

# “The Ammonite”

May 2018

What a month we have had - we started with our very own fun run Easter 10k, 1 mile and Toddler trot where Lewes won the West Sussex Fun Run League Team event, then we had the Brighton, London and Rotterdam Marathons, the first Southern Athletic League meeting, the first Vets Track and Field League (our small but perfectly formed men's and women's teams were both third) and the first Youth Development League, plus trips to France and Portugal. A huge thank you to all my contributors this month- please keep them coming. Deadline for the next edition is May 29<sup>th</sup> [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com) Karin Divall.

We had many marathon runners and below are a few of their stories about completing this incredible feat of endurance. **Megan Taylor** (pictured below) ran in the London marathon .....

Following much advice prior to the race about adjusting my target pace to account for the weather, I of course stubbornly refused to make any changes and set off with the 3.15 pacer. The first few miles felt amazing, the pace felt completely natural and comfortable and the heat wasn't as bad as I expected. Unfortunately that feeling only lasted until the 11 mile marker. I started to slow so I thought I'd give myself an easy mile to then get back on course, but how wrong I was! At that point I very quickly changed goals in my head from 3.15 to just finishing, the heat completely sapped all energy and my legs and feet already felt tingly. I took some very short walking breaks up until mile 20, and then allowed myself longer walks. I think I also took too much liquid on so the last 10k I had to stop a lot due to queasiness. But as always at



London, the crowd are what gets you through, they really encouraged me to push on and I finished in a time of 3.36.18, which was actually a lot quicker than I was expecting by the end. The pain in my legs after was like nothing I've ever felt before, but having seen so many people collapsed on the course and looking very ill, I shouldn't really complain. Happy to say I've now completed the coldest and hottest London marathons on record, and no I will not be entering again next year!

**Megan Taylor**



### Chris Coffey (left)

I am absolutely chuffed to bits to have taken part on Sunday. I've gone to spectate at the London Marathon before so I was aware of what a spectacular event it is, but nothing could have prepared me for the incredible atmosphere generated by the thousands of spectators that line almost every square inch of the course.

I genuinely feel more emotionally than physically tired after taking in three and a bit hours of positive vibes from the crowd, the volunteers and other entrants. I had wanted to become part sub three hour club but the hot sun put pay to those ambitions once I'd negotiated Tower Bridge. In the end I was just happy to make it to the end, raising money for my chosen charity Arts Emergency in the process.

On a sadder note I have been shocked to hear the tragic news about Matt Campbell and I'm sure the thoughts of the whole running community are with his family at the moment.



And **Lewis Sida** had the good fortune to guide Chris Goodwin who is a blind athlete and was competing (for GB) at the World Para marathon champs at the London marathon. James Turner who is second claim at Lewes guided the second half and Lewis did the first. Matt and David Bradford have previously guided Chris. In the end Chris was 7th in a time of 2.49 which was pretty good in the heat.

Photo (James, Chris, Lewis)

**Jo Buckley (right)**...It was going to be the hottest London marathon on record; this story dominated the news in the week before the London marathon on the 22<sup>nd</sup> April. Having never run a marathon before this was already a big challenge for me and I found myself getting more and more nervous. The last 4-5 months had been spent training in the rain, cold, wind and even snow so not prepared for sweltering heat at all!

I had to pick my number up from the Excel Exhibition centre in London. Arriving mid-afternoon on the day before the marathon to enormous crowds it took a while to walk through and pick up my number and chip. I then explored the extensive exhibition hall full of anything you could think of to do with running from equipment to experiences. They also had some interesting talks preparing you for the next day, about drinking, nutrition, what to expect on the start line and during the race and of course that all important photo as you cross the finish line.

So a big plate of pasta and a night's sleep (I couldn't describe as good due to nerves) I was on the train from Putney to Blackheath with thousands of other runners at 7.30am. There was excitement and nerves as strangers spoke to each other about the day ahead 'would they cope with the heat' 'would they try for a PB' 'would Mo Farah win'.

