rosie Kirkwood, Chrissie Ransom and Sam Kennedy, all of whom are currently unclassified, were able to make their track debuts.

Encouraging noises are being made by the Worthing ParkRun organiser and the Race Director for the Worthing Half Marathon about including wheelchair athletes in their events but more does need to be done to ensure wheelchair users, who wish to test their skills and fitness in a competitive environment, can do so.

(Julian Stevens)

Notable Performances and International Representation

Below are some of the performances, which are not detailed elsewhere in the report.

November 2015

Seventeen-year-old Stephen Ferroni (B&H) makes his international debut in the England Junior cross-country team, competing in Spain. He comes eighth.

At the other end of the age scale Stephen's club mate Pete Witcomb, Arena 80's Caroline Wood and Worthing's Pauline Rich are also on International duty in the annual Masters cross-country match in Dublin.

Grace Baker from Hastings is the highest placed Sussex runner in the European Trials at Liverpool. Running for Aldershot in the junior race Baker finishes fifth which earns her selection for the British team for the European Cross-country championships at Hyeres in France.

In the Harvey Curtis Sussex Road Race Challenge (HC-SRRC), Kevin Rojas (B&H) reclaims the men's title with a race in hand after he won Race 4, the Bexhill 5k. Joscelin Lowden of Lewes AC dominates the women's racing. Her lead was unassailable after she, like Rojas, won the Bexhill 5k in early November.

At the Sussex Sports awards u15 Amber Anning (B&H) wins the Chichester University 'Young Sports Personality of the Year' award for a season which she ended as the Youth world lead over 300m after setting a European and UK Under 15 record of 38.73 seconds winning the National Under 17 title at Bedford. Her club mate, hurdler Jamie Lambert, receives a "Special Recognition" award. Jamie went on an expedition to Southern Greenland and raised over £3000 for disabled athletes involved in the Parallel Youth Games 2015.

December 2015

Chichester's Ben Collins and Worthing's Emma Macready and Luke Ellard make certain of becoming Sussex League champions in the New Year by notching up their third victories in the Sussex Cross-country league event at Lancing Manor.

Grace Baker finishes 44th out of a field of 80 at the European Championships at Hyeres and helps Team GB to overall victory.

Great running from the Sussex Women gains them silver Team medals in both the Senior and Under 20 events at the South of England Inter-County cross country championships at Biggleswade. As a bonus there are a couple of individual bronze medals for Emma Macready and Nicole Taylor.

At the South of England Masters cross-country championships at Biggleswade there are two individual medals and three team bronzes. M40 Howard Bristow comes second and leads his team to third place in the M40-49 age group team event. Caroline Wood leads the Arena 80 team to bronze medals in the W50-59 event by placing 4th in the M50 race. There is also a third team spot for the Crawley M60-69 team. In the M70 age group Andrew Haig (PHX) returns home with a bronze medal.

In the South of Thames Senior Cross-Country Championships at Tonbridge, Stephen Ferroni joins an elite band of Sussex runners to medal in the 7.5-mile race as he comes second.

Indoors – Crawley's Beth Crocker strikes silver in the pentathlon at the South of England Indoor combined events championships at Lee Valley.

January 2016

In his second International appearance for England, Stephen Ferroni has an excellent race finishing third in the Junior cross-country event at Elgoibar in Spain.

Steyning's Sophie Hales continues her fine return to competitive race walking romping away with the South of England 10km Road Walking Championships title at Sutcliffe Park.

Competing for the Great Britain team in the 4x1km relay at the Great Edinburgh Cross-country event Charlie Grice (PHX) helps his team to second place behind Scotland.

Indoors

There are gold medals for Tom French (B&H) in the Long Jump and u20 Sophie Mansfield (PHX) over 800m in the South of England Senior and u20 indoor championships at Lee Valley. Elise Lovell (HAS) takes a surprise silver medal in the 60m. There are further silver medals for Archie Davis (PHX) in the 800m, George Turner (CRA) in the pole vault and Chloe Billingham (HBS) in the u20 women's pole vault.

In the South of England u17 and u15 Championships Crawley's Joe Massimo (200m), Brighton Phoenix's u15 Maia Hardman (800m) and Brighton & Hove's u17 Amber Anning (200m) all win titles at Lee Valley. Anning also claims silver in the Triple Jump as does Crawley's Lauren Lethbridge in the u15 Long Jump.

