



SUSSEX COUNTY ATHLETICS ASSOCIATION

President: Roland Garrad

Report to the Annual General Meeting on Friday 19th October 2018

2018 was to be the year we would mourn the retirement of Jessica Ennis-Hill, Mo Farah (from the track) and Greg Rutherford, along with the sad death of all-time great Roger Bannister.

True, a massive gap was left by such iconic British athletes who between them had excelled expectations and soared to great heights, but 2018 also emerged as a year where bright young stars began to step into the limelight. A new generation of British athletes providing us with reasons to cheer, becoming role models for aspiring young sports men and women of the future.

One of these, Dina Asher-Smith, who completed a historic European sprint treble as well as topping the world rankings over 100m and 200m. Then there was Laura Muir, cantering to European 1500m gold (against sub-standard competition) before beating most of the world's best, winning the Diamond League title. It was also finally Katarina Johnson-Thompson's time to shine with a PB and silver medal in the European heptathlon.

There was success for the men at the European Championships as well, with Zharnel Hughes and Reece Prescod taking the top two spots in the 100m, Nethaneel Mitchell-Blake's silver in the 200m and Matthew Hudson-Smith's 400m gold to name a few.

The year was not without international controversy. A decision to change the IAAF testosterone rules, which would mean female athletes with naturally high levels of testosterone no longer being able to compete in races from 400m to one mile, has been delayed following a challenge from South African, Caster Semenya. Meanwhile the doping controversy surrounding Russia continues as they appeal the IAAF's decision to uphold their suspension despite WADA's reinstatement decision.

With this backdrop, Brighton Phoenix's Charlie Da'Vall Grice came fifth in the Europeans in 3:38.65, while Seb Rodger was knocked out in the 400m H heats.

2018 was a fantastic year for Sussex athletes. A huge number of Sussex County records were broken in events from Heptathlon, javelin and hammer to hurdles and pole vault. Medals were won at the highest Championship levels: the World Masters the England Nationals, the UK Championships and the Under 23 English Championships.

As a county we fielded teams at inter county fixtures, from Under 13 up to seniors. For what is thought to be the first time, there were more than 1000 events entered in the Sussex Track and Field Championships in May and more athletes than ever are turning out in mud and rain to compete in our cross country fixtures. On top of this waiting lists for clubs are longer than they have ever been. It is fair to say Sussex Athletics is doing well and is continuing to grow. The question is, how sustainable is this? For so many reasons, stadiums are not maintained well enough and little money is being fed into the sport from higher bodies. We have fantastic volunteers, who we are so thankful for. They give hours of their time and expertise, which Sussex AA highly appreciates. However, the sad fact is volunteer numbers are dwindling and a crisis is looming if nothing changes soon. As a county we must strive to look forward and continue to develop ways to progress the sport we love.

In 2018 Sussex AA was also sad to report the passing of two stalwarts of county athletics: Bryan Hawkins and Mark Burgess. Hawkins was an international race walker who moved to Sussex from Middlesex in the 50s. As a Sussex and Brighton and Hove AC athlete he added many titles to his already healthy collection, including the two-mile track walking championship record. As a veteran he won the European M55 title and set a world M60 5000m record. He was 89.

Burgess, a former Hastings athlete, won Sussex titles at pole vault and decathlon, died aged 63. In his time Mark also managed the Hastings Southern League team for several years and was a valuable official in recent years particularly at Eastbourne and Hastings.

Reports of activities within the various areas of the county across the year are presented below.

The Development Committee

By Peter Masters, Chairman

1. The Continuing Changing Scene

The environment within which the sport of athletics operates continues to change. The proliferation of running events put on by commercial and charitable organisations creates a situation that essentially overfills every weekend with a multitude of events. However, this can be said to be both detrimental to the sport and an opportunity to be grasped.

With the loss of the funds from England Athletics, Sport England and from unattached runners new ways must be found to enable the sport at County level to survive financially and to prosper.

Responding to this challenge, the Development Committee has enabled the County to become more streamlined in its administration and financial systems so as to be ready to tackle the future. With executive groups established with clear-delegated

responsibilities and the County Administrator now taking on additional promotional and sponsorship roles the County is poised to tackle the future with confidence.

With the tremendous growth in events and the number of runners taking part in Park Run events ways must be found for the sport and clubs to capitalise on this enthusiasm for running. With only a very small percentage of the millions taking part in Park Runs joining clubs ways must be found to encourage more to become part of the athletics family.

With increased effort going into getting volunteers to take on roles within clubs and for the County - and with some not being filled at all - a new model will need to be developed. This will almost certainly mean key tasks being paid for which will make the raising of funds for the sport doubly important.

The Development Committee will continue to bring forward proposals and initiatives to both develop the sport and to respond positively to the changing environment. 2. England Athletics Coach and Club support person

Sarah Gardiner was appointed by England Athletics to support clubs and County Associations across Berkshire, Hampshire the Isle of Wight, Oxfordshire and Sussex.

Sarah has met with the County Executive Committee and has made clubs aware of a limited number of initiatives available through England Athletics. She organised a few 'come and meet her' sessions.

A review of the England Athletics Council and Regional Councils was reported to be underway at the beginning of the year. At the time of this AGM no further information is available.

