



# “The Ammonite”

October 2017

## Mud, mud glorious mud!

Hooray I hear you all say- it's cross country season once again, and I am personally hoping it will be a lot muddier than last year's decidedly dry season. As well as details of the coming cross country events, this newsletter brings to a close the track and field season with reports on the final under 13 and under 15 Sussex leagues. We also have an update on the West Sussex Fun Run League, and details of what the club is doing to support people to improve their mental health through running.

This newsletter will only succeed if you keep sending me articles and snippets so please let me have any contributions for the November edition by October 29<sup>th</sup>. Happy reading from your editor Karin Dival [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

## Cross country

Please, please support your club in this year's cross country. We want to make a special effort to do well this year in the **Sussex County (Saturday) League** where last year the men's team were truly outshone by the women's team so there is added impetus for the men to get some strong teams out this year. This League is a series of 4 races, 2k for under 11s, 3k for under 13s, 4k for under 15s, 5k for the women and under 17 boys, and 8k for the men, always on a Saturday afternoon.

Matt Bradford is the men's team manager and he wants to see the club having a really good go at the Sussex Saturday Cross Country League. The men's team finished outside the top 3 in Division one last year and our aim is to do much better this year. It's time to put Haywards Heath Harriers back where they belong and it's time to get those Brighton 'big dogs' quaking in their XC spikes. A really good club turnout is required and if you have had a special e-mail from Matt please make an extra special effort. (And if you didn't receive a special email, please contact Matt and I am sure that he will send you one).

Helen Sida is the women's team manager and she is asking us to chip last years' mud from our spikes and start looking forward to the Cross Country season! Lewes Ladies had a fantastic season last year finishing 1<sup>st</sup> in the First Division and winning the Champs!! (No pressure Matt and the men's team). We ladies can do it again with your enthusiasm and support.

Please get in touch with Matt [matt.bradford@harveycurtis.co.uk](mailto:matt.bradford@harveycurtis.co.uk) Helen [Helen@sida-uk.org](mailto:Helen@sida-uk.org) or Dave Leach [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com) to let them know about your availability/enthusiasm for these fixtures.....

Sat 14<sup>th</sup> Oct - Sussex Cross Country League (1) at Goodwood  
Sat 11<sup>th</sup> Nov - Sussex Cross Country League (2) at Bexhill  
Sat 2<sup>nd</sup> Dec - Sussex Cross Country League [3] at Lancing  
Sat 10<sup>th</sup> Feb - Sussex Cross Country League (4) at Stanmer Park

Make sure the first XC date **14<sup>th</sup> October** is in your diary!

We also need a really strong turn out to represent the club and support our teams at the **Sussex Cross Country Championships** at Bexhill on Sat 6<sup>th</sup> Jan, the **Sussex Masters Cross Country Championships** at Lancing Manor on Sat 20<sup>th</sup> Jan and the **South of England Area Championships** on Sat 27 Jan. For further info, enthusiastic competitors please get in touch with the team captains.

If you want even more mud then you can also run in the **East Sussex Cross Country (Sunday) League**, where we always do well and which we have won every year for as far back as I can recall. In this league men and women run together and all do the same distance of about 5 miles. We are encouraging as many as possible to take part in the Saturday Sussex County League (mentioned above) this year as we have a good chance of doing really well in a high quality competition. But if you fancy some of the following Sunday events, this league includes a junior event for ages 8-16, followed by a senior event (minimum age 17 on day of race) and here are the dates: 15<sup>th</sup> October at Snape Wood, 12<sup>th</sup> November at Warren Hill, 17<sup>th</sup> December at Blackcap, 14<sup>th</sup> January at New Place Farm, 18<sup>th</sup> February at Heathfield Park, and 11<sup>th</sup> March at Pett.

If you would like to take part please add your name to the table on our [essccl signup and lift share](#) page.