February

In the final Sussex XC League match at Hickstead, the individual league titles are decided. Paul Navesey (CRA) is the Senior Men's champion; Chichester's u15 Ben Collins, Worthing's Senior Woman Emma Macready and u13 Luke Ellard are finally crowned champions. Ellen Crombie (HAS) wins the u15 girls title. Maya Ramnarine (HAS) wins the u13 gong. Grace Wills is u17 Champion, Leah Harris becomes u20 Champion and Emma Rollings, Caroline Wood and Jane Harrop are V35, V45 and V55 Champions respectively. Isaac Elam wins the u13 boys title, Daniel Stidder the u17 Men's, James Martin the u20 with Howard Bristow, Paul Cousins, Paul Whelpton and Andrew Haig taking the V40, V50, V60 and V70 titles.

Crowborough's Nicola Taylor is 13th in the BUCS cross-country championships at Gloucester.

Indoors - Two golds, two silvers and a bronze are the rewards for Sussex athletes at the England Athletics Age Group Indoor Championships at Sheffield. Toby Harries (PHX) wins the u20 Men's 200m title and u17 Amber Anning wins gold over 300m and silver in the Triple Jump.

Spencer Thomas (PHX) collects a silver medal in the u20 800m and his club mate Maia Hardman runs tactically to secure a silver medal in the u15 girls 800m. In the u17 men's pole vault Lewes athlete Bill Saunders shares bronze.

At the Glasgow Indoor Grand Prix Lee Emanuel from Hastings has an excellent run placing fifth in 3:38.68, which is inside the qualifying time for the World Indoor championships at Oregon.

Running for Swansea University Brighton & Hove's Bethany Close strikes gold at the BUCS Indoor Championships in the 60m Hurdles.

There is a brilliant victory for reigning champion Lee Emanuel (HAS) in the 3000m on the first day of the British Trials and Indoor Championships at Sheffield. This is followed by a superb second day for Brighton Phoenix athletes and Crawley's Kimberley Baptiste. From the outside lane 17-year-old Toby Harries steams to victory in the home straight of the 200 meters going into fifth gear in the home straight. In the 1500m Charlie Grice, moves into the lead with nearly two laps to go and holds his ground through the finishing line. His club mate Robbie Fitzgibbon finishes fourth. The silver medal comes in the 800 meters where 18-year old Spencer Thomas, snatches second place. There was a surprise and very welcome silver medal in the women's 200m when Kim Baptiste comes second in 24.08s.

In America, Chichester's Izzie Brown wins the Mountain West Conference Indoor high jump championships at Albuquerque. Her 1.78m clearance lifts her to fourth place on the Sussex All Time list.

March

Both Charlie Grice and Lee Emanuel are selected to don the Great Britain vest later this month to compete in the World Indoor Championships in Oregon.

In Nottingham the Sussex Schools junior boy's team consisting of; Joe Smith, George Poole, Leo Brewer, Ethan Fincham, Joseph Martin and Max Brazier - finish a splendid second in the team event at the English Schools Cross-Country Championships.

The Sussex senior men's team equal their best ever Post War team placing when they finish a brilliant fifth in the CAU Inter-County Cross-country championships at Cofton Park, Birmingham in what was, overall, the most successful Sussex Inter-counties ever. The Under 15 Boys finish third while the Under 13 girls also place fifth.

Former World Masters Cross-country and 10,000m champion Brighton & Hove's Nigel Gates wins the British Masters M60 10-mile road title and adds the British Masters M60 cross-country crown to his name at Bath.

Under 13 Bethany Cook romps away with the Year 7 race at the South East Schools Inter-counties event at Popham Airport in Hampshire, winning by some 20 seconds.

Indoor – Lee Emanuel is one of just a few British athletes who perform to form at the World Indoor Championships in Oregon. Emanuel makes the final of the 3000m and finishes in sixth place in 8:00.70. Charlie Grice is run out in his 1500m heat.