3. County image and web site

The new County web site has been in operation for some time and presents a positive image of the County. A review of its contents and functions is underway. From this, further changes are in hand to continue to improve and develop this important means of communications and information.

A transfer to WordPress as the operating system of the web site has been agreed and - following the review of the contents and use of the web site - will be implemented.

An online entries system for County Events, arranged through Open Track has been introduced via the web site and has been successful.

The implications for athletics and clubs of the General Data Protection Regulations (GDPR) were reviewed and advice given to clubs. The implications for data collected and retained from events was also reviewed and where changes were required these were introduced.

The potential to use the web site for the online purchase of County kit and associated athletics wear is being explored.

4. Squads and Master Classes

The Under 13 Track and Field and Endurance squads were again successfully organised. Currently the squads are being planned to operate on the same way as previously.

With the closing of the 'Tube' at Broadbridge Heath the new venue for the 2018/19 squads will be at Lewes.

Two successful sprints master classes for U15 and other athletes were organised and similar master classes are in the process of being arranged.

Rick Pilling organised a number of successful 'intro to' pole vault sessions.

5. Officials

Peter Kennedy has taken over from John Gill as the County Officials Secretary. Peter has been actively reviewing ways to encourage more officials and their retention and progress within the sport. A key aspect being making sure individuals having taken an officials course proceed to secure practical experience and higher qualifications.

The officials' course arranged for March was cancelled due to adverse weather and was rearranged for September. It was well attended.

Greater use of the web site for officials is being explored and put in place.

We have 159 registered officials in Sussex at present, not all of whom are regularly officiating but there is a natural drop-out if they don't renew their DBS Check.

The grades of these official are (counting only their highest level):

- 4 level 4 officials: one Starter's assistant, one Timekeeping, two Endurance
- 21 level 3 officials: two Field Judging, 2 Track Judging, 3 Timekeeping, 2 Starters/Starter's Assistant, 1 Starter's Assistant, 12 Endurance, 1 Race Walking
- 38 Level 2 officials
- 54 Level 1 officials
- 42 Assistant officials/Trainees

The County Officials Secretary says this is a long way off where we need to be – it makes officiating for county events difficult to plan, with minimum numbers attained only by using unqualified volunteers, and consequently we don't reach the quality of officiating that you see in other counties

6. Gender equality

Gender equality in race distances was considered and placed before the County Executive Committee. Each of the Executive Panels were encouraged to consider the matter. Changes are in hand with distances run as part of the Masters Cross Country Championships and the Cross Country League.

Cross-Country

Phil Baker, Executive Panel XC

The second half of the 2017 / 2018 cross country season will linger in the memory of those involved for many years. For some it may be the success of Sussex athletes, which once again was most impressive, but probably for most it will be the horrendous conditions in which many of the fixtures were held. The racing surface for the Inter-Counties resembled a mud bath over virtually the whole course even after the first couple of junior races while the final league fixture at the normally well-drained Stanmer Park took place in the worse conditions that Reg Hook could remember in covering the event since 1954. This was partly as a result of the South of England Championships being held there for the third time in the past decade when the Nationals have been at Parliament Hill.

As for the action, the season started with the Goodwood Relays at the end of September in lovely autumn conditions with good numbers in all age groups and wins for Arena 80 and Lewes in the senior women's and men's respectively.

The league had its usual 4 fixtures and thanks go to those who hosted at Goodwood, Lancing, Bexhill and Stanmer Park. Numbers were again very good with over 600 runners now a regular feature of the league. Lewes carried off both men's and women's Division 1 titles for the first time. Bexhill hosted the main championships in January with Brighton Phoenix and Lewes winning the senior races while the masters were once again held at Lancing Manor on the top part of the course with medals. The schools championships were at Waterhall and the county was able to send strong teams to Leeds with a fine silver medal for Bethany Cook in the junior girls race and equally impressive bronze team medals for the Intermediate Girls and Senior Boys. As a result of her second place, Bethany secured a place in the schools international at Nottingham where she gained another second place. This was in addition to striking gold at Loughborough in the Inter-Counties where Sussex as a county excelled themselves with yet another overall top 10 placing among the 44 county and area teams in action. The highlights were 5th places for the under 17's 9th for the under 15 girls and a fine 7th place for the senior men.

Road Running

By Elspeth Turner, Executive Panel

Since September 2017 the Road Running Executive Panel have taken on the role of overseeing and developing Road Running. Up until this point everything had been undertaken by one person, Bob Page. As admirable and excellent job as he did for many years, it is hoped that going forwards a group may be able to spread the load and share the activities and duties.

Elspeth Turner set up and currently chairs the panel which has met four times in the last year.

Four areas for development and attention have been identified – Competition & Races, Communication, Coaches & Training and Officials. Some progress has been made in each area.

Competition & Races

The popular and successful race series' the **Harvey Curtis Cup** (HCC) and the **Sussex Grand Prix** (SGP) are now looking at providing joint races. Panel representative Graham Chapman and clubs have helped prompt the SGP to make a few minor changes, most significantly reducing the number of races from 17 to 10.

Unfortunately, sponsorship of the HCC has ended and future funding of the series is under consideration.