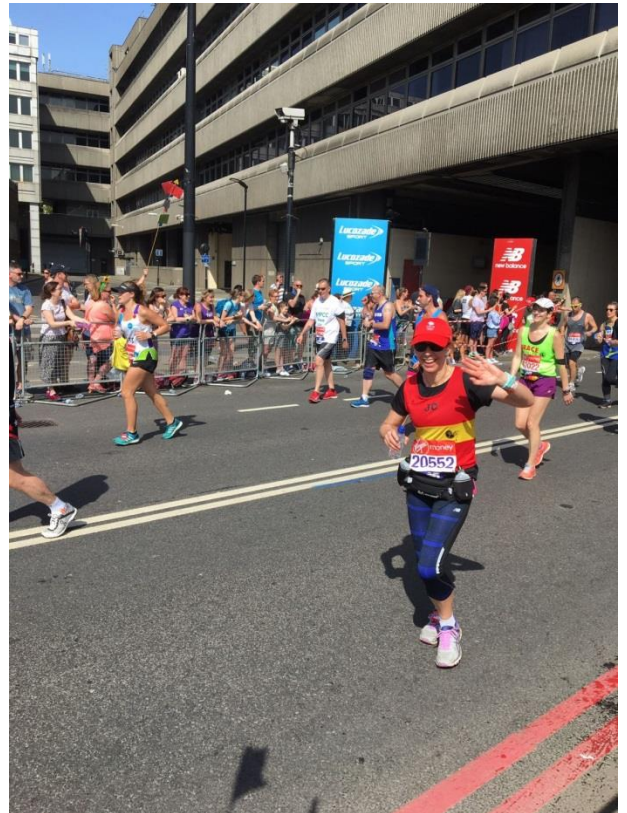
Arriving at Blackheath I followed the crowds to the start areas. Already about 20 degrees and getting warmer, I dropped off my bag, queued up for the toilet and got a quick tea while I waited. The enormity of the London marathon was beginning to dawn on me as thousands of runners started queuing up in the pens. We all watched the screens seeing the elite start and waited patiently to be told when to go; they introduced waves this year to avoid overcrowding at the beginning. I didn't get over the start time until 10.30, plenty of time to talk to fellow runners, many of them London marathon veterans sharing their experiences of the race.

As we went over the start line I got a taster of what was ahead, large crowds either side of the road, kids looking for high fives, jelly babies being handed out and cries of 'come on Jo you can do it'. The first few miles were easy, everyone around excited and soaking up the atmosphere. We then merged with the other start lines at around 3 miles and it started to get more crowded. I started to see people in fancy dress, a lady on stilts, a man in a brown sauce bottle, Paddington Bear, people running in a car, and firemen running for Grenville. Some going for Guinness records. You had to admire their efforts especially on such a hot day.

As I ran the next few miles the crowds were amazing. There were live bands, music played from home stereos as people sat in their gardens, bands and even a group of Morris dancers dancing at the side of the road. Reaching the Cutty Sark felt very iconic, one of the scenes you always see on TV, followed by Tower Bridge at 12 miles. The crowds of runners made it difficult at times to keep at a running pace, and as we got past the half way point more and more runners were walking.

The heat was a big challenge, but there were lots of water stations with fantastic volunteers encouraging you on. I tried to drink and douse, drain and drop as instructed. But about mile 15 the heat was starting to take its toll. Slowing down to ensure I finished I started to see more and more runners on the side of the road being attended by St Johns ambulance. I was determined I was not going to be one of them!

I was so pleased to leave the Docklands notorious for being difficult and see the Tower of London. I had expected to see Keith and the kids in the Docklands and had desperately looked out for them for miles but we missed each other which made that part of the run even harder.



Past the Tower I knew it was not long to go. Knowing that family and friends were waiting at mile 24 and 25 kept me going despite an overwhelming feeling of nausea I had from mile 20. I couldn't manage take any more gels but was relieved to find a lady giving out bananas so I jumped at the opportunity.

Seeing my friend and her ridiculous burgundy and white balloons at mile 24 really gave me a lift me 'only 2 miles to go' she cried, and before I knew it I was at Westminster. Unfortunately I did not spot my mum and sister who were waiting there (they were disappointed too having waited 2 hrs but had made some new friends and enjoyed the whole experience). I finally reached those famous signs. 800m to go, twice round the track I thought and then once round the track at 400m. As I ran those last 265 yards I thought back to the talk at the exhibition the day before and remembered to smile and cheer at the camera. I had done it!!