April

In Scotland Paul Navesey becomes National 100k champion, winning by nearly 13 minutes as he cracks the seven-hour barrier in 6:58:47

Steyning race walker Ian Richards wins two European Masters titles at Ancona in Italy. Racing indoors over 3000m and then outdoors over 5k in the M65 age group the Steyning walker surges away from the start in both races and romps to victory.

Brighton Phoenix and Brighton & Hove AC are run-a-way winners of the Men's and Women's senior titles at the Sussex Road Relay championships at Christ's Hospital.

Brighton & Hove runners Kevin Rojas, Dimos Evangeledis and James Turner win the team award at the Manchester Marathon, with Rojas coming second in the individual race.

May

Brighton & Hove's Bethany Close (100mH) and Crawley's James Lasis (Discus) repeat their silver medals winning performances of last year in the British Universities Championships at Bedford. Nicole Taylor (CHI) is third in the 2000m Steeplechase.

With a leap of 7.60m Sussex athlete Tom French breaks the sixty-year-old Senior Men's Long Jump record of 7.59m set by Roy Cruttenden in 1956.

Brighton & Hove's Katie Garland finishes fourth in the National u20 Heptathlon at the National Combined events championships at Bedford.

Cleo Tomlinson (HBS) breaks the Sussex Under 13 girls Long Jump record with a leap of 4.96m.

Far away in California Rob Mullett became the first British runner to gain the Rio Standard when he clocked a personal best of 8:22.42s for the 3,000m steeplechase. This removes eight seconds from his previous best and lifts him to ninth place on the British All Time lists.

Staying Stateside in Eugene Charlie Grice runs 3:52.64 over one mile to take him to second in the Sussex rankings behind a certain Steve Ovett.

June

Competing for Swansea, Bethany Close chops half-a-second off Debbie Bain's 33-year-old Sussex 400m hurdles record running 60 seconds dead.

In the 100-mile South Downs Relay from Eastbourne to Winchester the Lewes AC women's team win and break the previous course record by over 30mins. The record smashing sextet consists of; Megan Taylor, Laura Barazzuol, Emma Robertson, Emma Rollings, Helen Sida and Izzy Coomber.

Under 13 javelin thrower Anoushka Fairhurst (LEW) breaks the County record with a throw of 37.37m.

In the South of England Championships at Lee Valley, Louisa James (HAS) wins the Senior Women's Hammer, Worthing's Emma Macready retains her

3000m steeplechase title. Under 20 George Turner takes the pole vault crown and Ollie Smith (CHI) wins the 400 metres title. Tamsin Campbell is the u20 Women's pole vault champion. In the U15 race Joe Smith (CRA) is the gold medallist over 3000m.

July

In Birmingham at the British Championships and Olympic Trials Rob Mullett retains his 3000m steeplechase title, Seb Rodger runs the race of his life to win the 400 metre hurdles crown, Bethany Close sets another Sussex 400 metres hurdles record to take third place in 57.70s and Charlie Grice retains his 1500m title as does Jade Lally in the discus.

Archie Davis (PHX) is selected to compete in the 1500 metres at the World Junior championships at Bydgoszcz later this month.

Four Championship Best Performances are amongst the highlights of the Under 13 and under 11 Quadkids championships. Anouska Fairhurst (LEW) breaks a longstanding County javelin record, Cleo Tomlinson (HBS) and club mate Seb Wallace both set new Long Jump CBP's and the Crawley boys' 4x100m relay team consisting of; Jack Smart Williams, Luca Bryant, Thomas Kimber and Daniel Tewogbade run 54.3 seconds to smash the previous record.

The Sussex Schools team at the English Schools' make history when the Senior Boys win the E W Hanley trophy for the first time. Sussex teams have won Group Trophies in the "B" group but for the past decade they have been in the "A" group, where they and Lancashire are the smallest Counties. This year, after a close battle with Greater Manchester they come out on top, which is a tremendous achievement. Scoring 55 points the team of Jake Binns, Rhys Turner, Finley Bigg, Stephen Ferroni, Joe Fuggle, George Turner, Jackson King and Scot Staples, finish three points clear.

In Amsterdam Rob Mullett has a fine run in the 3,000 metres steeplechase at the European Athletics Championship where he finishes sixth.

Three Sussex athletes are included in the British team for the Rio Olympic Games with both Rob Mullett and Seb Rodger selected to join Charlie Grice. Surrey's Horsham based discus thrower Jade Lally has already guaranteed her place.