County Championships – Brighton Phoenix organised an excellent afternoon of Road Relay Championship races at Christs Hospital in April and the well operated chip timing looks to be firmly adopted for the future. 2019 will see a new 2-mile traffic free loop offering a safer and more spectator friendly course.

Chichester once again hosted the 10k Championships and the event provided a high standard of racing across the age groups.

Barns Green hosted the Half Marathon Championships on September 30th 2018.

Championships races for 2019 will include the Chichester 10k on February 3rd and the Run Gatwick Half Marathon in Crawley on May 12th. Future championship races will ask the race organisers to award the county championship medals. This may mean that team medals will no longer be awarded and eligibility scrutiny will rely on the expertise of race organisers. This situation has arisen since no one in the county is willing to take on the results and medal awarding task.

Inter County 10k Team Match – This will take place within the Brighton 10k on November 18th. 8 counties in the South have confirmed they will take part. Teams consist of 4 males, 4 females with team awards being given for male, female and joint male-female team positions. Organiser Tom Ulliott will also oversee team selection for the Sussex teams.

Communications - A 'Sussex Road Running' Facebook page has been set up to improve road running communications between road running clubs and individuals.

Coaching & Training – a workshop for coaches and leaders looking at the benefit of running on the mental health for runners has been organised for Saturday October 20th in Crawley. Demand for these workshops in the past has been substantial and so after some consultation with potential attendees Marion Hemsworth has assembled a group of experts to conduct a workshop.

Officials – with the ever-increasing number of races it is felt that the county, especially clubs, should have race organisers, marshals and officials with some training behind them. Graham Jessop will run an Endurance Officials Course including Health & Safety this coming autumn / winter.

The Road Running Panel is informally run and welcomes anyone from any club to take part in its meetings.

Sportshall

By John Linfield, League Manager

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. Crawley won both Girls and Boys leagues at Horsham for the third successive year and at Worthing the league was won by Worthing.

Sussex competed in Inter County fixtures with team selection based on individual performances at the league matches and there were some excellent results. We took part in a Fun in Athletics competition for Under 11s held at Guildford and competed in a Regional competition for Under 13s and Under 15s held at Burgess Hill. The Under 15 Boys finished 2nd, Under 13 Girls and Under 13 Boys teams both finished 3rd and the Under 15 Girls came 4th out of seven competing counties. Special thanks to team manager Kim Milnthorpe for organising the teams.

From the Regional fixture Noa Maoundus of Crawley qualified to compete as an individual in the Under 13 Girls Vertical Jump in the National Finals at Manchester and produced an excellent performance to finish in 2nd position.

It should be emphasised that Sportshall Athletics was one of the grass root development initiatives supported by UK Athletics but since Aviva withdrew their sponsorship the Regional events now rely on financial support provided by the competing Counties for their continuation. England Football Manager, Gareth Southgate, started his sporting career competing in Sportshall as a Crawley AC athlete – minus the waistcoat.

Sussex Indoor Championships

By Martin Etchells, Meeting manager

Entries were exclusively on line for the first time for this event, and with 169 athletes entering 265 events numbers were well up on the previous years 112 athletes making 181 entries.

Competition levels also improved, with no less than 10 CBP's being set or equalled.

In Under 17 women's events, Millie Noyce (Crawley) shattered the previous shot mark of 11.01 with a put of 12.65. In the hurdles her club-mate Katie Bristowe took 3 tenths off the old record with 8.99 seconds. In the Under 17 men's Triple Jump Brighton's Louis Goffin exceeded the old record (12.26) in each of his four valid jumps. The first of these was his best at 12.75 and Harry Reinecker-Found (Brighton & Hove) jumped 2.00m in the High Jump. Joe Morris (Eastbourne), took the Senior shot with a put of 12.10 whilst his club-mate Bailey Wright took the under 20 60m in 6.99sec. Other Under 20 men's records were set in the High Jump by Harry Baker (Horsham Blue Star) who improved the record by 11cm to 2.06m and Jack Harris recorded a lifetime best of 4.30m to equal the Championship Pole Vault record set in 2017 by Crawley's George Turner. Finally, the record which has stood for 12 years in the Under 15 boys 60m Hurdles at 9.31 was shattered with, for him, a mediocre performance of 9.22 by Seb Wallace who earlier in the day had bettered the ten year old long jump mark by a huge 49cm with a last round leap of 6.02m.

Race Walking

By Ron Penfold, Executive Panel

A steady year from the Sussex walking scene.

Upside

Some very good individual performances, and some races better supported than last year, we had seven walkers in the County Track 3K & 2K Championships at Carshalton, the best for a few years.

We had three walkers in the English Schools Championships, also the best for a few years.

A couple more youngsters have joined Peter Selby's coaching group at Lewes.

We have had a few enquiries from people wanting to try race walking.

Downside

Trying to get seniors and masters to enter county championships, I think this maybe partly down to the judging being 'A' grade, the walkers as they get older find it more difficult to comply with the 'A' grade rule, we had only one walker in the Masters T&F 3K and two in the Senior T&F 3K, and two in the 10K Track.

The winter weather caused us problems with our local races, the Alf Palmer races at Horsham in December cancelled at the very last minute, a pity as we had over 50 due to race, the Steyning 15K had to be postponed by a week and the Beast from the East took out the Slater/Bryce Track 10K at Horsham, which includes the county championship, we had to postpone that till the end of September.

