

“The Ammonite”

January 2018

Wishing everyone in the LewesAC family a very Happy New Year.

And what better way of spending new year's eve than running through the mud....here is the group of athletes who did a training session at Bentley woods with Dave Leach. Dave is an inspirational coach who motivates and keeps us going, especially when the going gets tough. You can see we are all smiling even after a tough, wet and muddy session.



The New Year is a time for resolutions which may include good intentions to get fit or fitter, and if so then you may be inspired by the achievements of some of the runners who took part in our last ten week Beginner's Course. Here Bev Sheridan tells us about how they got on in the Christmas Cracker Chase outing.

8 LAC runners set out on December 2nd to take part in the Worthing Running Sisters Christmas Cracker Chase. Accompanying us were 4 beginners group graduates, 2 of whom tackled their 1st 10k - well done to Nicky & Rosie - the first of many we hope. The CCC is a combined 5k & 10k race run along Worthing seafront on an out and back, traffic free, course. It's for woman only and the wearing of Xmas themed items is obligatory! The day was just about perfect (for a seafront run in December!) and first home for LAC was Anne Hagan, with 3 LAC runners finishing in the top 20. Later in the day the beginners groups Leaders & Coaches, together with our Christmas Cracker runners, gathered at Caffe Lazzati to celebrate all things beginners running and toast our new runners. To round the evening off, a festive quiz and puzzles were tackled - much harder after a few glasses of prosecco!

And if you, your friends or family fancy starting or returning to running then you will be interested in the next New Beginners Course which starts on Saturday 24th February...

The Beginners coaching team swings into action again to start the next course in February - which is a bit earlier than usual to get around the Easter holidays. The course is over 11 weeks (inc 1 week in the middle for Easter hols) and the aim is to get everyone running for 30 minutes continuously. If you know of anyone who wants to learn to run, then visit our webpage for more info and contacts; <https://www.lewesac.co.uk/what-we-do/beginners>



Very well done to the four LewesAC athletes who represented Sussex at Oxford on 9th Dec at the S.E inter county match.

Bea Ingles [u13]

Atticus Mohapi-Dobouny [u15]

Ella Mundy [U20]
(Photo on left by Peter Masters)

Izzy Coomber [Snr]

Really good performances by all.

Joscelin Lowden was a promising junior and senior athlete with LewesAC (she won the Harvey Curtis Road Race challenge in 2015) until injury forced her to switch to the bike. David Bradford (LewesAC) interviewed Joscelin for “Cycling Weekly” in November 2017, and here is an excerpt from his interview...

Just two years ago, Joscelin Lowden was winning county titles as a runner. During 2016, persistent injuries forced a switch to the bike. “After my first Lewes Wanderers training camp,” she recalls, “I picked up a time-trial bike on Saturday and broke a course record on Monday — I was hooked!” A ride at the Bec CC Hill-Climb saw Lowden signed by Apire-HSS Hire for 2017. Next year, she will ride for Storey Racing, and is aiming high. “Representing GB at the Worlds in September would be amazing,” she says.



How have you found the switch from running to cycling?

With running, it was so easy to pick up injuries. Whenever my training was picking up and I was getting good, I'd 'topple off the cliff' and get injured. Whereas with cycling it's easier to train really hard without risking injury. I really like how hard I can train and then get up the next day feeling fine. I miss the time-efficiency of running, though.

What do you think makes you such a good hill-climber?

I just like going uphill, the satisfaction of being up high and looking down at where you've come from, and thinking, “Yeah, my legs got me here!”

Do you have a favourite training session?

I like the short-intensity sessions, but my favourite is called ‘Four Hills’, a session where you ride up Chartwell Hill, Toy's Hill, Ide Hill and Yorks Hill [in Kent].

And your least favourite type of session?

Any non-stop ramped-up session on the turbo, where it's not intense but just steady and constant.

What's the best training advice you've been given?

You get stronger when you're resting — my brother [former pro, Jamie Lowden] says that. The other one is, control the controllable — that's one of Sean Yates's favourites.

What's the biggest training mistake you've ever made?

Trying to push through injury or illness. I've got better at realising when I don't feel good and it's better not to ride.

