

# SussexSport

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World no. 1

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# I WANT TO BE THE GREATEST COACH OF ALL

Mike Donovan meets the ambitious Nathan Jones

**Nathan Jones wants to be the best coach in the world ever.**

**And if he goes on to management the same would undoubtedly apply.**

**He said: "I want to fulfil every ambition I possibly can. No specific ones in terms of managing the likes of Brazil. I don't set my sights low. If I end up being the best coach that ever lived that is ultimately what I'm trying to achieve. I may never ever get there but until I die or can't do it any more then that is what I'm trying to achieve."**

**Jones is in no hurry to leapfrog into a hot seat.**

**He said: "I've been offered managers' roles in the league but didn't feel they were right. I push myself to be as ambitious as I can possibly be. I'm driven. If that leads me into a management role or wherever it takes me I'd be happy to go there. I relish challenges. Don't want to be comfortable, be one of the crowd. That's not me. I want to stand out. I want people to be inspired by what I do, by the way I live my life, by the way I am."**

**"But I'm not looking 'right I've got a plan' I want to do this for a year. I want to do that for a year'. At the minute I'm concentrating on being the best coach I can possibly be for Brighton. I love my job and the role and love working with the people here. (Albion boss) Oscar (Garcia) has given me a fantastic opportunity, working and learning from him and I hope he's learning bits from me as well."**

**"I pushed myself as a player to my limit every day and achieved what I achieved. I never played in the Premier League and look back and think 'maybe I wasn't good enough' but it wasn't through lack of trying. Yet I believe I am a better coach than I ever was a player. That's evident at the minute."**

**Jones got the return to Brighton – whom he served as a defender – following an impressive one-season stint as under-21s' coach with Charlton Athletic.**

**He said: "It was a fantastic under-21 group. We won everything and that brought me a lot of attention. It took something special to leave and when Brighton came calling it stirred me. I wanted to come back. Happy with what Oscar wanted. I wasn't surprised because I'm a young, enthusiastic, s\*\*\* hot coach. I ticked all the boxes. I'm very confident in my abilities. Oscar and I have**

**mutual friends (Jones was a player in Garcia's Spanish homeland), I speak Spanish and am an ex-Brighton player but none of that would have been enough on their own."**

**He was a loud character and joker in the Albion dressing room during his playing days at the club but Jones recognises there is a need for a more reserved demeanour as a coach after hanging up his boots at Yeovil last year.**

**He said: "As a player I worked as hard as I could. And was bright. I loved to buzz around the training ground. But as a coach you have to mature into the role, you can't be a joker all the time with the responsibility of taking a coaching role. That's been honed by being assistant manager at Yeovil."**

**"You make behavioural changes to gain players' respect. If you are doing the same things you might not get it. I make sure my life is in order so I can demand it. Your hours go from just training to doing so much more. I take my role seriously. You can't be everyone's best mate."**

**Jones, who is settled in a flat in the city, is revelling in the challenge.**

**He said: "I'm excited about what could be achieved. The previous manager (Gus Poyet) did a fantastic job to lay the foundations. I knew it was a fantastically big club and since I've got back here nothing has been diminished in terms of perception for me. It is a Premier League club in waiting. The infrastructure is superb. The people they have at the helm are fantastic. It is just a joy to be back. We are very proud of the squad we have. The Amex is fantastic, with a Premier League standard training ground in place. The fans superb."**

**"The Promised Land of the top flight? We'll see where the season takes us. If we all believe and work for one common goal you never know. It'll be hard. Teams have come down with big budgets. Ours is competitive. The chairman (Tony Bloom) is not prepared to go gung-ho. There's a structure and we are happy with that. We'll give it an almighty go."**

**The set-up is in stark contrast to the one Jones knew as a player. But the Welshman loved his five years in the Seagulls' backline as he helped them to three promotions despite the fact the club had no permanent home after the sale of the Goldstone, leading a nomadic existence,**

**“ I pushed myself as a player to my limit every day and achieved what I achieved. I never played in the Premier League and look back and think ‘maybe I wasn’t good enough’, but it wasn’t through lack of trying. ”**

Picture by Paul Hazlewood



including a spell at an erstwhile athletics stadium, Withdean.

He said: “It was the best time ever. We had a group of players with a work ethic. A mentality that was just phenomenal, We were at Withdean and needed our home. But the players demanded from each other every single day. No one took liberties.

“We socialised together. Every six weeks we had a meal and a bit of a night out together. Some of the jokes were very to the bone. That was the atmosphere we had here. We were close-knit. Took on anyone and they knew they were in a game. That’s what got us through. We had some fantastic individuals who went on to do things but more than anything we were a group. A team spirit bar none. Looked after each other.

“The fact the club was on its uppers helped galvanised us. If we had wanted to moan about anything we could have. We didn’t have anything compared to what the club has now but we worked as hard as we possibly could. Micky Adams brought me in in June 2000 as he put his promotion team together with the likes of Charlie Oatway, Watto (Paul Watson) and Danny Cullip and finding the best players in League Two sides, like me from Southend, Bobby Zamora, Richard Carpenter. Outstanding.

“The side stayed together for years and became a Championship side on a shoe-string budget. The League One play-off final against Bristol City at the Millennium to get us into the Championship was my personal highlight.

He appreciates the good fortune he has had throughout his

career.

Jones said: “I’m a born-again Christian from a Welsh mining community. If someone had offered me two years as a professional footballer when I was 16 I’d have bitten their hand off. But to still be in it 24 years later in an excellent job turned 40 is a dream come true.

“I praise the Lord regularly. I never take this for granted. I want to work hard. I want to progress, get better. Develop as a person and a coach. As I’ve said, I want to be the best I can possibly be. To achieve that you have to work hard. You have to have a certain amount of ability – which I believe I have. Then obviously you have got to have people who believe in you. Now I’m here!”

Watch this space **SXS**

## A WELSH LINEKER

Nathan Jones has a bit of the Gary Lineker in him. And we are not talking the gift of the gab and a presentable image.

The Brighton assistant coach, like Lineker, went to play in Spain and immersed himself in the culture.

Jones, who played for Numancia and Badajoz, said: “You’ve got to throw yourself wholeheartedly into the culture.

“I like to be involved. If I don’t understand a word of what anyone is saying it is unbelievably frustrating for a person of my character.

“I learned Spanish very quickly. Diligent. I took a learn-to-speak Spanish book around with me everywhere as I socialised. I was diligent. It’s stood me in good stead as it ticked another box on me getting the role at Brighton.

“I’m so happy I did it. Yes, there were times I felt homesick but my parents were so supportive, coming out when they could.

“I loved playing out there. I remember a volley I scored for Badajoz!”

# KEEPING UP WITH BARCELONA

From Scrapheap Ready to Premier League Ready. Mike Donovan reports



Oscar Garcia, assistant Nathan Jones and Martin Perry at Albion's new training ground site.  
Pictures by Paul Hazlewood

**O**scar Garcia and his Albion players and staff have their New Year's Wish.

And they are excited to be moving into the club's first purpose-built state-of-the-art £30m training ground this summer.

The Seagulls boss, who has donned his hard hat to view the 40-acre development at New Monks Farm in Lancing, rates it as "one of the best I have ever seen".

It is some statement given Garcia played and coached at Barcelona with the ground opening on June 27, three days before his players return for pre-season.

He said: "It'll be amazing. It's been a long time coming. The club must be grateful to (chairman) Tony Bloom for spending the money for the club. First on the Amex Stadium and now the training ground.

"I'm sure all the fans are proud of what the club is doing in terms of the infrastructure.

"I can't wait to get in there with the players and start working. We'll be

working close to the younger age group players who I am sure will feel more part of the club."

On top of that praise, Alan Mullery, the former England World Cup star who managed Albion in the top flight in the 1970s and 1980s, has also had his breath taken away by the new £30m training base.

Seagulls ambassador Mullery said: "When I saw the Amex I thought it was heaven. Now I've changed my mind after seeing the training ground. That is heaven. I wish I was 40 years younger and able to train and play with such facilities. If the players don't enjoy using them there's something wrong with them."

Albion have talked the talk and planned the plan and turned a dream into reality. They were a club which was left with no ground, no money and no future by the much reviled regime of Bill Archer and David Bellotti in 1997 (a year in which they only maintained their Football League status with a point at Hereford on the last day of the season).

The club was homeless and near

lifeless, before fan Dick Knight came to the rescue and saved it as they lodged at Gillingham and back into the city at an athletics stadium, Withdean.

There were years of searching and fighting for a permanent new home and, thanks to the largesse of Bloom, they have one. Now with the new training ground Seagulls have completed a full circle.

Moved from Scrapheap Ready to Premier League Ready, to borrow a phrase coined by the club's chief executive Paul Barber to describe the plans in place to ensure Albion will be. Even during the Goldstone years training facilities were light years from the vision turned reality for Garcia, his players and staff from next season.

Mullery took his premier players across the Old Shoreham Road into Hove Park. And one of his successors, Barry Lloyd, had to put on sessions at a rugby club in Worthing.

And in recent years, Albion have had to rely on what Sussex University have provided.

Albion feel the new training ground

will help attract junior prospects and senior players and provide all-year round training with its under-soil heating and indoor pitch.

Executive director Martin Perry said: "We are no longer at a disadvantage because of our facilities. The contrast to how it was is astonishing.

"It is designed to attract young players and senior players - and keep them - and help them all prepare for matches in the best conditions possible."

The go-ahead to push ahead with it was given at a board meeting in Marbella in May 2011 as directors celebrated promotion with the players and the move into the Amex happening the following season.

Former chief executive Perry said: "We wanted to provide better facilities and meet the demands of the Elite Player Performance Plan. The Premier League set the EPPP bar high, They thought if they did there wouldn't be many clubs who could meet it and therefore they'd be able to come round and attract all the young talent around the country and won't have to pay for it. They didn't reckon on Tony Bloom's ambition."

Adur came up with 36 acres of flatland 15 minutes drive from the Amex at Lancing; convinced the project would re-generate the largest village in England. It was later extended to 40 to accommodate a variety of pitches. Full-sized, smaller-sized, half-sized (indoor) on synthetic and grass. Two are replicas of the Amex pitch.

The complex - which features a distinctive Y-shaped building - has top-notch facilities for playing, changing, medicine and education for under-nines up to the grown-up, topline professionals. Albion In The Community, the charity arm of the Seagulls, will also be able to use the site for their programmes.

Barber reckons the new training ground, which also houses the club's academy, is crucial to the club's future.

He said: "It's absolutely critical. We want to hold on to players as well as attract them. It will help us progress to the next level. It is massive for us."

Albion, short-term, have a Level Two status academy under the EPPP. Seagulls development squad manager Simon Ireland said: "It will be among the best academies in comparison to Europe and the Premiership which sells it to talented youngsters, hopefully it will help us attain Level One status."

Bloom has a dream of a stream of local players making it through the system into the first team, insisting it would be "exciting" and "make sense financially rather than paying out big transfer fees".

He said: "That's what the supporters want." Meanwhile, Perry, although passed retirement aged - is not planning to don slippers and put his feet up just yet. He is heading up a project to build a hotel and student accommodation on the Amex site.

Perry said: "When I reached retirement age Tony (Bloom) asked me what I wanted to do and I said I'd like to add the extra seats at the Amex and complete the training ground. It would mean I'd have had a part in building the whole infrastructure of the club. And he said 'that's what I want you to do'.

"But I'm now happy to explore other opportunities to increase revenue for the club. I'm certainly happy to look at those. The Falmer residents seem happy after being delighted with what we did with the stadium. They think it is lovely.

"It was a life-changing decision to leave McAlpine and become Albion's chief executive 17 years ago and help us deliver the stadium, but I've never regretted that decision ever.

It's a huge satisfaction to help build the infrastructure. I feel proud, especially when people say the whole thing is fantastic. It's what I want to be known for.

"Dick Knight - who saved the club when there was no one else and I took over the club the night before the

**“ When I saw the Amex I thought it was heaven. Now I’ve changed my mind after seeing the training ground. That is heaven. I wish I was 40 years younger and able to train and play with such facilities. ”**  
- Alan Mullery

last game at the Goldstone and had just loose change left by the previous regime. We didn't know where we would be playing the following season.

"We didn't have anything. And had our ups and downs. But we never gave up. Now next season we'll have the wonderful Amex and the most incredible training facilities.

"I've shown enormous patience and tenacity and learned to believe in myself." **SXS**



# JUST PASSING THROUGH

MIKE McNAMARA REMEMBERS BRIAN CLOUGH AT ALBION ON THE 40th ANNIVERSARY OF HIS DEPARTURE



Caption: Brian Clough with Albion chairman Mike Bamber and assistant Peter Taylor

**A**s I frantically spun my - resolutely analogue - radio dial in an attempt to avoid another of the “Nelson Mandela that knew me” interviews with some long-dispatched politician, I came across a delight of a programme, ‘Sporting Lives’ in which the admirable Lawrie McMenemy was discussing his career.

One of the gems he dropped into the conversation was the fact that Brian Clough, in his first managerial stint at Hartlepool, obtained his HGV licence. As, in a desire to involve himself with every aspect of a club in delicate financial health, he

anticipated – at some point – driving the team coach.

This explains much about the man, but not - forty years on - why Brighton? Well, it probably wasn’t mentioned much at the time, but ‘Old Big ‘Ead’s’ seeming incongruous move down to the south coast may have been influenced by the memory of how accommodating the club had been the last time they met.

Back in 1958, his five goal spree in Middlesborough’s 9-0 win – still a record for both clubs – probably left him with the sort of warm memory that most of us usually associate with a

# “ The appointment was a declaration of intent by Bamber and a real coup for the club. Brighton were in the headlines and the fans were awestruck. ”

successful Saturday night. Although, speaking personally, five would be pushing it a bit.

Prior to management, their playing careers also ran very much in tandem and Peter Taylor was 'Boro's keeper that day. Although 'underoccupied' may be a little harsh on Brighton, there is a rumour that the Holgate End passed him a bag of chips in the second half.

But the actual decision to drop two divisions? Well, as Peter Taylor tells it, the duo's resignation from Derby County, the resultant court case and the players strike for their reinstatement made the pair – in the eyes many – unemployable at the top level of the game. However, chairman Mike Bamber's phone call would still, on the face of it, appear to be an act of the purest optimism.

But you don't become a successful property developer, night-club owner and chairman of a football club without making sure that, decision-wise, whatever flier you apparently take is very well researched. And in Harry Bloom and finance director Keith Wickenden he had men who shared his vision for the club. But, even so, considering Clough's well aired views on football hierarchy in general – and chairmen in particular – he must have been one persuasive individual.

Of course a generous starting package can create its own perspective; and the promise of a reasonable transfer budget seemed to concentrate minds - well Taylor's, anyway; and it was he who was obviously instrumental in Clough's decision. But the appointment was a declaration of intent by Bamber and a real coup for the club. Brighton were in the headlines and the fans were awestruck.

Clough, despite embracing the deal, seemed to be less committed than his colleague. His children stayed at school in Derby and, therefore, his wife stayed with them. Despite being offered the loan of comedienne Dora Bryan's house (she resided in her own hotel) and viewing Max Miller's old abode they never obtained a property in the south. This post-war British comedy motif extended even further when Eric Sykes' non-league Walton and Horsham turfed Brighton out of the FA Cup. (I'm sure 'outwitted' has a place in this paragraph,

but I can't figure out where)

Despite subsequently being described by Clough as the best Chairman he ever worked for, Bamber could justifiably claim that his celebrated manager didn't really hang around long enough for the relationship to decline. Gone to Leeds within eight months, Clough – unlike Taylor – never formed the bond with the team that he had at Derby; and was subsequently to have at Forest.

It always appeared that, whilst Taylor's focus was on the job in hand (he declined to follow his boss to Leeds and certainly laid the basis for Alan Mullery's later success), his manager always had an eye on a bigger stage and a greater prize. During those months they entertained other offers, including one from the Shah's Master of Horse, to manage the Iranian national team. The way things panned out in that neck of the woods, even Leeds looked to be the better career move.

In his book 'Mad Man' Dick Knight relates a tale of passing Clough at Victoria Station about half an hour before the kick-off of the ill fated home game against Walton & Hersham (known to many as "Sykes and a Stuffing") The southbound train wouldn't get the manager to Brighton until about half-time and Knight voices the opinion that, for him, this encapsulated Clough's ambivalent attitude to the club.

Still, things work themselves out and as the tale unfolded, Clough got his European prize with Forest – but not the England job. And Brighton spent a respectable amount of time at the top level, - without quite getting a trophy.

Apropos of absolutely nothing, my trusty radio has just broadcast Geoff Boycott bemoaning England's reckless batting in the second Ashes debacle. "you can't win a chess game in the first few balls." He said.

I can't top that. **SXS**

# LUCKY TO BE ALIVE

MIKE DONOVAN MEETS JOHN GREGORY WHO TELLS OF HIS CANCER FIGHT



John Gregory (at the back) trains with Mike Donovan (front in different kit) at QPR

**S**ussex Sport looked at John Gregory sat in the corner of the home dressing room at Crawley Town. He was buzzing at what 2014 held for him and his new employers.

Back in English football after a six-year absence, refreshed after 12 months out of the game and delighted to be wallowing in the muck and nettles of League One football and its challenges. Moreover the 59-year-old was the picture of health.

Your writer has known Gregory for 30 years, when the former Brighton and Hove Albion players was a skilled, intelligent and versatile 100 per cent performer with a Terry Venables-managed Queens Park Rangers.

Once trained with him and his Rangers' team-mates (and, Venables told me, got mistaken for a new signing by a London

Evening Standard reporter!) And he was a 100 per cent trainer.

Off the field he was a sharp wit to match his stylish looks. He also loved his music and has dubbed himself Bruce Springsteen's No.1 fan on his twitter account (it is a rarity for a football manager to have one) and known to strum a guitar in his office.

