

“The Ammonite”

July 2018

Welcome to the July edition which reaches you in the middle of a glorious heatwave. A quick word regarding the next edition of the Ammonite. As the editorial team is taking a well-earned summer holiday, there will be no August edition for you to look forward to. The next Ammonite will instead be published in September so please let me have all your contributions, articles and photos, by August 29th. Enjoy the summer whilst it lasts. Karin Divall karincalliafas@btinternet.com

South Downs Way 100 mile Race- Dominic Osman-Allu

Having done this race last year I knew what I was up against, even more so as the week before I was the team driver for the Lewes A team in the SDW 100 mile relay as well as running 3 of the legs. This was a useful recap of the course, albeit in reverse order, but at least if I got lost on the solo event I could turn around, run backwards, and find out where I was.

The day started out very warm and humid and only continued to get more so as it wore on. The start was at 06.00 and after finding some familiar faces and running with them I found myself going out way too fast, eventually hitting the 50 mile mark in around 8 hours 50 mins. The damage was done, the heat and humidity meant that feeling vaguely sick was the order of the day for the next 50, with the added joy of being unable to drink very much or eat anything. The plus side was that from Devils Dyke at mile 66 I was joined by the first of my pacers, Mat Homewood, who would metaphorically push me to Black Cap before handing over duties to Andrew Kemp, and then resuming post at Bo-Peep around midnight for the final 10 miles. Not very pretty by the end, but the feeling of finishing on the track at Eastbourne at 02.45 was worth all of it! Even managed what felt like a sprint finish, although reality may have become a bit warped by then. (See photo below with Mat Homewood making sure I didn't fall over)

Next up, the evil twin of the SDW 100.....the NDW 100 - watch this space for the next exciting episode.



BMC- Dave Leach

On a great evening [Weather wise] this was the biggest turnout for this event since it started to incorporate BMC races. For those of you that don't know; The BMC stands for British Milers Club, and has been in existence since the 1960's and started to help develop middle distance running in the UK by putting on races to improve athletes chances of gaining fast times, with the help of pacemakers in most races.

So on a lovely evening we had some great results by Lewes athletes

800m races

E race: 4th Callum Upton U23. 2.00.29 [pb]

F race: 3rd Patrick Mcmanus U23. 2.00.60.

G race 1st Aaron Duncan 2.00.10 U15 [pb]

This time by Aaron not only broke the club U15 record of his own but gained him the English Schools qualifying time of Sub 2.04 and put him number 1 in the UK at the moment.

H race: 2nd Peter Bannister 2.07.86 Sen [pb]

K race [women] 3rd Chloe Kornevall U17 2.19.85 [pb]. This run by Chloe broke the club u17 record that has stood since 2004.

L race [Mixed]

2nd Oliver Francis U15 2.17.61 [pb], Oliver is new to the club and a good prospect.

6th Jonathan Burrell 2.21.69.

O race: 2nd Charlotte Sida U15 2.35.33 [pb]

U13 boys 800m open race

1st Louis Goodwin 2.20.33 [pb]. This run is closing in on Aaron Duncan club record of 2.18.90 [u13]

4th Finley Stonehouse 2.30.58 [pb]

6th Gabriel Penrose 2.31.47 [pb]

1500m Races.

C race: 5th Adam Dray [H.H] U17 4.13.74 [pb].

D race: 6th Atticus Mohapi-Dobouny U17 4.23.38. [pb]. Good to get a pb by Atticus given he has not been able to train recently.

E race: 7th Grace Brock U20 4.34.58 [pb] Good run by Grace up from Cornwall for a few days.

12th Fenton Davoren u15 4.43.12 [pb]

H race: 2nd Barney Hastings U 11. 4.54.90 [pb] Great run by Barney who is still only 10 [11 in Oct].

15th Lizzie Hastings 5.21.21 U13 [pb]

3k races

A race: 20th Callum Upton 9.07.37 [pb]. A bit of endurance after his 800m.

B race: 9th Charles Taylor U20 9.56.20 [pb]. Great run by Charles to break 10mins for the first time.

YOUTH DEVELOPMENT LEAGUE (LOWER) SATURDAY 19TH MAY AT LEWES- Sally Brown

The second match in the YDL (lower) league was held at Lewes on Saturday 19th May.

It was another warm and sunny day with good attendance and some great performances from the Lewes youngsters.

Overall we finished in second place behind a very strong Brighton team.

Here are a few individual results but all athletes contributed to a great overall performance.

U15 BOYS:

Aaron Duncan finished 1st in the 800m with 2.05.1 and 2nd in 300m with 38.30.

Luca Buckley McDonald finished 2nd in the "B" 800m with 2.17.9

Jack Palmer was 3rd in the long jump with 5.23m.