Individually

The Lewes AC youngsters of Ollie Hopkins, Eva Payton-White and Lauren Morse all Lewes AC, have recorded several P.B's which is encouraging for the future.

Ollie and Eva both won their O15 3K races in the South East ESAA and Eva took bronze in the National ESAA O15 5K, and won the Sussex Women's 10K Title.

Steyning's Ron Penfold won the BMAF M75 10K Road Title.

Worthing's Gary Witton made a rare appearance for us in the 8 Counties I/C 3K walk to record the fastest time by a Sussex walker for a couple of years

The best individual again has been Steyning's Ian Richards, in the M65 Age group he won the BMAF 3K Indoors and 5K Road, in the EVAA Indoors he was second in both the 3K Track and 5K Road.

In April he moved up to M70 so has got back to winning ways, in the EVAA Non Stadia in Alicante he was 1st in both the 10K and 30K, then in August at the BMAF Championships he set new M70 age World Records for 3K and 5K, then onto Malaga for the WMA T&F Championships where he won the 5K Track, 10K and 20K Road races, no world records here as the temperatures were high, he finished off by winning the Sussex 10K Title.

Looking forward we will try and get some sort of YAG'S races in the schools and league races to encourage youngsters to try race walking.

Track and Field

May Championships

A combination of increased entries in more events along with strong performances and broken records made this year's Championships a huge success.

In 2017, Worthing's Ben Hawkes set an early CBP in the Hammer. Now an under 20, he was after Matt Lasis six-year-old record of 63.86m and he exceeded it with every one of his four legal throws, the best of which was a magnificent 67.43m.

Scott Staples, Crawley, excelled, with four of his five throws bettering his own 2017 CBP. His best effort was 62.08m.

Crawley's Katie Bristowe has been a hurdles gold medallist, both indoors and out, at every Sussex Championship since 2016 and her winning streak continued with a dominant performance in the U17W 80mH race. Bristowe won in a CBP of 11.49s.

The U15 Girls 300m was introduced in 2016 and each year, so far, the CBP has been broken. This time it was the turn of Horsham's Cleo Tomlinson, who controlled the race to pull through in the last 100m and take 6/100ths from Molly Swinger's 2017 time for the win in 42.14s. The following day Tomlinson extended her own CBP in the Long Jump by 10 centimetres to 5.40m.

Sunday brought the sunshine and more CBPs. Crawley AC's Natasha Purchas got the ball rolling in the U20s, breaking Livvy Connor's two-year record in the Pole Vault with a soaring 3.75m.

There was a strong line up in the U15 boys 100m, despite Horsham Blue Star's Seb Wallace pulling out of the whole weekend due to injury. The title was taken by Crawley's Timi Esan, who ran a blistering 11.52 seconds to break Worthing's Mark Fabes 41-year-old record of 11.6 seconds.

Brighton & Hove's Amber Anning broke Carley Wenham's 12-year-old mark to set a new U20 200m CBP of 24.08s.

Hurdler Jessica Lambert (Crawley) moved up to the Under 20 age group in fine style taking a record in the 400m hurdles. She broke the 14-year CBP with a time of 63.33s.

With six competitors, it was a straight final in the U17M 400m. Eastbourne's Moyo Sargent was victorious and another long standing CBP fell. His time of 49.02sec broke the previous 49.97 set in 1998.

His clubmate Bailey Wright took gold in both the U20s 200m and 100m, breaking a CBP in the latter in a time of 10.72s.

Daniel-James Thomas (EBR) launched a massive 15:52m in the U20M shot put. This was more than a metre further than the previous CBP of 14:51m set back in 1986.

U13 Championships

The sun shone and so did the performances of the 250 young athletes who descended on Withdean Stadium in Brighton for the Under 13 and Under 11 QuadKids Championships.

There were two Championship Best Performances and an additional six new CBP's by virtue of the 100m, 200m and 1500m being contested for the first time.

The stand out performers of the day were Eastbourne's Eleanor Strevens over 800m and Worthing's Rio Williams in the High Jump. Williams added 13 centimetres to his personal best with a CBP leap of 1.58m. Strevens, the reigning Sussex cross-country champion, front ran her way to a six second personal best and smashed the previous CBP by two seconds with a time of 2.22.36.

QuadKids Under 11 Championships

The girls competition was a battle between two Brighton athletes and it went right down to the wire, with just one point separating the closely matched Stella Kalman and Elodie Bradley for gold and silver medal positions. For the boys Horsham's Harry Long was dominant winning by 22 points with 254 ahead of Brighton's Louis Orrow who with 232 was just one point in front of his club mate Sidney Aparo.

Wheelchair Open

Sussex AA was delighted to once again welcome athletes to the open wheel chair races over 100m and 800m. Nathan Freeman and Martin Leppard from Worthing competed in both distances and recorded times substantially faster than last year. The finishing order was the same as 2017 with Nathan 23.49s/3:21.27 and Martin 24.37/3:35.99.