As we spoke after he had invited me into the warmth of the inner sanctum. I was struck by how little he had changed in looks and personality. Short, styled dark hair, a ready smile and a ready wit.

It was hard to believe that the man who developed from an England international footballer into a top-line manager was diagnosed with cancer five years ago.

Being brought face to face with your own mortality can crush. Make the re-

ceiver of the news recede into his or her shell and break down mentally as well as physically. Gregory didn't.

And, although Gregory tells the tale in low-key fashion, he appreciates how lucky he has been and how much owes to the "nagging" his wife Michelle.

He said: "I had it (cancer) without knowing. Suddenly I had to have an operation. Totally out of the blue.

"(Publicist) Max Clifford became a friend of ours and my wife read an article about Max having prostate cancer so said I must have this test.

"She went on and on and on. I had no symptoms but went down to the doctors for something different and while I was there asked if could do a test. I did it and discovered I had cancer. They operated and took it away and that was it. I was very fortunate. My wife did something





John Gregory

Picture by Russ Kirby

**“ My wife read an article about Max (Clifford) having prostate cancer so said I must have this test. She went on and on and on...I was very fortunate. ”**

right for a change! Only joking.

“I go back every six months for a check up. In fact I was due to have one the day before it was announced I was Crawley manager. One I had to cancel!”

Gregory has a wealth of domestic managerial experience with Villa, Derby County and QPR. Experience which includes glory to inglorious days; leading Villa to the Premier League summit and the FA Cup final to being embroiled in financial turmoil with the Rams and Rangers.

But he returned to Sussex having bossed abroad, guiding Maccabi Ahi Nazareth and FC Ashdod in Israel and FC Kairat in Kazakhstan.

And he has no wish to repeat some of his experiences in foreign fields back home.

Gregory said: “At Maccabi they didn’t pay us for three months didn’t get paid for three months. We were an hour north of Tel Aviv and some players had to ask their mums for money to put petrol in their cars.

“Some refused to come to one session for 20. We only got 12 with a match to play on Saturday.

“I had a problem. I told three of the youth side ‘you are playing on Saturday against Maccabi,.’ They were packed with Israeli internationals, but if you have only got half a team what can you do? It was tough.

“About 30 to 40 supporters would not let myself or my players onto the training ground. one day when I was at Ashdod. They stood by the gate and their leader came up to me and said ‘it’s not your

fault. It is this lot. They are not working hard enough. We know them all and they go on the lash and are partying and then come Saturday they play rubbish. We are not having it’.

“They surrounded the players and told them all that and also said ‘we know where you live and your family’. It made you wonder if they were going to send the boys round!

“Also, some supporters smashed up the players cars after a 3-0 defeat.

“It’s a different culture. You’d expect them to turn on the coach. It doesn’t happen here - yet!”

Travelling was a nightmare with FC Kairat.

Gregory said: “You had to fly everywhere. It is the ninth biggest country in the world.

Some flights were up to three hours - and you had to put your watch back.”

Tracksuit boss Gregory has brought ambition and nous to his new role, plus a disciplined approach, a penchant for good football and a belief he can take a club playing non-league just three years ago into the Championship by instilling the fear factor.

He said: “Under Steve Evans they had that. People used to hate playing Crawley. They knew this lot would fight from the first minute to the 95th minute. This team was hard to play against in every single position. Every single one of them earned the right to play for Crawley Town because the manager wouldn’t accept anything less. Steve did an amazing job with this club in that respect.

“ We have got to get that back. We have a nice team with some nice guys but they just need to get that winning mentality

“I know a lot of boys up north and they say they like it when the soft southerners come up there as they like to roll over and have their tummies tickled to a certain degree and until we prove otherwise they are correct. We need to get a bit more steel about us. Be harder to play against.

“We’ve got a magnificent history but that’s gone. We have to look forward. I’ve signed for 18 months but hope it is five years in which I take the club up to the next level.

Gregory remains hooked on the “drug” of football after more than 40 years in it

He said: “You think it would go away but it doesn’t. It’s weird because at home the family said before I took the job ‘do you really want to go back and do that’

“It doesn’t leave you. It doesn’t go away. It is not a financial thing. It really isn’t. I can go and do TV now and earn three times as much as I would earn here in a year. I could go to Villa every week and go to a function and get paid to turn up. But it is not the same as being involved and being on the touchline and being on the training ground.

“People say it’s a drug and really it is. Never once thought I’ve had enough of this. It’s a horrible business. Various clubs I have been with. But I’ve never once thought ‘I’ve had enough of this.’”

**SXS**

# I THOUGHT I WAS GOING TO DIE

Mike Donovan finds out Crawley's Torres survived to live the dream

**S**ergio Torres, celebrating a decade in English football, feared he would die on a miserable, wet Sunday night in London beneath a railway arch shortly after his arrival. And that his family back in Argentina would not know a thing about it.

The South American, then 22, had quit his job at the family brick factory and come to the home of organised football to realise his dream of becoming a professional footballer.

It came true and he has played at footballing citadels such as Old Trafford and Stamford Bridge. And become a firm favourite with Crawley Town fans and settled in Brighton with his wife Lena and daughter Luna.

But not before THAT nightmare evening in the capital which made him,

had taken him under his wing drove him to a garage beneath the train tracks.

The Argentinian's erstwhile 'tourist guide' proceeded to row with the owner who wanted the agent's car in lieu of money owed.

Torres said: "It was like the movies. It was certainly a horrible, rainy Sunday night. Late. The train was rattling on the tracks above.

"The guy was massive and came out and argued with my agent. My agent gave me the car keys and said 'keep hold of them'.

"The other guy saw it and picked up a big wrench and came to smash me, proper shouting at me to give him the keys. He grabbed my hand and I threw the keys in the air. He didn't hit me with this wrench but punched me really hard and I fell into the car. My agent and this

or six people there. He showed me my room and, tired after the flight, I went to bed. An hour later someone got in bed, telling me to 'move over, I'm sleeping here'. I spent the night looking out of the window thinking 'I was fine back home with my family and my friends. I had a job. Now I'm here sleeping with a complete stranger I can't understand'.

"When I made the decision to come I thought I'd be all right. At 22 you think you can do everything. But it was hard."

Torres' decision to leave Argentina alone, though, was a tough one for the family-orientated young man.

He said: "I was comfortable. That was my life. I had family and friends. Playing part-time and not getting any money from football. But my dream was always to be a professional footballer.

**“I told my family the story - five years later! If I had told them when it happened my dad would have been on the first plane over.”**

initially, regret coming to an unfamiliar country not knowing anyone and being unable to speak the language.

He had spent his savings on a flight and 300 dollars spending money with just the promise of a trial with Brighton and Hove Albion. No guarantees. But fulfilling a football dream was knocked off top spot in his thoughts as he was attacked by an angry stranger.

Torres said: "I thought 'I'm going to die here. And if they kill me my family would not find out because they didn't know where I was in England. I was shaking."

Torres had been stir crazy and wanted to learn a little of his newly adopted country outside of the four walls of his south London, base. So the agent who

guy started to argue again before the owner left and we drove off

"When I got to the house I was staying - it was the agent's house - I went into my room and didn't come out all night and for the whole of the next day.

"I really wanted to go home. I thought 'what am I doing here?'. It was scary.

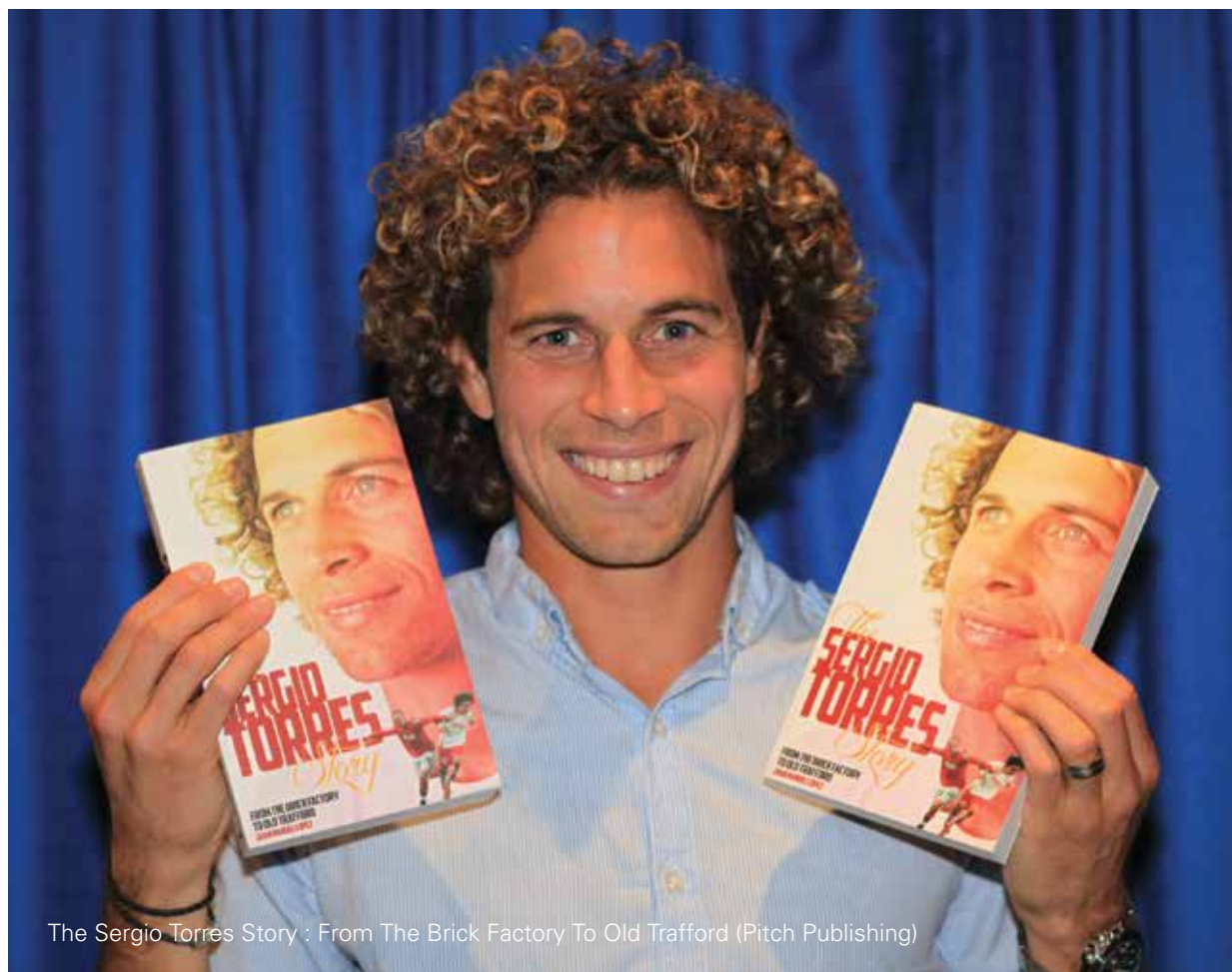
"I told my family the story - five years later! If I had told them when it happened my dad would have been on the first plane over."

Another nerve-shredding introduction to England came on his first night. And, again, it involved a stranger.

He said: "The agent met me at Heathrow and took me to his house. I thought I'd be living close to Big Ben. Instead, it was Norbury. There were five

An Argentinian agent sent Brighton manager Mark McGhee a video and he liked it. I saved for over two years for the plane flight. My sister said 'I'll give you a month maximum because mum cooks and does everything for you'. My mum said ok because I told her I would only be three weeks, which was true because I only had the trial with Brighton."

But he stuck at it and played for non-league Molesey where he met another Argentine Cristian Levis. The pair might not have had the same impact as compatriots did with Tottenham in the 1970s and 1980s, but at least they had each other to lean on in a shared quest and they moved on playing for Basingstoke, while working in the warehouse at Boots.



The Sergio Torres Story : From The Brick Factory To Old Trafford (Pitch Publishing)

Torres said: "I played football with Cristian back in Argentina and our mums told each other their sons were having trials in England. I learned to speak English in the warehouse. We didn't have much money and Basingstoke fan John said to us 'come and live with me and my wife. So nice. Back home people think England is one of the country's we don't like because of the war. I told them how wrong they are about the English."

His Football League breakthrough came when Torres impressed Wycombe Wanderers manager John Gorman in a pre-season friendly against Basingstoke. And it led to him playing for the Chairboys against Chelsea in the semi-final of the 2007 League Cup under Gorman's successor Paul Lambert.

He said: "I thought 'what am I doing here?' I'd been working in Boots only a couple of years earlier and now I was playing at Stamford Bridge against the likes of Drobga, Sevchenko, Ballack, Lampard and Makelele who were managed by Jose Mourinho. It was a dream. I said to my dad that it was a dream that could not be bettered but he told me it would help keep me going onto something even better. And it did - at Old Trafford."

Peterborough boss Darren Ferguson,

son of Manchester United legend Sir Alex, signed him for around a reported £100,000 and he helped the side to promotion before joining Crawley in 2010, taking on a Sir Alex-managed United in the FA Cup the following year.

He said: "Before I went on the Old Trafford pitch I stood in the tunnel for three minutes. My head was all over the place. Thinking about when I first came to England. My Brighton trial. Training on my own. Thinking what am I doing here standing here in front of all the stands? How many legends had played in this stadium? The Theatre of Dreams. Well dreams come true. Mine had. My dad came over and joined 75,000. I knew how proud he would be. And my mum and sister watched live back in Argentina.

"I never thought in my life I would be playing at Old Trafford against Manchester United in a competitive match. Playing against the likes of Wayne Rooney and Michael Carrick.

"Once the game started I just focused. Ran as much as I've ran in my life because I knew I wouldn't ever play there again. Enjoy it as much as I could. Every minute. Didn't want any regrets. Not running for that ball, not making that

tackle.

"We were unlucky, losing 1-0 but we hit the bar in the last minute. I got Michael Carrick's shirt."

Torres felt Crawley is his football home as soon as he joined.

He said: "It was a hard decision to leave Peterborough after working so hard to be in the Football League and to have to drop into the Conference. I didn't have the best times with Peterborough and the manager didn't play me much. And I fell in love with Crawley the first day and the fans liked me from the beginning because I give 100 per cent from the start. They also like me because I scored an injury-time winner against Derby to put the team in the third round of the FA Cup for the first time. Coming to Crawley was the best decision I've ever made. My wife and my lovely daughter live in Brighton. We love Sussex.

"But I haven't been in the team much in the last year or two. I might have to look at something in January if I'm not in the team. This is the last year of my contract and I don't want to be without a job in July." **SXS**

# GRAND DESIGNS OF

## MIKE DONOVAN MEETS CHRIS KERMODE, A CHARM

**T**he small rural Sussex village of Cocking has an unlikely link to the biggest job in men's professional tennis - and the biggest indoor tennis event in the world.

Chris Kermode, who has taken over as executive chairman and president of the ATP after being managing director of the governing body's World Tour finals at the O2 involving the top eight male player on the planet, has family history in the community just outside Chichester.

Kermode, 48, revealed: "My grandfather used to live there. His name was Sir Derwent Kermode. Pretentious or what! He was the vicar of Cocking and is buried in the village church. He was also a former British ambassador. It's all a bit random."

There is no record, though, of whether Sir Derwent planted the tennis genes which produced a tennis player who succeeded the late Brad Drewett in the governing body's head role and thought up and nurtured a tournament which attracted a quarter-of-a-million spectators to the shores of the River Thames at Greenwich in November 2013.

But there is no questioning the influence on Kermode of a superstar musician who has had his latest film, *Journeys* screened in Sussex cinemas over the past year.

Morrissey could have been referring to Kermode when he sang 'This Charming Man' fronting The Smiths, but it would have meant more to the grandson of a Sussex man of the cloth, one suspects, coming from Neil Young.

Kermode is a massive fan of the Canadian singer-songwriter.

So much so he wanted to meet Young when he performed at the riverside venue last year before having to make do with a photo-shopped picture of himself with the reclusive musician.

Kermode had a similar adulation for and interest in artistes he was keen to promote and manage in a former life in the music business. And it taught him a valuable lesson which he applies in his professional life.

He said: "I'm a massive music fan. When I was working in music in my 20s I was always trying to get bands signed I



thought were brilliant. Preaching to guys in their 40s I thought were old.

"It was a time when boy bands were incredibly commercial and they'd say to the ones I wanted signed 'where do they fit in. We're not going to sell many records with them'.

"My youth and keenness hazed the fact it was a business. A guy from China Records told me I was too big a music fan. That's always stayed with me. He was right, although I hated him at the time.

# VICAR'S GRANDSON

ING MAN RUNNING THE MEN'S GAME WORLDWIDE

**“ You have to engage and listen to everybody rather than run things dictatorially. You have to get on with everybody because you'll get your backside kicked further down the line. ”**

“It's all why I surrounded myself at the O2 event with people who aren't manic tennis fans. They are great sounding boards. It is a consumer approach. Surrounding myself with massive tennis fans would have been a big mistake. You don't get that perspective.

“Ultimately it comes down to me but it will be a very considered opinion. You have to engage and listen to everybody rather than run things dictatorially. You have to get on with everybody because you'll get your backside kicked further down the line.”

Kermode started his new job on January 1. (One he got in part due to the support of marquee names, with players making up 50 per cent of the ATP's constitution. And he already has a clear vision.

Kermode said: “It is a massive honour to lead the governing body of men's tennis during one of its most exciting times.

“I'm determined to work as hard as possible with the ATP staff, players, tournaments and partners.

“I want to link up everyone so we can realise the full potential of our great sport.”

It is understood Kermode was rejected by the LTA as a candidate for the chief executive role given to Canadian Michael Downey - a respected choice - because of a lack of managerial experience. And he did lack the political experience compared to rivals such as Mark Young for the global job. But players make up 50 per cent of the the ATP constitution. And superstars among them helped clinched him the Big One,.

