



“The Ammonite”

March 2018

It was another bumper month of great club results and in particular congratulations to **Tom Evans** who won the 236km Costa Rica Coastal Challenge in a record time of 21:44:11, and to **Izzy Coomber** who won the women's race at the Brighton half marathon in 1:19 (a new club record time, beating the previous record of 1.20.56 set by Wendy Holden in 1998).

As ever, please let me have any contributions for the April newsletter by 28th March.

Karin Divall karincalliafas@btinternet.com

Historic double win for Lewes AC cross country runners

History was in the making again as both the senior men's and women's teams gained gold in the Sussex County XC league. Never before achieved by the club this double win marks the continuing success of the club across all age groups and activities. It is a mark as to how far the club has come that it has taken on and beaten the bigger clubs from across the County. In addition to the two senior team gold medals there were also a host of individual medals and further team medals for the under 13 boys and the senior men's B team in division three plus the men's veteran team.



Making up the women's winning team over the four matches were Izzy Coomber; (Photo on left), Megan Taylor; Helen Sida; Maria Barrow; Rachael Phelps; Gina Wilson and Emma Rolling's. Izzy Coomber led the winning team and came away with a well-earned individual silver medal.

Also winning individual medals were Ella Mundy with a silver medal in the women Under 20 category and Karin Divall winning the individual gold medal in the women over 55 category.

Further down the age categories Atticus Mohapi-Dobouny (photo below) in the boys aged Under 15 category won an individual gold medal and led his team into the bronze medal position.

The team were Atticus, Jack Gardener; Joss Pope; Aaron Duncan; Sam Horn and Will Courage.

It was not only a truly historic win for the senior men's but a very tight win as well having just beaten Haywards Heath Harriers into second place by just one point. It was touch and go right up to the last match with Lewes eventually scoring 466 points to Haywards Heath's 467.

Matt Bradford as team captain led the gold medal winning team of Josh Burgess; Callum Upton; Alex Ham; Ben Pepler; James Martin; Ben Savill; Lewis Sida; Jack Lockwood; David Bradford; Chris Gilbert; Patrick Hough; Connor Patterson and Patrick McManus;

Showing that the club has strength in depth in cross country running the Lewes AC men's B team also won team gold in the third division of the league. The team members were Lee Woodgate; Jonathon Burrell; Charles Taylor; Colin Bennett; Chris Gilbert; Ben Pepler; Alex Ham; Robert Cooper; Mike Ellicock; and Will Monnington. In addition to Jonathon Burrell's contribution to the team gold medal win he also won an individual bronze medal in the men over 50 category.

Adding to the club's haul of medals the men's veteran team won the bronze team medal in their division. Contributing to the team medal were Lee Woodgate; Jonathon Burrell; Colin Bennett; Lewis Sida; Chris Gilbert; Mike Ellicock and Robbie James.



Thank you to everyone who has offered help for the Easter Fun runs this year, if you haven't yet volunteered and can spare some time to help your club please read on...

Volunteers needed for Easter Fun Run: Monday, 2 April 2018

We are still looking for volunteers for this year's Easter Fun Run, to help with marshalling, registering athletes, making cakes, running the refreshment stall, timing, results, car park duty, water station, setting up, tidying up etc etc.

We have started sending emails to those who have volunteered before but it would be great to see some new faces too!

Please email Max Soudain on easter@lewesac.co.uk

Lewes AC puts in teams for the 1 mile and 10k, which are managed by Andrew Chitty, who will pre-register runners, so keep an eye out for future announcements.

However, please let your non-Lewes AC running buddies know that if they want to enter, they can do so online at: <https://www.active.com/lewes-eastsussex/running/distance-running-races/lewes-ac-easter-fun-runs-2018>

More information can be found on the Lewes AC website, on the Easter fun run page under upcoming events.

For those of you planning to run the 10k, please remember that parts of the course are on private land, which we only have permission to run across on the day, so you must not run the course beforehand. Every year we receive complaints and we don't want to jeopardise the event.

There are plenty of equally muddy trails in the area to train on!

Beginners running



Pictured here are some of our newest runners.

