



“The Ammonite”

April 2018

Spring is here and evenings are getting lighter as we move into the track and field season. April is also the month of marathons so very good luck to anyone running the London or Brighton marathon- and if you would like to send me your story about your experience of the marathon, or any other athletics related event then please do so, by 29th April to Karin Divall karincalliafas@btinternet.com

Welcome (below) to our new cohort of beginners who started their ten week course on 24th February. They are a very motivated group and are progressing well. In this photo they are ably supported by Mark, Jocelyn and Colin in their red hoodies.



Lewes AC athlete competes on the European stage

Taking part in the 12th edition of European Masters Indoor Championships in Madrid in March Ciaran Harvey won a silver medal as part of the British men's over 40 4x200m relay team. With a record number of 4,000 athletes from 40 countries taking part in these Championships this was a fantastic achievement. Running in the British team the team secured their silver medal in a very fast time of 1.35.55. They were just a touch behind the winning Spanish team and in front of the French team.

This was a brilliant effort on the European stage which was made even more impressive as Ciaran mentioned that he pulled my hamstring in the relay and had to push through the last 80 metres in pain.

Now at the top end of the men over 40 age group Ciaran managed 6th place in the 60m and 6th place in the 200m.

Over the winter Ciaran has been training in the relative warmth at Lee Valley and like most veteran athletes look forward to being the youngest in the next age group as he will turn 45 in October. Come the summer and ham string recovery Ciaran looks forward to continuing to compete for the club.

But, you don't have to be competing at European level to enjoy taking part in track and field events- Lewes AC is a member of the Sussex Track and Field Veterans league (SVL) and this year there are three competition evenings as Richard explains:

Wednesday 25th April – Eastbourne track

Monday 11th June – Lewes track

Monday 23rd July – Lewes track

Lewes AC competes as a joint team with Haywards Heath. The League includes teams from Brighton & Hove, Worthing, Eastbourne / Hailsham (joint team), Hastings and Arena 80.

These are competitive evenings but very friendly and supportive of anyone who enters a race or event (I can testify to this having run the final lap of the 5,000m on my own having been lapped twice but still receiving lots of encouragement). In addition to the age categories (35+, 50+ 60+) anyone can enter as a non-scoring competitor.

The Lewes / HHH team is able to field strong track entries but we would really like to encourage more field competitors (javelin, shot, high / long / triple jump). The track events range from 100m to 5,000m and team relays.

A table of events for each of the above three dates will appear on the club wiki page two weeks or so beforehand together with a lift share for the Eastbourne event. Each evening's competitions begin at approximately 18:30.

If you'd like to try your hand (or feet) in any of the above events do come along to one of the evenings or contact one of the team managers:

Women's Team: Karin Divall - karincalliafas@btinternet.com

Men's Team: Richard Moore - richard@darton-moore.co.uk

Cross Country successes!

We won the East Sussex Cross Country League for the tenth year running! As well as the team success- and well done everyone who competed across the six events. Individual successes included: Rob Cooper 3rd M40, Jonathan Burrell 1st M50, Dominic Osman-Allu 3rd M50, David Prince-Iles 3rd M60, Sally Norris 1st W35, Katherine McCorry 2nd W35, Sarah Godley 3rd W40, Jo Miles 2nd W45, Helen Sida 2nd W50, Karin Divall 1st W55 and Andrea Ingram 3rd W55.

And Congratulations to all the Lewes athletes who were selected to represent Sussex (only the top 8 in each age group across all Sussex clubs are selected) competing in the muddiest conditions ever at the **National Inter Counties Cross Country** at Prestwold Hall, Loughborough on March 10th.

U 13 Girls; 87th Freya Hinds [3rd Sx], 302 finished

U 13 Boys, 130th Gabriel Penrose [4th Sx], 309 finished

U15 Girls, 133rd Harriet Bloor. 304 finished

U 15 Boys, 160th Adam Dray. 303 finished.

U 20 men, 131st Jasper Baker [3rd Sx], 151st Charles Taylor [4th Sx]. 174 finished

Senior Women, 131st Izzy Coomber [4th Sx]. 269 finished.

Senior men, 58th Tom Evans [2nd Sx]. 284 finished.

Did you know.....