Wimbledon champion Andy Murray was one. Kermode has worked with Murray at the O2 and as tournament director of the Aegon Championships at Queen's Club (where he helped devise the British No.1's Rally Against Cancer event) was another 17-time Grand Slam winner Roger Federer, president of the ATP Players' Council, to put his weight behind the grandson of a county cleric.

Murray has revealed how well Kermode gets on with the players. And it seems the feeling is mutual

He said: “Not one of the players is incredibly difficult to deal with – Andy Murray is one of the nicest blokes. Some are incredibly chilled and low maintenance. I'm amazed they are as easy to deal with as they are knowing they get pulled left right and centre and touring constantly.”

The level of responsibility inevitably brings stress. On the outside Kermode is calm, but appearances can be deceptive.

He said: “My wife sometimes says ‘you seem remarkably calm’ but knows underneath I'm not.”

Kermode is proud of what he achieved with the World Tour finals at the O2. He had, of course, the similar role running the Aegon Championship at the Queen's Club in west London in the lead up to

Wimbledon. But that was a success before the former British player, who competed on the Challenger circuit, was invited to run it by founder Sir Frank Lowe.

He said: “Queen's was an incredibly successful tournament and it was ‘how could I tweak it’. You'd be a fool to mess with the core element.

“With the O2 event I could make my mark. I was handed a blank piece of paper to set it up. Just a bit of responsibility? Yeh. A fantastic challenge and I'm so proud of how it has developed.

“It was a real privilege to have been involved right at the beginning. And to have had the opportunity. There are plenty of talented people out there but they don't have the opportunity to start something from scratch.”

The approach was necessarily different to Queen's. East is East is East and West is West. In London, of course. The finals is an indoor event with light shows, big screens, loud music and a whole lot of razzmatazz in the East End. Queen's a traditional, ‘clubhouse’ grasscourt tournament in the West. Rock ‘n’ roll against Classical.

Kermode said: “The thing I found interesting is that I ran two events in the same city but acknowledge they are very different venues. And how they were put on was very different. It's what is applicable to the stage you're on.

“With the finals I thought the O2 was primarily a music venue so let's bring the elements of that show to tennis. Light and stage the arena in a different way. The lights on the stage – the court - and the audience in darkness.

“I fought for two sessions a day rather than one. It worked well. Created a huge opportunity to engage with an audience who would not normally go to a tennis event.

“It would have been very easy to think ‘well that works at the O2, let's try it at Queen's, the music, lights etcetera’. It wouldn't.” **SXS**

# PRIZE TURBOCHARGES ANOTHER BIG YEAR FOR SEB

ACTIVE SUSSEX SPORTS AWARDS. MIKE DONOVAN AND DANIEL WHITE REPORT

Seb Rodger bids to take part in the European Athletics Championships and the Commonwealth Games this year.

The athlete goes into 2014 boosted by winning the Freedom Leisure Sports Personality of the Year prize at the Sussex Sports Awards, run by Active Sussex.

It capped a breakthrough year in which the hurdler was the lone county competitor at the World Athletics Championships after striking silver in the European Under-23 Championships.

The 400m hurdler from Eastbourne said: "It feels fantastic going into another big year to have won the award. Another year I want to keep progressing. Make European and Commonwealth Games finals to progress towards the Rio Olympics.

"It is amazing to have been recognised. It is something completely different for me. I'm in control of things as an athlete but not in control of who wins the award!"

And he clearly seeks to underline he was no one-year wonder grateful to the help given him by Steve King, who completed a double for Team Rodger by taking the @inspireleisure Coach of the Year award on a glitzy night in front of 350 guests - including guest speaker Gail Emms, the Olympic badminton silver medallist - at the Grand Hotel, Brighton.

Rodger said: "I wouldn't be where I am without the team I've had behind me. My parents have been the driving force but my coach Steve has done an incredible job through the years and I owe everything to him. He's been a big part of my athletics and my life. I'm delighted for him."

King said: "I appreciate being appreciated enough to win the award. I know I give up a lot of time but I'm not on my own. A lot do it because they love it. Delighted for Seb."

Horsham golfer Marco Penge, 15, is another keen to progress this year after winning the University of Chichester Young Sports Personality of the Year.

He said: "It has certainly given me a lift to

have plenty of more good years. It's a big award. There's a lot of young athletes in Sussex doing well."

Matthew Weller, 16, secured the Young Coach of the Year award, also backed by the university, for his work with Selsey Football Club.

Faye McClelland, 34, from Lewes, had hopes to continue a Rio Paralympic Games campaign lifted by securing the University of Brighton Disabled Sports Personality of the Year.

She defended her ITU Para-triathlon world title at Hyde Park last September, while studying for a full-time physiotherapy degree at the University of Brighton.

Mick Waghorn, a seventy something, clinched the @BBCSussex Unsung Hero Award for his voluntary work with Bexhill Cricket Club where he has been chairman, vice chairman, bar manager, captain, secretary, groundsman, maintenance man and fund-raiser.

Andy Marchant (Brighton and Hove) and Sandra Pamplin (Wealden) received Special Recognition Awards. Marchant spent 35 years promoting, organising and coordinating sport and PE at Dorothy Stringer School.

He said: "Unexpected! The 35 years seems to have gone like that. I've loved every minute, I'm grateful I lasted that long,"

Pamplin has been a key sports professional for more than 25 years and was School Games Organiser at William Park Sports College in Hastings.

Jeff Hart (Wealden) claimed the @sportengland Outstanding Contribution to Sport prize after 35 years in the fitness and leisure industry. Kath Ferguson, of Little Nippers swimming club, won the Sussex County FA Volunteer prize.

The Brighton & Hove Special Olympic Team scooped the Sussex County FA



Seb Rodger

Team of the Year award and Alan Brown, the team's coach, spoke of his pleasure at seeing his team rewarded for their hard work.

"We came back with 17 medals so for the athletes it is what they work so hard for over the four years," he smiled.

Meanwhile, East Grinstead Meads FC collected The Grand Hotel Club of the Year award and chairman, Steve Phillips, thanked all those who contribute for their help.

"It's fantastic," he enthused. "I'm here as a chairman but it's all the volunteers, right throughout the club, and everyone is a volunteer, and without them the club wouldn't exist. So this is really a thank you from the people who we try and help to say 'yes, you're doing a great job, carry on'."

Sussex women's under-17s cricket team, unbeaten in 2013, claimed the @juicebrighton Young Team of the Year after sealing an unprecedented national t20 and 45-over county title double.

Manager Alan Smith said: "It's a strong age group, with a high percentage of England players but it hasn't relied on stars. We're following a strong tradition with role models such as Sarah Taylor and Holly Colvin."

The Grand Hotel Club of the Year was East Grinstead Meads Football Club.

Stelfox, a recruitment agency from Brighton, won the Active Sussex Workplace Health Award. **SXS**



Disabled Team of the Year



Matthew Weller



Katherine Ferguson



Jeff Hart



Mick Waghorn



Faye McClelland



Steve Phillips



Alan Brown



Marco Penge

Photography by Stephen Lawrence

# A CHANGE IS GOING TO COME

Muay Thai Boxing is slowly on the rise in Sussex and Ruth Ashdown, the female World Number One, talks to Daniel White about helping its ascension.



**I**n the world of sport change is inevitable.

As clubs and rules progress parallel with the societal developments and changes we observe in public attitudes, so too must the sports themselves. In this light, there is a growing optimism that a sport such as Muay Thai Boxing is about to make its mark in England as the martial arts to follow.

As boxing continues to decline in popularity, with charismatic figures such as Sugar Ray Robinson, Muhammed Ali and Mike Tyson void from the sport's spotlight currently, attitudes are changing and martial arts are catching

the eye of many people throughout the nation, with specialist sports clubs popping up all over the country.

Yet, despite a growing interest and a healthy spectacle of fights on offer throughout the country, the women's World Number One female Muay Thai boxer remains largely unknown in her home county of Sussex.

Ruth Ashdown, 34, currently holds eight titles, with her most prestigious the WBC World and International Championships. She has fought all over the world, winning bouts in Australia, China and Europe, however, her achievements are largely unrecognised

to the majority as they fly quietly under the radar.

Since her interest in the sport started almost ten years ago, she has been on a mission to increase its popularity and is finally getting somewhere.

"I think people prefer watching it now more than boxing because there's more action, it's just a bit more complex," Ashdown explained. "Look at the WBC, they used to only sanction boxing, now they sanction Muay Thai. They could have picked any other martial art but they picked Muay Thai because it is getting that much bigger."

The part-time personal trainer first



developed an interest in Muay Thai back in 2003 when, after studying photography in college, she decided to photograph an event before catching the bug.

"I went along and took some pictures," she said. "Then I thought 'you know what, I could do with getting fit, all this drinking and going out malarkey' so I went along and gave it a go. I went into lessons and I started doing it three or four times a week and then I had my first fight within a year. I think I am a little bit obsessive like that. Maybe driven is the right word!"

During her rise to the top, Ruth has had to overcome a number of obstacles blocking her route, and her obsessive drive was predominant none more so

every single thing has been brilliant."

Ashdown is now undoubtedly the woman to fight in Muay Thai and, after 25 wins from 32 fights, she doesn't need to prove it to anyone.

"I think I've proved it and some since then," she laughed. "I won the world title and then I've won two more since then and I've got a WBC so no one can question me now."

Her confidence has been built through numerous victories as well as years of training with her ever-present coach, John Jarvis, a.k.a. "The Boss". His intense training schedule and vast experience in the world of coaching Muay Thai has lead to a recognised reputation in the sports world and for Ashdown he is second-to-none.

As the most successful female Muay Thai boxer in the country, Ashdown has raised the bar for success in the sport. Despite its relative adolescence as a recognised professional sport in England, Ashdown has been invaluable to the martial art's long-term future, spreading its appeal nationally while raising England's profile as a leading exponent of the sport.

"I was over the moon when I won my WBC, I kind of felt I'd done nearly everything I needed to do," she smiled. "Obviously there's a few more boxes that need to be ticked but you can't get much bigger or better than (the WBC Title) so I think I've left my legacy, in my club and in Thai boxing." **SXS**

**“ Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek. ” - Barack Obama**

than after defeat in her second shot at a title.

"I had a chance to go for a world title before the ones I've got," she clarified. "I fought for one of them on our shows, I lost and I had 250 people there. It was a good fight, I don't think I fought badly but I lost a very tough fight and it was the worst thing ever having to go up and see my friends and family. I think because it was my second chance and I lost, I thought 'maybe that's it, maybe I won't have another chance to fight for a world title'.

However, in a stroke of luck, she was quickly offered another title shot, this time against the two-time world champion Serin Murray in Australia, and a unanimous decision by the judges saw Ashdown take home the world title in what amounted to be a culmination of her years of effort.

"To fight for the world title in Australia and bring it home, that was quite incredible," smiled the world number one. "When I go to fights I can have 250 people there and it's just electric. Every single time you have an experience it's different from the last and it's just more incredible and hopefully I'll have more. I've travelled the world with this sport and met some amazing people so really

"He's everything. I've only ever trained under John. I would never train with anyone else just out of respect but everything I've learnt; teaching, fighting, everything is off him," she explained.

"When you get in (the ring) you're on your own but you've still got three guys in your corner, so although you're fighting for you, it's very much that you're doing it for your team and your friends, so it's all about 100% trust of him and what I've learnt, he's incredible."

After a career of hard-work and dedication, the rewards are now evident for Ashdown and Jarvis and, despite the odd slip up, her self-belief never falters.

She said: "You wouldn't get in the ring if you didn't have a certain level of confidence, that's why you train so hard. You train with your trainer and he teaches you to be good so you have to believe in yourself.



# MY DESTINY TO S

## MIKE DONOVAN MEETS AN OLYMPIC SK



**C**hemmy Alcott is aiming for glory in her fourth and last Winter Olympics having been through hell and back.

Three leg breaks (one a double fracture), the withdrawal of funding and the loss of her mother Eve is more than enough to make the strongest of individuals bow their heads, curl up in a little ball and hide way in a corner muttering “why me?”.

But the Sussex ace who has a base at Clayton just north of Brighton and Hove, has battled through it all with her never-say-die attitude, competitive edge and the motivation provided by the perennial need to make her mum proud.

She has done her rehabs, despite scares that a stint on TV’s Dancing On Ice might set her back during one of them, is well on the way to raising the £100,000 to back her bid and has announced her

engagement to fellow Olympic hope Dougie Crawford.

All this is why she is still skiing, still dreaming of success on the slopes at Sochi in Russia for the XX11 Winter Games in February.

Alcott, 11th in the 2006 Turin and 2010 Vancouver Olympics, said: “I thought I’d show I was a fighter. Apparently it is my destiny to keep showing people how much I can fight. But I can’t see it like the

# HOW I CAN FIGHT

## HER WHO HAS BEEN TO HELL AND BACK

**“ I lost my mum in 2006 but think of her often, like when I’m making important decisions. I want her to be proud of how I’ve lived my life. She will give me even more motivation than I have already. ”**

world is against me.

“I’ve been very lucky to be following my passion, my love of skiing. That you can be exhilarated as if you are driving a car at 70mph with you head out the window while weaving in and out and, occasionally, over other cars! To be in control. Ski as fast as I want to. I just go back to all that EVERY time.

“A lot of people have difficulty getting jobs to work in an office. I have found

there is still a way of following my dreams.”

Sussex Sport caught up with the only British female skier to win a World Cup race during a hectic photoshoot for an advert, in between applying make-up, hairstyling, dressing and posing for the cameras. It is part of many such deals to help swell those much-needed coffers.

It was full on with her attentive agent Jim Odiore ensuring we got a

word with his client, a bubbly, bright, blonde 31-year-old known to your correspondent from previous Olympic campaigns.

The first leg break came on the eve of the World Cup season at Lake Louise in Canada in December 2010, a shattering double fracture. She re-broke it twice more, the third time at the end of last year.

Alcott, who broke her neck skiing

aged 12, said: "They are examples of the adversities I have had to deal with. The compound fracture was tragic as everything was coming together. "I rebroke it at the World Championships and then again in training. The last one has been a lot less challenging to get back from. The rehab a lot quicker thanks to some amazing surgery.

"It has been tough to come back from a broken leg THREE times in just two and a half years. To keep proving you are a fighter. Life can throw you some crazy cards.

"But it happens. Injury is part of my sport. Yes, I've probably been unluckier than most but if it happens you just deal with it. There's no point in thinking about the ifs and buts."

The downhill skier has refused to feel bitter about the withdrawal of her funding by the British Ski and Snowboard Federation (a decision which also saw her fiancée lose his backing). Even though Alcott claims she discovered the news second hand.

Britain's most successful female skier said: "I'm not aggrieved. I'm used to it. This is something which has been gradually worsening over the last few years.

"I could be very bitter about it, but that's not going to help me. The Federation has for some reason chosen not to support the ski team, even though we're the best ranked. It is what it is.

"It all started a week after I broke my leg for the first time in 2010 despite being ranked eighth in the world. They didn't even tell me directly, sending the BBC over to tell me they couldn't support me anymore.

"Ever since then it has been tough. Especially when you know all your peers have to concentrate on is racing and training while I have to be a business woman at the same time. Find people to support my career.

"I've had to be 50 per cent a business woman and 50 per cent a ski racer because it is has become so much about raising enough money to get us there to Sochi.

"I could be very bitter about it, but that's not going to help me anyway. The Federation has for some reason chosen not to support the ski team, even though we're the best ranked. It is what it is.

"You can't sit there and moan about it. You've got to be pro-active. And we (her and Crawford) are really good at doing that."



There was a glittering fund-raiser, involving Olympic gold medallists, to prove the point. Alcott, who pays the Norwegian squad to train with them, said: "It went amazingly well. The aim was to get £20,000 towards our programme of £110,000 for Dougie and I and we got £36,000. That's brilliant from just one event. We did it all ourselves. Had to call in people. We have been putting in a lot of effort."

Her appearances on Dancing On Ice was partly necessitated by the need for backers.

She said: "It came at a great time in my career as I was injured. It was challenging, being predominantly showbiz entertainment – and was fun - I went in with three goals. To make my leg stronger. To improve my profile and get a sponsor. All three boxes were ticked by the end of it."

Alcott also knows that to maintain sponsors she has to spend time promoting them through such things as photo shoots; with her long blonde hair, big smile and vivacity seeming to make her a popular subject for such a role.

She said: "I enjoy the fashion shoots a little bit. It's fun to explore a different side of yourself. I wish I didn't have to do so many so I could focus more on my sport. But that's the situation I'm in. I know my sponsors have certain demands they need from me and in order to keep them I work really hard to keep them happy. It is part of what I do."

Such activity ensures she is the face of British skiing but Alcott is more concerned with proving Brits can be a force on the slopes.

She said: "It is not a conscious decision for me to be a role model, a pin-up. I just want to show people that against all odds

## Wedding bells

Chemmy Alcott is to attempt a double in 2014.

Besides going for Olympic Winter Games success, she intends to get married to fiancé Dougie Crawford, a fellow Olympic hopeful.

She said: "Dougie and I are looking into it. Some time in the summer of 2014 hopefully.

"We're ying and yang. I'm very active, sociable and loud. We're a great team because we bring out the best in each other. As we are both skiers we are both competitive. It works.

"I'm very excited to be marrying a Scot, they have some fantastic traditions. One he abides by is wearing a kilt!

"We met through the sport when he was in the junior British team and I was in the senior one."

Alcott is looking at a career beyond skiing, with her claiming Sochi will be her last competition. One consideration is broadcasting.

She said: "I've done some and enjoy it. I've been trying to do some more so I don't get rusty for when I retire."