A week later and I am still feeling immensely proud of my achievement, and feeling very lucky to have had the experience of running in the London marathon. I would like to thank the club for giving me such a great opportunity, and a special thank you to Dave who really helped me with my training and preparation, as well as those who shared their marathon tips and all my fellow runners who kept me company on those long Sunday runs.

Would I do another marathon? I am going to enter the ballot for London 2019 and see ☺

**And if you have been inspired to run a marathon, then Mark Pappenheim who ran the Brighton marathon gives us some pointers.....**

### **Some Random Dos and Don'ts of How (or How Not) to Run Your First Marathon**



**Do** start your training in good time. Most plans range between 14 and 16 weeks, although for the mid-April Brighton Marathon many people recommend starting as early as the previous November.

**Don't**, like me, put it off until the second week of January and then injure yourself doing your very first set of threshold runs, ending up with a limp that makes you take the next week off.

**Do** sign up for a charity place, if all other places are taken, or even if they aren't. You get lots of online support, a free technical T-shirt and a great feeling from helping to raise money for a good cause – in my case, over £1,700 for the British Heart Foundation.

**Don't**, like me, struggle up to London on a rail-replacement-bus day in order to attend a BHF-organised marathon training event, only to overdo it in another threshold run and end up with a calf injury requiring two pricey physio sessions and another two weeks off. (And I'm afraid the injuries didn't stop there!)

**Do** choose a personal mantra to help power you through the waves of self-doubt and desperation that everyone says will hit you around about mile 18.

**Don't** choose a mantra, like mine, that you can't actually live up to! "10:42 – the message must get through" (a silly rhyme I thought up, coupling my target pace with the message I hoped to convey about heart disease and the victory message that Pheidippides, the original Marathon runner, successfully relayed to Athens in 490 BC) proved sadly unhelpful when I started suffering crippling quad cramps around about mile 18 and could only complete the final 8 miles or so by resorting to a painfully slow stop-start, run-

stretch-walk strategy, which meant that the whole thing finally took me an exhausting 5 hours, 45 minutes and 1 (embarrassingly unnecessary) second – about an hour longer than my own worst estimate.

**Do** carry a mascot or good-luck charm if it makes you feel better.

**Don't** be surprised, though, if carrying a “lucky” sprig of fennel (because of course the name Marathon means “field of fennel” in ancient Greek) only earns you a few funny looks – you'd do much better to carry some salt chews or electrolyte beans instead (because of course they might actually help prevent the cramps that ruined my race).

**Do** get your name printed onto your running top.

**Don't** be too upset, though, if, like me, you fail to do so and then have to spend the entire 26.2 miles hearing people in the crowd continually shouting out “Well done, William!” or “Go for it, Gina!” or “Nearly there, Nigel!” to runners just behind, beside or ahead of you, with only one small solitary voice attempting to put any enthusiasm at all into a muffled “Great running, British Heart Foundation!”

**Do** “high 5” a few of the kids holding out their hands as you run by. Some people tell you not to bother because it's a waste of your energy and will slow you down – but their simple joy in scoring another hit may just give you the energy boost promised by all those other hand-crayoned bull's-eye signs saying “Press here for extra power”.

**Don't** high 5 any St John's Ambulance people you see holding out their blue-gloved hands (not unless you really are suffering from severely chafed nipples) – you'll only end up with a slimy handful of Vaseline!

**Do** smile at any cameras you pass, even if you don't have the energy to raise both arms in the statutory victory wave.

**Don't**, like guess who, end up with 30 quid's worth of commemorative photos, in every one of which you seem to be scowling from head to toe.

**Do** keep up the training. After all, we're runners – what else are we going to do?

**Don't** let my experience put you off. Immediately after completing Brighton, I was sure that my first marathon would also be my last; yet within four days I'd signed up for this year's Beachy Head – so maybe I'll see you there! **Mark Pappenheim**

**You may of heard of the #FinishforMatt** campaign to complete Matt Campbells' London marathon for his charity; Brathay Trust. On Saturday 28th our **beginners group** (right) were due to do their practice 30 min run ready for their course finish in a weeks' time, and they were also keen to join in the marathon finish for Matt. We completed the usual course run route and then went on to complete the full 3.7 miles distance (5.95k) without stopping. An amazing achievement from our beginners and it shows what the running community is all about; ordinary people achieving great things.



**Bev Sheridan**

## Moving across the water to the Club's annual French visit. John Coleman gives us a flavour of another eventful weekend....

