



# “The Ammonite”

September 2018

Welcome to the Ammonite and please can you let me have all your contributions, articles and photos for the next edition by September 29th. Thank you! Karin Dival [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

## It's a silver for Chloe!

Congratulations to Chloe Kornevall, under 17W, who participated in the South of England Athletics Championships in Lee Valley (weekend of 11-12 August) and ran 400m on the Saturday qualifying for the final and then on Sunday ran in the final and got the Silver medal with a sub-60 second new PB of 59.3 seconds, which beats the previous Lewes AC record which she set in July and the women's under 20s and senior records too for Lewes AC. She is in the first year of the under 17 age group, so hopefully there is a lot more to come!



And following her success at Lee Valley, Chloe has gone and broken her record in 400m again at the Watford Open meet on Wed 22nd August, with a time of 59.19 secs.

**Congratulations also** to Emilie Oakden and Amelia Hatchard- Gold and Bronze medalists at the SEAA Champs in the U15G Pole Vault with 3.00m and 2.70m respectively.

## **Sally Brown - Youth Development League (Lower) final match 21<sup>st</sup> July at Withdean**

The fourth and final Youth Development League match for U13 and U15 athletes was held at Withdean on Saturday 21<sup>st</sup> July.

It was another very hot day for all our athletes, and unfortunately our numbers were down which meant that there were a lot of gaps in our team, however those that did compete stepped up to the mark and produced some excellent results. Some of the more notable ones are as follows –

### **U15 Boys:**

Ori Bartle was 1<sup>st</sup> in the boy's pole vault with a winning jump of 2.90m. He was also 3<sup>rd</sup> in the 80m hurdles in 13.9s.

Jared Seabrook-Wafer came 3<sup>rd</sup> in the shot with 9.88m and 2<sup>nd</sup> in the "B" hammer throw with 24.61m.

Daniel Stonehouse was 3<sup>rd</sup> in the "A" hammer with 29.62m and 2<sup>nd</sup> in the javelin with 26.88m.

Jack Gardner was 2<sup>nd</sup> in the "B" javelin throw with 17.73m.

We were 3<sup>rd</sup> in the U15 boy's 4 X 300m relay team made up of Ori Bartle, Jack Palmer, Jack Gardner and Adam Lawson.

### **U15 Girls:**

Tracy Linus had great results coming 3<sup>rd</sup> in the 200m with 27.1s and 2<sup>nd</sup> in the 300m with 43.6s.

Once again Lewes were top in the pole vault competitions with Mena Powell winning the "A" string with 2.50m and Charlotte Sida winning the "B" string with 2.40m.

### **U13 Boys:**

Louis Goodwin had a great day winning the 800m in 2:18.0, and coming 3<sup>rd</sup> in the 200m in 27.2s. Louis was also 3<sup>rd</sup> in the shot with 7.83m.

Finlay Stonehouse was 1<sup>st</sup> in the "B" 800m in 2:31.5.

We also had great results in the 1500m with Gabriel Penrose winning the "A" race in 5:00.7, and Max Gardner winning the "B" race in 5:17.3.

Gabriel Penrose was also 2<sup>nd</sup> in the "A" javelin with 24.59m and Ruben Ferreira won the "B" javelin with a throw of 20.64m.

### **U13 Girls:**

Rosie Kornevall had a busy day of sprinting and also managed to come 3<sup>rd</sup> in the 800m in 2:36.1.

Unfortunately it looks like we will probably be demoted for next season, mainly because we were unable to field a full team of athletes particularly at the last 2 competitions. This is something we need to work on for next year and hopefully we will be back in Division 1 before too long!

## **Beginners Group**

Our Autumn Beginners running course kicks off on Saturday 8th September. We provide 10 weeks of 1 hour coached sessions + a Parkrun at the end to show off our graduates new running skills. If you know of anyone who would like to learn to run, or who wants to return to running after a long break, then point them in our direction! Links to signup are on the LAC website beginners page; <https://www.lewesac.co.uk/what-we-do/beginners>

## **FRENCH TWIN CLUB VISIT October 2018**

Our French friends shall be coming on their annual visit from Blois to Lewes for the Downland Races on 7th October. We need hosts to accommodate and look after them over the weekend. They will arrive on Friday, 5th and be leaving on Monday, 8th.