Ori Bartle won the Pole vault with 3.05m and Alex Fleming came 2nd in the "B" pole vault with 2.10m.

Jared Seabrook-Wafer won the shot with 9.36m. Daniel Stonehouse was 1st in the hammer throw with 22.50m and Hector Summers was 2nd in the javelin with a throw of 24.92m.

The boys also had a great winning run in the 4 X 300m relay with a time of 2.45.7

U15 GIRLS:

Tracy Linus won the 300m with 42.3 and Anouska Fairhurst won the "B" race with 44.4. Anouska was also 2nd in the javelin with 31.49m.

Amelia Hatchard won the pole vault with 2.60m and Maddy Bullen won the "B" pole vault with 2.40m.

In the hammer throw Poppy Fuller was 3rd with 20.38m.

In the 4 X 300m relay the girls finished 3rd with a time of 3.05.9

U13 BOYS:

Louis Goodwin had a couple of good runs winning the 800m in 2.26.1 and finishing 3rd in the 200m with 28.1. Finlay Stonehouse was 2nd in the "B" 800m with 2.34.7.

Gabriel Penrose was 2nd in the 1500m with 5.01.7.

In the field events Joshua Phillips was 2nd in the high jump with 1.35m, and Charlie Oakden was 3rd in the long jump with 4.33m.

Duke Dangerfield was 3rd in the shot putt with a 6.21m and Louis Sadek was 3rd in the javelin with a throw of 18.60m.

U13 GIRLS:

Beatrice Ingles had a good run in the 800m finishing 2nd in a time of 2.35.4 and Paloma Buckley McDonald won the "B" 70m hurdles with 14.4.

Jess Banner cleared 1.25m in the high jump to finish 3rd.

YOUTH DEVELOPMENT LEAGUE MATCH 3 AT GILLINGHAM SUNDAY 17TH JUNE- Sally Brown

The 3rd match in the YDL (lower) league was held at Gillingham on Sunday 17th June.

Unfortunately we had a very depleted Lewes AC team which meant that many events had no Lewes athletes in them at all. This was reflected in the final results with Lewes finishing in last position.

This means that we are now in 5th position overall with only 1 match left at Brighton on Saturday 21st July so hopefully we will have a full team for that one and won't face relegation next season!

Despite this, the athletes that did compete had a great time and produced some good results.

U15 BOYS:

Ori Bartle had a good run in the 100m finishing 2nd in 12.35 and Ori also won the pole vault with 3.05m. Adam Lawson was 3rd in the "B" 100m with a time of 12.75.

In the field events Jared Seabrook-Wafer won the shot with a putt of 9.47m and came 1st in the "B" hammer throw with 24.96m.

Daniel Stonehouse was 2nd in the javelin with 25.65m and 3rd in the hammer with a throw of 27.25m.

The boys had a good run in the 4 X 100m coming 3rd in 50.36s.

U15 GIRLS:

Tracy Linus dominated the 300m winning again in a time of 42.76.

In the 800m Erin Hinds came 3rd in the "A" race with 2.37.18 and Charlotte Sida was 2nd in the "B" race with 2.41.64.

We had 2 first places in the pole vault with Amelia Hatchard winning the "A" competition with 2.75m and Beatrice Osman Allu the "B" competition with 2.30m.

The girls came a very creditable 2nd in the 4 X 300m relay with a time of 3.09.14.

U13 BOYS AND GIRLS:

In the boys 800m races Louis Goodwin won the "A" race in 2.30.3, however according to the results Finlay Stonehouse had a faster run in the "B" race with a time of 2.28.53, finishing 2nd.

Gabriel Penrose was 2nd in the 1500m with a time of 4.56.84.

In the girls 70m hurdles Hannah Russell was 2nd in a time of 13.28s.

Heathfield 10k- Sussex Grand Prix race

What a fine selection of athletes we were, on the hottest day of the year so far, at the Heathfield 10k. This race forms part of the Sussex Grand Prix, with the next SGP races being the Bewl 15 and the Phoenix 10K. Well done to all the runners and a special mention for Chris Coffey who was third overall.



Left to right. Rob Cooper, Ian Hilder, Bob Hughes, Chris Coffey, David Prince-Iles, John Dryden, Karin Divall

South Down's Way Relay 2018- Helen Sida and Jack Arscott

For the South Down's Way Relay on 2nd June Lewes AC fielded 2 teams, 1 men's and 1 women's. As always, after initially looking like we had lots of willing and able runners, nearer the time numbers dwindled as injuries and other commitments meant many club members were unable to run. That's no criticism, it is a big commitment in terms of time and effort and the hardest part of the event is often getting 6 runners to the start line!