Another option is becoming an explorer. She said: "I've investigated that."



you can still follow your dreams. We've had top skiers like the Bell brothers, Konrad Bartelski and Alain Baxter do it.

"Maybe it is my time in Sochi. Hopefully that'll make people realise you can become a great skier from this country.

"If I was ranked eighth in the world in any other sport then people would definitely take me more seriously but because I'm not supposed to be any good coming from Britain then there's a certain perception with that."

Alcott has maintained her training despite off-piste commitments. She said: "Sometimes I have had to get up at Silly O'clock in the morning or up really late at night to fit them in. But I do something every day." She intends building up her form on the World Cup circuit to peak at Sochi, which she has said will be her last race before quitting competition (while

also admitting she might be tempted to change her mind).

Alcott said: "I've had a few highs. When I proved to the whole world I had what it takes to be the best when I won at Soelden. The first and only Brit to win a World Cup event. A big day. And the Turin Olympics when I was third until the last split before finishing 11th in the downhill while being watched by my family was a major buzz. Amazing.

"Now is Sochi my best chance of all? I've proved I've got what it takes to win but that's on days when I've been really strong. Got no pain. And obviously the last four years have been far from ideal.

"You have to be thick skinned in this sport. Pick yourself up when things go down in a real roller coaster of a sport. There are some amazing highs but, because of the danger aspects, there are some big lows too.

"So you've got to be very determined and motivated. And fight!

"I'm not putting any labels on it. I just know that confidence and experience-wise I'm up there. I'll just go out there and do my best." And her mum will provide inspiration which could prove crucial.

She said: "I lost my mum in 2006 but think of her often, like when I'm making important decisions. I want her to be proud of how I've lived my life. She will give me even more motivation than I have already." Alcott enjoys wandering around The Lanes in Brighton to "chill out". She is more likely to want to freak out with delight should a medal be draped around her neck in Russia. A dream realised. **SXS**

# HEATHER'S REALITY CHECK

MIKE DONOVAN MEETS COMMONWEALTH GAMES HOPE



Pictures by Badminton Photo

**H**eather Olver, the pride of Sussex badminton, picks up a ladle and dips it into a pan of hot soup, hauls it out and pours its steaming contents into a bowl held up by a homeless individual.

The national champion and international had taken time off from her pressured, but cushioned, environment to provide sustenance. The 27-year-old ace from Heathfield, aiming for European, Commonwealth Games and Olympic glory, said: "It gives me perspective.

"What I do is tough and full of ups and downs but I know I'm lucky to be doing something I love and want to help the community a little." Heather also seeks to develop her baking skills in another deliberate diversion to the day job.

She said: "I'm a big fan of the Big British Bake Off television programme so

I've enrolled on a baking and patisserie course to see what I can learn to make."

Heather sees balance in her life as crucial. That it cannot be all about whacking shuttlecocks around the world to achieve her sporting dreams. But there is no question she is putting in the time and dedication required to achieving them.

The Waldron Club product came close to inclusion in the Team GB team for the London Olympic Games last year. And she has now set her sights firmly on her ultimate goal in Rio in 2016.

Heather said: "It was disappointing to miss out on London but I am fully motivated to get to the next one." And the European Championships in Denmark in February and the Commonwealth Games in Glasgow in the summer of 2014 are big steps along the way.

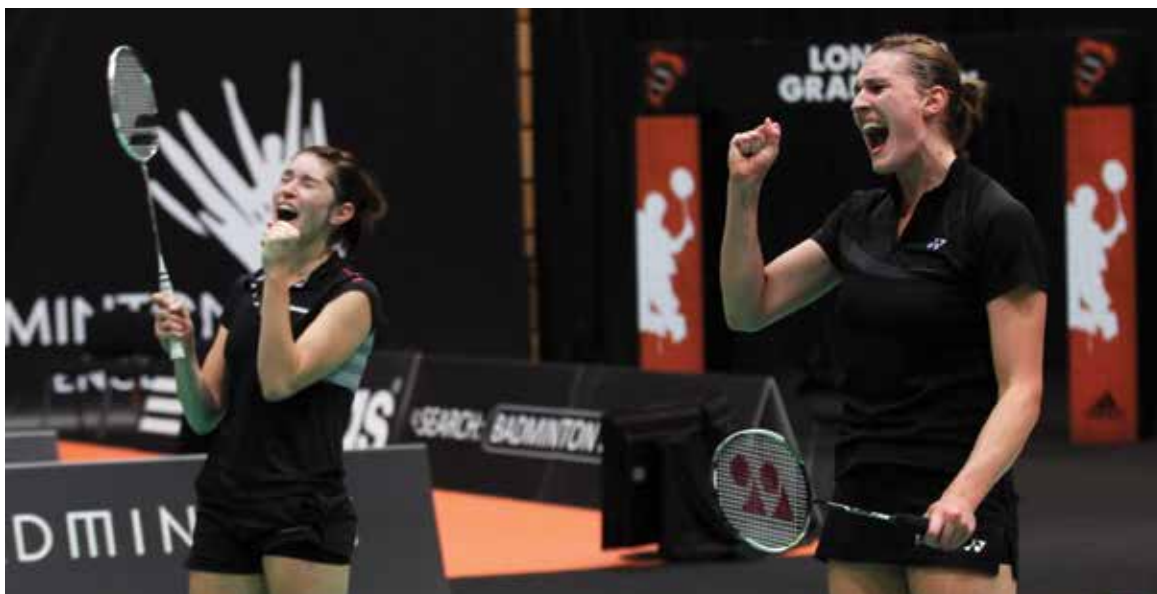
She said: "It would be my third

European. I managed to medal on my debut in it in the women's doubles with Marianna Agathangou – and made the quarter-finals last year.

"It will be a huge test of where I'm at. A big stepping stone to the Olympics and a highlight in its own right. It is a big one in the badminton world. Without China and other Asian countries, it is good to find out who is best on our continent.

"I'm excited by the Commonwealth Games. Success in that will prove I'm heading in the right direction for Rio. I am aiming to medal in that.

"I competed in the last one in Delhi and won a team bronze. It was an amazing experience. Glasgow is certainly a realistic target for me." Heather is world-ranked in women's and mixed doubles, with partners Chris Langridge and Kate Robertshaw, in the early 20s. And she has been busy



trying to accumulate ranking points at tour events in London, Denmark, France and Germany following tournament triumphs in the Czech Republic and Switzerland. The aim is to get into the top 16 in mixed doubles and women's doubles which would almost guarantee a spot on the plane to Brazil if she maintained the level.

Her appearance in the capital was at the inaugural London Grand Prix staged at the Copper Box which hosted the badminton at the 2012 Olympics.

Watched by her parents Julie and Alistair, Heather and Langridge struck a silver, having overcome favourites Danny Bawa Chrisnata and Yu Yan Venessa Neo from Singapore in the previous round.

Heather said: "We've been having some reasonable results. The silver in London was one of them. It was special because it was where the Olympics were held – and the fact my mum and dad were watching.

"Overall I feel we're on track.

"I feel my relatively new partnership with Kate is developing well too."

The hectic schedule also includes appearances at the Scottish and Irish Opens and, possibly, an Asian tournament as the pressure also builds to justify the funding she receives from the world performance programme.

Olver said: "I'm pretty busy and I'm fortunate it is all paid for. It is a tough process to qualify to be on the programme and we get reviewed in January. So hopefully I can impress.

"It would be galling to have my funding withdrawn at this stage. It would be like someone losing their job I would like to choose when to stop playing." Touring away from home is a roller-coaster on and off court.

She said: "It can be a lonely place when it comes to sitting in your own hotel room with your own thoughts."

The commitment to badminton is such that there is little time to see family and friends even when home.

She said: "The turnover between tournaments can be so tight. When I

came back from Denmark on a Saturday night all I had time to do was do my washing on the Sunday because I was off to France on the Monday. Not very glamorous.

"I'd like to see more of my friends and family. It's tough. I don't get to see my friends in Sussex much as even when I'm back I'm training in Milton Keynes. They do have young families now and I feel like I'm missing out."

But Heather remains undeterred.

She said: "Playing badminton full time is not a bad life. Not many people get the opportunity. And it won't be forever. I'll stick with it."

Heather, four times a runner-up in the national women's championships with Marianna Agathangou, also feels she has enough of an armoury to win more international medals.

She said: "I might seem friendly and relaxed off court but on it I'm aggressive I've got a competitive edge. No one steps on court wanting to lose. I want to win.

"It's about having a strong mentality as well as having ability. Sledging? There is quite a lot. Opponents can use a few tactics. It can be hard sometimes but you have to play through it, rise above it."

Sussex duo Jo Goode and Simon Archer, who won Olympic bronze (2000) and two Commonwealth Games gold (1998 and 2002), are an inspiration.

She said: "I grew up watching them and reading about them. They were a fantastic pair. They made me feel that I could do well because I came from the same county as they did.

"Generally Gail Emms and Nathan Robertson, who won so much, were also an inspiration because of what they achieved. They helped lift the profile of the sport and improve funding."

Olver has been playing badminton since the age of six when she went along to the Waldron Junior Badminton Club in a village close to Heathfield and caught the bug. The experiences in the county of the former Heathfield Community College student laid the foundations to

**“ It’s about having a strong mentality as well as having ability. Sledging? There is quite a lot. Opponents can use a few tactics. It can be hard sometimes but you have to play through it, rise above it. ”**

her progress to the top level, with the likes of her first coach Bruce Peapell and the support of her parents key.

She said: "I went along to Waldron because my brother went there and Bruce started to coach me there. And my parents were always driving me everywhere I wouldn't be where I am without all that support."

And it could all lead to Rio. **SXS**

# MARATHON QUESTIONS



It is important when looking to complete a marathon that the build-up and preparation start early. This does mean that consistent training through the winter period is unavoidable to get you to where you need to be by the time the Brighton marathon is here.



## Below are just a few pieces of advice to bear in mind whilst embarking on your winter training:

1. It is imperative to follow a marathon training programme appropriate to both your current level of fitness and time you can dedicate to training per week. Do not shun those nasty interval/fartlek days.
2. Pay extra attention to warming up and stretching. The cold weather raises the risk of injury, so spend a few minutes longer than usual warming up and stretching. Remember to invest in some suitable warmer winter training clothes including layers and windproof tops.
3. As tempting as all of the chocolate and typically fatty foods that you will find yourself surrounded by over the Festive period aim to keep to your normal healthy habits. Take on some energy drink or snack 30 minutes prior to your running sessions or a breakfast of slow release carbohydrate (such as porridge). Post run foods (fast release carbohydrates and protein) plus adequate hydration will help in the recovery of your body.
4. On frosty days avoid the risk of injury on slippery, icy roads by training indoors (treadmills, cross trainers and spin classes are all good ways of maintaining aerobic fitness), or preferably wait until later in the day when the ice has melted.
5. Some runners find the cold dry air can make their lungs feel painful. Breathing through a scarf for the first 5-10 minutes of a run can help to moisten and warm the inhaled air, gradually acclimatising your lungs to the nippy outside air temperature.

### 1. Running on treadmill or outside?

Both provide similar benefits but there are differences; No wind resistance is experienced whilst running on the treadmill and the movement of the belt provides some forward propulsion. Both of these factors mean that you burn approximately 5% less calories and your running style is slightly altered when running on the treadmill compared to outdoors. To overcome these factors set the treadmill incline to 1% and ensure that at least 60% of your training is done outside. The treadmill is easier on your joints and less unpleasant in bad weather. Running outdoors will provide you with more race-like conditions and is easier on the mind.

### 2. Should I run every day?

No. It is essential that you have a break from running on at least one or two days each week. Recovery days are as important as training days because they allow your body's energy stores to replenish and damaged tissues to repair. Rest days also help to reduce the incidence of overuse injuries (such as shin splints or stress fractures) as your body has a chance to adapt to the extra stresses it has been under and the real benefits of your training are reaped. Follow the programme which you have chosen as closely as possible.

### 3. Should I carry liquids?

Staying hydrated is essential for runners of all levels. Dehydration leads to fatigue, poor performance and muscle cramps. In hot weather it also contributes to heat stroke and

heat exhaustion. The best plan is to always maintain your body at a healthy level of hydration, drinking 1 to 2 litres of water per day to avoid being thirsty. In addition, try to drink ½ litre of water about 1 hour before a run. If you are planning a long run then in addition you should drink about 150mls every 20 minutes.

### 4. How to avoid cramps?

Leg muscle cramps are often due to dehydration. Drink plenty of water, avoid alcohol the day before a run and consider using sports drinks to aid hydration. A "stitch" is usually a sign that your breathing is either irregular or insufficient. Try to maintain steady deep breaths during your run and avoid shallow breathing or becoming out of breath.

### 5. Should I run the day before a marathon?

It is not advisable to undertake a long run the day before your marathon. It is better to rest and take it easy – your fitness levels will not fall. However, if you feel anxious or nervous, a 20 minute slow run may help ease the tension and help you relax.

### 6. How long does it take to train for a marathon?

It depends on your current level of fitness. Experienced runners may only need to increase their existing training schedule for 3 months. A beginner should consider at least 6 months of training, slowly building up the distance and speed.

### 7. Why am I gaining weight in the build-up to the marathon?

There are different reasons why this could be happening. Firstly, it could be due to a gain in muscle mass. Muscle is heavier than fat, so as your muscles increase in size with training they may become heavier. Secondly, it could be due to glycogen storage. Whilst training, the body stores glycogen – fuel for the muscles. For every ounce of glycogen the body will store 3 ounces of water. This extra water may show as a weight gain. Thirdly, some athletes do overeat. This may be due to an overestimation of their nutritional needs, or some people feel that they have earned a treat after a long run and could make unhealthy choices.

### 8. How do I avoid hitting "the wall"?

"Hitting the wall" often occurs at about the 20 mile mark. It occurs when the glycogen (energy) stores within the muscles become depleted. It results in runners having to either significantly reduce their pace or walk. The best way to avoid it is to do regular long runs every week during training. Regular long distance runs increase the body's ability to store glycogen. Aim to reach a 20 mile run during training, and also try to run the last half of your long distance runs at marathon pace.

For more information or to make an appointment please contact 01273 987517 or visit [www.nuffieldhealth.com/hospitals/brighton](http://www.nuffieldhealth.com/hospitals/brighton)

# GETTING IN DEEP WATER

Camilla Davies explores the kayak scene in Sussex and explains how best to get involved



If you live in Sussex, you're lucky enough to be a short drive away from the beach at most times, albeit most likely a pebbly one. Local paddlers have been taking advantage of the British coastline and rivers for years, with Canoe clubs featuring in many Sussex towns.

Having moved to Brighton as a watersports novice, with a splash around a Centreparks lake as my only experience, I've found myself (unsteadily) paddling various rivers and shores in the last few years.

What distinguishes a kayak from a canoe is the double bladed paddle and the sitting position. Both sea and whitewater kayaks are small boats with a "cockpit style" deck coverable by a spraydeck. Whitewater kayaks tend to be more manoeuvrable for river terrain, whilst sea kayaks have a streamline design more fitted for the surf - paddlers can cut through rough waters to compete, do tricks, or simply enjoy a relaxing day out on the water. Kayaks don't have to be enclosed and open "sit on top" kayaks are also available for a more leisurely paddling style.

Hiring a kayak for an idle turn about the pier can be a lovely way to spend a Brighton summers day but if you're looking to learn the skills and get qualified, your best bet is joining a club.

People can be put off kayaking by the relative expense of this outdoors pursuit. With boats costing up to £1000 and a somewhat confusing choice of playboat, sit-on-top, tandem, white water and more, it can seem a daunting and time consuming sport to be involved in. However, you might be surprised to learn that most clubs will provide starting equipment - wetsuit, paddle,

buoyancy aid, boat - to their paddlers as well as teaching them on a volunteer basis. Starting out with the University of Sussex Canoe Club, I was surprised to find many older, non-students also taking part in weekend trips to the river Wye, the Dee, the Usk, and to the Welsh coast, enticed by not only the sporting but the social aspect of the club.

Before progressing to river trips, club president Jenny Mullen ensures that paddlers have at least a few pool sessions under their belt, developing water confidence before gracing the outdoors. Beginners are taught paddling techniques and how to "roll," whereby you can turn yourself upright after capsizing without ever leaving the boat. This technique can cause serious arm ache but is vitally important if you don't fancy lugging a waterlogged boat to the bank every time you "take a swim." You won't be doing any rolling until you can paddle forwards, backwards and master sculling, the low brace, and the sweep stroke. The sport isn't without its difficulties and anyone, even competent paddlers, can get into dangerous situations without taking proper safety precautions. The first time I capsized I panicked, nose almost touching the ground, and was glad of being taught how to pull the spraydeck off of the boat so that I could wriggle out to the surface.

Club dynamics will vary, however, most will put on group excursions further afield to explore fresh waters. Bundling into the bunkhouse after a day of paddling can be rewarding but be warned; an autumnal day means freezing waters and a wetsuit with holes in is not your friend. Typical to an excursion would be a day of exploring the river, with a drive back to the lodgings or

campsite for showers and a good pub roast and pint afterwards. Kayak amateur Mollie Barkley quips that "perhaps unique to university kayak trips would be a lot of sore heads in the morning." More experienced paddlers lead small groups of less skilled kayakers and those eager to stretch their paddles can go at a faster pace at some point in the weekend.

It must be said that Sussex has a distinct lack of white water, however, with kayak legend Nigel Foster, a local Brighton boy, there's no excuse not to get in the water this winter. The sport is relatively young with a lot of fun to be had in mastering BCU qualifications, slalom racing and more.