Friday 6<sup>th</sup> April

Once more across the great divide i.e. the English Channel our group of intrepid warriors strode forth into deepest Europe to do battle with the Frenchies, in other word Lewes AC went on a jolly to Marolles. A group of nineteen with their families/supporters left Lewes today to Journey to the Loire Valley arriving late in the evening to a reception of wine and nibbles to be greeted and paired off with our respective hosts, then onwards to our hosts homes where a meal was provided and more wine, setting the tone for the weekend.

Saturday 7<sup>th</sup> April

A reasonably sedate start to the day, meeting at 10am to journey with hosts to Zoo Parc Beauval for the day; the weather was perfect for walking round to see the animals, including Pandas with baby, White Tigers and all the usual animals found in Zoos all housed in pleasant surroundings; finishing with a mind blowing display of birds, which culminated in a display of an incredible flight of well over three hundred birds ranging from Hawks, Storks, Pelicans, Ibis, Parrots, Osprey, Eagles and Vultures to name but a few,



all flying free. It was fun watching the handlers trying to round them up at the end. In the midst of this there was the obligatory picnic of course (note a pattern forming). Back to our hosts for a short rest and then in mid evening on to Averdon, the next village for a reception (four course meal) along with more wine all served up by the Junior Club Members (Juniors please note) ending with a discos.

Sunday 8<sup>th</sup> April Race Day

Early start, not good after late night, light breakfast, then down to the track, for registration and to collect our goody bag (arm warmers and cake); 09.30 start of the 8K race, which was slightly longer at 8.5K, an interesting undulating course through The Parc Naturel, including a 50 ft. climb, a rope provided to aid ascent plus another rocky climb with wooden handrails and of course what goes up must come down; two devilish slopes complete with rocks and mud slides and a right angle bend and the base, which made interesting running; it made the Lewes 10K look like a doddle. So of course no PBs were achieved. Lewes AC runners excelled with Sally Norris 2<sup>nd</sup> lady and first in age; Catherine McCorry 4<sup>th</sup> Lady and 3<sup>rd</sup> in age; Julie Deakin 3<sup>rd</sup> in age group and John Coleman 2<sup>nd</sup> in age group with strong performances from

Stephanie, Guilva and Sara. At 09.45 the 16K race commenced covering much as the same course at the 8K plus a long loop through the forest and back. Pablo leading the Lewes contingent home in 22<sup>nd</sup> position followed by Andrew Masters 41<sup>st</sup>; Ian Hilder 81<sup>st</sup> and Sophie Wainwright our final runner home. During this activity there was a Nordic walking event and Junior Races, although our youngsters at 1yr, 2yrs and 5yrs were too young to take part (come on Lewes Junior Club Members).



After the races prizes were presented attended by cheer leaders; then on to the picnic in the stadium (see photo below) involving all the club and much of the village plus Club Le Amis de Magne, that is twinned with Marolles, for more food and wine. Finally back to our hosts for a well earned rest and guess what, more wine and food. All this for about £50/person plus good company; a great weekend, so why not you next year, let's get a team together and show the French just what we can do.

**John Coleman**



## **Moving back to Lewes, Sally Brown tells us about the first Youth Development League meeting**

We hosted our first home competition of the season on Saturday 21<sup>st</sup> April.

This was the first of the Youth Development League (YDL) matches for children in the U13 and U15 age groups. We were playing host to 5 other teams from Basildon, Bexley, Brighton & Hove, Medway & Maidstone and Newham & Essex Beagles.

This was the first time that many of our young athletes had competed, but they stepped up to the challenge and we had some very promising results.

In the U15 boys group, Aaron Duncan came 1<sup>st</sup> in the 800m. Ori Bartle came 2<sup>nd</sup> in both the 100m and the 300m. Jack Palmer was 2<sup>nd</sup> in the long jump, and we had a clean sweep in the pole vault with Ori Bartle coming 1<sup>st</sup> in the "A" string and Alex Fleming 1<sup>st</sup> in the "B" string. The boys then rounded off the match by winning the 4 X 300m relay.

The U15 girls managed to keep up with the boys also having a clean sweep in the pole vault with Emilie Oakden winning the "A" string and Natasha Clarke winning the "B" string. The girls managed a creditable 3<sup>rd</sup> place in the 4 X 300m relay.