If you have a spare bedroom (or two) please consider helping. We normally have a wide age range: couples, singles and parents with a child. Speaking French is not necessary as many of them have reasonable English. It is usually a fun weekend. You will need to provide breakfast, as basic as you like, an evening meal on Saturday and Sunday lunch. There is a group activity organised for Saturday afternoon and Sunday evening. Hosts are welcome at these events, but need not come if you are busy elsewhere. There is a return trip in April 2019. All club members and families will be welcome.

If you want more information or would like to help, please contact Jeremy or Gilva on 01273 478125 or email [jeremywainwright@hotmail.com](mailto:jeremywainwright@hotmail.com)

## **Lewes Trail runs - diary dates**

This year the 10 and 5 mile trail runs are on Sunday 7th October. There will be registration on the day, but it can get crowded (and it costs more on the day!) so we will be holding a members sign up evening at the clubhouse on Thursday 27th September at 6.30 before track.

It takes a lot of organisation to put on the races, and it would be great if you could offer some help on the day. Please email Jocelyn on; [jocelyn.read08@gmail.com](mailto:jocelyn.read08@gmail.com) with your availability.

## **Cross Country**

This season, we are looking for as many teams as possible to enter for the following events- please come and support your club. The club pays entry fees plus for the further away events, if there is enough interest, we will be able to book a coach. Further info from Dave Leach [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com)

### **Sussex Cross Country League:**

13<sup>th</sup> October- Goodwood

10<sup>th</sup> November Stanmer Park

1<sup>st</sup> December- Lancing

9<sup>th</sup> February - Bexhill

20<sup>th</sup> October SEAA X/C Relays [Wormwood Scrubs]. 3 per team.

3<sup>rd</sup> November ECCA X/C Relays [Mansfield].3 per team

26<sup>th</sup> Jan South of England X/C Champs [Parliament Hill].

5<sup>th</sup> Jan Sussex XC champs- Bexhill

19<sup>th</sup> Jan Sussex Masters XC Champs- Lancing

23<sup>rd</sup> Feb National X/C Champs [Harewood House, Leeds].

## **Masters Mantell Challenge; 4<sup>th</sup> September**

To celebrate the coming of autumn, we are once again running our annual handicap race for Lewes AC members, the Masters Mantell Challenge. It will be on the evening of **Tuesday 4<sup>th</sup> September 2018.**

The course starts on Hawkesbury Way on the Neville Estate, at the spot where it takes a right-angle turn. It goes up past the racecourse to Black Cap, then turns before the gate beyond Black Cap, and returns over Black Cap and Mount Harry to finish in the meadow approximately 200m from the start. If the handicapping is right all runners should finish together. However the first to cross the line will win the main trophy. Other age related medals will be awarded. The prize giving will be at the Black Horse on Western Road. The course has been measured at just over 5 miles.

To enter the Masters Mantell race and to receive your handicap time please email Andrew Chitty at [achitty2004@hotmail.com](mailto:achitty2004@hotmail.com) or Dave Leach at [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com). Entry is free for club members and on receipt of your entry a race number will be allocated which should be picked up at the start. If you are a junior runner (over 15) then please include your date of birth.

We will always need help with the event and if you able to help please contact Peter on [peter@regenco.me.uk](mailto:peter@regenco.me.uk)

## **Sussex Grand Prix Competition Report July and August 2018 – Bob Hughes**

### **Heathfield Midsummer 10k**

The fourth event in the 2018 Sussex Grand Prix (SGP) series was the Heathfield Midsummer 10k which appropriately took place on 24<sup>th</sup> June, the first Sunday after the summer solstice. Disappointingly, no one I saw wore a garland.

Those of you who are following the SGP may recall that to give potential competitors a better idea of the events a previous report distinguished the classic Sussex road-running events into Type A which were fast promenade-based races, and Type B, the hilly inland events at their best along quiet shady lanes. The Heathfield 10K is definitively Type B.

It was one of the hottest days of the year so far, particularly on the field next to the Heathfield Rugby clubhouse which had nice views over to the Downs but no cover from the sun. But the High Wealden lanes on which the race was run were usually in the shadow of trees or high banks, so the heat was not as might be feared. There were challenging climbs adding up to 480 feet of elevation, but, of course there were the corresponding descents, and most of the runners I spoke to seemed to have enjoyed the race.