3K Championships

The County 3,000 metres championships were held in conjunction with the Under 13 Sussex League Final. Eloise Keys (Bodyworks) made history winning the inaugural U15 title in 10:58.21s from Rebecca Losh (Brighton & Hove) 11:09.26 and Archie Rowles (Brighton & Hove) took the boys title in 10:31.49s although he finished well down on another Horsham/Surrey athlete Matty Smith who clocked 9:54.47s.

Combined Events

History was made at the Sussex Combined event championships at Carshalton when Barry and Joe Morris from Eastbourne became the first ever father and son to win Sussex championship titles at the same meeting.

Barry took the Masters Pentathlon title comfortably with 2658 points while son Joe with equal ease won the U20 Decathlon crown with 5241 points.

The only record of the weekend came in the Women's Masters Pentathlon when Julia Machin (Brighton & Hove) pushed the championship best performance to a splendid 4250 points.

The closest battle of the weekend came at the other end of the age scale in the U13 Boys Pentathlon when Brighton & Hove's Alex Riley just squeezed ahead of Fionn O'Murcha (Chichester) by just 10 points with 1620 points.

The U13 girls title also proved a close battle with Madeleine Way (Horsham) scoring 1881 points to Dulcie Yelling's (Brighton & Hove) 1858 as did the U17 women's Heptathlon where Esme Campbell-Marshall (Eastbourne) notched up 3690 points to Eli Middleton's (Worthing) 3663.

Adam Lindo (Crawley) won the U17 men's Octathlon with 4462 points ahead of Pyers Lockwood (Eastbourne) 4332 and Isabelle Humphreys (Crawley) took the U15 Pentathlon with 2863 with Katie Ridley (Brighton & Hove) 2511.

There were pretty good battles in the younger age group events, but senior competitors were sparse.

Steeplechase championships, which have been held in conjunction with this event for several years did not seem to attract many, just U17 competitors for the 1500m races but in each case Lois Dooley (Brighton & Hove) in 5:28.71s and Hugo Hewitt (Crawley) 4:34.27s turned in faster times than the fastest Sussex runners last year.

The introduction of the walking championships to this fixture showed more support for race walking than for several years with U20 performer Oliver Hopkins and Eva Payton-White U17, both from Lewes, clocking the fastest 3,000m times of the day with 14:44.75s and 17:31.34s respectively.

Inter-Counties Teams

Senior

With a depleted team, Sussex placed fourth at the South East Inter-counties match at Chelmsford. Bolstered by a string of Under 20 athletes Sussex scored 671 points

behind winners Essex who scored 782 points, Kent who scored 707 points and Middlesex 686 points.

The women did provide three "A" winning performances but mainly it was an ample supply of second and third placings.

U20 Grace Vans Agnew set the day off well with a fine win in the 400m hurdles in 64.52s which was only just outside her best while the ever reliable Elise Lovell chalked up victories in both the 100m hurdles and the long jump with 14.40s and 5.79m respectively.

There was nearly another win in the pole vault where U20 Natasha Purchas cleared 3.70m which was the same height of the Middlesex winner Megan Bailey and the placings were decided on count back.

Leah Harris took a most impressive second place in the 1500m in 4:40.87s while U20 sprinter Louisa Saunders was second in the 400m in 57.72s but won the "B" 200m in 25.84s with Molly Adams placing second in the "A" race in 25.74s and winning the "B" 100m in 12.50s after another U20 runner Lili Parker had probably her most important run ever when finishing second in the "A" 100m in a personal best of 12.60s.

The men placed second in the 4 x 100m relay in 44.17s and the 4 x 400m relay in 3:34.11s.

U20 performers Bryn Smith, Jack Harris and Rafe Brooks all took second places with Smith clocking 22.46s for the 200m after placing third in the "A" 100m in 10.90s, Harris flying over 4.30m in the pole vault and Brooks leaping 6.41m in the long jump.

Bradley Eisnor clocked 15.85s in the 110m hurdles for his second place as well as clearing 1.75m to take third place in the high jump while Chris Dodd clocked 1:56.26s for second place in the 800m.

Under 13

It was a gusty day for the U13s at the South of England Derek Crookes Inter-Counties fixture.

Against strong competition, our girls team placed 6th with our boys team a very respectable 7th. With 3 outright winners, as well as several personal bests (PBs) and top three placings, it was a good day all round. Brighton and Hove's Dulcie Yelling took centre stage in one of the first events, the girls javelin. Going in to the event ranked third in the UK, she didn't crumble under the pressure. Her throw of 34.87, shy of her 37.29 PB, was enough to take the gold placing.

This was quickly followed by a very impressive win in the boys high jump for Worthing's Rio Williams. Leaping to a PB of 1.62, Rio took the title and saw himself go 3rd in the UK rankings. Eastbourne's Eleanor Stevens was our third winner in the girls 800m A String race. In an epic battle in the home straight against both a mighty head wind, as well as a strong challenge by the girl from Hampshire, Eleanor dug in and crossed the line first in a time of 2.24.70. Mollie Barrett (Brighton and Hove) was second in the 800m B String race.

Alex Riley (Brighton and Hove) had a very busy day competing in three events – 75m hurdles, discus and shot put. His efforts were rewarded with a PB in the discus of 25.06 placing him 5th overall. His throw of 9.21 saw him into 4th position.

