



# “The Ammonite”

**November 2018**

Welcome to this month's newsletter where you can read all about the club successes as the cross country season officially kicked off, many Lewes athletes took part in various trail events and the Sussex Grand Prix moved towards its finale. All your contributions, articles and photos are always very welcome- my deadline is November 29<sup>th</sup> for the next newsletter... Karin Divall [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

## **Downland Trail Race Report – Bev Sheridan**

The races were held on Sunday October 7<sup>th</sup> this year and the weather was back to its usual standard with a glorious sunny day – a real difference to the wind & rain we experienced last year.

A total of 271 runners lined up for the 10 mile GP race and the 5 mile support race in almost perfect conditions. Although many have lamented the lack of mud underfoot!

Our own Lewes runners turned out in force and took away a number of top prizes;



5 mile 1st man – Patrick McManus

10 mile 1<sup>st</sup> woman - Helen Sida

10 mile 1<sup>st</sup> man – Matt Bradford

Matt's sub 60 minute time is a course record since it lengthened in 2013

1<sup>st</sup> men's team – Lewes

Matt Bradford / Richard Robinson/ Chris Coffey / Ben Pepler

1<sup>st</sup> women's team – Lewes

Helen Sida / Ellen Brookes / Jo Miles

Other excellent Lewes performances in the 10 mile included David Prince-Iles, Hugh St John and Bob Hughes who all took first places in their respective categories. Richard Robinson took 2<sup>nd</sup> overall with Chris Coffey in 4<sup>th</sup> just missing out on a clean sweep for the LAC men.

This year we also made efforts to reduce waste, and based on feedback from previous races all finishers received a reusable sports bottle – all LAC branded. The bottle was used at the finish water station, cutting down on single use plastic cups. In HQ where we were set up with paper cups & wood stirrers, kindly donated by Costa Coffee in who also took the used cups back for recycling.

We have ordered good weather for next year as well, so put the 2019 October race in your diary!

## **Half Marathon Success**

On the 30<sup>th</sup> September the 2018 Sussex County half marathon championships were held as part of the Barns Green Half Marathon. Coming away with a gold medal was David Prince-Iles as the first man aged over 60 in a time of 1.33.35. Winning a bronze medal in the men aged over 50 was Richard Curtis who finished in a time of 1.23.49. Congratulations to both.

## Lewes AC success at the start of the cross country season



With two cross country events taking place at the same weekend Lewes AC runners started the season well. The first of six Sunday Cross Country League events was at Snape Wood at Wadhurst where the Lewes AC mixed team of 16 won the event with 1073 points. With fourteen teams in the league this was a stunning result for the club for the first league race of the season.

In a field of over 300 runners Richard Robinson (photo left) led the Lewes AC team by finishing first from the competing clubs. Close behind in 8<sup>th</sup> and 9<sup>th</sup> positions overall were Darryl Webb and Charlie Critchley. Finishing as the first man of 50 was Jonathon Burrell in 14<sup>th</sup> place. Making up the men's team places were Adam Vaughan (17<sup>th</sup>); Mike Green (23<sup>rd</sup>); John Dryden (32<sup>nd</sup>); Andrew McLennan (42<sup>nd</sup>); David Prince-Isles (62<sup>nd</sup>); David Foster (112<sup>th</sup>)

Leading the women's side of the mixed team was Emma Rollings who finished in 80<sup>th</sup> position overall. Supporting Emma were Jo Miles (134<sup>th</sup>); Karin Divall (151<sup>st</sup>); Kitty Taylor (155<sup>th</sup>); Emma Gardener (160<sup>th</sup>) and Beth Hancock (177<sup>th</sup>)

The above runners made up the scoring team of sixteen. There were other Lewes AC runners who competed in the race and by finishing in front of runners from other teams contributed to the club's success. These were Ed Wheeler (71<sup>st</sup>); Marcus AcCinnell (125<sup>th</sup>); Hugh St John (162<sup>nd</sup>); Bob Hughes (171<sup>st</sup>); Liam Collington (180<sup>th</sup>) and Julie Deakin (212<sup>nd</sup>)