In the U13 boys group Louis Goodwin won the 800m and came 2<sup>nd</sup> in the 200m. Joshua Phillips came 2<sup>nd</sup> in the high jump "A" string and Rowan Pearson was 2<sup>nd</sup> in the "B" string.

In the U13 girls Rosie Kornevall came 3<sup>rd</sup> in both the 150m and the 800m. Hannah Russell was 3<sup>rd</sup> in the 70m hurdles and Jessica Banner was 3<sup>rd</sup> in the high jump.

What was most important was that the athletes had a great day and enjoyed themselves in the warm sunshine. Provisional results put us in 4<sup>th</sup> position on the day, so we are hoping for even better results at the next match at Lewes on Saturday 19<sup>th</sup> May.

## **Rick Pilling ventured further afield and here he tells us about the Pole Vault group training trip to Monte Gordo**

Fifteen Lewes Pole vaulters joined fifteen other likeminded souls for a warm weather training camp during the school Easter break 3<sup>rd</sup> April through to 13<sup>th</sup>.

Staying in various accommodation in and around Monte Gordo in the Eastern Algarve, Portugal.

The training venue was at the Vila Real De Santo Antonio sports complex, a short 2km warm up bike ride away from Monte Gordo.

The thirty athletes split into three age related groups for two sessions of training each a day. Four coaches split the workload of the six daily sessions.

The weather wasn't as good as it could be, in fact the Algarve was having its worst April weather for 21 years. Very fortunately the venue had an indoor jumping facility, together with gym and gymnastics area.

Many Lewes runners could be seen at all times of the day taking advantage of the fantastic running trails, beaches and tracks of various distances on many different surfaces that surround the town of Monte Gordo and sometimes runners converted to bikes !

This was the group's eighth training camp and definitely the best so far. The groups got on well together and the parents and above all the athletes improved immensely and we will see some great pbs during the next few months and mount a takeover bid for power of 10 top 10 places.

The only injury of note was to coach Dan Ling who made a really spectacular entrance on the first day.

In front of the whole group waiting to ride to the track Dan arrived on his hired mountain bike with superefficient disc brakes. He put the brakes on not realising that the brakes on the bikes in Portugal are on the opposite side!



He flew over the handle bars landing in a crumpled heap on the floor. Several cuts & grazes a broken bone in his wrist and damage to his ribs. However it was a good demonstration to the watching athletes on why you should wear a helmet!!!

Shouldn't laugh but Dan did admit later in the bar that he was a qualified Mountain Bike Instructor.

Can't wait till next year.

## Rick Pilling

### Calendar of future events

<b>May</b>		
Sat 12 <sup>th</sup> and Sun 13 <sup>th</sup>	<b>Sussex Track and Field Champs</b>	<a href="https://entries.opentrack.run/2018/sxaatf/">https://entries.opentrack.run/2018/sxaatf/</a>
Sunday 13 <sup>th</sup>	<b>Hastings 5 mile Sussex Grand Prix</b>	<a href="https://www.nice-work.org.uk/races/Hastings5">https://www.nice-work.org.uk/races/Hastings5</a>
Saturday 19 <sup>th</sup> May 2018	<b>Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)</b>	Match two — Lewes Track
May 20 <sup>th</sup>	<b>Southern Athletics League (over 15)</b>	Match 2 Erith
Sunday 20 <sup>th</sup>	<b>Horsham 10K Sussex Grand Prix</b>	<a href="https://www.horshamjoggers.co.uk/horsham-10k">https://www.horshamjoggers.co.uk/horsham-10k</a>
Sunday 27 <sup>th</sup> May	<b>Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)</b>	Match two– Erith
<b>June</b>		
<b>Sat 3<sup>rd</sup> June</b>	<b>Sussex Masters Track and Field Champs</b>	Ewell
<b>Sunday June 11<sup>th</sup></b>	<b>Sussex Vets Track and Field</b>	Match 2- Lewes; see our SVL LewesAC wiki page for details
Sunday 17 <sup>th</sup> June 2018	<b>Youth Development League – Lower Age Group (Under 13 and Under 15)</b>	Match three — Medway and Maidstone
Sat June 23 <sup>rd</sup>	<b>SAL (over 15)</b>	Match 3          Lewes
Sun June 24 <sup>th</sup>	<b>Heathfield 10K Sussex Grand Prix</b>	