

# HASTINGS AC NEWSLETTER SEPTEMBER 2021

## President's Report

Hello Everyone

We are at that time in the athletics calendar where we start to swap the track and field events for the Road and Cross-Country events. Before we finish with summer, we should reflect on the summer events. We have operated three teams.

The Youth Development League (YDL) have had the last event in the first weekend of September (this will be after I am away for a few days so I cannot comment too much there). Manager, **Dave Hunneman**, has done a sparkling job to get teams out for each of the matches. Well done Dave, I know that is not an easy job.

The SAL team have finished their league with a home match, and what a match that was! We finished second to league leaders and national league team Brighton. We are currently 57th in the southern league out of 96 teams, ahead of Sussex teams Chichester, Eastbourne, Horsham and East Grinstead and only a few points behind a combined Lewes and Haywards Heath team. Well done **Rosie Clements** for all you have done as team manager

The third team is the Vets team led by **Jo Body**. Well done, Jo. I know this is great fun and is open to all athletes over 35. If you are old enough, and still young at heart, then think about joining them next year.

All managers have struggled to get anywhere close to full teams this season, but it is hoped that with the number of new members we are getting we will not be far off full teams next summer.

There have been many sparkling performances this year, all that have been shown in each newsletter. However, one or two do need mention here. **Wayne Martin** is currently ranked 1st in the UK in the Vet Men 60 Pole Vault with a vault of 2.80 at Lewes in July. Also, welcome back to International runner Grace Baker, who competed in a half marathon at Greenwich in August.

Many congratulations to **Elise Lovell-Bunday** and James Bunday who got married in August – hope you have a wonderful future together.

Another wedding: **Steve Baldock** and **Jayne Gray** tie the knot later this month.

We are still waiting to get the joint user agreement signed off with the school. The one thing that is outstanding is a full equipment list of what we have in the storage containers. The school, 2 to 3 months ago, were meant to let us have a list of what they own, but it was never forthcoming. We are therefore going to have to go through the containers ourselves. This will be a combined effort with the Club Committee and Trustees combining in their first joint task which will help them get to know each other.

We are still looking for a new secretary. This is starting to become critical as clubs cannot operate with certain key roles not filled and a club secretary is one of the most important.

In the last newsletter we did suggest having club championships later this month, but unfortunately the offer of help was not forthcoming. These will now be conducted in 2022.

**Lorna and Martin Watts** are off to pastures new in the West Country. I wish them all the best for their future and thank you Lorna for all the time and effort you put in for the committee, not only being the “stats guru”, but also leading the writing of the mechanism behind the new fees and training structure. The good news is that Lorna has very kindly said she is happy to continue as Statistician.

Steve

## **Message from Katie Arnold**

I hope that you are keeping well and that you have had a good summer. I have been out of the country for the past 6 weeks, however it has been lovely seeing the club flying high at various track and field fixtures. One of the things I love about Hastings AC is that we have members of all ages and from such diverse backgrounds. Athletics is a gift that continues to keep giving throughout our lives and even when we are not able to compete ourselves, there are so many ways in which we can be involved - be it officiating, coaching or contributing behind the scenes on the Committee. I have enjoyed my time as Club Secretary - I took on this role at short notice in August 2018 when Andrea, our previous Secretary, relocated. I am proud to have been a part of a Committee which jointly steered the Club through a period of massive change and upheaval and also a global pandemic. I would like to thank everyone who has volunteered their time and stuck with HAC throughout this time - you will all hold a very special place in the history of the club and deserve full recognition and appreciation. Hastings AC is a special place and will enjoy many more years of success thanks to you.

