



# "The Ammonite"

December 2017



**Wishing everyone a very Merry Christmas.**

Well maybe not too merry as we are only part way through the cross country season. Thank you everyone who contributed during 2017 and please keep sending me articles, photos and other snippets, and ideas for what you would like to see included in future. And a special request to all our **junior athletes** to let me know about your time with the club- why did you decide to join the club, what do you enjoy most, or what has been your biggest achievement? Please let me have any contributions for the January edition by December 29th. Happy reading from your editor Karin Divall [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

## Racing round-up.

LewesAC was well represented across cross country and road in November. There was another double helping of cross country for the seniors with Bexhill Sussex County on Saturday 11<sup>th</sup> and Warren Hill East Sussex on 12<sup>th</sup> November. Well done to everyone who ran one or both. And well done to all our juniors who turned out and did our club proud at Bexhill.



There was a bumper turn-out at Bexhill despite the gloomy day. Across a number of age group races, there were 71 runners from Lewes in a total field of 592 finishers. This was the second of four races and Lewes is holding its own in this competitive league.

Lewes senior men's A team were 3<sup>rd</sup> and stand at 3<sup>rd</sup> overall in league. The u15 boys had a great race coming in second which takes them to first place in the league. The U13 boys came in 5<sup>th</sup> and stay as 5<sup>th</sup> in the league.

The senior women had a fantastic race coming in 1<sup>st</sup> place which places them third overall in the league. The u15 girls were 7<sup>th</sup>, u13 girls 6<sup>th</sup>.

And well done to all the under 11 runners.

Rosie Kornevall (31) and Martha Weisskoff-Strange (52) who came 4<sup>th</sup> and 5<sup>th</sup> respectively in the girls under 11 race. (Photo on left by Peter Masters)

A slightly damp senior women's team at Bexhill (photos by Peter Masters)



And a less damp senior men's team below- although they did have to endure a nicely churned-up course as they were the last to run.



And so to an absolutely freezing, windy but sunny, Sunday morning near Beachy Head for the “Warren Hill” East Sussex Cross Country. A lovely scenic one lap course of just under 5 miles attracted forty LewesAC runners who stormed to finish in a fantastic first place. After two races of six, this puts Lewes in joint first place overall with Crowborough/Wadhurst.

Photo of the team below (by Sally Norris).



Anyone (young and old) inspired to run with any of our winning teams will be very welcome- just have a chat with one of the team captains- Matt Bradford, Helen Sida, Dave Leach, David Foster – details below in future events calendar.

### **Brighton 10k- another Sussex success.**

And then turning to the road, 15 Lewes runners took part in the very competitive Brighton 10k, which was also the final 2017 race in the Harvey Curtis Sussex Road Race challenge. A special mention for Matt Bradford who finished fifth, and third for Sussex, as well as a number of people who achieved pb's and great performances in their age categories, in near perfect conditions. After last year when the race had to be cancelled due to Storm Angus, it was great to have a chilly, sunny morning with just a slight breeze.

**LewesAC has always been particularly fond of Cross Country and there are four more opportunities for** everyone who loves the challenge and pain of the hills. In January we have the pinnacle of cross country running; the Cross Country Championships. It would be great to see a fantastic turnout at these events so we can show the strength we have as a club. Dave Leach needs to have your details by **December 8<sup>th</sup>** if you want to enter any, or all, of the following...

- ) **Sussex Cross Country Champs @ Bexhill Sat January 6th 2018**
- ) **Sussex Masters (over 35s) Champs @ Lancing, Saturday 20<sup>th</sup> January 2018**
- ) **South of England Cross Country Champs @ Stanmer Park, Brighton Sat January 27th 2018**
- ) **English National Cross Country Champs @ Parliament Hill, Hampstead Heath London Sat February 24th 2018.**

**You do not need to qualify for any of these events but u13's you have to be 11 years old on or before the day of the event.**

Email your name, date of birth and EA number to [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com)

## **Sue Zhao joined the club earlier this year and here she shares her LewesAC story with us...**

My name is Sue, I'm studying for my second MA which is in Journalism and Documentary practice at the University of Sussex.

I joined Lewes AC in February of 2017. At that moment I originally just wanted to do some training for my first marathon. I've run for 5 years on my own, and haven't done any proper training for any races. I had no idea what a marathon looks like and what training I should do at that time. So I googled the nearest athlete club which is easy for me to get to and from campus.