The individual results were:

<b>Pos</b>	<b>Runner</b>	<b>Time</b>	<b>Cat</b>	<b>Pos. in class</b>
3	Chris Coffey	37:42	S	2
18	Robert Cooper	40:39	V1	4
31	John Dryden	43:00	V2	4
32	David Prince-Iles	43:04	V5	2
94	Ian Hilder	49:09	V4	7
96	Karin Divall	49:17	V5	2
148	Bob Hughes	54:14	V7	3

### **Bewl 15 miles**

A week later, the 5<sup>th</sup> SGP event was Bewl 15, where our more mature endurance specialists were in evidence. Once again it was hot. The allegedly 15 mile run around Bewl Reservoir was rather cruelly extended because of a late mandatory course change. You might think with the increasing demand for water the reservoir might have been a bit smaller allowing for a shorter race, but there you are...

<b>Pos</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Runner</b>	<b>Cat</b>	<b>Pos in class</b>
39	01:54:49	01:54:49	Robert Cooper	Male Vet 40	6
544	02:58:07	02:57:07	Anne Hagan	Female Vet 60	5
587	03:05:22	03:04:18	Mark Pappenheim	Male Vet 60	18
680	03:23:55	03:22:56	Colin Hartland	Male Vet 60	22
681	03:24:01	03:23:02	Julia Black	Female Vet 50	29

Here the results used 10 year spans for age categories, not the SGP 5 year spans. The final SGP calculations will use the latter.

### Brighton Phoenix 10K

Wednesday 11<sup>th</sup> July was a memorable day in the 2018 sporting calendar when England played Croatia in some football tournament or other and the Brighton Phoenix 10k was run. I debated whether patriotism demanded that I sit in front of the TV cheering on our lads. My greed for Sussex Grand Prix points got the better of me.

The race started at 7.30pm but the football started at 7.00 pm. There was a big TV in the tent at the start, and there was whooping when England scored. Fired up by this, we started the race. This course is almost completely flat, so I tried to treat its 10 kilometres as a speed trial. I was able to do the first half in a good 5K parkrun time, but my optimism about keeping this performance up in the second half was ill-founded. Rather mirrored the football, perhaps. When we got back, things got gloomy. Croatia equalised. I thought I would be back home to see the penalty shoot-out and celebrate recently-acquired penalty shoot-out prowess and English victory in the midst of my family. I got back home all right through strangely deserted Brighton streets.

SGP position	Time	Runner	M/F	SGP points
4	00:39:02	Caitlin Lloyd	F	497
22	00:44:47	Karin Divall	F	479
45	00:50:09	Julie Deakin	F	456
47	00:51:09	Andrea Ingram	F	454
52	00:52:07	Sue Zhao	F	449
62	00:56:27	Beverly Sheridan	F	439
9	00:35:26	Richard Robinson	M	492
14	00:36:12	Chris Coffey	M	487
22	00:37:19	Colin Bennett	M	479
36	00:39:27	Michael Green	M	465
54	00:41:41	John Dryden	M	447
55	00:41:41	David Prince-Iles	M	446
60	00:42:18	Dominic Osman-Allu	M	441
87	00:49:47	Colin Hartland	M	414
93	00:50:53	Bob Hughes	M	408
96	00:52:15	Mark Pappenheim	M	405

Anyway, here the results from the race. The positions are taken those relevant to the Sussex Grand Prix i.e. non Sussex club runners are ignored, and men's and women's finish places are numbered separately (that's why I felt compelled to distinguish Fs and Ms). I've not managed to provide positions in class because Phoenix used different age categories based on 10 year bands rather than the 5 year bands used by the Sussex Grand Prix competition.

### Current overall scores as of end of August

6 out of the 10 Sussex Gran Prix events have now taken place.