Moving forwards, I would very much like to come away from the administration side of the club and focus on coaching. I am now an Assistant Athletics Coach and will start the first part of my full coaching qualification in November. I have done some coaching in track and field; however, I will be very honest and say that I am a distance runner and this is where my heart lies. I feel that I can contribute more to the Club by offering off track training for the juniors and adults moving forwards but can only do this if people step forwards to take over the Secretary role and also the management of the club IT. These roles do not alone take much time and are very rewarding - you will be helping the club move forwards and giving your time to a charity committed to inclusive sport provision for the local community. We are not for profit and all of our coaches give their time freely but this can only continue with more people rolling up their sleeves and helping us. My fear has been for a while that grass roots sports will be overtaken by profit making companies and this would have a detrimental impact on towns like Hastings where many people cannot afford high membership costs. We offer an incredible provision (which you would be hard pressed to find in terms of quality coaching anywhere around the country) for peanuts; but it can only carry on if we grow - both in terms of our membership and volunteers. We need your help to do this.

Our next Committee meeting will take place **on Tuesday 21st September** in the clubhouse **at 7:45pm. Please come along to see what we do** - we are a friendly bunch and would welcome new faces to join the team! Be the change you want to see.

Hope to catch up with you on the 21st - I will stick the urn on and bring the biscuits!

Katie Arnold  
[07802232745](tel:07802232745)

## **East Sussex Sunday Cross Country League**

The first three races of the season, plus the February race, have now been confirmed. Outstanding races to be decided at September's AGM.

31st October: Ashdown Forest

28th November (was 21st of November): Snape Wood  
19th December: New Place Farm  
January: possibly Friston Forest date TBA  
February: Whitbread Hollow 13th February  
March: Bodiam date TBA

I am stepping down from my role as ESSXCL Manager and looking for someone else to take on organising a team.

Jo Body

## **Statistician's Report**

*Will be in final version [ if not, then added to Facebook and included in next month's newsletter.]*

### **Reports**

*[ please be aware "club records" will need to be validated by our Statistian-editor]*

In London four members of our youth team represented the club at the South of England u15/u17 track and field finals which was spread over two days. In the heats on day one, Nate Cahill and Reus Brown both ran in an incredibly fast 800m, with Nate gaining a notable PB (2.16). Nate is going from strength to strength in every event. His sister Talia also had a PB in the 400m. Rae Le Fay succeeded in her heat of the 1500m to not only gain a PB (4.51) but to qualify for the finals the next day. Sunday's race was exceptionally fast and a tough one for an athlete so young to race at that level on two consecutive days, but she still managed to place 10th overall in the south of England which was great work.

GB athlete Grace Baker made her debut in the London Vitality Big Half, her first ever half marathon, and stormed in at 79 minutes finishing as 12th woman overall. This was her first competitive race in the UK since returning from her sports scholarship in the USA 18 month ago. Impressive stuff, considering due to work and studying commitments she has only been doing one training session per week. Also a fantastic result in the same race for Jenna Levett. She shaved a whopping 4 mins off her PB at 1.31m and was quoted as saying "every training run, track, grass and hill session was so worth it for that four-minute PB, although I had to dig deep for the last 2 miles"

Once again there was another great day and as always a brilliant atmosphere at what was the third SAL match of the 2021 season, this time at home in Hastings. Many of our athletes were trying out new events for the first time. There was yet another PB in the 200m and a new V50 "club record" for Jo Body, a PB and first place for Josephine Edmonds in the 800m. and a first place in both the 100 and 200m for Delicia Pascall. "Club records" were also broken by Charlotte Wynne-Pennels in the Pole Vault and Martyn Reynolds in the 400m, his time placing him number one in the country at V40 by over 1 second and 15th fastest all time. There was a notable SAL debut for Talia Cahill running her 400m and gaining a PB. Also another first racing in the women's 4x400m relay team, who all worked together exceptionally well to produce a strong performances taking the overall win! First in the 4x100 for our women's team too. Well done to everyone that came and joined the teams bringing us in to 2nd place. Thank you to Rosy for organising those teams.