## Sussex Cross Country Relay Championships

On the Saturday another band of intrepid Lewes AC cross country runners took part in the Sussex County Cross Country Relay Championships at Goodwood. Here again there was great result for the Lewes Club with the senior men's team winning the Silver Medal just behind a strong Brighton team. Patrick Hough (photo on right) led the team to the silver medal position with the second fastest lap time of 12.10 only just 3 seconds slower than the fastest lap. The other medal winning team members and their times were Josh Burgess (13.07) Callum Upton (12.49) and Matt Bradford (13.01)

The senior men's B team was placed 18<sup>th</sup> out of the 28 competing teams. The team and their times were Patrick McMannus (14.20); Chris Gilbert (14.07); Alex Thomson (15.28) and Charles Taylor (14.29)

Showing that the Lewes club has strength in depth the Under 13 boys' team also won a silver medal in the Championships. The team was Finlay Stonehouse; Gabriel Penrose and Louis Goodwin. Finishing in 8<sup>th</sup> position from the 22 competing teams the Lewes AC B team of Archie Guppy, Rory Braund and Harvey Perry finished in 8<sup>th</sup> place.



## Downslink Ultra Marathon - Colin Hartland

I am stood at the top of a chilly but beautiful hilltop near Guildford early on an October Sunday morning. I am about to run my first ultra-marathon over 38 miles!! I feel cold but excited and pleased because I have my friend Anne Hagan alongside me. She is an experienced ultra-marathon runner and we have done lots of training together and I know she'll run with me for every one of those 38 miles. I have never run this distance. I know I can run 26.2 miles because I have run five marathons now one of them only a month before this one. However I have run that distance and stopped. Now I have to carry on! For another 12 miles! But there's no negative thinking. We've done the hours of training. I feel good and want to do this adventure.

There's a fabulous gathering of runners and dogs and well-wishers all gathered on the hilltop, a horn sounds and we're off catapulting down a sandy track and then over quite an uneven downward narrow track eventually through woodland and then start to come into open countryside and a wider more level track. I'm running with Anne and for the first ten or so miles another Lewes running friend Elizabeth another ultra-veteran who is delightfully upbeat and energetic. Other runners around us are smiling and friendly and although we're all working hard at our running there is a buzz of chatter and excitement that is sometimes missing in road races when it all goes quiet and all you hear is the patter of thousands of feet. It feels like a long adventure and rather than being scared I'm loving the challenge, the thinking of the chunks of the race between the five water stations and just focusing on the journey between each one and the way we are going to tick off the miles and gradually get to our destination.



Anne and I talked about the pace we're going to keep to and have practiced a run, walk method which we use from the beginning almost helping us to sustain our energy and momentum. I like the strategy and the feeling that we have a plan that will get us there, tried and tested in Anne's case but experienced by me in training. I'm like a dog off the leash to begin with but I settle into it and try to stick to the strategy as we go along. There is no easy way of reaching a point where doing a long distance run is

achievable. I am glad as I am running that I have run marathons and have experienced real tiredness mentally and physically for the last four or five miles. I have worried that I won't be able to get beyond this point as just surviving the last part of the marathons has felt really hard. Anne is helpful today in just focusing on each part of the race. What would have been the final point in the marathon is now a staging post along our journey to the end. It helps that there is a water station at mile 27 so we know we have done a marathon at that point, just a half marathon to go!! I have also learnt that being well hydrated and nourished is really important and for me that's real food and coca cola which I drink in copious quantities from every water station. I do start to feel I'm fading around mile 24. When I get to the water station at mile 27 it's like paradise with all sorts of tasty salty, sweet and fruity foods on offer as well as wonderful coca

cola. Feeling revitalised we run on. Anne reminds me that our friends Jules, Jan and Mark will be waiting for us at the next water station at Bramber at mile 32. That's a spur!

Along the next section the weather is beautiful. We are running through woodland again and I'm enjoying running again after my fade out earlier! We come out into more open countryside and we see the South Downs ahead. As we come into the outskirts of Bramber I start to feel tired again and there's probably more walking at this point than running. We trot down a road and see the water station in sight and then the marvellous sight of friendly faces and cheers from Jules, Jan, Wilf, Mark and Malcolm (Anne's husband) a surprise appearance for Anne. There's hugs and words of encouragement, more food and yet more coca cola and we're off again. We know we're nearly there! Only six miles and we can see our destination point as the scenery is open and flat and we follow a meandering river pretty much to the end of the race. I am very tired by now and probably should keep running at a nice steady pace like Anne but I can't resist little bouts of walking just to conserve my energy. And then we're there and the lovely people who were at Bramber have come back to cheer us over the line. I sprint with Anne the last few yards and we've done it!!