Alternately, if, like me, you're more into the gentle pace of life, another water sport on offer locally is Paddle boarding, making use of our beautiful Brighton beach. The sport actually derives from Hawaiians standing atop their surfboards in still water and pushing themselves along with a paddle. A romantic image is to be had as the solitary paddler stands upon his board, propelling himself toward the horizon. Courses are on offer with Lagoon Watersports, and if this in itself doesn't seem like much of a workout, you can always attempt the latest craze of paddle board yoga. Sessions ensure you maintain balance whilst embracing downward dog position, or else be engulfed by the chilly waters. One of many water based activities to be found at Hove lagoon, this, if nothing else, will wake you up for the day ahead.



**A**s to be expected of the seaside county, Sussex is proud to be home to a host of accommodating canoe and kayak clubs. Paddlers are a friendly bunch, and from amateur to expert kayaker, Sussex clubs provide a place to meet fellow enthusiasts, allowing those young and old to learn some water skills and maybe even gain a canoe qualification. Most local clubs are interested in paddler development and run the BCU Star Award Schemes, whilst organising excursions to explore rivers further afield.

#### Where to go to get the gear

**Newhaven:** Brighton Canoes  
This is the place for any novice to purchase their first kayak. As you could guess from the name, Brighton Canoes specialises in water based products and equipment, with a staff of keen kayakers contributing genuine product know-how. Less obvious by the name, however, is the shop's location. Having expanded beyond its original premises in Brighton, the shop is now based in Newhaven, and this added space secures its status as the place to pick up clothing and equipment, decking out kayak enthusiasts from amateur to pro.

#### Where to go to have a paddle

**Shoreham:** Adur Canoe Club  
[www.adurcanoeclub.org.uk](http://www.adurcanoeclub.org.uk)  
Based on the river Adur, this Shoreham-

by-Sea club runs river sessions most Sundays at 10AM throughout the four seasons. In the busy summer season, the club also puts on 6.45 Tuesday evening sessions for more experienced paddlers. They also host pool sessions for those not wanting to brave the cold.

**Seaford:** Cuckmere Valley Canoe Club  
[www.cvcc.org.uk](http://www.cvcc.org.uk)

This family-orientated club is perfect for those looking for an introduction to kayaking. In the summer months beginners can book into 'Come and Try' sessions on Wednesdays at 6PM, whilst every Sunday general paddling sessions are held on the Cuckmere river, with trips to local rivers and terrain further beyond planned throughout the year.

**Brighton:** Martlet Kayak Club  
[www.martletkayakclub.info](http://www.martletkayakclub.info)

Awarded Brighton & Hove Sports Club of the Year 2010, the club's beachfront premises make this an iconic club to join. Volunteer coaches help teach the basics and there is a real community feel with equipment also provided.

**Brighton:** University of Sussex Canoe Club  
[www.sussexcanoe.com](http://www.sussexcanoe.com)

Meeting at the university campus to travel en mass to the pool each Monday of term time, this university club also welcomes non-students, and paddlers of every level. There is a real sense of community as members help teach at pool sessions before heading off on river excursions come rain or shine.

Equipment is provided for white water and sea kayaking.

#### Where to go to train and be entertained

**Cuckmere Haven and beyond:** The Kayak Coach [www.thekayakcoach.com](http://www.thekayakcoach.com)  
Many East Sussex clubs provide equipment and are part of the BCU scheme, however, if you'd prefer not to commit to weekly sessions but would like to learn some skills, The Kayak Coach operates throughout Sussex and Surrey providing both personal and group tuition. Offering weekly lessons at Sussex school pools, alongside adult training, assessment courses and also local river trips and party events, The Kayak Coach makes the learning process memorable.

#### Standup Paddle Boarding

**Brighton:** Brighton Watersports  
[www.thebrightonwatersports.co.uk](http://www.thebrightonwatersports.co.uk)  
**Hove:** Lagoon Watersports  
[www.lagoon.co.uk](http://www.lagoon.co.uk)

Derived from Hawaii, Brighton has mastered this more relaxing way to grace the calmer waters. With paddle board hire and courses running throughout the year from these waterside locations, experienced staff will help you master this picturesque take on surfing.

**More information on local clubs can be found in our A-Z guide. **SXS****

# DISCS IN FULL FLIGHT

A unique form of golf is taking off in Sussex and Neil Martin is confident that the rise in popularity of disc golf will see the sport produce an under par score across the county.



**A**cross Sussex enthusiastic sportsmen and women and taking out their Drivers and Putters and taking to the course, but you're unlikely to find Tiger Woods or Justin Rose working their way round this course.

For whilst there are similarities between this type of golf and the one that is viewed and played by millions all around the world there is one crucial difference...this form of golf is played with flying discs.

Disc Golf is on a slow but steady rise in Sussex and with more and more people joining the trend I caught up with Sussex Disc Golf chairman, Neil Martin, to discuss what the future holds for this growing sport.

"There has been a small group of keen disc golfers in Sussex for about 6 years but in the last year we have stepped up our activity and attempts to really establish the sport in the county. This year has seen a big increase in numbers playing the sport in and around Sussex," Neil Explained.

Whilst the sport is still relatively niche in the county it is

played on a regular basis, by a few keen followers of the sport, in a variety of places across Sussex. However, there is a lack of permanent Disc Golf residencies at the moment.

"We do not have a permanent course set up so use portable baskets. We mainly play at Stanmer Park in Brighton and Gildredge Park and Hampden Park in Eastbourne. You may also occasionally find us throwing discs at Withdean Park in Brighton or around Warren Hill near Beachy Head."

At the moment Disc Golf has a regular following of 10 or so players from the county but Neil explains that there are a further 30 or so keen disc golfers who play on a less regular basis.

Much like in regular golf, each hole on the Disc Golf course is given a specific yardage and players must attempt to get their disc into the basket in as few shots as possible. Scoring is also very much the same, with a Birdie being one under-par, Eagle is two under-par, whilst the scores of bogey, double bogey and triple bogey are all over-par scores.



In hopes of boosting the popularity of the sport Neil recently set up the Sussex Disc Golf as an official entity, in order to push the development of the sport, as the loose group that was comprised before had little backing other than those inside of it.

“We recently set ourselves up as Sussex Disc Golf to enable us to access funding and other development opportunities. We are currently launching official membership and looking to attract new members to the club.”

For those of you out there looking for cheap sporting alternatives then Disc Golf is a good place to start, the only cost required is the £7-£15 cost for the purchase of a flying disc. But once you get into it one disc won't be enough.

“Once people get more into the sport they get more into collecting a range of discs that do different things.” Neil told me.

“There are hundreds of discs available all with slightly different properties (drivers, approach discs, putters, left turning, right turning etc.). It does get to be a bit of an obsession for many of us. Most disc golfers playing in tournaments will usually carry between 15-25 discs with them on a round.”

It's not just in Sussex where Disc Golf is on the rise; the BDGA (British Disc Golf Associations) have annual tours across the country which can draw over 180 participants a year. Many of them will travel the tour and play multiple events throughout the course of the year.

Whilst Sussex may not be to that standard of Disc Golf yet there is clear promise being shown by its rising popularity. Sussex Disc Golf held their first major event in October 2013 at Brighton's Stanmer Park and drew a 30 person list of competitors.

“The tournament was part of a small series of one day events called the South East Masters Series designed to give smaller non-permanent courses the chance to host a tournament and to get newer players involved in competitive disc golf. We used our 9 hole course so played 4 rounds over the course of the day. The competitors were

split into divisions (Open, Advanced Amateur, Intermediate Amateur/Rookie) with prizes in each division as well as prizes for longest drive, closest to the pin and most improved player.”

With such a strong turnout for their debut tournament, which included participants from as far afield as Colchester and Basingstoke, Neil was proud of the success of the competition.

He said: “We were very pleased with the turnout and the feedback we received from players was that it was a great day and the course was a real hit.

“Part of the motivation behind hosting these smaller events is to get different players playing these new courses to provide feedback and tips on how to improve them before we go for something more important so it was great to hear so many positive comments about our course design.”

Neil's enthusiasm for the sport shines through as we talk and his hope is to get Disc Golf more into the public eye by getting it introduced in schools.

He said: “I think that a lot of people are simply unaware of the sport's existence but when they see it being played they are often very impressed and interested in having a go.”

It's clear that this eclectic vocation is gaining support in the county and has the potential to go on to bigger and better things. With that in mind Neil has big plans for Sussex Disc Golf for the next year.

He said: “We have a number of events lined up for 2014 including involvement in Brighton's Take Part Festival in June/July. We will be out there in the parks of Eastbourne, Brighton and beyond, spreading the word about disc golf and trying to get as many people involved in the sport as possible. Our ultimate aim is to have some sort of permanent disc golf provision installed within the next year and we are currently exploring funding opportunities and approaching local stakeholders about this.

“The plan is to host at least 3 one day events next year with an eye on hosting a full weekend long tour event in 2015.”

**SXS**

Dave

# BRAYLEY

OUR HARD-HITTING COLUMNIST ON JIMMY HILL'S UNWANTED LEGACY

**T**he recent match fixing allegations concerning DJ Campbell, Sam Sodje and apparently several other lesser known players, have cast a depressing shadow of suspicion over professional football in this country. By the time you have read this, I predict that more names will have emerged in the scandal, almost certainly bigger than the journeyman striker Campbell. There is always a Mr Big, and having followed Campbell's career closely since he burst onto the scene, I'm not overly certain that he has the intellect to be a Mr Medium Size, let alone a Mr Big, so you can bet there is someone lurking in the shadows of this scandal. But how high could it go?

I've heard it said recently that it's always the "lower end" players that get involved, it doesn't go on at the very top of the game and that the Premier League is "99.9%" clean. Well how do we know that? Whose word must we take for that? The FA? Well the FA have got a bit of form in this area, even if we

"I'm not overly certain that he has the intellect to be a Mr Medium Size, let alone a Mr Big"

have to go back a generation and examine the integrity of a man they once appointed to the top post in its organisation.

Now, apologies if this comes as a bit of a shock to football fans, but match fixing has been around British Football for as long as the game has been played for money. Most famously was the Peter Swan, Tony Kay and David Layne affair of 1962, which saw England international Swan jailed for four months for his part in rigging the loss of his Sheffield Wednesday team, away to Ipswich. But that was surely a lone affair? Well, I'd suggest that it was only "lone" due to the silence or "omerta" that largely existed in football in the 60's and 70's, when it was a closed shop, with barely 10% of the intense media coverage the game enjoys today. That meant that, unsurprisingly, fewer stories emerged but of those stories that were suppressed, ignored or both, were the many allegations that surfaced in latter years concerning a man regarded by many as the Sir Alex Ferguson of his day.

In the 1960's, Don Revie's Leeds United swept all before them with an intoxicating style of a fist of steel, wrapped in a velvet glove. So successful were they, that Revie eventually – even

inevitably – became England manager, the highest job in the land. But as was exposed at the time of his England resignation, by Daily Mirror reporter Richard Stott – with no sustained legal challenge from Revie – many believed he had built his reputation on club corruption and offering bribes to opposition managers and players, most publically to then Bury manager Bob Stokoe. I even once witnessed the late Harry Griffiths, ex Swansea City captain and manager, detailing to my own grandfather how Revie had approached Griffiths in the Vetch Field tunnel in the sixties, telling Harry that his team desperately needed a result, before opening his overcoat to expose a brown envelope, filled with cash. Harry was appalled, turned away and ended his days with zero respect for Leeds United's and Revie's many achievements.

I recount that story, not to sully Revie's memory any further, but simply to show that corruption in the game has always been with us and has often run to the very top. Therefore, as convenient as it is to see DJ Campbell as the villain in this case – and he may well yet be proved to be – you can mark my words, there will be someone, somewhere, far higher up the food chain than Campbell, who's recently been trashing emails and deleting texts quicker than you can say, "Dirty Leeds."



Mr

# ANGRY

HERE ARE MY NEW YEAR'S SPORTING WISHES

1. I'd like to see a ban imposed upon people wearing stupid outfits to sporting occasions. I don't want to see five drunken Kung Fu Pandas shouting inanities at our brave cricketing heroes. Neither do I wish to observe a trio of garden gnomes at Goodison Park (I refer to the crowd, not the midfield), or at any other football ground.

2. I'd like to see Darts re-classified as a pub game, along with shove-halfpenny and bar billiards.

3. I'd like to see the end of hiring unknown operatic singers to bellow out-of-sync national anthems before international sporting events.

4. I'd like to see the resumption of the handshake, or even the hug, after a successful sporting manoeuvre, and the abolition of 'the high five' or even worse 'the chest bump'.

5. I'd like to see batsmen walk when they know they're out.

6. I'd like to see someone admit that handing BT the rights to televise important fixtures has absolutely nothing to do with, as it has been espoused, encouraging competition between broadcasters, and making it better for the viewer. Let me explain...if BT and Sky Sports both showed the same events, that would give the viewer a choice. But if, like my friends Adrian, Mick, Aaron and Tony, you happen to be a Spurs supporter, and only BT are showing Spurs v Man United, then there is no competition between broadcasters, and the poor old

I'd like to see the resumption of the handshake, or even the hug, after a successful sporting manoeuvre, and the abolition of 'the high five' or even worse 'the chest bump'

fan has to subscribe to both channels in order to view his or her team. How does this improve things for the viewer? Well, in two words, it doesn't.

7. I'd like to see the 2022 FIFA World Cup held somewhere other than Qatar. Without getting bogged down in the bribery allegations, this is a country in which homosexuality is illegal and where the treatment of migrant workers has been proven to be little better than slavery. There is also the very real possibility that, despite the promise of air-conditioned stadia, the tournament may have to be held during a time of year when temperatures are more suited to sport, thereby

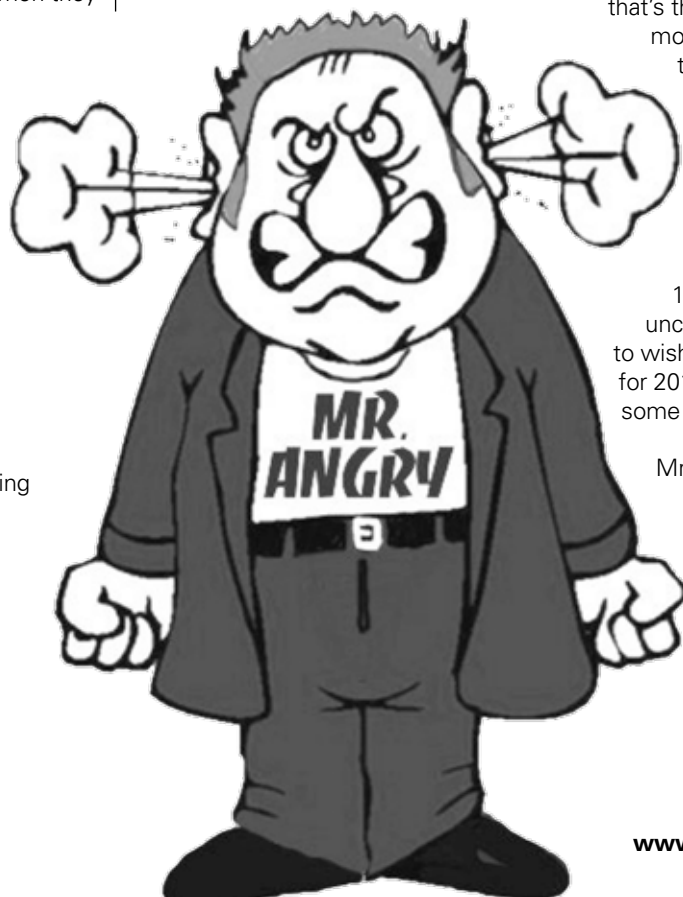
interrupting the football seasons of most participating countries. Sepp Blatter has said he thinks an Arab Nation such as Qatar 'deserves' a World Cup. Why?? Qatar is a small country with no footballing history. It demonstrates dubious human rights, it has an appalling climate for Summer Football..so how is that deserving of the award of staging a World Cup? I leave you to draw your own conclusions.

8. This next one I'm actually not too bothered about but is included for my wife. She'd like to see the termination of blanket TV advertising for on-line betting. I figure we're all adults and if someone wants to chuck their money away, then that's their problem. It seems she's more caring than I am and thinks the weak-willed, hard-up punters of the UK should be better protected.

9. I'd like to see world boxing championships unified under one body.

10. And finally, with uncharacteristic good humour, I'd like to wish everyone a Happy New Year for 2014. Now sod off, and let me have some peace!

Mr Angry



# WE CAN WIN THE

CJ's New Year resolution. Mike Donovan reports

**C**hris Jordan has resolved 2014 will bring a return of the county title to Hove. He believes it can happen and will do his utmost to ensure it is, in part, repayment for what the county has done for him.

Jordan said: "Winning silverware is what we play this sport for. I think I'm at the right club where we can win some silverware, so hopefully we can show that next season.

"This squad is good enough to win trophies. 100 per cent. We showed this in the 2013 season. Maybe with a little bit of luck here and there who knows where we could have ended up?"

And he aims to play his part. It's not surprising he is so motivated. Sussex has resurrected his career, turned him from a reject into an international cricketer. From a player who suffered long-term back troubles into one relatively injury free (touch wood).

The fast bowler, called up for the England Performance Programme squad in Australia this winter after a ODI International debut, recognises the part Sussex County Cricket Club have played in it all.

Jordan, released by Surrey after six years in 2012, said: "I definitely owe them a lot. I came in and like any other player had to fight for my place. I tried to prove myself, which luckily I did and cemented a place.

"I wouldn't be involved with England if it hadn't been for Sussex. With Robbo (coach Mark Robinson) and the





# THE COUNTY TITLE

**“This squad good enough to win trophies. 100 per cent. We showed this in the 2013 season. Maybe with a little bit of luck here and there who knows where we could have ended up?”**

environment that has been created down here is very conducive to that and helping the county push for silverware next summer. Long may that continue.”

The Bob Marley-loving laidback Jordan hopes to develop through the Australian tour but plays down chances of the experience helping him into the full England squad.

