



"The Ammonite"

November 2017

Bonjour à tous.

Wow what an October we had- packed with athletic excitement. The first weekend kicked off with the arrival of our French running friends on the Friday, Goodwood County Champ Relays on the Saturday and the Lewes Downland 5 and 10 mile races on the Sunday. Not to be outdone, the third weekend saw a fully packed running diary with the first of the Sussex County Cross Country races where the senior women made a good start to their quest to retain their league champion's title from last year, the first East Sussex XC and the Bright 10 mile race. It was good to have a rest from all the mud and sweat for one weekend before we hit the final October weekend and the Beachy Head marathon which is always a very popular race with club stalwarts, and the Lancing Steepdown race.

As ever please let me have any contributions for the December edition by November 29th. Happy reading or **Bonne lecture** from your editor Karin Divall karincalliafas@btinternet.com

Entente Cordiale by Jeremy Wainwright (with a little translation help from Tim Calliafas)

Anyone going to the Lewes Downland races hearing the cries of "allez, allez" or seeing the large cups and commemorative plates in the Trophy cabinet may wonder what they are about. They are the results of our 30+-year long twinning with Marolles (now Marolles/Vendome) Athletics club.

Tous ceux qui sont allés aux courses de cross-country qui s'appellent les « Lewes Downland races », et ont écouté les cris de "allez, allez" ou ont vu les grands trophées et les assiettes commémoratives dans l'armoire à trophée, probablement se demandaient ce qui se passait. Ce sont les résultats de notre jumelage de plus de 30 ans avec le club d'athlétisme Marolles (maintenant Marolles / Vendôme).

First a short history for anyone unaware of our twin club. They are based in a small village in France, and, rather like the village of Asterix they punch well above their weight. Producing national and international competitors as well as being a successful local club. Despite many attempts to gain access to the magic potion, we are always fobbed off with copious amounts of Loire wine.

Commençons avec une courte histoire pour ceux qui ne connaissent pas notre club jumeau. Le club se trouve dans un petit village en France, et juste comme dans le village d'Astérix, ses membres jouent dans la cour des grands. Le club a eu du succès à niveau local, mais il y a aussi plusieurs compétiteurs provenant de ce club qui participent à niveau national et international. Malgré tous nos efforts pour trouver leur potion magique, ils toujours se débarrassent de nous avec des quantités copieuses de vin de la Loire.

Each year, usually in April they play generous hosts to runners and families from Lewes AC. In October we return the hosting for the Downland races. Over the years numbers have fluctuated from more than 30 adults and youngsters to one occasion ten years ago when we only sent two people over. Recent numbers have been 15-20. Thirty years of exchanges mean friendships have built over the years and outside of the official visits, weddings, funerals and birthday, family and club celebrations have all been attended.

Chaque année, normalement en Avril, ils accueillissent généreusement des coureurs et leurs familles qui viennent de Lewes. En Octobre, nous les accueillons pour les courses « Downland ». Au fil des ans, le nombre de visiteurs a fluctué de plus de 30 adultes et jeunes à seulement deux personnes, une fois il y a dix ans. Récemment, les chiffres ont été entre 15 et 20 personnes. Trente ans d'échanges signifient que les amitiés se sont construites au fil des ans et en dehors des visites officielles. En fait, nous avons assisté à des mariages, des funérailles et des anniversaires, des célébrations familiales et des célébrations des clubs.

This year we hosted 12 visitors from Marolles. They arrived on Friday evening to be taken home by their hosts for a gentle introduction to Lewes culture. On Saturday we took them to Brighton for a trip up the i360 followed by traditional seaside fish and chips. Saturday night being pre-race night they are deprived of the opportunity for rest and kept well supplied with beer and wine (referred to unfairly as "English sabotage")

Cette année on a accueilli douze visiteurs de Marolles. Ils sont arrivés vendredi soir et ils sont allés chez leurs hôtes pour une petite introduction à la culture de Lewes. Le samedi nous sommes allés à Brighton pour monter le i360 et puis nous avons mangé des fish and chips traditionnels au bord de la mer. Le samedi soir, le soir avant la course, on avait privé les coureurs français du repos en leur fournissant du vin et de la bière, ce qu'on a injustement dénommé le « sabotage anglais ».



There were runners in both the 5 and 10:

Il y avait des coureurs français dans la course de 5 miles et celle de 10 miles :

In the Lewes 5 Alain Cagnard a veteran of numerous Lewes 10 milers came as a spectator, but by 11pm on Saturday had decided he would run the next day, finishing in a respectable 31st place in borrowed shoes and kit- true running spirit. Yolande Naudin ran alongside Lewes AC's Stephanie Crespin.