That the track is a hive of activity on Saturday mornings between 9am - 12 noon? You might be familiar with the junior coaching and race walking activities on a Saturday, but did you know that the club also offers a coached track session for adults as well? Coached track sessions start at 10am and run for 1 hour. Each session focusses on a technical element such as speed or endurance and offers a different style to the Wednesday/Thursday sessions where you may also get strength & conditioning elements together with other activities to enhance your training. You could also use the track to replace your Wednesday/Thursday track session, or just come and do a session of your own design if you've missed training during the week. The Coaches are on track each week to assist with any advice and training help that members need, so just pop down and join in.

Electrician Required - Lewes Athletics Track is one of the few tracks in the country whose maintenance is carried out by the resident athletic club and not local council. As a result the club is looking for a qualified electrician to advise and/or assist with a couple of small projects involving external lighting. If you are capable and would like to support your community club please contact Chris Pilling at track@lewesac.co.uk

Whilst we usually like to focus on athletics, many club members are also involved in other sports, here Rod Chinn tells us about his success as an indoor rower...

As well as being a runner (and sometimes a Hammer thrower!) with the over 60's section of the veterans team and a keen (but slow) member of the cross country teams I am also an Indoor Rower.

This is done on Concept 2 rowing machines.

I've not been at the club very often in the last few months as I've been concentrating on getting ready for competing for the British Masters Team in this sports world Championships in Washington DC USA.

The championships were on the 18th of February and I won a Silver Medal in the 60-64 Lightweight (under 75 kilos) category with a time of 6 minutes and 58.1 seconds for the 2k Distance.

My wife Carol who sometimes turns out for Lewes in road and cross country races won a Gold in the 55-59 Lightweight category in a time of 7 minutes and 47.0 seconds.

So far this season (May to April) I have set 6 new British Records over various distances and am now working hard to break one more...the Half Marathon...then I can hopefully get back to the Thursday night track sessions and some 1500 races in the veterans league....plus of course the road and cross country races that come up locally....although I don't think I'll have any podium finishes in them!

Bob Hughes is our Sussex Grand Prix (SGP) rep and here he tells us about the first of the 2018 SGP races.... Hasting Half-Marathon: Sunday 18th March

While many Lewes AC runners were battling with the Downs around Lewes in the Moyleman on the 18th March, twenty of our runners were representing the club on the streets of Hastings in the 35th edition of this half-marathon. This is who they were:

Place	Name	gun time	chip time
15	Chris Gilbert	01:19:23	01:19:21
99	Megan Taylor	01:28:53	01:28:48
104	Robbie James	01:29:01	01:28:57
115	Rachael Phelps	01:29:36	01:29:32
137	Gyles Abbot	01:30:47	01:30:37
150	Lydia Godfrey	01:31:22	01:31:18

328	Greg Emans Katherine	01:38:49	01:37:31
415	McCorry	01:41:08	01:40:14
932	Tez Hei Liu	01:55:01	01:52:59
940	Jo Buckley	01:55:14	01:54:10
974	Bob Hughes	01:55:48	01:55:10
996	Andrea Ingram	01:56:06	01:55:14
1214	Meredith Gilbert	02:01:29	02:00:23
1296	Julie Deakin	02:04:20	02:03:15
1364	Hazel Bennington	02:06:40	02:04:49
1455	Karen Morse	02:09:03	02:07:59
1833	Katherine Rake	02:20:39	02:19:34
1905	Susan Juncal	02:24:13	02:23:07
2101	Julia Black	02:33:14	02:32:10
2104	Caroline Darton	02:33:25	02:32:20

Note that 'gun time' is measured from when the start is sounded, while 'chip time' begins when you cross the start line.

First thing to note is that it was very cold. There had been all sorts of weather warnings, but the race organizers kept promising it would all be OK as long as you kept warm, and on the day the roads over to Hastings were clear.

As far as the bitter easterly wind was concerned, the last three miles were along the promenade to the finish were east to west so we had the wind behind us. The course starts with a long, long hill up to the back of Hastings. After a mile or two of relatively flat road, it then descends down through the old town and onto the promenade, which at this point in the race just seem to go on and on. My time was nothing to write home about this year compared to, say, 1991, but although Hastings is notoriously hilly you can sometimes get quite fast times as hills go down as well as up.

