



“The Ammonite”

September 2017

A warm welcome to “The Ammonite” from Peter Masters, Lewes AC Chairman

A big thank you must go to Karin Divall for gallantly taking on the task of producing a regular newsletter to keep all club members up to date with the wide range of club activities. As my contribution to this first newsletter I thought that it would be amusing to have a look back at the very first club newsletter produced in August 1984.

The first item that draws my attention is that the first Lewes 10 was planned to take place on October the 14th 1984. This was originally called the Black Cap run and was the first time that the Cliffe Bonfire Society and the Club joined together to put on the run. The previous year it was a run that was put on solely by the Bonfire Society and sad to say runners got lost! Turning to the results of the first genuine Lewes 10 race there were 166 finishers with 14 club members running the race most of who have long left the club. However there was one club stalwart that ran in the race and is still very much involved with the club and played, and still plays, an important and pivotal role in the success of the club. I'm tempted to leave you guessing but the stalwart was a young Dave Leach who finished in 49th place in a time of 68.33. Another name to pick out from the results is Dave Robinson who finished in 29th place in 65.57. As Dave Robinson went on later to win the race many times just think what you can achieve if you feel you are languishing down the finishing pecking order.

Entry fee for the Lewes 10 was £1.50 and an extra £2.00 for unattached runners. It was 50p for the junior race. In 1984 the club's annual subscription was £4.00 for adults and £2.00 for juniors. How things have changed.

The final item I would pick out is that the 1984 Newsletter highlighted the three strands that were to guide the formation of the club and provide the framework for future development.

The first was to ensure that the organisation of the club was put onto a sound footing. Over the years and through delegation a wide number of club members have been involved to undertake the many tasks to make the club successful. Also over the years new technology has been grasped to support the many organisational and communication aspects of the club.

The second strand highlighted in 1984 was the need for the club to work hard to get a proper track and club house and training facilities. In the early days club members met in the car park next to the Dripping Pan and used the rabbit holed grass track on the school playing fields. 1999 was the year that the 400m All Weather track and club room was completed the club having raised £658,000 for their construction. 2015 was the year that the track was resurfaced the club again having raised the £158,000 to make this happen.

The third stand to guide the future of the club was to ensure that the club did things with enthusiasm and an inclusive club spirit and this should form the backbone of how the club operates. I like to think that the openness and welcoming attitude of the club plus the enthusiasm and club spirit displayed right across all ages and activities shows this has truly been achieved.

WORLD CHAMPIONSHIPS

I (your editor) was lucky enough to get to see the World Champs when they were held in London in August. It was such an exciting evening and there was a terrific atmosphere in the stadium. So how amazing for a Lewes athlete to have earned the opportunity of competing for team GB at this event. The three times British 3000m steeplechase champion Rob Mullet competed in the 3k Steeplechase heat 3, coming 15th in a time of 8.47.99.

Whilst Rob may have been slightly disappointed with his run, we were all proud to see Lewes AC being represented on the national and international stage.

HARVEY CURTIS ROAD RACE CHALLENGE.

The Harvey Curtis Sussex Road Race Challenge is the premier road running series in Sussex – promoting, developing and rewarding competitive road racing among the county's best distance runners. The brain-child of Lewes AC member Matt Bradford it consists of six races which attract the very best athletes, but are very much open to all runners. Matt reports on the **Phoenix 10k**, the second race in the series...

A breezy Hove seafront was the scene for the **Phoenix 10k** – the second race with in the 2017 Harvey Curtis Road Race Challenge (HCRRC). The race also incorporated the Sussex 10k championships, so a strong field was expected.

This was certainly the case in the men's race, which was won by South London Harriers' Kevin Quinn in 30:55. Close behind Kevin, and the first Sussex runner, was Finn McNally of Brighton Phoenix (30:59) making it two wins from two in the HCSRRC. Second was James Westlake (Crawley) with three-time HCSRRC winner and current champion, Kevin Rojas (Brighton & Hove AC), in third.