Here are the results for Lewes ladies who have completed at least two SGP events:

Runner	Cat	Number of races	SGP points	Average points/race
Karin Divall	V5	3	1459	486
Andrea Ingram	V5	3	1343	448
Julie Deakin	U	3	1306	435
Julia Black	V4	2	747	374

Karin looks well down in the V5 category, but her average points are the highest in her category which suggests if she maintains her performance over the remaining races, she could well come out at the top of her class. Those who have only completed one race so far in the series are unlikely to do well in overall completion as they will be unable to get the full six race scores. I suspect that was never their aspiration anyway.

The Lewes men who have completed at least two SGP events are:

Runner	Cat	No. of Races	SGP points	Average points/race
David Prince-Iles	V5	4	1854	464
Bob Hughes	V7	4	1534	384
Ian Hilder	V4	3	1291	430
Chris Coffey	U	2	986	493
Robert Cooper	U	2	970	485
John Dryden	U	2	922	461
Colin Hartland	V4	2	781	391
Mark Pappenheim	U	2	780	390

If your Category is down as 'U' it means Sussex Grand Prix HQ don't currently know your date of birth which is needed to put you in an age category. Don't worry - we are currently conveying the information to them.

David is 4<sup>th</sup> in his category, but once again this is deceptive as he has had a faster time than each of his opponents in at least one race. This suggests overtaking them is well on the cards. In my own case I am also 4<sup>th</sup> in my category, but have had faster times and thus more points in three races than the 3<sup>rd</sup> placed person in my class. He happened to get a huge number of points in the Horsham event that I was unable to enter. But it is likely that I can overtake him. The other two are pretty outstanding runners (for their age) from Steve Ovett's old club, Brighton Phoenix, so I'll concede their superiority for this year – but I feel that the breakthrough in my training that I have been working towards over my running career is about to come to fruition in time for next year.

### Looking forward

The remaining Sussex Grand Prix events are:

9 <sup>th</sup> September	Hellingly 10k (type A – hilly)
7 <sup>th</sup> October	Lewes Downland 10 mile (type A+ off-road)
21 <sup>st</sup> October	Hove Prom 10k (type B – flat/fast)
25 <sup>th</sup> November	Crowborough 10k (type A + option of a ford)

Looking forward to 2019, the Sussex Grand Prix committee recently agreed that having only ten events in the competition was over-restrictive and there will (provisionally) be twelve next year.

For more detailed race results, upcoming races and the all-important rules, see

<http://www.sussexgrandprix.co.uk/>

Bob Hughes (bob.hughes@bcs.org)

## Calendar of future events

<b>September</b>		
Tues 4 <sup>th</sup>	<b>Masters Mantell Challenge</b>	Our own Lewes AC event- details above
Sat 8 <sup>th</sup>	<b>Beginners Running Course starts</b>	Further info above
Sun 9 <sup>th</sup>	<b>Hellingly 10K</b>  Sussex Grand Prix	<a href="http://www.hellingly10k.co.uk">www.hellingly10k.co.uk</a>
Sun 23 <sup>rd</sup>	<b>SEAA Road Relays</b>	Contact the team manager: Dave Leach  <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sat 29 <sup>th</sup>	Chichester Cross Country Relays + Sussex Championships	Contact the team manager: Dave Leach  <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sun 30 <sup>th</sup>	<b>Barns Green Half marathon.</b>  Sussex half marathon champs  Harvey Curtis Road race Challenge series	<a href="http://www.barnsgreen-half.org.uk">www.barnsgreen-half.org.uk</a>
<b>October</b>		
Sun 7 <sup>th</sup>	<b>Downland 10 and 5 miles</b>  Sussex Grand Prix  Our very own 10 and 5 mile races. If you are not competing then please come along and help- this raises much needed funds for the club.	Pre- entry is available on Thursday 27th September at 6.30 at the track, or  <a href="https://www.lewesac.co.uk/events/downland-runs">https://www.lewesac.co.uk/events/downland-runs</a>
Sat 13 <sup>th</sup>	<b>Sussex Cross Country League</b>	Match 1- Goodwood
Sat 20 <sup>th</sup>	<b>SEAA Cross Country Relays</b>	Contact the team manager: Dave Leach  <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sun 21 <sup>st</sup> Oct	<b>Hove Prom 10k</b>  Sussex Grand Prix	<a href="https://www.nice-work.org.uk/races/hove-prom-10k">https://www.nice-work.org.uk/races/hove-prom-10k</a>