Hastings also tends to be one of the best for street support by the locals. Various evangelical churches are situated along the way and vie with each other in their bands and singing. In previous years this has been balanced by the groups outside pubs, who have also provided cheerful if less tuneful support. This years the pub support seemed to have waned: perhaps the pubs have all been closed down.

This Hastings event is the first of the Sussex Grand Prix league. So if you competed, you will have - perhaps unwittingly - scored points in this competition. This year there are ten eligible races, of which the Lewes Downland 10 Mile race is one. Your best six scores are accumulated and there are awards in various age categories. There used to be a requirement that you had to do at least two races of 10 miles or more, but that is no longer the case.

Details of the events can be found at <http://sussexgrandprix.co.uk/news/races-2018/> . The next event is again at Hastings and is the Hasting 5 Mile on Sunday 13th May. This starts in the centre of Hastings by the old town hall, and you can park in the city centre multi-storey car parks. If you really wanted, you could combine the race with a little shopping. The road from the start to the sea front is closed to traffic and the major part of the run is along the promenade, making it a fast race. It may be for this reason that it is one of Lewes vet ace Karin Divall's favourite events.

Well done everyone and yes I hope to see you all back at Hastings in May! Karin

Tom Evans wins the Costa Rica Coastal Challenge



Tom Evans a Lewes AC runner travelled to much warmer climes and took on the Costa Rica Coastal Challenge. This is a 230km, six stage race run over six days from the 11th to the 18th of February.

Taking on the top trail runners from across the globe Tom won the race by 4mins 38 seconds, beating all the top and experienced Trail Runner from the US. He also broke every stage record, resulting in breaking the course record by 45mins.

The race takes place every year along Costa Rica's lush and tropical Pacific coastline. The course weaves in and out of the Talamancas which is a coastal mountain range spread across the southwest corner of the country. It is part jungle, part trail and part alpine race. The race included barren rocky outcrops up to the Unesco World Heritage site, the Corcovado National Park truly a tough and challenging course.

Tom said after winning the race 'that the heat, humidity, terrain and international competition all added up to make it a super tough and amazing race. The course was so varied, running on beaches, up river beds, small jungle trails and dirt roads. I'm really pleased with the race and looking forward to building on this performance'

This is not the first time that Tom has taken on international events and runners. In 2017 Tom was the first Brit ever to medal in the Marathon Des Sable winning a bronze medal just behind the experienced El Morabity brothers from Morocco. This is a staged race over 10 days and covers 250kms across the Sahara Desert.

Tom said that he has recovered well from his Costa Rica experience and his next race will be part of the Sussex team at the Inter-counties cross country Championships at Loughborough on the 10th March. This race will be part of Tom's build up to be part of Team GB at the Trail World Championships in May in Spain.

Calendar of future events

April		
Monday 2 nd	Lewes Easter Fun Run 10k, 1 mile and toddler trot	Our very own races. Please come and support us!
Saturday April 7 th	Sussex Road Relays	Team Manager; Dave Leach davebmclewes@gmail.com
Sat April 14	Southern Athletics League (Over 15 years- and no upper age limit!)	Match one- Eltham Team Managers: Jo Buckley (women) buckleyjojo@hotmail.com Tim Popkin (men) timpopkin@gmail.com
Sunday April 15 th	Brighton Marathon	
Sunday 22 nd	London Marathon	

Saturday April 21 st 2018	Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)	Match one– Lewes Track
Mon April 23 rd	Vets Track and Field	Eastbourne Team Managers: Karin Divall – karincalliafas@btinternet.com Richard Moore – richard@darton-moore.co.uk
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
May		
Sat 12th and Sun 13th	Sussex Track and Field Champs	https://entries.opentrack.run/2018/sxaatf/
Sunday 13th	Hastings 5 mile Sussex Grand Prix	https://www.nice-work.org.uk/races/Hastings5
Saturday 19 th May 2018	Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)	Match two — Lewes Track
May 20 th	Southern Athletics League (over 15)	Match 2 Erith
Sunday 20 th	Horsham 10K Sussex Grand Prix	https://www.horshamjoggers.co.uk/horsham-10k
Sunday 27 th May	Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)	Match two– Erith