The first Lewes finisher was Matt Bradford (32:33) coming in a respectable 4th Sussex athlete and 9th overall. In terms of the HCSRRC, a returning to form Lewis Sida was 16th (34:13), Tim Calliafas put in a great run for 21st (35:34) and David Smyth was 26th (36:04).

On the women's side, with the great Izzy Coomber still out with injury the door was open for her competitors for the HCSRRC title to take advantage. However, most of Izzy's closest rivals showed pity on her and stayed at home. The HCSRRC race was won by Stacey Clusker of Hastings AC in 37:46. Runner up was Elspeth Turner of Horsham Blue Star and third was Tara Shanahan of Arena 80.

The Lewes AC ladies packed well with Gina Wilson 6th (40:20) Helen Sida 7th (40:53) and Lizzie Keep 10th (41:52). Honourable mentions also to Rachel Phelps (19th) and Karin Divall (26th) for making the top 30.

In the team competition Lewes were pipped into second place by Arena 80, due to their very strong turnout in the women's race. This leaves us second overall after two events, behind Arena 80, and means we could really do with a team victory at the King's Head Canter on Monday 28th August.

And hot off the press is the following report by David Bradford on the KINGS HEAD CANTER.

Bountiful Lewes AC turnout at King's Head Canter

More than 30 Lewes AC athletes took part in the [King's Head Canter 5k](#) on bank holiday Monday, 28th August, on what was probably the [hottest day in the race's 20-year history](#). After a steady first kilometre, Phoenix AC's Finn McNally streaked away from the pack and sustained the lightning pace to win in a scorching time of 15:06, smashing the longstanding course record of 15:20 set by Geoff Hill back in 1998. The women's race was won by Rebecca Moore of Chichester Runners, in 17:20.

First home for Lewes AC was Matt Bradford, in fourth place, sneaking under the 16-minute barrier with 15:59. LAC's next finisher was V45-category Lewis Sida, in 16:47, giving him an excellent age-graded percentage of 85.22. Third LAC man was David Bradford, in 17:10.

The first woman home for Lewes AC — and second woman overall — was the returning-to-form Izzy Coomber, in 17:51; second was Helen Sida in a fantastic PB of 19:45; and third was Karin Divall in 23:34.

The majority of the LAC contingent participated under the 'Canter for Sight' team banner, helping to raise money for RP Fighting Blindness. This fundraising effort is coordinated by LAC's David Bradford, who was diagnosed with the eye condition retinitis pigmentosa (RP) in 2006. Donations can still be pledged at www.tinyurl.com/CanterForSight17.

The King's Head Canter was the third race in the 2017 Harvey Curtis Sussex Road Race Challenge, in which LAC currently lies in second place in the team contest. Series standings will be updated shortly at www.sussexrrc.co.uk.

Barns Green is the next race in the Harvey Curtis Challenge series on 24th September, and as it is also the Sussex County Half Marathon Champs this should be a very competitive race.



(Above) Izzy Coomber, and Lewis Sida receive their prizes at The Kings Head Canter.

YOUTH DEVELOPMENT LEAGUE. The younger members of the club are leading the way in competing in track and field events and are showing the way for the adult members. The club is a member of the Youth Development League which holds matches across the South East Region. Not scared of competing outside the County the young athletes have performed well in matches that have taken place in Croydon, Dartford, Medway and the three home matches at the Lewes track. Within the league there are matches held for young athletes in the under 13 and under 15 ages and an upper league for the under 17 and under 20 athletes.

Within the lower age group league Lewes AC competed as a club against clubs from Ashford, Basildon, Brighton and Maidstone. Over the four matches two of which were held at Lewes the Lewes AC team came a very creditable third place in the league with 14 points.

Within the upper age group league the Club has joined with three other clubs to form Team Sussex. Making up the composite team with Lewes AC are athletes from East Grinstead AC, Haywards Heath Harriers and Eastbourne Rovers. In a very competitive division Team Sussex again came a very creditable third over the four matches, just one point behind the Kent team of Cambridge Harriers.