Cross Country Round up

We had some fantastic results at the third match of four of the Sussex Cross Country League races at Lancing with the Women's senior team coming in first place making them joint top of the league with Arena 80. The scoring Lewes team members were Izzy Coomber (2nd); Rachel Phelps (7th); Gina Wilson (8th) and Emma Rollings (29th)

And they were closely followed by the senior Men's team coming in 3rd, moving them up to second in the League. With six men to score for the team the places were Calum Upton (6th); Matt Bradford (7th); Jack Lockwood (13th); Lewis Sida (16); David Bradford (33rd) and Chris Gilbert (39th).

With the last match of the four taking place at Stanmer Park in February the gold medals will be decided at that race.

The under 15 boys' team are also in line for a podium place at the last race. Their 4th place in the Lancing match places them in the silver medal position behind Crawley with just one match to go. The team and their individual places were Atticus Mohapi-Dobouny (2nd); Aaron Duncan (23rd) and Sam Horn (25th).

Also in a fierce battle for a gold medal place is Atticus Mohapi-Dobouny who was narrowly beaten into second place at the Lancing match. It is now down to the last match at Stanmer Park to decide who gets the gold medal as both athletes have one win and one second place each.

And good luck to all our athletes taking part in the Sussex County Championships on 6th January, and the Sussex Masters Championships on 20th January.

Meanwhile in the **East Sussex Saturday XC league** we had a terrific turnout and triumphed at New Place Farm and are currently leading that league. The next event is our own "Black Cap" where we need volunteers to marshal as well as another good turnout.

Sussex Grand Prix- new for 2018!

You may recall that there were some changes proposed to try and improve participation in the Sussex Grand Prix. These have now been implemented, and for 2018 there will be ten races starting with the Hastings Half Marathon, with the best six races to score for individuals, and the best nine races to score for teams. As a member of LewesAC you are automatically entered into the SGP. The races are set out below- those in red still to be finally confirmed, whilst full details, rules etc. can all be found at www.sussexgrandprix.co.uk

- 1 March 18th [Hastings Half](#)
- 2 May 13th [Hastings 5 Mile](#)
- 3 May 20th [Horsham 10k](#)
- 4 June **24th** [Heathfield 10k](#)
- 5 July 1st [Bewl 15](#)
- 6 July **11th** [Phoenix 10k](#) (Wednesday)
- 7 September **9th** [Hellingly 10k](#)
- 8 October **7th** [Lewes Downland 10 mile](#)
- 9 October 21st [Hove Prom 10k](#)
- 10 December **2nd** [Crowborough 10k](#)

As a mature runner myself, I was delighted to see that I am really just a youngster with loads more opportunities ahead of me, when I look at the achievements such as those in the video in the link below. Peter Kennedy (LewesAC) is also a member of the British Masters Athletics Federation and here he explains their role in promoting athletics for vet runners, and the benefits of athletics in later life...

MASTERS ATHLETICS IN THE UK

Many people find they come to running later in life or resume running after a break from running as a child/young adult due to family/work commitments, joining the few who have competed all their lives, and often find they would like to compete in road races against other athletes of a similar age. The same occurs in all the athletics disciplines – track & field events (outdoors and indoor), race walking, cross country and trail running. Since 1931, when the Veterans Athletics Club was established, this has been possible not just as an afterthought in senior athletics competitions, but in dedicated master's athletics events.

To see what this means to one such masters athlete click here to watch the video he made.

The British Masters Athletics Federation was set up with the agreement of UK Athletics to administer the sport in the UK. The BMAF promotes, organises, and regulates masters athletics and it has three semi-autonomous regional associations, covering Wales, Scotland, Northern Ireland and eight area clubs in England, covering London, South, South West, East, Midlands, North, North East and Isle of Man.

The cost of area club membership varies, but is generally around £20 p.a. Area club members are then automatically members of the BMAF without further payment and are eligible to compete in area, inter area, national and international championships. The individual championships are open to everyone of the right age; there are no qualifying standards required to enter, even at international level.

World athletics rules define master's athletics as starting at age 35 for both men and women. Competition is in five-year age groups, i.e. 35-39, 40-44, etc. up to 100+, because of the relative decline in performance that comes as one gets older. BMAF competitions adhere to IAAF/UKA rules, with the exceptions permitted by World Masters Athletics, the organisation designated by the IAAF to conduct the sport worldwide. In addition to the 5-year age bands, the rules allow for shorter hurdles races, with lower hurdle heights, reduced weights of throwing equipment and one additional instrument the "Heavy Hammer", which enables throws pentathlon competitions to take place.