I remember when I sent an email to the email address which showed on the Lewes AC website, I was very surprised that I got a response so quickly. I was worried about my English as I'm a foreign student and that I might not be able to communicate with people easily or they might not welcome a foreigner or something like that. Then David Foster gave me a nice call which made me feel really relaxed about coming and seeing what is going on.

Then that's where my Lewes AC Journey starts.

I was a person who didn't like to run with people before, I have never run with other people in my past running history. Tuesday club run, Thursday track session and sometimes Sunday cross country run almost take me to a totally new world. I start liking to run with people, and I can have a nice chat with people when I am running. Everyone here who I meet is so friendly and kind. They gave me suggestions, tips and encouraged me to keep going. Everyone shared their experience with me which made me feel so excited. They take me to explore so many nice places around Lewes, every time, yes, every time, I'm so surprised that the place where I run is incredibly beautiful.

Even track sessions are tough, and when I finish, people always say "well done" to me, no matter how I finished. But no pain no gain, and thanks to track sessions and other club runs, I finished my first marathon in 4:15, and I'm very pleased with the time. I didn't expect I could run within 5 hours. That achievement gave me confidence in many things.

Keeping training in our club is not only for running, I love every first Tuesday Pub Run of every month. When we have finished almost one hours running, we come together talking with each other with nice beer in a nice pub which is amazing! That helps me know the local culture much deeper and I feel my English listening and speaking has improved a lot. I have explored quite a lot of nice local pubs and beers, I always tell my Mum I'm so lucky to meet people who are in Lewes AC.

Because of our club, I have chances to take part in many races, I have to say that again, I have explored many nice places during the running. Although races are always tough to me, always hilly, but I'm so glad I can enjoy the nice view when I am running. I really love the feeling that I belong to the community, no matter what time you did on which race, our club people always say positive things to me, and no one will blame you or your pace.

I think running is so much fun, and running is one part of my life. I'm so happy and lucky I joined our club. Training in Lewes AC has made my life different. To a foreigner student, totally lucky and happy to join such a big and friendly community. Here, I have improved my running skills, met so many nice people, explored the nice South Downs where I have never seen that gorgeous view before. I'm so proud of our club.

## **In the last issue of The Ammonite Bob Hughes asked for views about the changes to the Sussex Grand Prix.**

### **Here Dave Feintuck shares his views about the proposals....**

I thoroughly enjoyed the GP, completing it 10 times between 88 and 15, best finish 19th overall and 6th vet in 1992. When we started, as you say, not only were there few organised alternatives to club road races, many of which were in the GP, but the clubs also carefully avoided clashes. I doubt if there are stats to show whether the much appreciated Park Runs attract more people to join clubs or instead provide a (cost free) alternative for those new to the game.

One of the pleasures for me was being able to pick and choose from a dozen and a half races to get 8 best scores, fitting in with holidays, injuries and, of course, targeting the less well attended, higher scoring races (an idiosyncrasy in the rules I found attractive rather than problematic!) plus, latterly, the challenge of getting fair scores in two longer races which always included the heavily populated 1/2 marathons.

In the past 15 years GP standards as well as participants have fallen off - a few runners faster than the best runners previously but less runners with more good/moderate times like ours were. Many of our scores from before the millennium would have given us higher finishes now. Even after two heart attacks, my overall and vets positions showed little variance.

Reducing to 8 races without the requirement of the 2 longer runs shrivels the competition and makes it look a bit like a poor relation to the Harvey Curtis challenge (which I see now claims to be 'the premier road running series in Sussex'). I'm not sure how the proposed rule changes would encourage strong - or other - club runners to enter on top of other current commitments. I know these tweaks (which will also presumably mean less clubs with a direct interest in holding a GP race) are in the hopes of reviving something still living but, sadly, I fear are more like trying to resurrect the dead....

**The West Sussex Fun Run League is always a popular set of races with Lewes AC members and here Geoff Watson shares his tales of the last two events....**

Firstly the Steepdown Challenge. On a sunny morning 25 runners made their way to Lancing leisure centre all thinking about the challenge ahead with great respect to the runners who on the Saturday ran the Beachy Head marathon then on the Sunday turned out for the challenge.

The race is aptly named as it a long slog up and up to the summit at a 150 metre-ish above sea level.

370 runners set off and after a quick burst around a field it was onto the gravel flint paths that would lead us to the top. Two miles up and everyone is stretched out in a long line of colourful bobbing vest the sight looking ahead from midway in the pack is of a multi-coloured washing line.