STAR TRACK. Starting on Monday 14th August Hannah Jackson ably assisted by Angela Brinkhurst and a whole bunch of young club coaches organised at the track a week long athletic experience for over 50 youngster. The youngsters all aged at the top end of Primary School age band enjoyed the week and according to the parents went home with weary muscles and a new found enthusiasm for athletes. You will see from the photo below what fun was had by all.



TRACK AND FIELD

On the Adult's side of the club, the track and field season for 2017 came to an end with the final Southern Athletics meeting- here Aaron Barnard rounds up the season...

On Sunday 20th August the combined Lewes AC and Haywards Heath team travelled around the M25 to Dartford to compete in the fifth and final round of the 2017 Southern Athletics League. Competing in the glorious summer sun the team finished third with a score of 142 points.

A big thank you to all the athletes and officials that attended the meet. Congratulations to Larissa Carter for her "Man of the Match" award for her hammer throw.

This year the combined Lewes and Haywards Heath team finished a very credible 7th place out of 16, an improvement from 10th last year.

Finally a huge thanks to those that help arrange and officiate at the events over the summer in particular Peter Miller, Peter Kennedy, Jo Buckley and Tim Popkins.

Please keep your eyes peeled for emails regarding fixtures next year as the club are always looking for athletes to compete (and try out) the various events on offer at these fixtures.

We also compete in the Sussex Vets Track and Field League as a joint team with Hayward's Heath Harriers, and the four meetings include the full range of track and field events. The final meeting was held at Eastbourne and the full results are available on the Lewes AC SVL wiki page. Overall the men's team finished second to Eastbourne Rovers /Hailsham with 14 points (Eastbourne/ Hailsham 20 points), and the Women's team were third with 13.5 points (Brighton & Hove 20 points, Eastbourne/Hailsham 14.5 points). So it was a very close league and if we can get more people (aged 35 and over) interested in competing, especially in some of the field events, we will definitely be able to improve our standing in 2018.

THE DOWNLAND 10 MILE (and supporting 5 mile race) this year is on October 1st. Plans are well underway thanks to some key people notably Jocelyn Read, Bev Sheridan and Chris Gilbert. They will be attending the club house Tuesdays and Thursdays- in the evening prior to the 7p.m. sessions to offer members the opportunity to enter before the race. Dates for the sessions will be circulated nearer the time and well publicised to members. As always volunteers for the day are crucial to the smooth running of this event so if there are club members who are new or any club members willing to offer help on the day please ping Jocelyn an email nuttyrunner@hotmail.com

This race is a beautiful race to support and a tough but rewarding race to compete in. Jocelyn is looking forward to hearing from any potential volunteers.

And as part of our Downland 10 weekend we also have a group of French people who come to Lewes to take part, Jeremy explains more.....

FRENCH EXCHANGE VISIT.

Lewes AC is twinned with EVMA, an athletics club based between Blois and Vendome in the Loire valley. It is a mixture of serious and fun running and social activities over two weekends. Over the last 25+ years we have built up many friendships. Every April a group of Lewes runners go to Marolles for their running festival. We are hosted by local families and looked after very well.

In October a group of French runners, some with their spouses/children, come to Lewes for the Downland races. We host them and there is usually a rough programme of activities. They arrive Friday evening. On Saturday we go to Lewes for the Old Ale festivities and Lewes market. Saturday afternoon there will be a trip. Saturday and Sunday evenings there are group socials. On Sunday morning are the races. The club is always looking for new hosts. If you have a spare bedroom for the weekend of the 1st October, you should consider hosting. Speaking French is not necessary as English-speakers can be allocated to you. Apart from providing bed and breakfast, how much you get involved in the weekend activities is up to you. People who have hosted in the past are always happy to provide help and suggestions.

Please would anyone able to host, including regular hosts, let me know by phone or email. 07949 448033 jeremywainwright@hotmail.com

BEGINNERS GROUP SUCCESSES.

The Adult beginners Group has been running since April 2014 and goes from strength to strength. Since our start, we have trained in excess of 100 new runners.

