



“The Ammonite”

June 2018

Gemma reigns in Spain- Peter Masters

Forget all about rain in Spain it is now Gemma that reigns in Spain. Over two weeks in May in Malaga in Spain Gemma, as a Lewes AC under15 athlete, broke three club records, one Sussex County record and put herself second on the UK all time pole vault rankings with a 3.70m pole vault.

The first Lewes AC club record to be broken on the 6th May was the shot putt record of 8.92m previously set 18 years ago by Natasha Moore at Croydon. With a putt of 9.33m in Malaga Gemma now leads the club's U15 shot putt rankings.

Not content with the one broken record Gemma on the 13th May went on the break the club's high jump record that was set in 2003 by Melanie Davis with a jump of 1.56m. Gemma's leap of 1.59m now replaces this 15 year old record.

Moving to the weekend of the 19th May it was during this competition that Gemma achieved major success with her pole vault jump of 3.70m. Not only is this a new Sussex County record to replace her own year old record of 3.46m it also beats the old club record of 3.20m. This was set in 2012 by Livvy Connor.

The vault of 3.70m by Gemma also places her second on the UK All Time records just behind Hannah Olson who vaulted 3.80m in 2002. It places Gemma well in front of the previous second best UK vault of 3.50m set by Fiona Harrison over 20 years ago in 1996.

Truly a remarkable set of performances. It must be the sun in Spain that works its magic and not the rain.

Bev led another very successful 10 week beginners group with her trusty team of supporters, and the feedback from all the participants was excellent.

Beginners' successes- Bev Sheridan.

Our beginner's group course has now come to an end and some of the group went to Hove Parkrun to celebrate becoming runners. Congratulations to Andie, Andrea P, Andrea W, Claire, Fiona, Geoff, Janet, Rehanna and Terry who all successfully completed the course. Everyone had a great time and enjoyed the runner's reward of coffee & cake afterwards. A number have now joined the Improvers groups, so look out for our latest new runners at the clubhouse. The next course starts early September.



Successes at the Sussex Track and Field Championships at Crawley. Peter Masters.

There were some excellent performances across all age groups from under 15 athletes up to and including the seniors.

Starting with the under 15 girls there were some great results in the 300m race. Tracey Linus was the Lewes star in this event by winning the bronze medal in a time of 43.02. Anouska Fairhurst was second in her heat in a time of 43.99.

It was in the Pole Vault that Lewes AC girl power showed up in a remarkable way with Lewes AC athletes taking 8 of the top nine places with first seven all securing life time best heights.

Leading the way with the gold medal was Emilie Oakden with a vault of 2.80m. On the 17th May at K2 in Schools Track & Field Cup Emilie again increased her personal best height with 2.90m to go third in the UK U15 girl national rankings

Second with the silver medal was Natasha Clarke with 2.70m and in the bronze medal position was Amelia Hatchard with 2.60m. 4th was Mena Powell with 2.60m, Hannah Russell whilst still an under 13 athlete was competing up an age group and secured a great 2.30m vault, Maddy Bullen was 6th also with 2.30m vault, 7th Charlotte Sida 2.30m and 9th Beatrice Osman-Allu with 2.10m

Gemma Tutton currently living in Malaga in Spain has over the past two weeks competed twice and broke the club's U15G outdoor Pole Vault by clearing 3.40m. This reinforces her place as top of the UK rankings. She has also broken the club's U15G shot record with a 9.33m putt and the U15g High jump record clearing 1.59m

Moving up to the under 17 women there were further pole vault successes with Ivy Spencer taking the gold medal with a vault of 2.70m. Frances Osman-Allu was second with 2.50m

Chloe Kornevall just missed out on medals. Whilst she was first in the first heat of the 300m in a time of 42.80 Chloe came 4th in the final with a time of 43.32. It was the same story in the 800m with first place in heat one with 2.24.40 but 4th in the final with a time of 2.26.75

There were only two Lewes AC under 20 women competing in the championships. Larissa Carter competing in the hammer event and Ruby Whyte-Wilding in the 800m and 1500m. Larissa won the silver medal with a throw of 42.09m and Ruby was also second with a silver medal in the 800m with a time of 2.19.55. In the 1500m Ruby was the only competition so finished first with a time of 4.46.85.

In the under 15 boys Aaron Duncan was the star with gold medal performances in the 300m and 800m races. In the 300m race Aaron's time was 38.36 and in the 800m 2.06.09.

In the shorter 100m race Adam Lawson was 3rd in heat one with 12.72 and Ori Bartle 5th in heat two with 12.23. Both made the final and finished with Ori in 6th place in 12.27 and Adam in 8th place with 12.55.