Eventually getting to the top, with the reassuring presence of a St John's ambulance (or not) the view offered is a sight of the sea glistening in the channel then a fast downhill to the finish.

Question: why is it a longer distance to run up the hill and a shorter distance to run down the hill? Should be the same!

We finish the day with a visit to a tent with Scouts offering us tea and cakes.

A great result of 124 points out of a possible 125 to remain clear leaders.

Then onto the Gunpowder Trot on 5<sup>th</sup> November. On a beautiful Sunday morning we made our way to the glorious mess of Horsham town centre. After negotiating the one way system choosing a car park and walking around to find the hidden H.Q. then another walk across the railway line to the start. All this at an early start time than normal to try and catch us out after the night before! Sunglasses being the order of the day as 312 runners lined up for the start.

The course is one of those they term as undulating i.e. it goes up and down but it is an attractive run through woods over streams with a view of a prettier part of Horsham town. Conditions under foot weren't too good as it was very muddy and slippery in places and a few runners opted for a mud pack treatment!

Another successful day out gaining 120 points which puts us a whopping 100 points ahead.

This race was the last race of 2017 but because the start of the season has been changed for next year so as to begin at the Lewes 10k therefore there is one more race for this season on new year's day before we can be crowned champions (as long as we turn up! )

**Calendar of future events**

<b>December</b>		
Saturday 2 <sup>nd</sup>	<b>Sussex County XC (3) at Lancing</b>	Details and sign up on the sccl lewesac wiki page.  Team managers: Helen Sida <a href="mailto:Helen@sida-uk.org">Helen@sida-uk.org</a>  Matt Bradford <a href="mailto:matt.bradford@harveycurtis.co.uk">matt.bradford@harveycurtis.co.uk</a>  Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sunday 3 <sup>rd</sup>	<b>Crowborough 10K</b>  Sussex Grand Prix	<a href="http://sussexraces.tripod.com/EntryForms2017/2017Crowborough10k.pdf">http://sussexraces.tripod.com/EntryForms2017/2017Crowborough10k.pdf</a>
Sunday 17 <sup>th</sup>	<b>East Sussex Cross Country at New Place Farm (Framfield)</b>	Details and sign up on our esccl wiki page  Team Manager: David Foster <a href="mailto:runningfit@lewesac.co.uk">runningfit@lewesac.co.uk</a>
<b>January 2018</b>		
Sat 6 <sup>th</sup> Jan	<b>Sussex Cross Country Championships at Bexhill</b>	Team Manager: Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>

Sun 14 <sup>th</sup> January	<b>East Sussex Cross Country</b> Blackcap (We are hosting this so any volunteer helpers/marshals etc. please let David know).	Details and sign up on our esccl wiki page  Team Manager: David Foster <a href="mailto:runningfit@lewesac.co.uk">runningfit@lewesac.co.uk</a>
Sat 20 <sup>th</sup> Jan	<b>Sussex Masters Cross Country Championships</b> at Lancing Manor	Team Manager: Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sat 27 Jan	<b>South of England Area XC Champs</b> at Stanmer Park	Team Manager: Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
<b>February 2018</b>		
<b>4<sup>th</sup> Feb</b>	<b>Chichester 10K</b> Sussex 10K Champs	<a href="http://www.chichester10k.com/home.html">http://www.chichester10k.com/home.html</a>
Sat 10 <sup>th</sup> Feb	<b>Sussex Cross Country League (4)</b> at Stanmer Park	Details and sign up on the sccl lewesac wiki page.  Team managers:  Helen Sida <a href="mailto:Helen@sida-uk.org">Helen@sida-uk.org</a>  Matt Bradford <a href="mailto:matt.bradford@harveycurtis.co.uk">matt.bradford@harveycurtis.co.uk</a>  Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sun 18 <sup>th</sup> February	<b>East Sussex Cross Country</b> at Heathfield Park	Details and sign up on our esccl wiki page  Team Manager: David Foster <a href="mailto:runningfit@lewesac.co.uk">runningfit@lewesac.co.uk</a>
Sat February 24 <sup>th</sup>	<b>English National Cross Country Champs</b> at Parliament Hill, Hampstead Heath London	Team Manager: Dave Leach <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
<b>March 2018</b>		
Sun 11 <sup>th</sup> March	<b>East Sussex Cross Country</b> at Pett.	Details and sign up on our esccl wiki page  Team Manager: David Foster <a href="mailto:runningfit@lewesac.co.uk">runningfit@lewesac.co.uk</a>