Dans la course de 5 miles, Alain Cagnard, un vétéran de plusieurs courses de 10 miles à Lewes qui était venu en tant que spectateur, mais qui avait décidé d'y participer la veille de la course, a terminé à la 31^e place bien qu'il ait empruntée des chaussures et de la tenue. Ça c'est le vrai esprit d'un coureur ! Yolande Naudin a couru à côté de Stephanie Crespin, coureuse de Lewes.

Runners in the 10 were:

Les coureurs dans la course de 10 miles ont été :

61	1:20:53	MENAGE, Jocelyn	Marolles	Senior Men
84	1:24:14	MOREAU, Denis	Marolles	Vet Men 45
129	1:32:28	CORRIER, Jacques	Marolles	Vet Men 60
159	1:39:44	PORMIER, Thierry	Marolles	Vet Men 50
189	1:47:42	MAZEYRAT, Franck	Marolles	Vet Men 55
190	1:47:42	MORIN, Beatrice	Marolles	Vet Women 55

Jocelyn first came to Lewes as a boy with his parents and is now nearly 30. Jacques and Thierry were running here for the first time and were both delighted with the course as being both a challenge and beautiful:

Jocelyn est venu à Lewes pour la première fois avec ses parents quand il était un enfant, et actuellement il a presque trente ans. Jacques et Thierry ont couru ici cette année pour la première fois, et tous les deux étaient très contents avec la course, parce que c'était à la fois exigeant et beau



The victorious French and Spanish visitors - Les visiteurs français et espagnols victorieux (photo by Ian Hilder)

Sunday evening, we went to the Royal Oak in Barcombe, where we were joined by Sally Norris, Katherine Emery and John Coleman, who hadn't been able to host this year, but had had happy visits to Marolles in previous years. The skittles proved very competitive especially between the Pete Masters and the Liz Masters teams battling it out for the wooden spoon! Some of our visitors more used to boules took a while to understand that the balls should be rolled not launched in the air.

Dimanche soir nous sommes allés à The Royal Oak, à Barcombe, où nous avons rencontré Sally Norris, Katherine Emery, et John Coleman, qui ne pouvaient pas accueillir des coureurs cette année, mais qui ont eu des agréables visites à Marolles dans les années précédentes. Le jeu de quilles était plein de rivalités, surtout entre l'équipe de Pete Masters et celle de Liz Masters, qui en ont décousu pour gagner la cuillère en bois. Certains des visiteurs, qui étaient plus habitués à jouer aux boules, avaient besoin d'un peu de temps pour se rendre compte qu'il fallait faire rouler les balles au lieu de les lancer dans l'air.

Gilva Wainwright's winning skittles team. L'équipe gagnante du jeu de quilles de Gilva Wainwright.



We bid our French friends au revoir on Monday morning and look forward to the return trip. It's likely to be the weekend of 8th April next year. More details in the New Year.

Nous avons dit au revoir à nos amis français lundi matin et nous avons hâte du voyage de retour. Ce voyage probablement sera le weekend du 8 avril 2018. Il y aura plus de détails dans l'année qui vient.

Well done to Bev Sheridan, Jocelyn Dodgson and Chris Gilbert for all their hard work in organising another successful day of Downland Races, here Bev recalls the highlights from the day....

Downland 10 race report

The race was run on Sunday 1st October, and as race day approached the forecast during the week was pretty grim; a storm was due and we were expecting high winds and heavy rain. It turned out better than forecast, but our usual gorgeous race day weather had deserted us this year. Fortunately that didn't put off the hardy trail runners and 268 arrived at HQ ready to run.

We had quite a few pre-booked runners that didn't run on the day, probably due to the horrible forecast. But that didn't stop 212 runners tackling the 10 mile (inc 26 Lewes runners) – and I'm sure all of them appreciated the mud we provided especially for them at Ashcombe Bottom. Proper X country! Another 56 runners went round the 5 mile – a bit less muddy, but no less windy.

Race highlight results

10 mile	5mile
Overall winner-male James Skinner Overall winner-female; Marta Perez-Maroto	Overall winner-male; Caleb Meier Overall winner-female; Juliet Fine
1 st Lewes male; John Stanford 1 st Lewes female; Sally Norris	1 st Lewes male-Jasper Baker 1 st Lewes female – Yan Wu
1 st male team: Phoenix 1 st female team; Lewes	n/a
1 st Marolles; Jocelyn Ménage & Beatrice Morin	1 st Marolles; Alain Cagnard & Yolande Naudin

Full results on the LAC results page

Lewes category winners were; Sarah Godley & Jonathan Burrell

Overall, it was a very successful event and the catering team were very busy serving some delicious cakes and teas – appreciated on a cold day.

Of course, an event like this takes a lot of staging and it can't happen without all our brilliant volunteers – some of whom are out in all weathers for the race duration. So BIG THANKS to our teams of people; start/finish set up, course setting, funnel & timing, sweeping, results, catering, HQ, race entries, car parking & marshalling.