12 runners graduated from the Spring beginners group and went on to complete Hove Parkrun in July. Resulting from this latest success the Club has gained 8 new Members who are now running regularly on Saturday and Tuesday evenings. The new beginners group kicks off on Saturday 9th September and we are nearly full already without advertising! We are really looking forward to building on our Spring results and passing on the joy of running to our new recruits. If you know of anyone who would like to learn to run, contact us on; runlewes@lewesac.co.uk

10 go to Peacehaven parkrun . We recently swapped a Saturday track session for a morning out to check out the new Peacehaven Parkrun. Ten runners came along (including some of our beginner graduates). It was a beautiful morning and the view from the park was glorious - as we made our way around the (slightly hilly) grassy course. Everyone made round in good time and then we checked out the cafe for a well-earned cuppa. We will return soon!

Improvers Group. Following on from the success of the beginners group, the Improvers group ranks have just got bigger. See the picture below of a recent beautiful evening run to Southease. The group has now been split to cater for runners who can go further, but not quite ready for the standard club groups. The group is called Improvers+ and its aim is to prepare newer runners for longer distances.



MASTERS MANTELL CHALLENGE.

To celebrate the coming of autumn, we are once again running our annual handicap race for all Lewes AC members (aged 15 and over), the Masters Mantell Challenge. It will be on the evening of Tuesday 12th September. To enter the race, please email Andrew Chitty at achitty2004@hotmail.com or Dave Leach at davebmclewes@gmail.com. If you are a junior runner then please include your date of birth. For all other race details see the [Masters Mantell Challenge main page](#).

We will need help with registration, timekeeping and marshalling for the race. So if you are free on the evening but unable to run and you would like to help, then please contact Andrew at achitty2004@hotmail.com.

Calendar of forthcoming club events; September and October

September 1st	U15 League final	
3 rd	U13 League final	
3 rd	Sussex County Track 3000m champs	Entries now closed but good luck if you are competing.
10 th	Hellingly 10k Sussex Grand Prix event	www.hellingly10k.co.uk
12 th	Masters Mantell Challenge.	To enter the race, please email Andrew Chitty achitty2004@hotmail.com or Dave Leach davebmclewes@gmail.com . If you are a junior runner then please include your date of birth. For all other race details see the Masters Mantell Challenge page
24 th	Barns Green half marathon Sussex Half Marathon Champs, and Harvey Curtis Sussex Road Race challenge.	www.barnsgreen-half.org.uk
30 th	Sussex Cross Country Relays at Goodwood. Teams of 3 (4 for senior men) from under 11s through to vet 60 men and vet 55 women. Incorporates the Sussex Championships	Entries by email to Dave Leach davebmclewes@gmail.com
October 1st	Lewes Downland 10 mile and 5 mile Our very own races so please support these	http://www.lewesac.co.uk/downlandruns Entries also on Tues and Thurs evenings at the club house- further info to follow.
14 th	Sussex XC League at Goodwood The first (of four) events in the Sussex Cross Country league	Details and sign up on the scl lewesac wiki page. Team managers: Helen Sida Helen@sida-uk.org Matt Bradford matt.bradford@harveycurtis.co.uk
15 th	Bright 10 10 mile race Harvey Curtis Sussex Road Race Challenge	www.bright10.co.uk
29 th	Hove Prom 10k Sussex Grand prix event	http://arena80.co.uk/hove-prom-10k-race/

And a final word from the Editor

Well done for persevering to the end and I hope you found this newsletter interesting and informative. A big thank you to everyone who contributed and supported this first newsletter. Members of the club who have been around as long as me will remember the original "Ammonite" newsletter and the excitement of having it drop through our letter box, and whilst this is a pale shadow of that newsletter I do hope you will make this one a success by keeping me updated with your athletics stories and achievements, up-coming events, or snippets that you think will be of interest to other members.

All contributions very welcome to **Karin Divall** karinalliafas@btinternet.com The deadline for your contributions for the next issue is 28th September.

Enjoy all things athletic in September and I will be back next month!