The Women's Team (left) (Emma Rollings, Maria Barrow, Caitlin Lloyd, Emma Robertson, Sarah Godley and Helen Sida) started at Beachy Head at 7.30. Once again, we had our great support team of Colin Bennet driving and Andrew Chitty manning the stopwatch and providing the stats. The foggy, windy start soon heated up. We made a good start over the first 4 of the 18 legs but disaster struck on leg 5 when Emma Robertson was unwell, a virus catching up with her. She valiantly finished the leg but was unable to complete her next two. Only having 5 runners meant we would probably be (and in fact were) disqualified. Morale was a little low for a while but we turned the mood around and decided to have a good

day out and carry on regardless by running Emma Robertsons' legs for her. We also started meeting our Men's Team at most of the change-overs for a mutually encouraging chat. Emma Rollings took on the first of Emma's legs (making her total for the day over 27 miles). After Caitlin completed her final leg, the infamous leg 13, we immediately dropped her at Petersfield train station to start her holiday and then we were down to 4 (with Emma Robertson providing moral support while slumped in the back of the minibus!). The other leg which needed covering was the final leg 18. All feeling rather tired we decided to take it on as a team so Emma Rollings, Maria, Sarah and myself ran it together. It's fair to say it was not a record breaking time but we all felt it was the highlight of what had been a great day out.

In between waving John off into a pea-souper fog on Beachy Head at some unearthly hour of the morning and cheering Will home on a sun-drenched field in Hampshire that evening, rather a lot happened for a single day.

The men's team (John Dryden, Will Monnington, Dom Osman-Allu, Rob Cooper, Mike Green, Jack Arscott) was a motley crew cobbled together from half the original B team, some late-ish high-calibre replacements – and me, who had been plucked from a pub in Brighton at the eleventh hour to fill some pretty big shoes. In the circumstances, just reaching Winchester was always going to be an achievement.

The first six legs flew by, with Rob passing the baton to John at Saddlescombe Farm after recovering from the first of the day's minor orienteering mishaps. By the time I handed over to Mike for a second time on Amberley Mount a little after halfway, most of the team were running out of local knowledge – all save for Dom, who runs the whole thing for fun.

By now, the sun was high in the sky and our chances of making it to the cut-off point in time were ebbing away in the heat. I didn't help matters near the beginning of my third and final leg by obeying a cluster of pink arrows and turning off the South Downs Way at the top of the first hill, only realising my mistake when the path ran out in an overgrown patch of woodland several minutes later. Not to be outdone, Rob duly put his own spin on the penultimate leg, popping up in the undergrowth on the wrong side of the valley with the words "I took a slight detour, but I got this!"

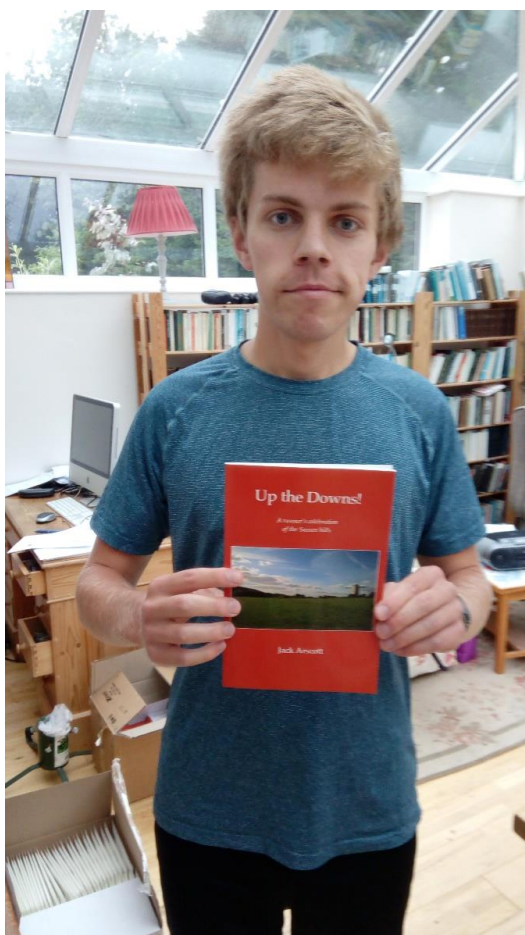
As we waited to see Will through Cheesefoot Head towards the finish, we caught sight of what was left of the women's team running side by side over the hill in the setting sun. Who said running wasn't a team sport?



Photo left; the men's and women's SDW relay teams, with their support teams.

Up The Downs!

LewesAC athlete and author Jack Arscott is offering a book deal for other club members of £7.50 for his vivid account of running the local Lewes downlands. Contact Jack on 07534526808, or jackarscott@outlook.com



I wrote the book because I wanted as many people as possible to share in the joy of running in the Downs.