[See you all again next year on Sunday 7th October!](#)



Anne Hagan and Siobhan Boyer led a successful [#runandtalk Event](#) to highlight the positive impact that running can have on our mental health, here Anne updates our readers....

16 runners took part in our first #runandtalk event on 14th October to support World Mental Health day. Similar events were held by running clubs across the UK, promoted by England Athletics and the mental health charity Mind. Our Lewes run highlighted how running makes us feel better, and how lucky we are to run in green spaces & with glorious views of the Downs! Runners were positively encouraged to talk, and we had a chatty relaxed run, followed by cake & coffee.

We have a pole vaulting team of national renown, thanks to the hard work and commitment shown by Rick Pilling- here he talks about how he came to be involved and what makes a successful team....

From that Little Acorn!

In June 2003 following a flying coach visit to the Lewes track by Pole Vault coach Mick Cole, the Acorn was sown and out sprouted the Lewes Pole vault group.

Neil Kemp led the Saturday morning training group with just two athletes in the early days, Gareth Stobart and Chris Pilling, training in all weathers with whatever equipment they could beg or borrow.

Within twelve months of setting the group up Neil had an athlete who qualified to compete at the English Schools championships and the UK age group championships.

Late in 2004 Carol Shuttleworth managed to persuade a reluctant "car park parent" to apply for a UKA level 1 coaching course.

Sadly, early in 2005 Neil due to his work commitments had to step down from his coaching role.

Take one step forward that newly qualified reluctant parent, the rest is history!

Twelve years on the group trains four times a week at three different venues. Has forty-five athletes attending regularly, representing eight different clubs from East & West Sussex, Kent, Surrey and London.

From 2005 to date the group has had athletes qualify and attend the Schools and National age group championships every year.

Twenty two athletes have attended the English schools championships, many on multiple occasions, collecting twelve medals between them, three being Gold.

Thirty athletes have attended the UK National age group indoor or outdoor championships. Winning fifteen medals between them, five being Gold.

Too many Sussex medals to count. Eighteen in 2017 alone.

Between them group members, Livvy Connor, Gemma Tutton and Jack Harris have broken UK All time age group records on eleven occasions.

Why, how, has that little acorn, sown in a small Sussex running club, sprouted into a group recognized nationally for its achievements?

Have we better athletes than other clubs – **No**

Have we more committed athletes – **Yes**

Have we more committed parents prepared to transport athletes hundreds of miles for competition and training – **Yes**

Have we committed coaches prepared to travel to training and support athletes at competition – **Yes**

But above all do we have committed clubs and committees supporting and funding us - **Yes**

With basic fibreglass poles starting at £300 and Carbon poles from £550. An average young vaulter will use five or six poles in a competition. Poles come in different lengths from 9' to around 17' each one is rated in lbs for the maximum bodyweight that can be used to avoid breakage.

Most clubs and groups expect athletes to provide their own poles or they might have two or three twenty year old poles that young athletes can't even lift. It just doesn't work with juniors, when going through a growth spurt they can outgrow a pole overnight!

Not so in our group, due to the fantastic support shown over many years by Peter Masters and the Lewes committee by funding Poles and other equipment, we now have a pole bank envied by all. With athletes from so many clubs we have been able to encourage them to follow suit and also fund poles that can be used by all the group members.

Earlier in the year Peter Masters again came up trumps putting forward a grant application to Sussex athletics, resulting in ten new poles.

Big thank you from the group to the committees of Lewes, Crawley and Sussex AA in making Pole Vault accessible to all.

Rick Pilling.

Not reluctant any more.

LewesAC relies on volunteers like Rick who have an interest and a passion for athletics, and if anyone has been inspired by his story to get more involved in coaching (or other aspects of the club), we offer training and support and would love to hear from you.

If, like me, you love a road 10K, or, un-like me, you prefer a road half marathon, then please read on and let Bob have your views about the proposed changes to the Sussex Grand Prix League...

Sussex Road Running Grand Prix: change is in the air

Over the years the opportunities for competitive running have mushroomed, with new events like the Brighton 10 Miles and the rather wonderful park runs. It's becoming common for the club to have weekends with clashing events and divided loyalties.

Among all these racing opportunities, the Sussex Grand Prix (SGP) road running competition may be news to many newer runners. To get an idea of how it works, think Formula One and then remove the cars and turn the drivers into runners. This year involved 17 races (see <http://sussexgrandprix.co.uk/news/races-2017/>) including the Lewes 10. (I know that this is hardly a road race – but that is another example of Lewes AC magic, like the parallel universe in which Lewes is a part of West Sussex and its fun run league.)

For each of the SGP races, members of Sussex clubs score 1 point if they are first Sussex runner home, 2 points if they are second and so on. There are separate men's and women's competitions. At the end of the year, your best eight (i.e. lowest) scores are added up to create a leader board of runners overall performance. There are awards for club teams and age/gender categories, as well as the general overall rankings.