Other personal bests on the day included Muna Okorie (Crawley) in the A string discus with a throw of 24.34 for 4th place. Clubmate Emma Kimber also in the discus threw well with 23.26. This took top spot in the B string contest. Carys Leshon threw 23.46 in the B string javelin for a 4th place finish.

Under 15/20

Fine performances from Sussex's leading Under 20 and Under 15 athletes took both teams to fourth place overall at the annual South of England Inter-Counties Championships.

With 16 teams competing at Horspath, including the mighty Essex, Surrey, Hampshire, Kent and Berkshire the Under 15 girls and U20 men performed brilliantly to top their individual groups. In sunny but windy conditions, Sussex had an abundance of finalists across the two age groups and four event winners.

For the Under 20's, Crawley's Jamie Lambert opened the competition with a victory in the 400mH in 58.29s. He was quickly followed Worthing's Ben Hawkes, who won the Hammer in 65.54m.

After an injury-ridden season Brighton's Tom Eames eased to victory in the U20M 1500m in 3:55.94.

In the Under 15 competition Bodyworks Beth Cook was always in control of the 1500m and with 300m to the finishing line cruised into a different gear and front ran to victory in 4:45.01.

Under 17

It was a brilliant victory for the Sussex U17 team at the South East Inter-county match at Lee Valley.

The men came out on top in their group and the Women placed fourth but overall Sussex scored 673 points, thirty points clear of Kent with Hampshire on 600 points with Essex on 576.5 points and Herts, Surrey, Bucks and Middlesex trailed away.

It was hard work by the team that won the day with just three individual "A" winners but many minor placings that built up their total.

George Pool was a run-a-way winner of the 3,000m in 9:02.43s finishing nine seconds clear of his nearest rival while Ben Okeniyi was an impressive winner of the 400m hurdles in 57.87s with Pyers Lockwood winning the "B" race in 58.17s and Louis Goffin leapt 13.28m, to equal his PB, to win the Triple jump. The Sussex men's 4 x 400m relay team also proved victorious.

Moyo Sargent stepped down from his usual 400 metres, and was squeezed into a close second place in the 200m in 22.60s. and the 800 metres produced two second places with Liam Dunne chopping more than a second off his PB to take second place in the "A" race in 1:58.0s and Matthew Grindrod clocking 2:00.02s for second place in the "B" race while Sam Illsley reached out to 59.27s for his second place in the Hammer throw.

There were not any winners in the Women's events but Alicia Borrill clocked a PB of 12.53s for second place in the 100m and Abigail Packham also clocked a PB of 11.35s for second place in the 80m hurdles and she also leapt 5.10m for third place in the long jump.

There was also a PB in the 300m hurdles where Poppy Oliver clocked 43.71s for her second place and another second place came in the Pole vault where Ivy Spencer cleared 2.90m.

There was a fine bonus second place in the 4 x 300m relay where the Sussex squad clocked 2:53.15s to complete a fine day for the Sussex youngsters.

Sussex Track and Field Leagues

Under 13/Under 15 Leagues

Brighton & Hove held on to the Sussex Under 13 League title at the K2 after an afternoon long battle with Crawley.

These two teams were stuck together, with just a few points separating them for most of the afternoon, but Brighton and Hove won in the end scoring 393 points to the home club's 376 points.

Horsham Blue Star and Chichester had their own even closer battle for third place with the Blue Stars totalling 289.5 points just five points more than Chichester while Haywards Heath also topped two hundred points with 202 points in fifth team spot. Ten Sussex clubs contested the final. Two league records tumbled on the day.

There was a cracking battle in the 600 metres between Crawley's Lauren Wormley and Eastbourne's Eleanor Strevens with Eleanor winning in 1:41.63s, the fastest by any British U13 girl this season. Lauren was also inside the record and second ranked in the Country with 1:41.73s.

In the girls' javelin Brighton & Hove's Dulcie Yelling - who had already broken the League record earlier in the season broke it again with a fine throw of 37.64m from club mate Eloise White who won the "B" throw with 25.56m. This throw is the second furthest of any British U13 girl this season and is also a new Sussex County Record. Yelling however was not finished as she then finished a fine second in the 1000m race in 3:18.53s behind the other Wormley twin from Crawley, Charlotte.

In the Boys events Rio Williams from Worthing recorded a fine double clearing 1.40m in the high jump and then clocking 20.44s for victory in the 150m while Brighton & Hove's Miles Waterworth and Alex Riley both doubled up in the "A" events with Waterworth winning the long jump with 4.39s and clocking 3:12.51s in the 1000m Riley won the shot putt with 8.99m and the 75m hurdles in 14.08s, though club mate Tom Tilley actually clocked 13.89s when winning the "B" race.

Crawley Athletic Club won their seventh Sussex U15 League final comfortably from Brighton & Hove at Withdean Stadium.

Leading from early in the programme they never looked like being caught and eventually finished with 486 points to Brighton & Hove's 406 point who only just managed to turn the tables on last year's runners up, Chichester, who totalled 402 with the rest of the teams more than one hundred points adrift.

There were many fine performances in good conditions with Horsham's Seb Wallace equalling the 80m hurdles League record, he had equalled earlier in the season with 11.5s as well as winning the long jump with 5.65m and clearing 1.70m to take second place in the high jump where he equalled winner Arthur Haines (Brighton & Hove) height but Haines won on count back.