Saturday 4th September marked the fourth and final YDL event, and last track event of the season. It was a great turnout from the HAC youth group. Results (and pix) are hotly anticipated but the greatest result was once again noting such fantastic teamwork and the brilliant atmosphere amongst the team. This was such great experience and so much has been gained from this event, especially as for a few it was their first ever competition. A lot of new events were bravely tried, especially in the field events to bring in those teams points.

A special thank to go out to **Phoebe Barnham**, the girls captain, for all of the support that she gave to all of the athletes during the match but also all season. Also a massive thanks to the expert coaches **Peter Baker** and **Martyn Cooper** for their time and support during the YDL season. Their training is obviously doing something right as we have seen PB after PB all the way through.

Well done to Dave Hunneman for doing an excellent job of pulling these events together. A gargantuan task that he has handled so professionally. A final thank you goes to the parents who have supported their children throughout their training and cheered on the team at events (and jumped in to help out at the home match).

The next event is the road relays in Crystal Palace on the 26th September. If you are interested in taking part please talk to your coach.

Then we pull out the scarves and hats and go boldly into the much missed cross country season.

## Results

### Southern Athletics League: Hastings

Team: 2nd beating Lewes and Haywards Heath, and Eastbourne Rovers.

#### Women

100m: A 1st **Delicia Pascall** (U20) 12.9; B 1st Amy Ralph (U20) 14.3.

200m: A 1st **Delicia Pascall** (U20) 26.3; B 2nd Amy Ralph (U20) 28.8.

400m: A 4th Talia Cahill (U17) 66.3; B 1st Kaitlyn O'Reilly (U17) 74.9.

800m: A 1st **Josephine Edmunds** 2.25.1.

1500m: A 2nd Nicole Edmunds 4.44.2; B 3rd Becky Smart 5.43.3.

3000m: A 2nd Becky Smart 11.49.9; 2nd Amy Rodway 13.35.1.

High Jump: A 2nd Delicia Pascall (U20) 1.40.

Long Jump: A 2nd Jules Lovell 3.44.

Triple Jump: A 2nd Jules Lovell 7.32.

Pole Vault: A 3rd Charlotte Wynne-Pennells 2.40; B 1st Jayne Gray 2.00.

Shot Putt: A 2nd Kim Martin 8.97; B 2nd Jayne Gray 7.69.

Discus: A 2nd Jayne Gray 20.05; B 2nd Charlotte Wynne-Pennells 17.57.

Hammer: A 2nd Jayne Gray 24.54; B 2nd Kim Martin 23.14.

Javelin: A 2nd Jayne Gray 19.75.

4x100 Relay: 1st (**Amy Ralph, Jo Body, Charlotte Wynne-Pennells and Delicia Pascall**) 57.1.

4x400 Relay: 1st (**Amy Ralph and ? ? ?**) 4.28.4.

#### Men

100m: A 2nd Jordan Pola 11.2; B 3rd Callum Edmonds (U20) 12.8.

200m: A 2nd Jordan Pola 22.9; B 1st Mike West 23.0.

400m: A 2nd Martyn Reynolds 50.2; B 2nd William Cooper(U17) 53.7.  
800m: A 3rd Steve Baldock 2.05.0; B 2nd Isaiah Wilson (U17) 2.19.9.  
1500m: A 3rd Lewis Courtnage (U20) 4.22.2; B 3rd Jack Madden 4.39.6.  
5000m: A 3rd Darren Barzee 19.10.9.  
110mH: A 2nd Oscar Tomlinson (U20) 19.6.  
400mH: A 2nd Simon Basey 68.7; B 1st Oscar Tomlinson (U20) 74.1.  
Long Jump: A 3rd Oscar Tomlinson (U20) 5.39; B 1st Joshua Gandy (U20) 4.76.  
High Jump: A 2nd Oscar Tomlinson (U20) 1.60; B 2nd Isaiah Wilson (U17) 1.45.  
Triple Jump: A 3rd Oscar Tomlinson (U20) 11.08; B 2nd Joshua Gandy (U20) 9.17.  
Shot Putt: A 4th William Cooper(U17) 5.10.  
Hammer: A 3rd Simon Basey 17.68.  
Javelin: A 3rd Noah Judah (U20) 37.87; B 2nd William Cooper(U17) 16.02.  
4x100m Relay: 3rd (Jordan Pola, Isaiah Wilson (U17), Joshua Gandy (U20) and Mike West) 49.4.  
4x400m Relay: **1st ( Jordan Pola and ? ? ? )** 3.34.3.