Lewes AC have never lifted the SGP overall best team trophy – while the likes of Hailsham Harriers have been frequent winners. The trophy is a magnificent cup originally presented to Steve Overtt for one of his overseas wins and was donated to SGP when he no longer had houseroom for it.

The competition is in the doldrums. Last year 1320 runners from Sussex clubs participated in at least one SGP event but only 150 completed eight races. One reason for this is the plethora of alternative non-SGP races, but the SGP rules can also be off-putting. Two of the qualifying races have to be 10 miles or more. With the 17 possible races, it is clearly possible for two runners to run in eight completely different events to each other which rather undermines the validity of the SGP as a way of comparing individual performances.

The SGP committee have therefore agreed in principle that in 2018:

-) The 17 qualifying events will be reduced to 10;
-) The best six results will count, rather than eight;
-) The requirement for two results for races of 10 miles or more will go – but there will still be longer races;
-) The team competition will be scored on a race by race basis where the club with the largest total score for all its participants in a race will score 1 point, the second 2 points and so on (rather like the current ESCCL).

My own view is that the real weakness in the validity of the current overall SGP scores is that the same level of performance in a small field of runners scores better than in a large field, and the scoring system should take account of this. Clearly, the details of these changes need to be fleshed out.

If anyone has any comments on the proposals, I think the newsletter is the best forum for these views. One question is whether we should bother at all with SGP. If so should we tell those who specialise in road running to join another club?

Bob Hughes (bob.hughes@bcs.org)

Lewes AC SGP representative

And talking of the West Sussex Fun Run League, Geoff Watson ran the Hickstead Gallop early in October and here he recounts the race.

We arrived at the Hickstead Showground with Mr Chitty in charge of the numbers again all ready for a gallop around the countryside. Tally Ho!

There were 25 runners in attendance but unfortunately two chaps had to drop out succumbing to on-going injuries. On a DRY bright cool morning 319 racers lined up at the start when bang went the gun without a 3.2.1. go or anything. Off we went on the first of three laps around the sides of fields in a never ending loop the loop eventually after one of the most uninteresting routes of the season arriving back at the showground then over the famous bank jump (no not really) to the finish.

A great effort by all meant we earned a fantastic 122 points to keep our lead to remain at the top of the pile. After the compulsory photo call we retired to a very Scandinavian like refreshment hut for a Lewes a.c. take over. 14 down 3 to go so onwards and upwards to the Lancing Steepdown.

A marathon success

Matt Bradford was Guide runner for Chris Goodwin in the Frankfurt marathon- they ran an amazing 2.43.30. Well done to them both.

Cross country

Cross Country kicked off this year with the ever popular Goodwood relays. The senior men's team showed fantastic form as Patrick Hough, Josh Burgess, Ben Savill and Tom Evans won team gold to retain the title they won last year. In the U13 competition, the girls team of Freya Hinds, Aimee Funnell and Bea Ingles won team bronze. In the U15, the boys' team of Jack Gardner, Atticus Mohapi-Dobouny, and Aaron Duncan won team bronze. And the Senior Women's team of Rachael Phelps, Sally Norris and Ella Mundy won team bronze.

The teams returned to Goodwood for the next cross country event which was the first **Sussex Cross Country League**. We made a strong start with the under 15 boys taking the best Lewes position of the day coming second whilst four seemed to be our lucky number as the under 13 boys, senior men and women's A teams came 4th, we also saw the under 13 girls come in 6th, the under 15 girls 7th and the under 17 boys 12th. There was also some great individual running from the under 11 boys and girls.

(Below the senior women's team at Goodwood)



Next up was our first **East Sussex League** match at Snape's Wood. We have won this league for the last ten years, and despite a slightly depleted team we managed to achieve an impressive second place.



(Above) The team at Snape's Wood XC.

And so to the final weekend of October. Firstly a club race favourite- we all love our hills- on Saturday; The Beachy Head Marathon- well done to all the Lewes AC team (photo below left), and then a pic of the crazy trio who decided to run both the Beachy Head on Saturday and the Lancing Steepdown Challenge (part of the West Sussex Fun Run League) on Sunday. Thanks to Sally Norris for these photos....



Calendar of future events

November		
Saturday 11th	Sussex County XC at Bexhill If you can only do one cross country this weekend, then this is the one to do.	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
Sunday 12th	East Sussex Cross Country at Warren Hill	Details and sign up on our esccl wiki page
December		
Saturday 2 nd	Sussex County XC at Lancing	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
Sunday 3 rd	Crowborough 10K Sussex Grand prix	http://sussexraces.tripod.com/EntryForms2017/2017Crowborough10k.pdf
Sunday 17 th	East Sussex Cross Country	Details and sign up on our esccl wiki page