There was another Horsham recording equalling performance when Surrey's Dan Dearden cleared 3.76m to win the pole vault.

There were fine doubles in the sprints with Ruby Anning (Brighton & Hove) clocking 12.6s for the 100m and 26.4s in the 200m and Alessio Anah (Crawley) completed his double in 12.1s and 23.9s as well as chasing Wallace home in the hurdles in 12.1s..

In the girls hammer throw there was a tight battle with Crawley's Chloe Lipscombe throwing 43.03m for victory to Worthing's Freya Brennard's 42.98m while other throwers to turn in fine efforts were Ollie Beach from Chichester who threw the discus 35.33m, Luke Twigger was well over the 40 metre mark again reaching 43.29m and Sasha Bowles who again topped the 37 metre mark in the girls javelin throw with 37.71.

On the track Worthing Ethan Muir recorded a fine win over Crawley's Tom Kimber in the 300m in 40.4s to 41.4s while Tom James (Crawley) recorded a run-a-way win in the 1500m in 4:22.1s.

Sussex Schools

By Judy Lasis

2018 has been another very successful year for Sussex Schools Athletics teams and individuals, with team awards, medals and Schools Internationals at both Cross Country and Track and Field; possibly the only disappointment was the noticeable drop off in interest in the Combined events.

Our Cross-Country season started in January with another excellent Championship at Brighton Rugby Club, organised by Chris Jones, brilliantly supported by Cardinal Newman young Leaders and staff and Brighton College PE staff helping to set up the course. Brighton Marathon kindly sponsored the event with numbers and course tape. The races were very competitive and as usual we selected the top 4 in each race to represent us at the ESAA championship in March; the top 20 from each race were selected to compete at the SESIC at Newbury in February, this race helped us finalise our selection for the final 8 per team for the ESAA championships to run in Leeds in March.

There were some good results from the Sussex Schools athletes at the English Schools Championships at Temple Newsam, despite at Nationals in Loughborough, the previous weekend taking its toll on these young athletes and we suffered several key withdrawals from the team. We all endured snow, mud and a biting north-east wind but despite the conditions we all pulled together and Bethany Cook (Moir House) took silver in the Junior Girls race. Bethany went on to gain her International Schools selection and ran in Nottingham to finish an excellent 2nd, she was certainly the pick of the Schools Cross Country runners all season. I would like to thank the team managers for supporting myself and the teams in Leeds: Tim Brown, Leanne Buxton, Sue Thomas & Linda Ingle.

The year 7&8 Championships were NOT held as the 'Beast from the East' hit and made the course too dangerous to run, this led to us having to withdraw from holding the SESIC event and so unfortunately the younger Schools XC runners had to miss out; however 2019 should enable us to hold both events at Christ's Hospital School, we thank them for their continued support.

Track & Field - The ESAA championship in July was the most successful in my lifetime, despite losing two potential champions to injury a week before. The team achieved four Golds for Lizzie Korczak JG JT, Natasha Purchas SG PV, Cleo Tomlinson JG LJ & Daniel James Thomas SB SP, two Silvers for Millie Noyce IG SP,

Edan Cole SB Jav. Nine Bronze: Chloe Lipscome JG HT, Emilie Oakden JG PV, Adam Lindo IB LJ, Ben Hawkes SB HT, Luke Twigger JB JT, Emilie Robinson SG DT, Timi Esan JB 100m, Poppy Oliver IG 300H, Aaron Duncan JB 800m, Many many other athletes achieved personal bests and scored points for the team with top eight places and National or Entry standards.

The 'icing on the cake' was Sussex Junior Girls winning the aggregate trophy as the top scoring county in that age group and all the Junior Girls must take credit for this outstanding achievement. The team managers Leanne, Buxton, Tim Brown, Sue Thomas, Hannah Nwandu, Trevor Simcox, Karl Lasis, John Clements, Julia Machin and our Young Assistant Manager Cameron Fillery, were all brilliant in giving their time and expertise to support our Athletes.

The South East Schools Inter-counties held at K2 saw Sussex come third overall in a very strong and tight competition with Kent, Surrey and Hampshire. This was an excellent opportunity for some Sussex athletes to gain the standard for the ESAA Championships but more importantly it gave many athletes the chance to compete for their county,

Conditions for the 85th Sussex Schools track and Field championships at Crawley's K.2 Leisure Centre on Saturday were almost perfect for records breaking and no less than eleven Championships Best Performances were smashed. The Championships were brilliantly organised by Leanne Buxton and ably supported by Sussex Officials, I would like to see more teachers involved in this event, not just the few who run the area teams.

As usual I need to thank a lot of people, many of whom I have already mentioned but I would like to add to those names: Reg Hook our wonderful very hands on President, Martin Etchells who keeps our accounts immaculately and always gives of his time both in commentary, officiating and helping me with booking venues etc. Becci Camis our stalwart Secretary who has done as much as she can all year. If I have missed anyone then I apologise because everyone is appreciated, and I'd like to see more volunteers to lighten the load of those mentioned.