### **Youth Development League: Match 4 Brighton**



THESE RESULTS TO BE ADDED

U15 Girls

100m:

200m:

300m:

800m:

1500m:

Long Jump:

Javelin:

High Jump:

Shot:

4x100 Relay:

4x300 Relay:

U15 Boys

100m:

200m:

300m:

800m:

1500m:

4x100 Relay:

High Jump:

Long Jump:

Discus:

Javelin:

U13 Girls

75m:

150m:

1200m

Long Jump:

Javelin:

U13 Boys

75m:

150m:

Long Jump:

Shot Putt:

Javelin:

### **BBB 10k**

21st (1st F35) Jenna Lovett 43.42.

### **Kings Head Canter 5k**

16th (2nd SW) Eileen Beach 18.46

## **FIXTURES**

### **SEPTEMBER**

Fri 10th. The 16th Rye Summer Classic Series 5K Race Three

Sat 11th-Sun 12th. Sussex Combined Events Championships

Sat 11th. Brighton Marathon

Sun 12th BM 10k Brighton

Sun 12th The Rye Ancient Trails 30k and 15k

Sun 12th. Bewl Water 10k/Half/Full/Ultra

Sat 18th: Sussex U13 and U15 Young People's Open with 3K.

K2 Crawley

Sun 26th. Southern 6/4/3 Relay Championships.

Crystal Palace

Sun 26th. Barns Green Half Marathon & 10k

### **OCTOBER**

Sat 2nd Sussex Downs Half Marathon

Sun 3rd. London Marathon

Sun 3rd The Bewl Water 10k & 5k

Sun 3rd. Chichester Half Marathon, 10m and Relay.

Sun 10th. Brighton Half Marathon

Sun 10th. Worthing 10k

Sun 17th. Beachy Head Half Marathon

Sun 17th Worthing Seafront 10k

Sat 23rd. Beachy Head Marathon

Sat 23rd SEAA Cross Country Relays.

Wormwood Scrubs

Sun 24th. Beachy Head 10k

Sun 31st. ESSXCL (1).

Ashdown Forest

### **NOVEMBER**

Sat 6th. National Cross Country Relays.

Mansfield

Sun 7th. Beckley 10k

Sat 13th. Poppy Half Marathon.

Bexhill

Sun 28th. ESSXCL. (2).

Snape Wood

### **DECEMBER**

Sat 11th. SEAA Masters and Inter counties championships

Horspath Oxford

Sun 19th. ESSXCL (3).

New Place Farm

## **2022**

### **FEBRUARY**

Sun 13th. ESSXCL.

Whitbread Hollow

Sun 13th Eastbourne 5 miles

Sat 26th National Cross Country Championships.

Parliament Hill

Sun 27th Brighton Half Marathon

### **MARCH**

Sun 6th. Eastbourne Half Marathon

Sun 20th Hastings Half Marathon

## **Management Committee 2020-21**

President: Steve Roberts. [steve1roberts@btinternet.com](mailto:steve1roberts@btinternet.com).

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Steve Baldock

Team Managers: Track and Field. Rosy Clements,  
Road. Sean Parker-Harding  
Cross Country. Peter Baker  
Vets League Jo Body  
YDL. Dave Hunneman  
ESSXCL:

### **Trustees**

Katie Arnold, Bob Beaney, Peter Emanuel, Lionel Parr, Steve Roberts, Mary Sanderson, Bev Smart, Derek Stevens and Sara Whitney.

### **Other Roles**

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