Charlie Grice chops more than one second off his previous 1500m best with a fabulous 3:33.60s which lifts him above club mate and former Olympic steeplechase bronze medallist Mark Rowland on the Sussex All Time list where he now ranks second only to Steve Ovet.

There is misfortune for Crawley's Surrey sprinter Joe Massimo. Running for the British team in the European Youth Championships in Georgia, Massimo pulls a hamstring in his heat of the 200 metres as they enter the straight but he bravely limps home in eighth place.

In the Sussex 10km Road Running Championships Neil Boniface wins the battle with his training companion Kevin Rojas. Boniface comes second in the

Open event. Rojas has been selected for his first international marathon in Toronto in October, and finishes third overall but second in the Sussex Champs, whilst Matt Bradford (Lewes) takes the bronze medal.

Rebecca Moore (CHI) takes the women's title ahead of Liz Coomber (LEW) and Helen Buller (WDH) and Haywards Heath win the Men's team while Lewes takes the Women's team event.

There is success for Sussex athletes at the South of England Combined Events championships at Horspath. Elise Lovell (HAS) wins the Senior title and Becky Owen (B&H) is second. Katie Garland (B&H) wins the Under 20 and Beth Crocker (CRA) is the silver medallist. There is also a silver medal for Brighton & Hove's Matt Smith in the under 20 men's decathlon.

In the last divisional Under 13 league matches records tumble. Anouska Fairhurst (LEW) sets a League record of 36.33m for the javelin throw. Ruby Anning (B&H) runs 19.7s in the 150m to go to the top of the all time Sussex rankings and Ruby Jerges (HBS) leaps 4.89m in the Long Jump.

Women are the stars of the Sussex team at the Counties Athletics Union Championships at Bedford with Sussex 200 metre champion Kimberly Baptiste producing the only gold medal performance. Livvy Connor clears 3.80m to take silver in the pole vault and Elise Lovell becomes the first Sussex woman to legally jump over six metres with a leap of 6.02m for bronze.

The Sussex Under 13 boys and girls teams both come 5th at the annual inter-counties meeting. Ruby Jerges is the only winner in the 'B' Long Jump, but there are many promising performances and top three placings.

August – The Rio Olympics



Sussex athletes Seb Rodger from Eastbourne and Rob Mullett from Lewes, who had done exceptionally well to make the UK team for the Rio Olympic Games, both miss out on progressing to their respective finals. Rodger clocks 49.54s for sixth place in his heat of the 400 metre hurdles and is just squeezed out of a fastest loser placing for the semi-final, while Mullett is well outside his best when finishing twelfth in his heat of the 3,000m steeplechase.

Horsham discus thrower Jade Lally is eliminated in the qualifier and comes 15th overall. Charlie Grice has more luck – after finding himself boxed in in his 1500m heat Grice is run out of the race, however after an official protest by the team manager he is reinstated and progresses through the semi to the final, where he comes twelfth – still a tremendous achievement.

Back home in the u15 and u17 Southern Championships at Ashford there are victories for Natasha Purchas in the u17 Pole Vault, Joe Smith in the 1500m

and for Katie Bristowe whose heat time of 11.26 improves her own County record in the u15 75m hurdles. Maia Hardman wins the u15 800m and her Phoenix club mate Renee Bassin wins the u13 girls long jump Open event.

In the u17 age group Millie Miles (LEW) takes the silver behind Purchas in the pole vault and Crawley athletes Lillie Franks clears 1.65m in the High jump, Vicki Pellett throws the hammer 50.23m and George Crocker clocks 1:59.43s in the 800m for silver.

Harry Rienecker-Found (B&H) collects silver in the u15 high and Sam Ellesley (WDH) wins his silver in the u15 Hammer with 45.99m while his older brother Ben wins a bronze medal in the u17 triple jump. Mayo Daramola (EBR) clocks 37.89s for a bronze medal in the U15 300m.