Notable Performances

October 2017

- Brighton and Hove's Emma Dixon won the World Junior (20-24) Sprint Triathlon Championships in Rotterdam.
- Tom Evans, Lewes, scooped top honours in the Perkins Great Eastern Half Marathon in Peterborough in 68:40s.
- Meanwhile, fellow Lewes athletes Lewis and Helen Sida took part in a Masters International match at the Chester Marathon. Helen was first home in the W50 race in 3:08:43s while Lewis was a close second in the M45 in 2:38:59s.

January 2018

- Tom Eames (B&H) and Ruby Jerges (Horsham/Crawley) shone at the South of England Indoor Championships at Lee Valley. Under 20 Eames with a gold in the 1500m and a time of 4:01.61s while Jerges leapt 5.12m taking top position in the U15 girls long jump.
- The following weekend Crawley's Surrey sprinter Nicolas Baker was number 1 in the senior 200 metres in 21.78s and Elise Lovell (Havant) the only Sussex senior winner with a personal best of 6.08m in the long jump, a distance that would have been a new Sussex record had it been achieved outdoors. Other title winners came in the U20 age group with Brighton & Hove's Amber Anning, in her first year in the age group streaking to a runaway victory in the 200 metres in 24.64s.

February

- **National Indoor Championships, Birmingham:** It was a silver medal for Brighton Phoenix's Charlie Duvall Grice in the 1500m with a time of 3:44.57s and bronze for Brighton & Hove's Amber Anning in the 200m. Anning clocked 23.94s in the final with faster times in earlier rounds. Other leading Sussex performances came from Spencer Thomas (Phoenix) 1:51.48s in fourth place, fifth place for Sam Heawood (Crawley) in the shot putt with 15.83m, a sixth place in the long jump for Elise Lovell with a leap of 5.98m and eighth place with 1.71m for Crawley's Lillie Franks.
- **BUCS Championships, Sheffield:** Bethany Close took gold in the 200m in 24.35s. It was 6th Cameron Fillery (B&H) in the 60m hurdles. Crawley's George Turner and Brighton & Hove's Katie Garland both finished sixth in their events at Sheffield. Turner cleared 4.60m in the pole vault and Garland leapt 1.70m in the high jump. There was also an eighth place in the 3000m for Chichester's Beth Garland, no relation, in 10:02.98s.

- February saw Lewes AC's, Tom Evans, take part in the Costa Rica Coastal Challenge – a 230km, six stage race run over six days. Taking on the top trail runners from across the globe Tom won the race by 4mins 38 seconds. He also broke every stage record, resulting in breaking the course record by 45mins.
- Lewes' Izzy Coomber won the women's event at the Brighton Half-marathon in breezy conditions recording 79:00s

March

- **12th Edition of the European Masters Indoor Championships:** Gavin Stephens, Worthing, became the European M40 400M champion at the Championships in Spain with a new Sussex age group record of 50.76. Not to be out done, Brian Slaughter broke the British Record for the M60 Indoor Pentathlon for the second time in a month with a points score of 3967 gaining the silver medal. Adrian Haines secured a double silver in the M50 800M and 1500M, as usual running great races for both. Moving up the age group M65 Ian Richards also did the double with silver in both the Indoor track 3000M walk and then the same for the 5K Road event walk.
- The last competition was held at The Tube at Broadbridge Heath Leisure Centre, Horsham.

April

- Elise Lovell broke Debbie Woolgar's 29 year heptathlon record amassing 5400 points in Florence.
- Charlie Devall Grice 4th in the Commonwealth Games 1500 metre final.

May

- Katie Garland (Brighton & Hove) scored 5487 in the heptathlon at the National Championships at Bedford breaking the record Elise had set only a month before. Garland long jumped 5.95m during this, which moved her up to third place on the Sussex Top Ten long jumps.
- In this month Gemma Tutton, the Under 15 Lewes athlete currently living in Spain, broke the County Pole Vault record with a leap of 3.70m. This height replaces the under 15 Sussex and UK All Time leading under 13 record of 3.46m that Gemma set the previous year.

June

- Gemma Tutton did it again with another County Record in the Under 15 Pole Vault with a jump of 3.75m.
- Crawley's James Westlake broke the Worthing 10k course record in a time of 30.31.

July

- Brighton and Hove's Elizabeth Korczak smashed the Under 17 County Javelin Record for the 5th time in 2018 throwing 48.07 at Grangemouth.

September

- **World Masters Championships in Malaga:** Steyning's Ian Richards won the M70 5000M walk with a new championship record of 25.51.34 and later won the 20km race in 1:55.00, having a couple of weeks earlier set two World records over the same distances at the British Masters championships at Birmingham. Meanwhile Worthing's Gavin Stephens took the M40 200m Bronze with an impressive time of 22.91s. Eastbourne's Brian Slaughter took the Silver in the M60 Decathlon and in the process broke the 12-year-old British Record with 7314 points. In the 800M Crawley's Adrian Haines ran 2.03.54 and picked up the Silver in the M50. Paul Whelpton (Brighton Phoenix) won two medals in the M65 long distance races taking Silver in the 10,000m event in 39:20 and in the tough Half Marathon he was just 11 seconds behind the Kenyan winner to claim the Bronze in 88:38. To cap off the championships Gavin Stephen's ran a sub 50s 400m to claim the World M40 title in a UK rankings leading time of 49.68 - his first run under 50s for 15 years.

Kate Matthews 2018