He said: “I’m taking everything in my stride. One stage at a time. If I concentrate on what I’m doing at that particular time it will hopefully help me progress onto bigger things.

“Being with the England team in the five-match ODI series gave me an idea of what it is like at that level. I learned that a lot of your good balls get hit for four. You literally get punished for most bad balls that you bowl.

“(Sussex teammate and England Ashes player) Matt (Prior) obviously speaks to me about how things operate at that level, which has been quite helpful as well. He had leant me some good support.”

His efforts Down Under have been boosted by his summer activities. He secured Championship best figures on his Sussex debut against Yorkshire (6-48) and ended with 59 wickets, putting him fourth overall in the premier division behind Graham Onions, county colleague Steve Magoffin and Tim Murtagh.

Jordan also bagged 19 one-days wickets with his close to 90mph deliveries, along with 22 slip catches and a couple of fifties with the bat. It was an

effort which drew comparisons in terms of impact with Mushtaq Ahmed on the tenth anniversary of the Pakistani spin master’s outstanding Championship-winning first summer at Hove.

And he impressed on his one-day international debut against Australia at the Rose Bowl, topping 90mph with the ball and sharing a 39-run partnership with fellow newcomer Ben Stokes.

Jordan, who left Surrey after being given limited playing time, said: “It was my first full county season and I was just grateful that I’ve come through it without injury. Without too-serious an injury.

“All in all I thought the season went quite nicely. It was nice, obviously, to contribute to a few winning performances and also to help the club finish third.

“I got off to a nice start. You could probably say I haven’t really looked back since then.”

Jordan feels at home in Sussex. He said: “Everything off the field has run smoothly. Everyone here has helped me settle. Try and help me to get on with on-field matters. Everything off the field has gone brilliantly.

The international recognition has been an unexpected bonus.

He said: “Pretty happy and a little bit surprised as well.

“Initially surprised to be included in the ODI series and then the selectors seeing it fit to put me on that performance programme.

“I wasn’t even thinking about anything along those lines from my first season. Just merely putting in some good

performances for Sussex week in week out, day in day out. If honours came at the end of it I’d be more than happy but I wasn’t really thinking about it at all.”

Jordan has come a long way from the back troubles which threatened his career.

He said: “I’ve been fit for coming on to three years now. I put all that behind me. It was long road coming back and getting back that confidence. It’s stood me in good stead as I know my body a lot better now. The importance of recovery. The importance of strengthening. Glad to be stood here today just to say that. Don’t want to look back now.”

Did you fear the worst back then? He said: “No. I never feared the worst at any point. At that time I had to stop playing for a bit. Come off a lot of impact work and start from the ground and come right back up again. It was a long, long hard road. I’m glad I’ve come out at the right end of it.”

He hopes former Sussex coach Bill Athey, who spotted Jordan’s talent, during the bowler’s education at Dulwich College, will be proud.

Jordan said: “Mr Athey will be definitely. I still speak to him regularly. Are in constant contact. He is very proud and hopefully I can keep making him even more proud.” **SXS**

The

# PUNTER

KEVIN 'THE PUNTER' ROGERS ON DRESS CODES, BOOKIES AND LAYING OFF

Fontwell Park is a fine place to go racing. And for many reasons. One reason is the lack of dress code. I like to turn up in jeans and T-shirt (weather permitting) - let's just say 'casual'. When I pop along to the west Sussex course there are no questions asked. I pay money at the door and am welcomed inside, scour the racecard and head for the bookies.

It is in contrast to Newbury. I went there for some out-of-Sussex racing. I had a great day's racing and I won a few quid; what could be better? Well, the racecourse's 'Taliban' conspired to change a great race day into a debutantes coming-out ball circa 1957. Colonel Blimp-Curmudgeon, the architect of the new premier stand dress code, has been revealed to have warned a woman about the state of her dress and made two men go into town to buy trousers before they

"Does this segregation of the 'us' from the 'non-us' bode well for the future of drawing the new generation of race goers into the fold or is the stench of elitism just what is required?"

could enter, I kid you not. The dress code specifies: skirts of a modest length; shirts with collars; and no denim.

Always keen to reignite the class war I decided to wear my Che Guevara T-shirt although, as it was cold, I had a jumper on whilst entering which as it happens made no difference as I was in the grand stand, an area set aside for the likes of me. As the good colonel said '...it's not as though those who aren't allowed into the premier enclosure are made to watch the racing in a ditch...'

His enlightened paternalism does him credit but does this segregation of the 'us' from the 'non-us' bode well for the future of drawing the new generation of race goers into the fold or is the stench of elitism just what is required?

What is even more damaging for race courses are the shyster bookies who not only slavishly follow each other on prices but offer below industry terms on their each way betting. There were three handicaps of more than 16 runners and every off-course bookmaker offered a quarter of the odds for a place, every on-course bookie was offering a fifth (I bet I'd

have got a quarter if I had been wearing nicer trousers). If faced with this go into the on course betting shops or back on the Tote.

Irregular race goers are routinely scalped. BAD BOOKIES!

To lay off or not to lay off or face

a winter of discontent I am faced with this quandary. I have backed Arsenal at 12-1 for the Premiership. My interest in the bet is purely financial as Arsenal have blighted my life. When my old man first came to these shores he decided to support Fulham - and I followed. When he married he married an Arsenal supporter bred from generations of Arsenal supporters.

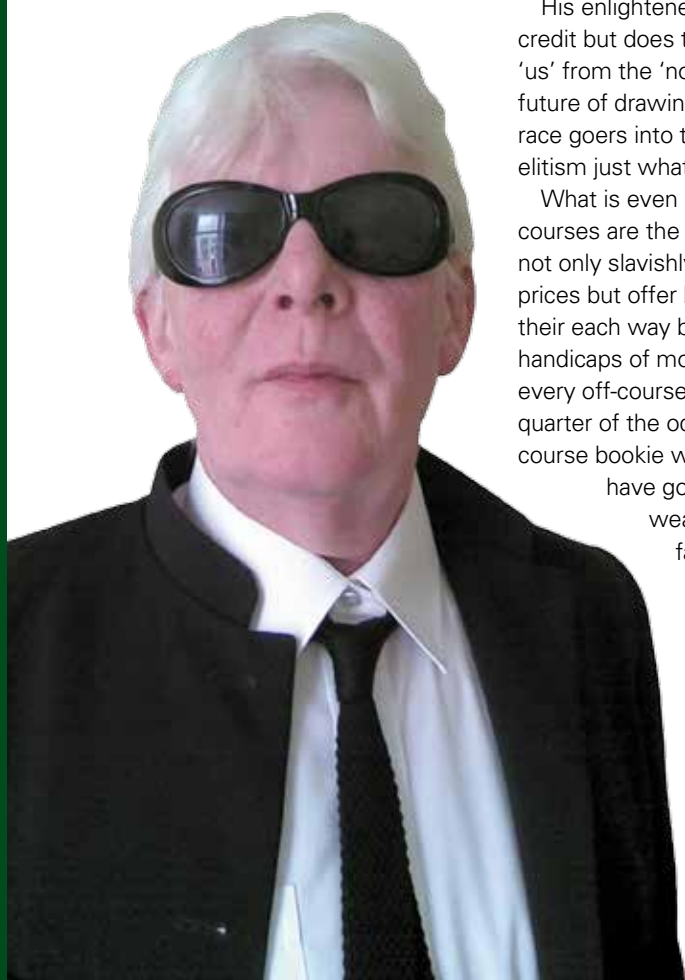
There is a family precedent regarding whether to lay off a bet. In 1975 Fulham reached the FA Cup final. Dad was not a gambler but annually placed a bet on Fulham to win the cup. This year he had £5 on 150-1.

Me and my mate Mark sat him down and explained he had a bet which couldn't lose, all he had to do was lay it off.

West Ham were 1-3, all he had to do was put £100 on them and he would win £33 and still if Fulham won he would be £650 in front, he would have none of it 'it's not about the money son it's about the pride'. West Ham won 2-0 and my dad is a beloved idiot.

Will I lay the Arsenal bet off? I am my father's son so who knows?

Wales should win the Six Nations rugby but I'll probably have a few quid on Ireland. It is not always about the money.



Andy

# STEWART

LEADING SUSSEX HORSERACE OWNER WRITES HIS LATEST EXCLUSIVE COLUMN

We'll start getting the younger horses to a racetrack for Spring. Like More Buck's, half brother to Big Buck's. We'll probably put him on a flat-track going right-handed at somewhere like Sandown.

There'll also be Asdemee, a new horse I bought at Deauville. And I've brought in Dame Judi Dench as a partner. She has won an Oscar and 13 BAFTAs for her acting. Is a Companion of Honour. But she is also a horse racing enthusiast. A very big one.

I got to know her through her support of Racing Welfare and Spinal Research. She's a great lady. We had luncheon and decided to buy Asdemee.

We'll probably run him in a bumper at Newbury and if he does well enough we'll put him in the Championship Bumper at the four-day Cheltenham Festival.

I've another horse with Jeremy Kyle. He has shows which are watched by two million in the UK and 27 million in the United States and sold to 87 different countries. A great friend - who gets stopped more than Andrew Lloyd Webber when we are together - and we have a horse with Paul Nicholls called Do We Like Him? Apparently I use that expression! Mike Donovan, do we like him?

My main highlight in the run up to the Cheltenham Gold Cup meeting will be when Big Buck's returns to racing after recovering from an injury in the Cleeve Hurdle at Cheltenham. He'll definitely run in that. I think it. So does his jockey Ruby Walsh. As does trainer Paul Nicholls and his stable staff. The horse is ever so well. The aim is to go for his fifth World Hurdle and, if he goes well enough in that, the Liverpool Hurdle and try and win that.

He's 11 and if he's telling us he doesn't want to retire then we carry

"I got to know her (Dame Judi Dench) through her support of Racing Welfare and Spinal Research. She's a great lady. We had luncheon and decided to buy Asdemee."

on, Just look at Tidal Bay who won a top grade hurdle race at 12. And Big Buck's has got lots of miles on his clock while we haven't got as many.

(As an aside, I see Hurricane Fly recently made it 17 grade one hurdle wins. Absolutely bloody amazing. But how many has Big Buck's won. He must have won 17).

Celestial Halo will join dear old Big Buck's in the Cleeve Hurdle - and not as his pacemaker. Afterall, he came second

in the World Hurdle which Big Buck's missed last year.

Rocky Creek for the Cheltenham Gold Cup itself? It was dependent on how he went in the Hennessy Gold Cup. That if he won it he would go for the big one. He came second. I don't think he is good enough to win THE Gold Cup but if you are not in it you can't win it.

Salubrious will probably run in the Long Walk Hurdle, which Big Buck's has won three times, he ran very well at Cheltenham recently.

We'll continue to support the local tracks with runners at Plumpton and Fontwell. And even Lingfield on the Sussex border. They've put some good prize money up. Not just on the all-weather but over fences and hurdles.

I look forward to meeting Michael Moloney, who has taken over from Claire Sheppard at Plumpton. I know his father who runs Galway. I like Galway - I won the Galway Plate!

We wish Michael well. Through my charitable foundation I'll continue to support all the charities at Plumpton.

Pleased the Horseman's Group have come to an agreement with most of the tracks. It's brilliant that at long last industry, with the bookmakers, the people who own the tracks and the owners are all starting to engage properly. Very well done Rachel Hood, who has taken over at the Racecourse Owners Association, and Paul Bittar, a BHA chief executive.



# MORE POWER TO YOUR ELBOW

## ALBION IN THE COMMUNITY INVOLVE SEAGULLS' STARS

**A**lbion in the Community's powerchair football team have been coming up against new opposition in their first season in the WFA Powerchair Premier League but they faced a fresh challenge recently when some of the club's first team players took them on at the University of Sussex.

Albion first teamers Keith Andrews, Stephen Ward and Peter Brezovan joined the powerchair players for a specially arranged training session which finished in a friendly match between the two sides. The game ended in a hard fought 1-0 victory for the AITC powerchair team.

The AITC team won promotion from the championship at the first attempt last season and compete in the top league with 11 other

teams including Norwich City, Reading and Bolton. All of the games take place in Nottingham.

One of the team's success stories is 16-year-old Matt Francis from Angmering. Matt, who suffers from Syringia, a spinal condition which means he is unable to walk, was called up to be part of the England powerchair squad for a get together at St George's Park earlier in the year. He is hoping to be part of the squad for the European Championships which take place in the summer.

Said Matt, "It was amazing to have the Albion players along to take part of the session. They really got it into it and I think they realise how tough it is to play the sport." **SXS**



Albion players Stephen Ward, Peter Brezovan and Keith Andrews with members of the AITC powerchair football squad.



Keith Andrews and Stehen Ward get to grips with powerchair football



Keith Andrews makes a pass as AITC's Seb Linch looks on

# READY TO PROFORM?

Proform Basketball is encouraging everyone to get involved in the sport and Daniel White finds out how.

**W**ith over 300,000 Brits playing it weekly and more than 3 million participating in the sport yearly, why is basketball so neglected in the UK?

Local basketball clubs are quickly vanishing through a disturbing lack of funding, the nation's National League being the last resort for most foreign athletes looking to play competitively and with Team GB failing to set last summer's Olympics alight, it appears as though there is little hope for the sport.

Team GB Basketball has faced headaches in recent years, as funding for the London and Rio Olympic Games were cut, before drawn-out appeals saw the decisions repealed.

Clearly impaired by a lack of belief in the sport from higher powers, British basketball is currently on a knife-edge. If it continues as it is, there is little hope for the sport surviving in the UK.

However, Proform Basketball, a Sussex-based Basketball Training Company, is trying to turn things around.

Noel Pollock, the company's founder and owner, set up the business nearly two years ago and is baffled at the lack of interest shown in the sport by national governing bodies.

He said: "I have no idea why it's not getting bigger! We definitely have the talent but just need to be recognised globally as a great basketball country. But how are we going to get to this stage if they just shut us out?"

In 2010 Pollock suffered a long-term injury while playing for his University basketball team and the Brighton-based trainer's outlook on the game changed forever.

"I started seeing a physio but I would rush back into it too quickly and



hurt myself," he explained. "I wasn't educated in the body. Didn't know how to warm up, cool down, stretch and the diet side of things. So when I got hurt, it really hit me!"

"I was in America during this time, and I went to a facility where a lot of NBA players and professional basketball players to go train. I saw how it was done properly. They warmed up properly, had great workouts, post workout protein shakes, ice baths and trainers helping them with their stretches. That's something that's missing here and that's why I started Proform. Me getting injured was like a blessing in disguise."

Proform Basketball is a specialised Basketball Training Company that takes place throughout the year, with Summer Camps lasting between 3-7 weeks. These camps allow players of all levels to train and develop their skills with experienced coaches in a basketball conducive environment.

Past members of the camp include the Great Britain Futures and St. Francis guard Ben Mockford and former Worthing Thunder forward Hank Rivers, while other players have come

from all over the country and from abroad. Proform Basketball opens its doors to anyone with an interest in the sport.

"Absolutely anyone can come," he clarified. "Pros, young guys, anyone who loves the game and wants to improve. Our team is well equipped to help both the inexperienced players and the professionals who get paid to play the sport."

Although the camp is centred around improving the athletes as ball players, Pollock wants to help players understand how to look after themselves.

"This is more than just a movement, it's a way of life. We want our players to play and live the basketball lifestyle the best way they can. It all starts with being able to understand your body".

Pollock is also looking to introduce help with nutrition and dieting in order to maximise player potential.

He said: "Nutrition is big. The first step is advising people to 'cut down on this' or 'try adding this to your diet' or to start drinking a lot more water. One day I would like to be able to have nutritionists on site to be able to make



**“This is more than just a movement, it’s a way of life.”**

specific diet plans for each individual player during the camps. This is something that I hope to happen in the near future”.

Proform Basketball also offers a number of other ways to get involved in playing the sport, with a number of tournaments organised throughout the year, open to anyone who fancies getting involved. The first Winter Tournament took place in December and will also become a yearly event.

“Anyone can join in, it’s a sport that everyone loves and can play,” he smiled. “Some guys will be very talented as we have guys who may play in Division One and the BBL coming down, and we’ll also have guys in the tournament that may not even play locally in any league, so it’s open.”

In the 2014 Summer Camp Pollock will be making an even bigger push to ensure a successful camp, with two highly experienced coaches from America and Switzerland joining the coaching set up for two weeks.

“Next Summer we’ll be having the European and American Directors of B.E.S.P. coming to the camp. They will not only talk to our players and help them during the camps but will

be there to try and help our younger guys get scholarships to High Schools and Colleges in America,” Pollock enthused.

“They are great coaches that I have known for years. They have many years experience in coaching and have many connections out in the States. It is something that is very exciting for us. Not only are we helping the players improve as players but it’s great knowing that we could help take them to the States and hopefully start up great careers”.

Despite all the good work he has done so far for the sport, without the support of the national sporting bodies, will it make any difference to Team GB or the sport as a whole nationally?

“It has to start somewhere and if it starts with us at Proform, I’m ok with that,” he smiled. “That’s why we’re developing these guys so that politics and stuff can’t get in the way of all the talent we’ll have in the GB team.

“Frustratingly that’s where it’s going to start, Team GB. For the government to see that basketball is a big deal we must do something with the National Team. If GB can get into the top five or something, it doesn’t need

to be a medal right away, it would be a great start to being recognised globally.” “We need support from the government to get to that stage but it’s hard to get to that stage without help from the government... catch-22.”

With a possible expansion into Singapore, the company is on the edge of blowing up and Pollock is confident that it is only a matter of time before Proform is a renowned business.

“We’re going to take over the world!” he laughed. “In about five to ten years I think it will be global. I’m just trying to help all the players that love the game and that need the same help that wasn’t available for me when I was growing up. I do believe it will become something big.”