Going off-road transformed running from something I did to get out of the house during my degree into something I relished doing; an end in itself. When I came back to England after a spell away last year, the Downs were there waiting for me, and this time I was determined to get to know them properly. At first, I didn't think about time or distance - which is just as well, as progress is slower on hilly terrain than on the roads! Every run was a revelation, be it in the form of a new route, a new view or a new perspective on my native hills.

The best of those routes have found a home in my book, which comprises a dozen local hill runs of varying lengths. As I went further and further off the beaten track, my desire to see just how far I could go only grew. That's where the Moyleman came in. Not many towns the size of Lewes have their own trail marathon, and my training programme became the perfect excuse for more reconnoitring of the Downs between Beachy Head in the east and the Hampshire border in the west. Even in the depths of training, though, I didn't lose sight of the privilege it is to have such a remarkable natural running track right on our doorstep. It is this sense of wonder and belonging that I have tried to convey in *Up The Downs!*

Happy reading!

Vets Sussex Track and Field League- Richard Darton-Moore.

The second evening of Sussex Veterans League events took place on June 11th at Lewes athletics track. The evening was rather warmer and less windy than the first event at Eastbourne in April when both the women's and men's teams achieve third place both individually and overall.

After the June event the combined Lewes AC / Haywards Heath Harriers team lies in third place overall (158 points) behind Brighton & Hove AC (200 points) and Eastbourne Rovers AC (186 points).

The Lewes / HHH women's team were the second highest scoring of the five competing teams at the most recent evening, ahead of Eastbourne by 19 points.

In April we had a very select (i.e. small) team but at the last meeting there were a total of 35 Lewes / HHH athletes participating (21 HHH / 14 LAC) and for the first time we were able to enter two men's relay teams. Usually we have a mens relay team comprising athletes from both LAC and HHH but on this occasion each club was able to enter its own team.

The number of non-scoring athletes (there are only a maximum of four scoring places for each event) entering track events caused something of a headache for the control tower, particularly when added to the inevitable change of entrants as athletes arrive and the priority / speed order changes. Therefore there are frequent interruptions with requests of "Hello Janis, it's Lewes again, can I just change ..." These are however met with good grace.

It would be really good to have more throwers and jumpers in particular, as we're reliant on two to three people only for both the men's and the women's teams.

As has been said before, these are friendly evenings and good fun. If you haven't run, jumped or thrown competitively before do give it a try. You'll get a warm welcome.

Full results are attached to our svl results <http://go.sosphoning-news.com/go/dVs02xZbJ8WLY8pQ_MnJkQ2/> page.

The next (and final 2018) SVL evening is also at the Lewes track (Monday July 23rd) and it would be great to see more Lewes AC athletes there. Details are on the svl sign-up page.



(Left) Some of athletes who competed as the combined Lewes/Haywards Heath vets women's team. Left to right: Hazel Bennington, Andrea Ingram, Jo Buckley, Jenny Denyer, Linda Tullett, Karin Divall, Julie Deakin, Karen Thompson.

Medals from the Sussex Masters championships- Peter Masters

Lewes AC members came away with five gold medals from the Surrey and Sussex Masters Championships held at Ewell Court on the 3rd June.

First out of the blocks was Ciaran Harvey winning the gold medal in the 100m for men aged over 40 in a time of 11.69. Ciaran left everyone in his wake to also claim a Sussex gold medal in the 200m with a time of 23.64.

Also in gold medal form was Jonathon Burrell who in the men aged over 55 800m race won in a time of 2.24.75. Tackling the 1500m Jonathon again came away with a Sussex gold medal with a time of 4.50.75

Winning the fifth Sussex gold medal Karin Divall (yes sorry another photo of me on the right) as an over 55 swept to victory in the 5000m with a time of 21.39.43.



Calendar of future events

July		
Sunday 1 st	Youth Development League – Upper Age Group (Under 17 and Under 20 athletes)	Match 3 — Walton
Sunday 1 st	Bewl 15 Sussex Grand Prix	www.eventbrite.co.uk/e/the-19th-bewl-15-tickets-39079255104
Sat 7 th	Lewes AC walks championships. Distances 600m to 5k all welcome For u13s 1k, u15s 2k, the rest 3/5k 12 at Lewes track	Contact: Peter Selby pwselby@hotmail.co.uk
Wed 11 th	Phoenix 10K Sussex Grand Prix	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 4 Brighton

Mon 23 rd	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 4 -- Dartford
August		
18 th	Southern Athletic League (over 15)	Match 5 Tooting
27 th	Kings Head Canter Harvey Curtis Road race challenge series	www.kingsheadcanter5k.org.uk/en-tryform.html
September		
9 th	Hellingly 10K Sussex Grand Prix	www.hellingly10k.co.uk
30 th	Barns Green Half marathon. Sussex half marathon champs Harvey Curtis Road race Challenge series	www.barnsgreen-half.org.uk