I am currently reading a book about ultra-marathon running by Vassos Alexander. He describes ultra-marathons as like children's parties with lots of food, fizzy drinks and running about!! The experience is like that and that's a great way of describing it. It's also challenging, demanding and really rewarding. I am very glad I did one and would recommend the one Anne and I did as a good starting run to find out if you like ultra-marathons. Anne's support, advice, company and encouragement in training and being my race buddy on the ultra-marathon helped make what felt like an impossible dream a reality. Thanks also to our wonderful support crew on the day.

## **Sussex Grand Prix Road Race Report – October 2018- Bob Hughes**

### **Lewes Downland 10 Mile Race 7<sup>th</sup> October 2018**

This is of course an important event for the club which shows how our club is rather special in having some of the best countryside in the South-East in which to run. Admittedly the down side is you sometimes have to stop running when sheep are being moved between fields. Playing host to our friends from Marolles added to the atmosphere. And this year the sun shone.

More relevantly for this report, it was also a Sussex Grand Prix (SGP) event. The field at around 186 for the 10 Mile race was not especially large. This was due, in part, to other races taking place on the same day. While club coffers may have suffered, it meant more points for runners chasing SGP glory. You've probably seen the results of the race elsewhere, so we'll just give a table showing the SGP points scored:

Position	Time	Runner	M/F	Points
1	01:15:12	Helen SIDA	F	500
6	01:23:47	Ellen BROOKES	F	495
8	01:25:20	Jo MILES	F	493
22	01:33:27	Tara TWYMAN	F	479
24	01:35:29	Frances WITT	F	477
30	01:38:42	Julie DEAKIN	F	471
33	01:39:34	Jo BUCKLEY	F	468
Position	Time	Runner	M/F	Points
1	00:59:44	Matthew BRADFORD	M	500
2	01:02:57	Richard ROBINSON	M	499
4	01:04:12	Chris COFFEY	M	497
14	01:10:20	Ben PEPLER	M	487
16	01:11:05	Andrew MASTERS	M	485
19	01:11:54	Ben HODGSON	M	482
23	01:13:10	Will MONNINGTON	M	478
27	01:14:14	David PRINCE-ILES	M	474
34	01:17:32	Andrew MCLENNON	M	467
38	01:18:35	Ian FINES	M	463
53	01:23:30	Simon ROBERTS	M	448

54	01:23:36	David FOSTER	M	447
55	01:23:48	Andrew CHITTY	M	446
63	01:29:55	Ian HILDER	M	438
65	01:35:17	Bob HUGHES	M	436
71	01:52:40	Jeremy BARTLE	M	430

Personally I was surprised when I actually won a rather tasteful memento for coming first in my age category. To put this in context there were two other competitors in that group.

### Hove Promenade 10km Race 21st October 2018

The penultimate race in the series. A flat course, but not without bends. It ran in the same locality as the Brighton Phoenix 10k race on that ill-fated evening in June when England's World Cup dreams crashed into reality, but on a largely different course. I personally had a race against the time on a parking meter.

Position	Time	Runner	F/M	Points
10	00:46:02	Karin Divall	F	491
15	00:36:49	Patrick Mcmanus	M	486
18	00:37:16	Jonathan Burrell	M	483
28	00:39:22	Michael Green	M	473
30	00:39:43	John Dryden	M	471
40	00:40:54	David Prince-Iles	M	461
79	00:46:11	Ian Hilder	M	422
90	00:49:06	Bob Hughes	M	411

Here are the overall competition points for those Lewes AC runners in contention in the SGP. First the women:

Runner	Category	Races	Total points	Average points/race
Karin Divall	V5	5	2437	487
Julie Deakin	V4	5	2248	450