British teams are very successful in international championships, usually finishing in the top three. In 2016 in the World Masters Track and Field Championships in Perth, Australia, the team was third in the medals table and in 2017 in the World Masters Indoor Track and Field Championships in South Korea and the European Masters Outdoor Track and Field Championship Denmark, they were second on both occasions.

Many of those competing are European and world record holders in their events for their age group and the levels they achieve are obliging the WMA to make regular revisions to the aged-grading tables used in parkruns and other competitions, which allow everyone to judge their own performance, independent of their age.

The BMAF and the regional associations are also supported by the home country athletics federations to a limited extent wherever the competition is based on selection - for instance the annual track & field inter-area challenge events and the British and Irish Cross Country International. England Athletics has recently started to promote its own England masters age-group competitions in the marathon and the 10km. At the Chester Marathon this year, there were several hundred runners there who had qualified to compete for England (including Lewes AC's Helen and Lewis Sida) and many of them were also competing in the BMAF marathon championships.

Athletics governing bodies throughout the world are now beginning to appreciate the need to encourage master's athletics, because of the financial opportunities this part of the sport could open up. At several recent IAAF championships, they included demonstration masters events, which is likely to be the start of more international representative competition.

The 2018 calendar has a full range of area, inter area and some 25 national fixtures and three international events, all in Spain: the European Indoor Track and Field Championships in Madrid in March, the European Non-Stadia Championships in Alicante in May and the World Track and Field Championships in Malaga in September.

The following are the major benefits of joining a master's athletics club and/or entering master's athletics competitions:

1. Opportunities to compete in area, inter area, national and international championships against people of the same age
2. BMAF and area club magazines covering reports, interesting articles, details of fixtures and results
3. Option to subscribe to Athletics Weekly magazine at rate of £7.49 per month (by direct debit)
4. Improved health by continuing to compete without regard to age

For more information visit the BMAF website bmaf.org.uk which also provides links to the area club websites.

Peter Kennedy

BMAF IT Manager/VAC Membership Secretary



2014 Cross Country International, Nottingham



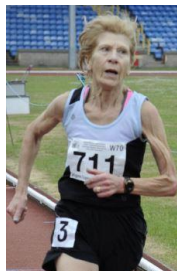
2017 BMAF Road Relays, Birmingham



2017 BMAF Half Marathon Start, Northampton



Steve Peters, world's best M60 sprinter at aged 64 (3 gold medals in 100m, 200m, 400m in Denmark 2017)



Angela Copson, world's best W70 middle-distance runner (6 gold medals from 800m to HM in Denmark 2017)



2016 EMA Indoor T&F Championships, Italy

Most of you will know that Peter Masters is the LewesAC chairman, but you may not know that he was one of a small group responsible for setting up the club over thirty years ago. Here I interview Peter to find out why he got involved and what changes he has seen in the club over this time.

Q: I understand that Lewes AC was formed in 1984 was this part of the 1980s running boom?

A: Well not exactly. The reason was that my son Andrew, together with a few of his friends were picked by their Primary School teacher to run in an inter-schools cross country race. Foolishly as it turned out two of the fathers, me included, decided to run with them and help them train not realising how unfit we were having never run before. It was also clear that there was no athletic club close by that the youngsters could join. With this as the background and with a handful of other people interested in forming a club in Lewes we set about getting the show on the road.

Q: What happened next?

A: A meeting was arranged at the Lewes Town Hall from which emerged a small committee of five to take forward the creation of the Lewes Athletic Club. Whilst I was elected Chair of this group it was clear we were all complete novices but totally undeterred by what we had taken on. We proceeded to make all sorts of decisions including what should be the club colours, that it would be an athletic club and not just a running club and that it would be a community club for all ages and abilities. We also set about organising two fund raising events. These events, the Lewes Downland 10 mile race, and the Easter Monday Fun Run both took place in 1984 and are still going strong today and form a successful and well liked part of the Sussex athletics calendar.

Q: How has club membership grown since those early days?