It was in the pole vault that Ori shone gaining a silver medal with a vault of 2.90m. Otis Schorr-Kon was 4th with a vault of 2.60m. In the Long Jump Jack Palmer was second with a leap of 4.99m and in the shot putt Jared Seabrook-Wafer was 3rd with a putt of 9.42m

Continuing to move up the age groups to the under 17 men Ben Goode competed in both the 200m and 400m events. In the first Ben made the final with a time of 24.59 in heat two but just missed a medal in the final by finishing 4th in a time of 24.12. In the 400m final Ben finished 5th with a time of 53.67.

Again in the under 20 men's age category it was a Lewes AC pole vaulter that won the gold medal. Jack Harris claimed this prize with a vault of 4.20m. James Linington in the 200m was 5th with a time of 11.54.

In the senior men's events it was probably Ben Savill that had the toughest and most challenging race with 18 of the best 5000m runners taking part. In a race stacked with last year's gold and silver medal winners it was both a tactical and a hard race. In the front group from the start it was in the rush for the line that Ben claimed a really well earned bronze medal with a time of 14.59.36. Josh Burgess in the same race came a very creditable 8th with a time of 15.36.85

Patrick McManus in the 800m had a great race to win the bronze medal with a time just outside the magical 2 minutes with a time of 2.02.21. In the 1500m race Patrick was 4th with a time of 4.19.59. Owen Wells in the 200m race was 5th with a time of 25.38.

Running for England- Karin Divall



Well I am normally a modest soul, but I am going to use my editorial discretion to share my exciting news with you... I was so lucky to be selected to run for an England Masters Team at the Birmingham 10k. It all started in Chichester in February where I was able to meet the selection criteria by getting a time and position to earn me a place in the team. The team comprised up to three women and three men in each 5 year vet category from v35 selected from the Chichester 10K, and three selected from northern Counties- about 90 of us in all. I had done all my pre-race preparation; following Dave Leach's training plan, having a pre-race massage and keeping well hydrated in the days before the race. I had picked up my ENGLAND vest, and on the morning of the race woke to a still and sunny day- predicted to be a near perfect running conditions of a breeze free, 18 degrees. BUT we all know that the best prep in the world can never account for the vagaries of the British weather and I quickly realised it was going to be a hot one.



Standing in the elite area was so exciting (it doesn't take much to make me happy!), we (the women's masters team) took our places behind the elite women and with television cameras in front of us we were off with a fast downhill start. The course went out from the City Centre to Edgbaston Cricket ground and then looped back to finish just past the starting point. It was not the most exciting or attractive course (sorry any Brummies reading this) - turning corners, up and down pavements and through Birmingham's undulating City Centre. There was little shade, the air quality was not great and the tarmac reflected the heat- it was now up to 22 degrees and felt it. Never was I so happy to see the 5K water point, although I did give the shower a miss. Lots of supporters were out and there were bands and music along the route and the atmosphere was great. At the 7.5k mark as we ran our way towards the finish, we met the elite men running out as they hit the 2.5K mark (they had started about half an hour after us).

I was doing well at halfway but unfortunately the heat got to me at about 7k and then the hills that had seemed so lovely as they meandered downhill at the start of the race hit and my legs turned to jelly as they climbed upwards. It was never going to be a PB course but I think many of us were disappointed with our times as wearing our England vests and running at the front of a 7000 strong 10K field with the roads to ourselves and the TV helicopter flying over, was a once in a lifetime experience. I finished in 44.23, as the first Sussex woman home (of seven), and the third in my age group (v55-59).

We have a small but increasing number of members who, for reasons I cannot fathom, compete in ultra-races (defined as longer than a marathon). Here are the exploits of a couple of recent racers....

World Trail Championships

On Saturday 12th May in Spain Tom Evans won a superb individual Bronze medal and led the British men's team to the silver medal at the World Trail Championships

Competing over the Penyalgola trails in Castellon-de-la-Plana Tom clocked 8:49:35 for the 85.3km (53 mile) race which included challenging 5000 metres worth of ascent.

Tom was followed over the finish line by his England team mate Jonathon Albon who recorded 8.53.41 for fourth position. Ryan Smith's 16th-place finish in 9:25:50 secured the men team silver.

Tom was quoted as saying after the race "I came here hoping to challenge for a podium finish and I am delighted not just to get the bronze medal, but see us claim the team silver medals too"

And nearer to home, Dominic ran the tough North Downs course.

NORTH DOWNS WAY 50 miles –Dominic Osman-Allu

When running an ultra over terrain that is unfamiliar it is always advisable to do your homework in terms of gradients and directions in general. Unfortunately I failed to take any of that on board.... The day started well with quite gentle terrain, albeit with surprising amounts of loose sand that made the Littlehampton Beach Run a few days earlier seem like good training, and I found myself at the 26 mile mark in under 4 hours (25th overall, 1st V50). Then somebody put the steepest hills in the way, complete with vast numbers of steps, and turned the broad paths into a series of narrow twisting single track cycle routes. By mile 30 walking was becoming a bit of a problem and I was losing places quite rapidly. Help came in the form of regular telephone calls from home at each of the remaining checkpoints to let me know how I was doing in the V50 battle. Pulled it together, power walked the very steep hills, and had a great last 8 miles to retake all the runners who went past me during the 'my legs don't seem to work' phase. Finished 25th overall, 2nd V50. Toughest race I have ever run, and it's the first 50 miles of the NDW 100! Immediate thought was to pull out of that event in August, but as time passes the unpleasantness fades, so.....
(There are photos on the NDW50 website, but at best I look quite odd, and at the finish, really strange.)

