



“The Ammonite”

October 2018

Welcome to this edition of the Ammonite as, despite a late flurry of lovely hot sunshine, we prepare for the first matches of the cross country season. I would like to say a massive thank you, as ever, to all my contributors this month - and if you would like to tell your fellow club members about your athletic highs and lows then please let me have your contributions, articles and photos, by October 29th. Karin Divall karincalliafas@btinternet.com

Malaga 2018- Jonathan Burrell

The World Masters Championships take place every two years, with runners aged 35 and over competing within five-year age bands.

During the first two weeks of September, the 2018 championships were held in the Spanish city of Malaga attracting 8000 competitors from more than 100 countries.

Waiting apprehensively for my flight from Gatwick, I wondered whether I had been too ambitious in entering this event, having never previously competed at a level beyond regional competitions. I was pleased to see Ciaran Harvey, the other Lewes AC athlete bound for Malaga; Ciaran, a sprinter, had previously taken part in three global events and was able to give me advice and reassurance.

Once in Malaga, the first task was to go through the processes of confirming race entries, collecting numbers and most importantly purchasing GB kit (all competitors were required to run in their national colours).



My first race was an 8km cross country event, held in a pine forest on the edge of nearby Torremolinos.

I was in the M55 category. The course was four laps of a narrow, undulating track through the tightly-packed trees.

Due to injuries to competitors in earlier races, we were behind schedule: the temperature was

rising rapidly, reaching 29°C by the start of our race.

As the gun went off, we stampeded up a steep slope, throwing up a thick cloud of dust, so that breathing became immediately difficult. Although the first lap felt comfortable, the heat and dust inhalation soon took

their toll. There were several fallers (tripping on tree roots!) and a number of abandonments, but I plodded on counting off each lap with relief. Eventually the finish came and I was delighted to find that I was placed 17th out of the 64 entrants in my age group with a time of 29 minutes 50 seconds. Even better news was to follow, as I quickly learned that I was the third British finisher thereby scoring for the GB team (the first three finishers from each country qualified for their national team).

Once the results were computed, we found ourselves placed second, behind Spain and just ahead of third placed Brazil. A medal ceremony followed and we received our silver medals on the podium, one of the proudest moments of my life and beyond my wildest expectations!

Four days later and I was on the track of the Carranque stadium in Malaga for the heats of the 800 metres, lining up alongside three Frenchmen, a Canadian, an American and competitors from Spain, Australia, Colombia, Sri Lanka and Slovakia.

With only the first two qualifying automatically for the semi- finals, I decided to hit the front as the bell sounded to give myself some sort of chance; unfortunately, I was outsprinted in the final 200 metres, finishing back in 5th place with a time of 2 minutes 23 seconds.

My participation in the championships was now over, but for the next couple of days I was able to relax and enjoy watching some incredible races and performances from others. Amongst the highlights were a GB 1-2-3 in the women's over-55 800 metres final and a Japanese sprinter winning the M85 200 metres in a time of 33 seconds. This was probably one of the most inspirational sporting performances I have ever witnessed.

As for Lewes' Ciaran Harvey, despite being at the upper end of his M40 age category, he put in strong performances in his two heats, finishing second in both with times of 11.72 and 24.15 seconds, before going out in the two semi-finals. Moving up to a new age group in the near future, Ciaran will surely be a major contender at future championships.

Looking back at the championships, my abiding memory is of the camaraderie between all the participants. Although the racing was intense and exceptionally competitive, the spirit between runners before and after the races was wonderful. It was great to see a healthy turnout of Sussex runners too, bringing back a total of eight medals to the county and helping GB to top the medal table. I'm already looking forward to the next event in Toronto in 2020!