To get involved in any of Proform Basketball’s latest events, check out their website [www.proformbasketball.com](http://www.proformbasketball.com) or visit their social media sites.

[Facebook.com/Proform-Basketball](https://www.facebook.com/Proform-Basketball)

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**SXS**

# The A-Z of clubs, leagues and sports

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**SUSSEX THUNDER**  
Broadbridge Heath Athletics Stadium,  
Wickham Lane, Broadbridge Heath, Horsham,  
RH12 3YS info@sussexthunder.com  
www.sussexthunder.com  
**CHICHESTER SHARKS (FLAG FOOTBALL)**  
New Park Rd., Chichester PO19 7XY  
www.chichestersharks.co.uk

## ANGLING

**BILLINGSHURST ANGLING SOCIETY**  
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Mrs Leslie Carver 01903 713084  
chichester-as.co.uk  
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clivevaleac@live.co.uk  
www.clivevaleac.co.uk  
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**CRAWLEY ANGLING SOCIETY**  
Mr S Clark 01923 467064  
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www.crawleyanglingsociety.co.uk  
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Mrs J. Fisher 01444 235978 (not after 9pm)  
www.hassocksfishing.co.uk  
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Glyn Jones, 01403 734 500  
enquiries@henfieldas.co.uk  
www.henfieldas.co.uk  
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Ian Petch, 01403 262 255  
general\_enquiries@hdaa.co.uk  
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secretary.saa@gmail.com  
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meisto@ntworld.com,  
www.shorehamanglingsquad.com  
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info@southcoastanglingclub.co.uk  
www.southcoastanglingclub.co.uk/index.html

## ARCHERY

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Ann Hyde-Barnett  
annhydebarnett@aol.com  
www.1066archery.co.uk  
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Rod Brown 01903 713 747  
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www.arundown.org.uk  
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Shelagh Nelmes  
secretary@chichester-bowmen.co.uk  
www.chichester-bowmen.org.uk  
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michael.longhurst@tesco.net  
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www.archeryinfo.co.uk/crawleyarchery  
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Phil Varden 01444 241 066  
phil.varden@talktalk.net  
www.ditchlingac.org.uk  
**EASTBOURNE ARCHERS**  
01323 726 054  
secretary@eastbournearchers.org.uk  
www.eastbournearchers.org.uk  
**FRIARS GATE ARCHERS**  
Penny Cockerton  
mail@friarsgatearchers.com  
www.friarsgatearchers.com  
**HELLINGLY AC**  
Debbie Newton 01323 832 501  
www.hellinglyarchers.co.uk  
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Richard Cater  
www.thwac.co.uk  
**HOLBROOK ARCHERS**  
Chris Furmanski 01403 751 150  
office@theholbrookclub.co.uk  
www.theholbrookclub.co.uk  
**MERIDIAN AC**  
Mike Range 01342 713 048  
enquiries@meridianarcheryclub.org.uk  
www.meridianarcherclub.org.uk  
**NEWHAVEN AC**  
Liz Davies  
newhaven\_archery@yahoo.co.uk  
www.newhavenarcheryclub.co.uk  
**PLUMPTON BOWMEN**  
secretary@plumpton-bowmen.org.uk  
www.plumpton-bowmen.org.uk  
**SIX VILLAGES AC**  
Carol Bartlett 01243 545 160  
secretary@SixVillagesArcheryClub.org.uk  
www.sixvillagesarcheryclub.org.uk  
**WORTHING AC**  
07983 794 997  
www.worthingarcheryclub.co.uk  
**SUSSEX COUNTY ARCHERY ASSOCIATION**  
Mrs D Cannon (Secretary) 01903 238 975  
secretary@sussex-archery.org.uk  
www.sussex-archery.org.uk

## ATHLETICS

**ARENA AC**  
Caroline Wood 01273 324 605  
arena80ac@hotmail.co.uk  
arena80.tripod.com  
**BEXHILL ROAD RUNNERS**  
Christine Sage 01424 810 096  
info@bexhillrunners.co.uk  
www.bexhillrunners.co.uk  
**BODYWORKS XTC TRI STORE**  
Lawrence Neill  
bodyworks1@aol.com  
www.teambodyworksxtc.com  
**BRIGHTON & HOVE AC**  
Robert Willows 01903 813 878  
a.willows@sky.com  
www.brightonandhovacity-ac.com  
**B'TON & HOVE WOMEN'S RUNNING CLUB**  
Sarah Lowe  
bh99@rocketmail.com  
www.brightonandhovewinningsisters.org.uk  
**BURGESS HILL RUNNERS**  
Stuart Condie 01444 232 187  
stuartcondie@gmail.com  
www.bhrunners.co.uk  
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Philip Baker, 01243 533 784  
philbaker5@tiscali.co.uk  
www.chichester-runners.org.uk  
**CRAWLEY AC**  
Mrs Shirley Steele 01342 713 220  
club@crawleyac.org.uk  
www.crawleyac.org.uk  
**CROWBOROUGH RUNNERS**  
Dominique Welbury  
dwellbury@southeastwater.co.uk  
www.crowboroughrunners.org.uk  
**EAST GRINSTEAD & DISTRICT AC**  
Mary Lord 01342 316 028  
mary.lordfamily@gmail.com  
www.egac.co.uk  
**EASTBOURNE ROVERS AC**  
Julie Jones 01323 415 409  
julie-jones@hotmail.co.uk  
www.eastbourneroversac.co.uk  
**FITTLEWORTH FLYERS**  
Ms Sye Frossard 07710 612 233  
secretary@fittleworthflyers.org.uk  
www.fittleworthflyers.org.uk  
**HAILSHAM HARRIERS**  
Lesley Underdown 01424 810 382  
marionunderdown@hailsham-harriers.org.uk  
www.hailsham-harriers.org.uk  
**HASLEMERE BORDER AC**  
David Bateman 01428 656 587  
www.hbac.co.uk  
**HASTINGS AC**  
Andrea Ashley-Smith 07759 145 466  
secretary-hastingsathleticclub@live.co.uk  
www.hastingsathleticclub.co.uk  
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Sally Lovell  
www.hastingsrunners.org.uk  
**HAYWARDS HEATH HARRIERS**  
Linda Tullett 01444 870 788  
enquiries@haywardsheathharriers.co.uk  
www.haywardsheathharriers.co.uk  
**HEATHFIELD ROAD RUNNERS**  
Jim Scott 01435 863 932  
jpscott@googlemail.com

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www.henfieldjoggers.co.uk  
**HORSHAM BLUE STAR HARRIERS**  
Michael Carrington 01403 260 556  
carringtonjm@googlemail.com  
www.horshambuestarharriers.org.uk  
**HORSHAM JOGGERS**  
info@horshamjoggers.co.uk  
www.horshamjoggers.co.uk  
**LANCING EAGLES**  
David Clubb 01273 554 946  
davidclubb@sky.com  
www.lancingeagles.co.uk  
**LEWES AC**  
Peter Miller 01444 232 083  
pmiller209@btinternet.com www.lewesac.co.uk  
**MEL'S MILERS JOGGING CLUB**  
01403 247 572  
info@melmilers.co.uk  
www.melmilers.co.uk  
**MIDHURST MILERS**  
01730 814 339  
info@midhurstmilers.co.uk  
www.midhurstmilers.co.uk  
**PHOENIX AC (BRIGHTON)**  
Paul Thomas 01323 490 037  
disabledathlete@googlemail.com  
www.brightonphoenix.org.uk  
**ROTARY RD. RUNNERS**  
David Crook 01243 262 126  
dcrook@dsl.pipex.com  
**SEAFORD STRIDERS**  
01323 899 033  
www.seafordstriders.org.uk  
**STEYNING AC**  
Martin Coleman  
martincoleman@hotmail.co.uk  
www.steyningac.co.uk  
**THE SIXTH DIMENSION**  
Simon Wagstaff  
sixthvillagesenquiries@freedom-lesure.co.uk  
www.freedom-lesure.co.uk,  
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Mrs Vicky Thomas 01732 359 669  
www.tonbridgeac.co.uk  
**ZONE ZONE RUNNERS (FELPHAM)**  
01243 826 612  
clubsecretary@tonezoners.org.uk  
www.tonezoners.org.uk  
**UTOPIA RUNNERS (UCKFIELD)**  
Richard Page 01825 769 015  
utopiarunners@tiscali.co.uk  
utopiarunners.eastsussexcrosscountry.co.uk  
**WADHURST RUNNERS**  
Sara Wrenn 01892 783 506  
sarawren@googlemail.com  
www.wadhurstrunners.co.uk  
**WORTHING & DISTRICT HARRIERS**  
Maureen Lewis 07968 270 460  
mandycolllingson@tiscali.co.uk  
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ro\_mackie@hotmail.com  
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Bryan & Ann Duggan 01892 653 481  
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Mike Murray 01903 746 172  
mikemurray53@btinternet.com  
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Sue Bailey 01825 722 588  
info@chelwoodgatebc.co.uk

www.chelwoodgatebc.co.uk,  
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Peter Gowin 01243 860 670  
petergowin@talktalk.net  
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mattpage2k@ntworld.com  
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lesjrowley@aol.com  
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Jackie@accelerated-mail.co.uk  
egscc.co.uk/badminton/fbc.html  
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Gill Fairham (Secretary) 01403 254 150  
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Diana Burton 01323 423 093  
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Alan G Smith 01323 638 620  
agordonsmith18@talktalk.net  
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debbie.chambers@ukonline.co.uk  
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sarahlewis83@yahoo.co.uk  
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andrew.lock@hoveactually.co.uk  
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Colin Morris 01243 584274  
colin.morris80@tesco.net  
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Colin Morris 01243 584274  
colin.morris80@tesco.net  
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davidpalmer2@supanet.com  
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bill.brandt@ericsson.com  
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St.PaulsBadminton@PLCWD.Co.Uk  
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**SOUTHOVER (ROTTINGDEAN)**  
Lesley Blunt 01444 233 965  
lesley.blunt@talktalk.net



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Alvin Lee 01903 831 131  
alv82000@hotmail.co.uk  
www.stanford-penguins.co.uk

**STEYNING/CASTLE**

Michele Mason 01273 588 444  
sarahmichele@hotmail.co.uk

**THE DENES BADMINTON CLUB (ROTTINGDEAN)**

Nicky Holness  
Nicky@holness.wanadoo.co.uk

**WEST WORTHING**

Vanessa Bramble 01903 247 567  
vanessa@bramblespatch.freemove.co.uk

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matthew.hodgson@ntlworld.com

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Matt Page 01903 233 417  
mattpagezk@ntlworld.com  
www.brightonbadmintonleagues.co.uk

**BOGNOR, CHICHESTER & DISTRICT**

Brian Simpson, Secretary  
secretary@bcdba.org.uk www.bcdba.org.uk

**EASTBOURNE & DIST BADMINTON ASSOC**

Annette Huggett 01323 500 019  
annettehuggett@care4free.net or  
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David Lowe 01243 265 409  
david.lowe7@btinternet.co.uk  
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Sarah Maloney 07957 860 455  
nickprobin@aol.com  
and sarahlawes24@hotmail.com

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Nick Stevens  
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Ashley Clarke 07899 061 704  
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Dave Goss  
d.goss@talk21.com

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Men's Sec., David Bain 01903 742 526  
bain\_david@hotmail.com

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kathyflood@btinternet.com

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Sue Lawrence 01273 512 376  
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David Brown 01903 762 643  
david.brown131@ntlworld.com

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dickjan@btinternet.com / www.egcc.net

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Peter Scarsbrook 01903 872 052  
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secretary@frbc.info  
www.frbc1.talktalk.net

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Peter David 01403 259 062  
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Mick Burgess 01444 244 283  
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Dr Mark Jones 01273 642 215  
m.p.jones@brighton.ac.uk

**STELLA VC (LITTLEHAMPTON)**

Mr Raymond Betts 07802 740 446  
raybetts75@btinternet.com

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richard.harwood1@sussexnomads.org.uk  
www.sussexnomads.org.uk

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Robin Higley 01424 212 951  
robin.higley@btinternet.com

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Anthony Rogers, Chairman, 01273 883 956  
anthony@ppyc.org.uk www.ppycc.org.uk

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Mrs Deborah Gent 01273 301 262  
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Christine Thomas 01825 890 809

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Sharon Blackman 01243 822 753  
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**PYRAMID GYMNASTICS CLUB**  
01444 243 314  
john.nightingale4@btinternet.com

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www.southsaxonshc.co.uk

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www.southwick.org

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Bob Catlow 07836 529133  
Catlowbob@aol.com  
www.worthinghockey.co.uk

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07712 527 615  
info@eglc.co.uk / www.eglc.co.uk

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Secretary: John Stainer 01293 585 300  
contact@crawleytownlsc.com  
www.crawleytownlsc.com/contact.htm

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David Slade 01903 715 745  
info@horshamlifesavingclub.co.uk  
www.horshamlifesavingclub.co.uk

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ken@aikidocirclebba.com  
www.aikidocirclebba.com

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01342 321 429  
info@crawleyaikidoclub.com  
crawleyaikidoclub.com

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Paul Bonett 01273 696 383  
dojo@brightonaikido.co.uk  
www.brightonaikido.co.uk/

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Kevin Elliott 07738 538 448  
kevinhavard@hotmail.com  
www.kifederationofgreatbritain.co.uk/clubs/southdown.htm

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Jerome Chin-Aleong 07951 177 936  
jica27@hotmail.com  
www.sussexsportaikido.info

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01424 214 912  
jasonmeek@bexhill.org.uk

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Paul Leaney 01273 470 759  
fieldingd@hotmail.com  
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brighton.judo@btinternet.com  
www.brightonjudoclub.org

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ilona.guy@btinternet.com  
chichesterjudoclub.co.uk

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Les Pike 01424 446 459

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Peter Seymour 01293 537 808  
p.seymour1@sky.com  
www.kinryu.org.uk

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www.seishin-judo.co.uk

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terry.bate@ace-ina.com

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www.westerleighjudo.org.uk

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Duncan Maclean 07516 902 975

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Ian Hollidge 01424 218 993  
ianhollidge@hotmail.com www.sskd.org.uk

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Dave Hazard 01903 775 101  
jess@fastnet.co.uk  
www.brightonkarate.co.uk

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**FUNAKOSHI SHOTOKAN KARATE ASSOC**  
Ron Silverthorne 01323 891 471  
info@fska.co.uk www.fska.co.uk

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www.kanzenkishotokan.co.uk

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Julia Turley 01444 454 827  
jtrushinkan@btinternet.com

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rhus.williams@trendcontrols.com  
www.ryushinkan.com

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Phil Smith 07708 432 682  
wadoguard-roffeykarate@yahoo.co.uk  
roffeykarateclub.co.uk

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John Cross 01273 471 627  
redoakkarate@googlemail.com  
www.redoakkarate.org.uk

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Paul Elliott 01403 218 327  
semka@btopenworld.com  
www.horshamkarateclub.com

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Adam Goward (snr instructor) 01825 732 224  
a.goward@virgin.net www.tangsoudao.com

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john@crawleymartialartsacademy.com  
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info@kungfuschools.org  
www.kungfuschools.org

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Matthew Gross 0781 2342 058  
digitmatt@hotmail.com  
www.sussexkungfu.co.uk

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**SUSSEX ZHONG DING**  
Jan Simpson 07506 525 116  
sussexzhongding@yahoo.co.uk  
www.sussexzhongding.co.uk

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Simon & Cher Robins 01273 239 054  
info@taichiwisdom.net www.taichiwisdom.net

**TAEKWON-DO**

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brightontaekwondo@gmail.com  
www.martialarts-brighton.co.uk

**BRIGHTON TAEKWONDO ACADEMY**  
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brightontkdacademy@yahoo.co.uk  
www.brightontkd.co.uk

**CRAWLEY TAE KWON-DO CLUB**  
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www.crowley-taekwondo.co.uk

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info@westsussextaekwondo.co.uk  
www.westsussextaekwondo.co.uk

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07828 213 892,  
britishjujitsuruyi@hotmail.com

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www.kenagi.co.uk

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www.m-a-t-s.co.uk

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george@samakarate.com  
www.samasoutheast.co.uk

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08009 804 858  
soulmartialarts@hotmail.com  
www.soulmartialarts.co.uk

**TAE-JITSU**  
07891 864 272  
taejitsu@yahoo.co.uk  
www.tae-jitsu.co.uk

**UCKFIELD MARTIAL ARTS CLUB**  
Alex Foot (coach) 07946 104 512  
afoot@panini.co.uk  
www.anthonycarms.com/Martial%20Arts/UMAC.htm

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07955 162 886  
wscckd@fsmail.net  
www.westsussexckd.com

**WHITE CRANE FIGHTING ARTS**  
Neil Johnson 07976 260 710  
neil@whiteranefightingarts.com  
www.whiteranefightingarts.com

**WORTHING**  
Mike O'Hagan 01903 236 664  
mohagan@gym-xtreme.co.uk  
www.gym-xtreme.co.uk

**NETBALL**

**SUSSEX COUNTY ASSOC**  
Sheila Martin 01273 422 959  
she.martin@hotmail.co.uk  
www.sussexnetball.com/play-netball.php

**ARUN NETBALL CLUB**  
jo\_norcross85@yahoo.co.uk  
hanbro@me.com

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www.brightonnetballclub.co.uk