**Changing themes, the track and field season has now drawn to a close and here Sally Brown rounds up another successful junior season.**

### **Sussex U15 League Final at Withdean.**

The evening of Friday 1<sup>st</sup> September saw the final of the Sussex U15 League match at Withdean.

Lewes were up against all 10 teams from the Sussex League and the competition was tough, especially as it was still school holiday period so many athletes were still away. Despite this there were some great performances from the Lewes youngsters, particularly amongst the boys.

Some of our best results were as follows –

Sam Dunstall : 1<sup>st</sup> in 150m in 12.0s, 2<sup>nd</sup> in 200m in 24.8s and 2<sup>nd</sup> in Long Jump with 5.42m.

Ori Bartle finished 3<sup>rd</sup> in the 200m “B” race in 26.1s, and 2<sup>nd</sup> in Pole Vault “B” with 2.20m

Ben Goode finished 3<sup>rd</sup> in the 300m in 38.7s, and 3<sup>rd</sup> in Javelin with 34.71m.

Aaron Duncan was 1<sup>st</sup> in the 800m in a time of 2.10.8.

Atticus Mohapi-Dobouny was 2<sup>nd</sup> in the 1500m in a time of 4.26.4

Daniel McCourt: 1<sup>st</sup> in hammer with 42.39m and 4<sup>th</sup> in shot with 9.74m.

Jared Seabrook-Wafer finished 3<sup>rd</sup> in the “B” hammer with 20.35m.

Ned McCauley finished 3<sup>rd</sup> in Pole Vault with 2.30m.

Rohan Doyle was 3<sup>rd</sup> in Discus with 22.68m, and 1<sup>st</sup> in “B” Shot with 8.82m

Zach Fern was 1<sup>st</sup> in “B” Javelin with 30.79m.

All our great running meant that Lewes Boys Team (Ori Bartle, Ben Goode, Sam Dunstall, Albie Ellender ) finished 2<sup>nd</sup> in the 4 X 100m relay, just pipped by Crawley.

In the 4 X 300m relay the boys team ( Atticus Mohapi-Dobouny, Aaron Duncan, Ben Goode, Ori Bartle) went one better and beat Crawley, finishing 1<sup>st</sup> in a great time of 2.45.8.

Natasha Clarke finished 2<sup>nd</sup> in Pole Vault with 2.20m

The girls team (Ella Tourle, Tracy Linus, Erin Hinds, Imogen Chard) finished 8<sup>th</sup> in the 4 X 100m relay with a time of 59.2s.

The boys’ team did really well coming third, and whilst the girls’ team was much depleted due to holiday and injury, there was great team spirit which shone through. Overall the Lewes team finished in 6<sup>th</sup> place with 253 points, just behind Worthing.

### **Sussex U13 League Final at Crawley**

It was silver for the under 13s!

Sunday 3<sup>rd</sup> September was the final match of the Sussex U13 League. It was a rather grey and drizzly day at Crawley, but this didn’t dampen the enthusiasm of our young athletes.

We were now up against 9 other teams in the Sussex League, with strong competition from the bigger clubs like Brighton and Crawley, but managed to come away with some great results.

Some of our best performances were as follows:

Adam Lawson finished 2<sup>nd</sup> in 150m with a time of 19.5s, but went one better in 600m winning this is a time of 1.45.4.

Jack Palmer won the 150m “B” race in 21.1s, and came 2<sup>nd</sup> in long jump with 4.71m.

Finlay Stonehouse came 3<sup>rd</sup> in the 600m “B” race with a time of 1.53.0

Freya Hinds finished 4<sup>th</sup> in 1000m with a time of 3.29.0.

In the field we had some great throws with Hector Summers coming 3<sup>rd</sup> in the “A” javelin with 29.03m, and Gabriel Penrose finished 2<sup>nd</sup> in the “B” javelin with 20.62m.