Joe Smith from Crawley chalks up another impressive victory when he steps up to 3,000 metres for the England u15 championships at Bedford, winning the title by more than thirty metres in 9:01.33s. In the u17 Women's Pole vault Natasha Purchas sets a PB of 3.61m, the same height as the winner, to take the silver medal and in the u15 Boys High Jump Brighton & Hove's Harry Rienecker-Found equals his best of 1.80m when taking the silver medal. Another high jump equalling PB performance comes from Lillie Franks (Crawley) in the u17 event where she clears 1.73m for the bronze medal. Franks' club mate Charlotte Alexander claims the bronze medal also in the u15 Girls 1500m with a time of 4:41.85.

September

Amber Anning is the only Sussex winner at the "School Games" at Loughborough. Competing for the South West team, she retains her unbeaten record for this year as she comfortably runs to another impressive victory in the u17 300 metres. There are a series of fine performances from the Sussex representatives with Lillie Franks from Crawley soaring over 1.69m to take second place in the high jump while Worthing's Jordan Okanta also takes a silver medal in the Ambulant 400m in 57.24s. Recovering from the ankle injury he contracted at the International Schools match in July, Edan Cole was below his best but his throw of 55.66m still earned him a bronze medal.

In the Under 15 League Final Crawley's Katie Bristowe (75mH) and Millie Noyce (Shot Put) break Sussex League records.

In the u13 Sussex League Final Crawley boys set a new record in the 4x100m relay.

Neil Boniface wins the Senior 3000m crown leading from start to finish ahead of James Turner (B&H) and Reuben Hoyte (PHX) the u20 champion.

In the Sussex Combined Events Championships u13 Cleo Tomlinson sets a Championship Best, scoring 2393 points.

Arena 80's Jenny Hughes is selected to represent England in the Cardiff 10k and is a scoring athlete in the women's V55 team event.

At the English School's Combined Events and Race Walking Championships in Exeter Lewes' Oliver Hopkins wins a bronze medal in the 5k Walk.

Ending a superb season Crawley's Joe Smith breaks the 47-year old Under 15 boys 3000m County record with a sparkling time of 8:55.8s.

Officials

John Gill has continued in the role of Sussex Officials Development Officer, Mandy Collison and Melanie Anning covered officials' lists and availability this season. The position of Officials Secretary remains vacant. John sends this report on the past year:

The year started very well as far as Officials are concerned when a massive 43 people enrolled for an Officials course for all disciplines at K2 in November 2015. This was very heartening. So, it is, perhaps, a little disappointing that few of those have so far taken this a stage further to become formally qualified.

However, the busy life that many people lead can mean it takes a while to complete the process, so we can still hope that more will consolidate their experience and complete their qualification next summer.

It has to be recognised that here in Sussex we are not blessed with an overwhelming number of regular, and qualified, officials. Therefore, we do need clubs to do all they can to encourage their members to attend a course and become "official officials".

In an ideal world all clubs would have a full complement of officials in all four disciplines (track, field, starter/marksman, timekeeper). Realistically this is unlikely to happen but too many clubs have virtually none or, in some cases, none at all.

It is very important to address this issue positively and improve the situation. The course takes just one day, something like 10 am to 3.30 or 4.00 and the qualification thereafter, for Level 1, is completing a questionnaire and working at four meetings. It is not a demanding schedule. It is my intention to arrange a course here in Sussex in the spring of 2017. I hope a good hand of interested people will sign up for this when a date is finalised.

Can I please urge ALL CLUBS to do their utmost to encourage their members into this very rewarding aspect of our sport of athletics. REMEMBER, without officials, the sport cannot function.

(John Gill)

Team/ Meeting and League Managers

This year several of our longstanding team and meeting managers have stepped down. We thank Keith May, Vicki Clark, Paul Cunningham, Craig Cox, Michelle and Terry Notman for their support and wish them all well. Sussex AA would also like to formally thank the organisers, team and meeting managers,

officials and helpers without whom none of our athletics leagues, championships and events could take place.

A big thank you to Gail Nerurkar and Virginia Fonteyn who took over the management of the girls Cross Country teams last season, to Vanessa Bristowe, Matt Lethbridge and Melanie Anning who stepped in to manage the u15 and u13 Inter Counties Track & Field teams at very short notice this year.

We urgently need team manager/s for the two Senior and one u15 Inter-County fixtures next summer and of course an individual or team of people to step into the big boots of Keith May to ensure the May County Championships take place.

Melanie Anning,

October 2016

Administrator