Karin has the highest average points per race in her V5 category. If she can run in the last race at Crowborough and keep up her average she could get gold, but it will be a close-run contest against Linda Hayes of Wadhurst. Julie is lying in 5<sup>th</sup> position in V4, but the runners above her have all completed six races to her five. A goodish run at Crowborough could nick a bronze for Julie, which would be pretty good in her debut year as a proper runner in a large and competitive age group. For the men, only ones in contention are:

Runner	Category	Races	Total points	Average points/race
David Prince-Iles	V5	7	2805	464
Ian Hilder	V4	6	2589	432
Bob Hughes	V7	7	2486	402

Regular readers may recall that it's the best 6 races that count. As the Hastings Half-Marathon has so many entrants, the points gained from it tend to be low, so doing a seventh race with better points to compensate makes sense.

David is top in the V5 category which is a very competitive class with 36 other runners. The points are quite close at the top and so he is not arithmetically certain of gold, but fingers are crossed. When I spoke to Ian at Hove he was doubtful about getting a top three place in the V4 group. Ian is currently number 3 in his category and has consistently beaten the competitor immediately below him, so he looks OK to me for a (virtual) podium place. As for myself, for a short heady moment I was top of the V7 leader board after the Lewes Downland race but I am currently second. Objectively there are two runners who are faster than me

– both from Phoenix AC (Steve Ovet's old club as I keep reminding everyone). If one particular runner does not turn up for the last race at Crowborough, say because he gets 'flu or has a life which offers more interesting things to do, I could nick a silver, otherwise I can hope for bronze. It's all down to what happens at Crowborough on Sunday 25<sup>th</sup> November.

### Next year

2018 saw a revision of the old SGP rules to base the competition on the best six races out of ten. Feedback suggests that having only ten races is overly restrictive, so it has been decided to add two more races for 2019.

At a recent SGP committee meeting it was proposed to add the King's Head Canter 5k road race and the Rye 10 miles road race. Many Lewes AC runners will be familiar with the King's Head Canter which takes place on the late August bank holiday starting at Chiddingly and ending in East Hoathly. There the entry fee entitles you to a free pint of beer or a soft drink at the King's Head pub. The Rye 10 mile road race is actually in Peasmarsh but is another pleasant 'undulating' run around shady country lanes.

The other races in the series are likely to remain the same as this year. All this is subject to confirmation.

For full details of the Sussex Grand Prix competition, see <http://www.sussexgrandprix.co.uk/> .

### Calendar of future events

November		
Sat 10 <sup>th</sup>	<p><b>Sussex County Cross Country League (1)</b></p> <p>The women's races are at 2.05pm [League] 5km and the Men's 2.35pm [League] 8km.</p>	<p><b>Stanmer Park</b></p> <p>Sign up and details on the LewesAC wiki</p> <p><a href="http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a></p>
Sun 11 <sup>th</sup>	<p><b>East Sussex Cross Country [2]</b></p>	<p><b>Black cap</b></p> <p>We are organising this so if you can't run then please come and help!</p> <p>Sign up and details on the LewesAC wiki</p> <p><a href="http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a></p>
18 <sup>th</sup>	<p><b>Brighton 10k</b></p> <p>Harvey Curtis Road Race Challenge series</p>	<p><a href="http://www.thebrighton10k.com">www.thebrighton10k.com</a></p>
25 <sup>TH</sup>	<p><b>Crowborough 10K</b></p> <p><b>Sussex Grand Prix</b></p>	<p>The final SGP race for 2018. Look out for this race series starting again in 2019.</p>

		<a href="https://www.nice-work.org.uk/races/the-crowborough-10k">https://www.nice-work.org.uk/races/the-crowborough-10k</a>
<b>December</b>		
1 <sup>st</sup>	<p><b>Sussex County Cross Country League [2]</b></p> <p>The women's races are at 2.05pm - 5km and the Men 2.35pm- 8km.</p>	<p><b>Lancing manor</b></p> <p>Sign up and details on the LewesAC wiki</p> <p><a href="http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a></p>
16 <sup>th</sup>	<p><b>East Sussex Cross Country [3]</b></p>	<p><b>Warren Hill</b></p> <p>Sign up and details on the LewesAC wiki</p> <p><a href="http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a></p>