Kyra Sharma came 3<sup>rd</sup> in the “A” discus with 16.22m and Lucy McCourt came 3<sup>rd</sup> in the “B” discus with 15.32m.

There was a thrilling finish to the boys 4 X 100m relay race with 3 teams neck and neck, but the Lewes team (Gabriel Penrose, Hector Summers, Jack Palmer, Adam Lawson) were just squeezed into 2<sup>nd</sup> place by Horsham although both teams were given the same time of 56.4s, and ahead of East Grinstead who finished in 56.5s!

The girls’ 4 X 100m race saw the Lewes team (Hannah Russell, Freya Hinds, Aimee Funnell, Kyra Sharma) finish in 8<sup>th</sup> place with a time of 63.8s.

The Lewes team finished second in the East Division and were presented with a silver plate.

### **Running Shorts**

In the 1980s Rosalind Shuttleworth was a junior member of the club and particularly enjoyed high jumping. As an U15 she jumped 1.53m in May 1989, 1.56m in 1990 as an U17 and still tops the club’s ranking as an U20 with 1.69m cleared in 1992. Once an athlete always an athlete and with the grounding provided by Lewes AC and now based in Nottingham we like to claim a little credit for her successes as a Master 40-44 athlete. Rosalind won Heptathlon gold at the British Masters Championships in Sheffield recently. She also won silver in the Pentathlon in Oxford in June on what must have been the hottest day of the year. Rosalind was also awarded Midland Vets League athlete of the year!

## The September pub run

It had been a cold, grey, rainy day and I was looking forward to the monthly pub run which was going to be one of the last ones taking place this year on country trails on what promised to be a fine evening. Standing at 7p.m. outside the Roebuck at Laughton the rain continued to fall but thankfully as we all set off the evening turned dry. This was a new pub run for us, so as I set off in the medium group with a plan to run 6 miles, I was pleased to see that Dave Foster had a route already set upon his phone. Perhaps it was that we had to stop in the very first field to find out where on earth we were, maybe it was the field full of very large bullocks who were very frisky and very keen to join in our run (that got me quickly to a walk), or getting a farmer who appeared from no-where in his land rover to direct us when we had gone twice round the same field, that should have set off warning signals. The upside of all of this was that Shane and Mat were able to get some great photo shots as we ran across and then back across the same fields.

Along the way we met a very friendly local who turned out to be Dave and Matt Bradford's mum who put us back on the right path. But that feel good feeling was short-lived as with completely soaked feet, we entered a woodland just as the light faded. To echoing cries of "roots" and "holes" we somehow ended up split from the main group and perilously edging our way through woodland that seemed never-ending and getting more and more dark. We were so pleased to eventually catch up with the rest of the group who had to wait 15 minutes for us. At this point it was properly dark and there ensued some confusion about which path to take as David announced that he had mistakenly turned off his GPS instead of his torch in the midst of the wood. But we eventually hit a farm track that felt like running on the best road in the world before joining a lane (apparently it was the wrong lane but by then I didn't care), and then taking our life in our hands along the unlit and suddenly busy Ringmer/Laughton road and never was I so pleased to round the corner and see a pub. Thank you David for an orienteering adventure – and here's looking forward to the next pub run. If anyone wants to join these runs (approx. distances 4 miles, 5/6 miles and 7/8 miles) they take place on the first Tuesday evening of the month at a pub either in Lewes in the winter, or at a country pub in the summer.



Photo by Mat Homewood (taken once he had secured a heavy iron gate between him and the bullocks).

**Improving mental Health.** We all know that going for a run always makes us feel good - It puts us in a better mood! In support of **World Mental Health Day 10<sup>th</sup> October 2017** England Athletics, supported by Mind (mental health charity), are encouraging people to take part in an initiative called #runandtalk. The aim is to help people to improve their mental & emotional wellbeing through running. It's also important to break down the stigma associated with mental health by talking about it.