Cutting down the racing distances, Bob provides us with an update on the Sussex Grand Prix 2018 road running series.

Sussex Grand Prix Road Racing: Hastings 5 Miles and Horsham 10k

Sunday 13th May was a busy day for Lewes AC with a large contingent battling it out on the slopes around Devils Dyke in the Hedgehoppers Five, while a small raiding party of Lewes AC road warriors were in action in the Hastings Five, the second event in the Sussex Grand Prix (SGP) road series. The classic Sussex road races tend to be in one of two groups. Type A are fast flat promenade-based races, while Type B are hilly inland races, at their best along shady quiet country lanes. (Exceptionally the first SGP event – the Hastings Half marathon – is both A and B, but without the shady quiet country lanes bit).

The Hastings Five was definitely a type A race. Although it starts at the old Hasting town hall, the course is cleverly devised to avoid sharing roads with motor traffic. The old town hall is close to the Priory Meadows shopping complex which provides a convenient but - despite its name - unlovely place to park. The Priory Meadows was quite a nice place once as they used to be a first class cricket ground and a shiny statue of a batsman celebrates this. The main part of the run was along the promenade dipping down to the lower level walkways where possible. Our results are shown below. Gun time is the time from the start being sounded, and chip time is measured from the moment you cross the start line.

Gun time mm:ss	Chip time	Name	Category	Position in category
33:01	32:55	David Prince- Iles	MV60	3
35:31	35:19	Karin Divall	FV55	2
35:54	35:44	Ian Hilder	MV55	9
39:38	39:26	Bob Hughes	MV70	3
41:27	41:15	Julie Deakin	FV50	9

The following weekend (Sunday 20th May) saw the third SGP event, the 10k race at Horsham, another distant corner of Sussex. This race is definitely a type B race and has some shady country lanes but also takes you through a suburban landscape as well. I know at least two Lewes SGP contestants (Julie and me) who were unable to enter as the race was already full. This was a little surprising as it has been a bit of an enter-on-the-day type race in the past but maybe the reduction in SGP events has meant more people entering the ones left.

In the event only two Lewes AC runners competed: David Prince-Iles and Andrea Ingram. David was 29th out of 417 competitors and was first in his age group. Andrea was a bit disappointed with her time but was 5th in her age group which keeps her in touch in that competition.

The next SGP event is the Heathfield Midsummer 10K on the 24th June which is a pure type B race that starts at the Rugby Club near Cross-in-Hand. At least Heathfield is relatively near Lewes. A week later on the 1st July is the Bewl 15 Mile race, the course of which circumnavigates the Bewl reservoir near Wadhurst. This is more like a trail race than a road race, but we are not going to make a fuss because the Lewes Downland 10 Mile race is an SGP race too and you have to concentrate very hard as you explain that is a road race. For further information on the SGP including the overall point's position go to www.sussexgrandprix.co.uk.

Bob Hughes (bob.hughes@bcs.org)

Calendar of future events

June		
Sat 3 rd June	Sussex Masters Track and Field Champs	Ewell
Mon 11 th	Sussex Vets Track and Field (over 35)	Match 2- Lewes; see our SVL LewesAC wiki page for details
Sunday 17 th June 2018	Youth Development League – Lower Age Group (Under 13 and Under 15)	Match three — Medway and Maidstone
Sat June 23 rd	SAL (over 15)	Match 3 Lewes
Sun June 24 th	Heathfield 10K Sussex Grand Prix	http://heathfieldroadrunners.com/race.php
July		
Sunday 1 st July 2018	Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)	Match three — Walton
Sunday 1 st	Bewl 15 Sussex Grand Prix	https://www.eventbrite.co.uk/e/the-19th-bewl-15-tickets-39079255104
Wed 11 th	Phoenix 10K Sussex Grand Prix	http://www.brightonphoenix.org.uk/
Sat 14 th	Southern Athletics League (over 15)	Match 4 Carshalton
Saturday 21 st	Youth Development League – Lower Age Group (Under 13 and Under 15 athletes)	Match four Brighton
Monday 23 rd July	Vets Track and Field (over 35)	Match 3 Lewes; see our SVL LewesAC wiki page for details
Sunday 29 th July 2018	Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)	Match four — Dartford

And a final word from the editor. If you enjoyed reading this newsletter, please keep your contributions (big and small) coming. The more people who contribute, then the more varied the news will be. My deadline for the July newsletter is June 29th to Karin Dival karincalliafas@btinternet.com