**CCK NETBALL CLUB (WHITEHAWK)**  
ccknetball@btinternet.com  
www.brightoncknetballclub.wordpress.com

**CROWS NETBALL CLUB**  
Rachel 01892 655 661  
www.tunwellnetball.org.uk

**CD PHOENIX NETBALL CLUB (E GRINSTEAD)**  
cdphoenixsussex@googlemail.com  
www.cdphoenixsussex.org.uk

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www.eastbourne-netball.com

**ENIGMA NETBALL CLUB (WORTHING)**  
Karen Thornton 07748 196 238  
karenthornton12@hotmail.com

**GENESIS BEACON NETBALL CLUB**  
01825 769 210

**GIANTS (WORTHING)**  
karen.Dennison@westsussexpct.nhs.uk

**HASSOCKS NETBALL CLUB**  
macnamara750@btinternet.com

**H'FIELD & PARTRIDGE GREEN N BALL TEAM**  
Edna 01403 710 586

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www.lewesnetballclub.co.uk

**MID SUSSEX NETBALL CLUB**  
Jackie@midsussex.netball.org.uk  
www.midsussexnetball.org.uk

**OAKWOOD NETBALL CLUB (CRAWLEY)**  
oakwoodnetball@yahoo.co.uk  
www.oakwoodnc.co.uk

**PULBOROUGH NETBALL CLUB**

Sue 01798 875 629  
suzanne@dudman04.orangehome.co.uk

**REDHILL NETBALL CLUB (CRAWLEY)**

jo.barnes@rocketmail.com

**RIMMERETTES NETBALL CLUB**

07901 910 539

michelle.simmons@hotmail.co.uk

**RUDGEWICK NETBALL CLUB**

Emily 07799 514 954

www.rudgewicknetballclub.co.uk

**SEAFORD NETBALL CLUB**

Clare 01323 890 994

**SOUTHDOWN NETBALL CLUB**

pbaker@servalssystems.co.uk

www.southdownnetballclub.co.uk

**SPIRIT NETBALL CLUB (LEWES - JR)**

Karen 07899 908 456

**SUSSEX THUNDER, STORM & LIGHTNING**

sussexnetballclub@yahoo.co.uk

**TRINITY TRISTARS NETBALL CLUB**

becca.kel@hotmail.com

**UCKFIELD NETBALL CLUB (JUNIOR)**

uccsshpley@uctc.e-sussex.sch.uk

**ORIENTEERING**

**SOUTHDOVS ORIENTEERS**

Jaquie Drake 01293 613 114  
thedrakes@yuggles.co.uk  
www.southdowns-orienteers.org.uk

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d.avery6@btinternet.com

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anthony.page@networkrail.co.uk

www.bexhillrowingclub.com

**BEWL BRIDGE ROWING CLUB**

Martin Teale 07801 135 270

martinteale@rocketmail.com

www.bewlrowingclub.co.uk

**EASTBOURNE ROWING CLUB**

Nick Norwood 07855 393 542

dave@dufrane.co.uk

www.eastbournerowingclub.co.uk

**SHOREHAM ROWING CLUB**

rowing@shorehamrowingclub.co.uk

**WORTHING ROWING CLUB**

Martin Holden 07904 183 284

wrc@worthingrowingclub.com

www.worthingrowingclub.com/

**RUGBY UNION**

**SUSSEX RFU**

01273 623030

sussexadmin@rfu.com

www.sussexrugby.co.uk/dyn/pages/playing/links.shtml

**BARNS GREEN RFC**

andrewstambridge@barnsgreenrfc.co.uk

www.barnsgreenrfc.co.uk

**BOGNOR RFC**

Andy Sweeney 01243 820 846

www.bognor-rfc.com

**BRIGHTON FC (RFU)**

Dionne Fowle (Hon Secretary) 07778 547 625

brightonrugbyclub-enquires@hotmail.co.uk

www.brightonblues.co.uk

**CHICHESTER RFC**

01243 779 820

secretary@chichesterRFC.co.uk

www.chichesterRFC.co.uk

**CINQUE PORTS RFC**

01424 722 844

info@cinqueportsrugby.co.uk

www.cinqueportsrugby.co.uk

**CRAWLEY RFC**

01293 533 995

patrick.constance@neopost.co.uk

**CROWBOROUGH RFC**

Simon Davies 01892 663 915

sdgas@aol.com

www.crowborougrugby.com

**EAST GRINSTEAD RFC**

Matt Ravenscroft 07831 721 538

secretary@egrfc.com

www.egrfc.com/

**EASTBOURNE RFC**

01323 503 076

suandalwood.tiscali.co.uk

www.eastbourne rugby.com

**HASTINGS & BEXHILL RFC**

William Parker 01424 444 255

david.hirst@hastingsrugby.org.uk

www.hastingsrugby.org.uk

**HAYWARDS HEATH RFC**

01444 413 950

aj@hhRFC.co.uk

www.pitchero.com/clubs/haywardsheath

**HEATHFIELD & WALDRON RFC**

Tim Ball 01435 831 142

tjgball@hotmail.com

www.hwrfc.co.uk

**HELLINGLY RFC**

Roger White

hellinglysecretary@hotmail.co.uk

**HOLBROOK RFC**

01403 751 150

www.holbrookrfc.co.uk

**HORLEY RFC**

Barrie Edwards 07912 862 566

contact@horleyrugby.co.uk

www.horleyrugby.co.uk

**HORSHAM RUFC**

Paul Harding 01403 265 027

chairman@horshamruffc.com

www.horshamruffc.com

**HOVE RFC**

Andy Ward 07789 777 475

clubhouse@hovrfc.com

www.hovrfc.com

**LEWES RFC**

John Curry 01424 210 778

info@lrfc.org.uk

www.lewesrfc.org.uk

**LITTLEHAMPTON RFC**

Racheal Hutchings 07779 725 955

racheal05@aol.com

www.clubs.rfu.com/clubs/portals/littlehampton

**MIDHURST RFC**

Simon Flint 01730 816 465

simon.flint@bbcel.co.uk

www.midhurstrugby.co.uk

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Ree 07966 815 345

www.norfolkarmsrfc.co.uk

**PULBOROUGH RFC**

01903 746 463

www.pitchero.com/clubs/pulborough

shorehambymanager@yahoo.co.uk

**RYE RFC**

07784 024 162

RyeRugby@Live.com

www.pitchero.com/clubs/ryerfc

**SEAFORD RFC**

Nicky Walker 01323 441 429

www.seafor RFC.com

**SHOREHAM RFC**

shorehambymanager@yahoo.co.uk

www.shorehamrugby.com

**SUSSEX POLICE RFC**

www.sussexpolicerfc.co.uk

**UCKFIELD RFC**

Kim Dunn 07905 756 271

dunnkim6@aol.com

www.pitchero.com/clubs/uckfieldrfc

**WORTHING RFC**

Allan Imrie 01903 784 706

Allan.Imrie@ametek.co.uk

www.worthingrfc.co.uk

**SUSSEX REFEREES SOCIETY**

Phil Bowers 07930 188 560

philbowersref@aol.com / www.ssrur.com/

**SUSSEX REFEREES SOCIETY**

Phil Bowers 07930 188 560

philbowersref@aol.com / www.ssrur.com/

**SAILING/YACHTING**

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01903 716 016

arunyachtclub@btconnect.com

www.arunyc.org.uk

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01342 326 901

ashdownsailingclub@yahoo.co.uk

www.ashdownsailing.org.uk

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www.bexhillsc.com

**BOSHAM SAILING CLUB**

01243 572 341

manager@boshamsailingclub.co.uk

www.boshamsailingclub.co.uk

**BRIGHTON MARINA YACHT CLUB**

01273 818 711

office@bmyc.org.uk www.bmyc.org.uk

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01273 321 802

www.brightonsailingclub.org.uk

**CHICHESTER YACHT CLUB**

01243 512 918

secretary@cyc.co.uk

www.cyc.co.uk

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01323 416 562

training@sailing-at-eastbourne.co.uk

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mail@hastingsssc.wanadoo.co.uk

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www.innshorecruisingclub.co.uk

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office@itchenorsailingclub.co.uk

www.itchenorsc.co.uk

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memsec@lancingsc.org.uk

www.lancingsc.org.uk

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information@nssc.org.uk

www.nssc.org.uk

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commodore@pyc.org.uk

www.pyc.org.uk

**PEVENSEY BAY SAILING CLUB**

01323 761 002

dave.harrington@pbsd.org.uk

www.pbosc.org.uk

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sscmemsec@hotmail.com

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gsteven@rya-online.net

www.shyc.co.uk

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secretary@susseyachtclub.org.uk

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www.wwsc.org.uk

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fittleworthrifleclub@hotmail.com

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Mr Peter Tyler 07901 769 346  
ESC-HonSec@ustylers.co.uk  
www.eastbourneswimmingclub.org

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Mrs E Lucani 01323 503 276  
e.lucani@tiscali.co.uk  
www.hailshamswimmingclub.org

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Mr Graham Furness 01424 438 122  
graham.furness@tiscali.co.uk

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paul@lewesswimmingclub.org  
www.lewesswimmingclub.org

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Mrs B Condron 01243 552 372  
dettecondron@aol.com  
www.littlehamptonsc.co.uk

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susan.lodge@btconnect.com  
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md@burgundywines.co.uk

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Mr P. McCallum, 01903 267 019  
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www.worthingswimmingclub.org  
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Chairman: Mr P McCallum 01903 267 019  
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www.sussexswimming.org/

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Miss S. Naish,  
sarah@snish15.fsnet.co.uk  
www.bdsc.co.uk

**BRIGHTON SWIMMING CLUB**

Mrs D. Halls 01273 475 326  
denisehalls@postmaster.co.uk  
www.brightonsc.co.uk

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sussextta.co.uk  
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Kevin Haffenden 07803 138 881  
admin@battlettcc.com  
www.battlettcc.com

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Paul Dustall 07985 812 001  
Paul.dunstall@btopenworld.com

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Ian Ford 07764 146 338  
ian.ford@horsham.gov.uk

**HOLLINGBURY TT CLUB**

Christine Wicks (club chairman) 01273 709 612  
Cjwicks1@yahoo.co.uk  
www.hollingburyttcc.co.uk

**HORSHAM TT CLUB**

Ian Ford 07764 146 338  
ian.ford@horsham.gov.uk  
www.horshamtabletennisclub.co.uk

**PAVILION TT CLUB**

Mike Jones 07932 676 891  
Mike.jones@pavilionttc.co.uk  
www.pavilionttc.co.uk

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Pat Mahoharan 07897 150 108  
lan.talmdadge@ips.invensys.com  
www.storrington-tabletennis.co.uk

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Secretary: Paul Barry 01424 431 658.

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Mrs T. Bennett, 01323 484 113

**HOLLINGTON**

Neil Stapley 01424 422 892

**MONARCHS (HASTINGS)**

Peter Harding 01424 712 708

**SAINTS**

01424 718 136

**TACKLEWAY**

Danny Rickaby 01424 430 201

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Miss Sheila King 01424 428 057

sheila.king@etta.co.uk

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**TRAVAUX**

Cliff Duffell 01424 773 176

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**STEYNING**

07927 008 663  
SteyningTTC@googlegmail.com  
www.steyningttc.co.uk

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info@wwc.org.uk  
www.wwc.org.uk/table\_tennis.html

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Ian Ford 07764 146 338  
ian.ford@horsham.gov.uk  
sussextta.co.uk/clubs\_billingshurst.php

**BRIGHTON**

Tim Holtam 07985141 788  
tim@brightontabletennisclub.co.uk  
www.brightontabletennisclub.co.uk

**CRAWLEY COMMUNITY**

Ian Ford 07764 146 338  
ianfordy@aol.com  
www.crawleytabletennis.co.uk

**LANCING**

Ray Forder 01903 766 678  
rfordertabletennis@fsmail.net

**NORTH MUNDHAM**

Mr Peter Baldwin 01243 860 966  
peter@peterbaldwin.co.uk

**WOODLANDS (RUSTINGTON)**

Jim Holden 01903 782 209

woodland@tiscali.co.uk

**TENNIS**

**ANGMERING-ON-SEA LAWN TENNIS CLUB**

Mandy Wood (membership secretary):  
07790 760 210  
wood.mandy@btinternet.com

**CHICHESTER RACQUETS & FITNESS CLUB**

01243 785 664  
DeputyManager@crafc.co.uk  
www.crafc.co.uk

**CROSS IN HAND TENNIS CLUB**

Steve Godfrey 01825 830 670  
crossinhandtennis@googlegmail.com

**TENNIS SUSSEX**

01273 505 979  
Sussex@LTA.org.uk  
**LTA TENNIS DEVELOPMENT MANAGER**  
Liz Squires 01273 505 979  
Liz.Squires@LTA.org.uk

**TRAMPOLINING**

**BEXHILL BOUNCERS**

01424 845 054  
ianmcmullen@hotmail.co.uk

**DRAGON FLYERS T.C. BOGNOR REGIS**

01243 825 015  
lindatramp@yahoo.co.uk

**FLITECREW TRAMPOLINE CLUB**

01403 257 038  
flitecrewlaurel@aol.com

**UMP TRAMPOLINING CLUB**

Karen Street (head coach) 01323 508 604  
karen.street@virgin.net/  
www.jumptc.co.uk

**ORBITAL STARS TRAMPOLINE CLUB**

01403 734 448  
**SHINewater TRAMPOLINE CLUB**  
01323 768 614  
shinewater@eastbourne.gov.uk  
www.eastbourne.gov.uk/leisure/sport/council/  
shinewater/youth/gym-and-tramp

**SOUTH DOWNS (LEWES + PEACEHAVEN)**

Malcolm Jones 01273 486 000  
southdowns.gtc@ntlworld.com

**SOUTHWICK TRAMPOLINING CLUB**

01273 238 111  
www.impulseleisure.co.uk

**STEYNING STARS & HENFIELD GYM CLUB**

Amanda Wadman 01903 816 368

amandawadman@gmail.com  
www.wadmanmandy@aol.com  
**SUSSEX SPRINGERS TRAMPOLINE CLUB**

Carol on 01444 831 046

www.sussexspringers.co.uk

**SKY SURFERS TRAMPOLINE CLUB**

01903 266 981

john.varga@ntlworld.com

**SUSSEX MARTLETS TRAMPOLINE CLUB**

01903 501 798

pat@belchamber.com

**UP N DOWNS TRAMPOLINE CLUB**

01323490 011  
rebecca.hatt@waveleisure.co.uk

**TRIATHLON**

**AMPHIBIANS 2 TRIATHLON CLUB**

Karen Wigmore, Club coach  
karen.wigmore@sky.com www.a2tri.com

**BRIGHTON PHOENIX TRI**

Malcom Hughes 01273 779 761  
brightonphoenixtri@yahoo.com  
www.brightonphoenix.org.uk

**CHICH'R WESTGATE TRIATHLON CLUB**

Adrian Campbell 07900 512 699  
info@cwtc.org.uk  
www.cwtc.org.uk

**CRAWLEY TRI CLUB**

Paul Holmes 01444 882 036  
paul@circuit-alert.co.uk  
www.crawleytriclub.co.uk

**EAST GRINSTEAD TRI CLUB**

Clare Collett, Club secretary  
club@egtri.com  
www.egtri.com

**ESPORTA BRIGHTON**

Tony Wright 07767 827 446  
www.esportabrighton.co.uk

**MID-SUSSEX TRIATHLON CLUB**

Tamsin Douglas-Smith 01273 835 680  
info@midssussextriathlonclub.com  
www.midssussextriathlonclub.com

**STEYNING ATHLETIC CLUB**

Joan Lennon 01903 812 569  
joan.lennon@gmail.com  
www.steyningac.co.uk

**SWIM-1ST TRIATHLON CLUB**

Lee Basset 07910 532710  
triathlon@swim-1st.co.uk  
www.swim-1sttriathlonclub.com

**TUFF FIFTY TRIATHLON CLUB**

Clive Harvey@tuff-fifty.co.uk  
www.tuff-fifty.co.uk

**VOLLEYBALL**

**ADUR (SOUTHWICK)**

Tom Holt 07760 287 790  
thomasholt28@hotmail.com  
www.adurvolleyball.co.uk

**KINGS (EAST GRINSTEAD)**

Simon Lewis 07917 328 871  
simonkewis@aol.com

**STORRINGTON**

Martin Fisher 07786 6426 541  
martin.fisher16@btinternet.com

**WORTHING**

Nigel Goldsmith 01903 263 034  
nigeliangoldsmith@yahoo.com  
www.worthingvolleyball.co.uk

**SUSSEX VOLLEYBALL ASSOCIATION**

Richard Jennings (secretary) 01903 746 117  
richard@ashdown.co.uk  
www.volleyballsussex.co.uk/index.htm

**WATER POLO**

**BRIGHTON SWIMMING CLUB**

David Charbit 07968 986 648  
david\_charbit@yahoo.co.uk  
www.brightonsc.co.uk

**CRAWLEY SWIMMING CLUB**

Barry Hurst 07595 756 166  
barryhurst59@aol.com  
www.crawleysc.co.uk

**HAILSHAM SWIMMING CLUB**

Jeanette Simpson 01323 440 140  
Enquiries@hailshamswimmingclub.org  
www.hailshamswimmingclub.org/

**MID-SUSSEX MARLINS SWIMMING CLUB**

Pat Bates 01444 245 920  
waterpolo@olympusmarlins.org  
www.olympusmarlins.org/

**WORTHING SWIMMING CLUB**

Peter McCallum 01903 267 019  
peterjmccallum@hotmail.com  
www.worthingswimmingclub.org

**WATERSPORTS**

**CHICHESTER WATERSPORTS CENTRE**

01243 776 439  
chichesterwatersports@btconnect.com  
www.chichesterwatersports.co.uk

**HOVE LAGOON WATERSPORTS**

01273 424 842  
info@lagoonwatersports.co.uk  
www.lagoon.co.uk

**WEIGHTLIFTING**

**WORTHING WEIGHTLIFTING CLUB**

John Walton 07815 938 919  
johnboy.walton@hotmail.co.uk

**ZORBING**

**BRIGHTON (DEVILS DYKE)**

08456 434 360  
enquiries@orb360.co.uk  
www.orb360.co.uk

**FOREST ROW**

SphereMania 08448 003 045  
enquiries@spheremania.com  
www.spheremania.com