A: When we first started there were just a handful of members who used to run from a car park in Lewes and then after a year or so progressed to booking the local school gym and running on the school grass track with all the humps and bumps and rabbit holes. At the time of using the grass track club membership had grown to around one hundred. Now we have a membership well in excess of four hundred and still growing with a large waiting list of potential young members wanting to join the Junior Academy. We are doing everything in our power to enable these young people to join the club.

Q: What events did you enter in your early days?

A: I said before that we were complete novices in the early days and it was mainly fun running and cross country events that we competed in. As the club grew we picked up courage and we began to enter track and field events both as individuals and as a club. It was quite revealing recently when I had a look at our first newsletter and read the following sentence from a short article written by one of the club's 14 year old members. *When we entered the Eastbourne stadium we could tell the atmosphere was competitive and all the other clubs had experienced this before as they all seemed to know what to do*' This just about summed us up at this time.

Q: What is the current situation?

A: To be honest we have now moved up to a different level and successfully compete in many track and field leagues including the Southern Athletics League and the new UKA Youth Development League. Within the County we compete in the under13 and under 15 Leagues as well as the Masters League for veteran athletes. We also compete in championship events at club, junior and senior level as well as cross country, road running, race walking, multi-events and event specific competitions, in fact the full range of competing opportunities that are open to us.

The club has, for the tenth time just won the East Sussex Sunday Cross Country League. The club also successfully competes in the West Sussex Fun Run League and has won the League on a number of occasions. Across junior, senior and veteran categories the club has also won individual and team medals in all of the divisions in the Sussex County Cross Country League. We have athletes ranked at national level and athletes competing internationally for Great Britain.

However true to the clubs founding principles as a community club we also encourage fun runners and continue to support and coach beginners and those taking their first steps to join the running fraternity.

Q: All achieved from a grass track?

A: No chance: We now have an all-weather 400m track and a fully equipped club house with a strength and fitness suite. I happened to be in a position in the late 1990s to develop a scheme for an all-weather track and club house and from this prepared and submitted a successful bid for over £500,000 from Sport England. With fund raising from the club of £138,000 the new facilities were completed in 2000 and opened by the then Sport Minister Kate Hoey.

With over 45,000 individual uses a year since the track's opening 15 years previously it was beginning to show signs of wear. I was again in a position to raise the £160,000 necessary for the complete resurfacing of the track. The resurfacing was carried out in 2015 and is again ready for another 15 years plus of community use.

Q: What happens now?

A: We continue to look forward. The club with an increasing membership has established its Junior Academy and has refreshed its approach to coaching adults and the juniors. We will continue to link with schools and other clubs and integrate social events with competition. We will continue to tap into the enthusiasm of club members to secure our club motto 'success through enjoyment'.

I hope you enjoyed this newsletter, and if so then please keep sending me articles, photos and other snippets- contributions for the February edition by January 29th. Karin Divall karincalliafas@btinternet.com

Calendar of future events

January 2018		
Sat 6 th Jan	Sussex Cross Country Championships at Bexhill	Entries now closed
Sun 14 th January	East Sussex Cross Country Blackcap	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk (We are hosting this so any volunteer helpers/marshals etc. please let David know).
Sat 20 th Jan	Sussex Masters Cross Country Championships at Lancing Manor	Karin Divall karincalliafas@btinternet.com
Sat 27 Jan	South of England Area XC Champs at Stanmer Park	Dave Leach davebmclewes@gmail.com
February 2018		
Sun 4 th Feb	Chichester 10K Sussex 10K Champs, and qualification to compete in the England Masters competition at the Birmingham 10K.	http://www.chichester10k.com/home.html
Sat 10 th Feb	Sussex Cross Country League (4) at Stanmer Park	Details and sign up on the sccl lewesac wiki page. Team managers: Helen Sida Helen@sida-uk.org Matt Bradford matt.bradford@harveycurtis.co.uk Dave Leach davebmclewes@gmail.com
Sun 18 th Feb	East Sussex Cross Country at Heathfield Park	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk
Sat 24 th Feb	English National Cross Country Champs at Parliament Hill, Hampstead Heath London	Dave Leach davebmclewes@gmail.com
March 2018		
Sun 11 th March	East Sussex Cross Country at Pett.	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk
Sun 18 th	Hastings Half Marathon First of the 2018 Sussex Grand Prix Races	www.hastings-half.co.uk