The club now have designated Mental Health Ambassadors (Anne Hagan, Colin Hartland & Jan Banfield). As Ambassadors approved by England Athletics, their role is to support people who may be experiencing mental health difficulties to make sure they get a positive introduction to the world of running.

**Lewes AC have arranged a #runandtalk event for Saturday 14<sup>th</sup> October at 10am** around the ground of Lewes Priory, starting from the Dripping Pan car park BN7 2XA. The run will be for 30 minutes and will include options for walking, jogging and running so everyone is welcome whether you are new to running, looking to get back into it or a regular runner.

Please let friends, family & work colleagues know about this event. We really want to make Lewes AC accessible, and to promote the huge benefits of running!

To register to join us on the run, or for more information contact Anne Hagan: [annehagan2810@gmail.com](mailto:annehagan2810@gmail.com)

## Calendar of October events

|   |  |   |
|---|--|---|
| <p><b>October</b><br/>Sunday 1<sup>st</sup></p> | <p><b>Lewes Downland 10 mile and 5 mile</b></p> <p>Our very own races</p>  | <p><a href="http://www.lewesac.co.uk/downlandruns">http://www.lewesac.co.uk/downlandruns</a></p>  |
| <p>Sunday 8<sup>th</sup></p>                    | <p><b>Chester Marathon</b></p> <p>Good luck to Lewes AC members Helen and Lewis Sida who will be wearing their England vests at the Chester Marathon on 8<sup>th</sup> October.</p>                                    |   |
| <p>Saturday 14<sup>th</sup></p>                 | <p><b>Sussex County XC League at Goodwood</b></p> <p>The first (of four) events in the Saturday Sussex Cross Country league.</p> <p>If you can only do one cross country this weekend, then this is the one to do.</p> | <p>Details and sign up on the sccl lewesac wiki page.<br/>Team managers:<br/>Helen Sida <a href="mailto:Helen@sida-uk.org">Helen@sida-uk.org</a><br/>Matt Bradford<br/><a href="mailto:matt.bradford@harveycurtis.co.uk">matt.bradford@harveycurtis.co.uk</a></p> |
| <p>Saturday 14<sup>th</sup></p>                 | <p><b>#run and talk event</b></p>  | <p>Details above and please contact <a href="mailto:annehagan2810@gmail.com">annehagan2810@gmail.com</a></p>  |
| <p>Sunday 15<sup>th</sup></p>                   | <p><b>East Sussex Cross Country League at Snape Wood</b></p> <p>The first event (of 6) in this Sunday league</p>   | <p>Details and sign up on our escl wiki page</p>  |
| <p>Saturday 15<sup>th</sup></p>                 | <p><b>Bright 10</b><br/>10 mile race</p> <p>Harvey Curtis Sussex Road Race Challenge</p>   | <p><a href="http://www.bright10.co.uk">www.bright10.co.uk</a></p>   |
| <p>29<sup>th</sup></p>                          | <p><b>Hove Prom 10k</b></p> <p>Sussex Grand prix event</p>   | <p><a href="http://arena80.co.uk/hove-prom-10k-race/">http://arena80.co.uk/hove-prom-10k-race/</a></p>  |
| <p><b>November</b></p>                          |  |   |
| <p>Saturday 11<sup>th</sup></p>                 | <p><b>Sussex County XC at Bexhill</b></p> <p>If you can only do one cross country this weekend, then this is the one to do.</p>  | <p>Details and sign up on the sccl lewesac wiki page.<br/>Team managers:<br/>Helen Sida <a href="mailto:Helen@sida-uk.org">Helen@sida-uk.org</a><br/>Matt Bradford<br/><a href="mailto:matt.bradford@harveycurtis.co.uk">matt.bradford@harveycurtis.co.uk</a></p> |
| <p>Sunday 12<sup>th</sup></p>                   | <p><b>East Sussex Cross Country at Warren Hill</b></p>   | <p>Details and sign up on our escl wiki page</p>  |