Marc, along with his support worker Argie, completed our last beginners 10 week course and they have both since been seen running on the track at the Saturday morning sessions. Last week Marc brought along some of his friends, they were great fun, fast runners, and they certainly livened up our session!

Here are left to right the running team: Amir, Argie, Marc, Sean.

Harvey Curtis Road Races

The prestigious road running series; The Harvey Curtis Challenge, will comprise 6 races this year:

Race 1: Chichester Priory 10k (inc. Sussex 10k Championships) – Sunday, February 4th- completed

Race 2: Brighton Phoenix 10k – Wednesday, July 11th

Race 3: Kings Head Canter 5k – Bank Holiday Monday, August 27th

Race 4: Barns Green Half Marathon (Inc. Sussex HM Championships) – Sunday, September 30th

Race 5: Bright10 – Sunday, October 7th

Race 6: Brighton 10k – Sunday, November 18th

And don't forget the first **Sussex Grand Prix Road Race** is the Hastings Half Marathon on 18th March- always a Lewes favourite.

National Cross Country Champs.

Really well done to all the athletes who represented their club at these races at Parliament Hill. Especially to all our younger athletes- where were all the seniors? Perhaps with all our local successes at Cross Country we can/should expect to see more athletes running next year and supporting their Lewes team mates! Apparently Brighton & HoveAC took a coachload to the event so perhaps that is what we need to do next year to ensure we get teams across all the age groups!

U15 Boys [4.5km]

282nd Matt Cudby, 302nd Luca Buckley, 310th Joss Pope, 462nd Finlay Braund (504 finished).

U13 Girls [3km]

103rd Freya Hinds, 271st Bea Ingles, 339th Aimee Funnell (467 finished)

U13 Boys [3km]

159th Gabriel Penrose, 187th Louis Goodwin, 282nd Max Gardner, 362nd Stan Pendered, 412th Rory Braund (570 finished).

U15 Girls [4km]

175th Erin Hinds (464 finished).

U20 men

196th Jasper Baker (220 finished).

Senior men [12km]

159th Patrick Hough (2328 finished)

East Sussex Cross Country

It was another fantastic Lewes turnout at the muddy, hilly Heathfield Park XC which saw us increase our lead over Crowborough. With one final race to go at Pett we are hoping everyone will turn out to support our team so we can have a final push to win the league.

Race Walking

If you watched the British Indoor Champs then you will have seen Tom Bosworth break a world record when he won the 3000m race walk. Peter Selby who is a LewesAC coach, used to coach Tom as a youngster, whilst Emily Ghose, who used to train with Peter Selby's group at the Lewes track on Saturdays, was also racing at these champs.

Of course you don't have to be of world or national standard to enjoy race walking, and if you fancy giving race walking a go then we have a thriving race walking group that is coached by Peter at the track.

Novices and beginners of all ages are welcome at training sessions which are usually Thursdays 4:30 to 6:30 and Saturdays 8:45 to 11 am at Lewes track. Peter Selby, email pwselby@Hotmail.co.uk or 07721747999.

Calendar of future events

March 2018		
Sun 11 th March	East Sussex Cross Country at Pett. Final match of the league	Details and sign up on our esccl wiki page Team Manager: David Foster runningfit@lewesac.co.uk
Sun 18 th March	Hastings Half Marathon First of the 2018 Sussex Grand Prix Races	www.hastings-half.co.uk
April		
Saturday April 7 th	Sussex Road Relays	Team Manager; Dave Leach davebmclewes@gmail.com
Sat April 14	Southern Athletics League (Over 15 years)	Match one- Eltham Team Managers: Jo Buckley (women) buckleyjojo@hotmail.com Aaron Barnard (men) aaronharris1984@gmail.com
Sunday April 15 th	Brighton Marathon	
Saturday April 21 st 2018	Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)	Match one– Lewes Track
Thursday April 26 th	Haywards Heath Open Meeting 1k race walk	K2 Stadium, Crawley Team Manager; Peter Selby pwselby@Hotmail.co.uk
Sunday 29 th April 2018	Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)	Match one — Sutcliffe Park