Jonathan Burrell (number 2866 above)

Match Report; Sasha Pyatt

Sussex County AA U13/Quad Kids (U11) Championships

Saturday 30th June 2018

It was a scorching hot Saturday at the impressive (if a little daunting for the younger ones!) Withdean Stadium in Brighton. We did not field a large turnout but Lewes AC certainly made its presence felt in the Girls and Boys U13 track and field championships. There were impressive performances by Laurence St Louis (100m and long jump), Gabriel Penrose (1500m), Rory Braund (800m), Harris Truss (800m and high jump), Finlay Stonehouse (800m), Louis Goodwin (200m and 800m), Rosie Kornevall (800m and 200m) and Tilly Bevan (100m). Louis Goodwin won Gold in both his 200m and 800m finals, and Finlay Stonehouse won Silver in his 800m race. Gabriel Penrose got a Bronze in his 1500m race as did Rosie Kornevall in her 200m final! Well done all of you!

Sadly there were no boys entered for the Quad Kids U11 championships but we did have three brave girls competing in four disciplines (75m, 600m, standing long jump and howler throwing) in the Quad Kids U11 competition in the oppressive heat of the stadium. Pearl Goodwin, Phoebe Scott and Ruby Blake-Pyatt completed their four tasks in a relatively large field of athletes with very respectable results. Well done girls! Hopefully we'll see you all (and more!) again next year.

Regular readers will remember my joy at running in the England Masters Women's Team at the Birmingham 10K last year. If anyone else was inspired to have a go then entries are now open to pre-register with England Athletics and to enter the qualifying race; the 2019 Chichester 10k on 3rd February. www.chichester10k.com

Further details have now been announced by England Athletics:

Following the success of the England Masters versus Celtic Masters representative competition over the 10k distance earlier this year, England Athletics are delighted to announce that we will be repeating this opportunity in 2019. Working in partnership with providers of some of the best 10k events in the country, alongside the British Masters Athletics Federation these representative events aim to reward and recognise the achievements of age group club runners.

The representative opportunity will once again be incorporated within the **Simplyhealth Great Birmingham 10k for Sunday 12th May 2019**. Those runners who achieve selection will get to don a specially designed England Masters vest and will be allocated a front of race starting pen just behind the elite starters.

There will be three qualifying opportunities over this coming autumn and in the new year, one in the North, Midlands and South of England. Interested runners are urged to get their entries in quickly as all three of our host partner qualifying events are very popular with entries often closing early and at capacity.

The top three eligible men and top three eligible women in each age category from V35, V40, and V45 upwards will be selected from each of the three qualifying races. To be eligible for selection runners should ensure the following:

- Registered competitive member of an affiliated England Athletics club
- Have [pre-registered interest online with England Athletics prior to the qualifying race](#) (athletes who have not pre-registered interest, but finish in the top three in the qualifying race will not be eligible for selection)
- Have achieved a minimum qualifying standard either in the qualifying race or within the previous 12 months prior to the qualifying race. This must have been done in a UKA licensed event as listed on the www.runbritain.com site
- Be available and fit to compete in the representative race.

Tom Evans wins the tough 101Km (63 miles) Courmayeur Champex Chamonix (CCC) - Peter Masters



Lewes AC's runner Tom Evans confirmed his amazing endurance running abilities by winning the CCC which follows mostly the Grande Randonnée du Tour du Mont-Blanc

Tom who was third in last year's Marathon des Sables, took the lead on the way up to the La Flegere checkpoint (93km) and came home to win this world famous event. Tom said after the event that this was the biggest race of his season. Getting to compete in such an amazing race with some incredible athletes made it special.

Running a measured race, the hoka one one and club sponsored runner became the first British male winner of the race since Robb Jebb in 2010. Tom clocked 10 hours 44 minutes 32 seconds for the race which has 12,000m of elevation change.

Tom, who was fourth in the race last year, overcame a bout of vomiting early on to finish five minutes 35 seconds in front of runner-up and long-time leader Qi Min of China.

After leaving the start at Courmayeur early in the morning, Qi led going through the first checkpoint at Bertone. His lead stretched to more than 10 minutes by Arnouvaz at 27km as Tom and the experienced Marco De Gasperi led the chase. Tom dropped back to fifth and 14 minutes off the lead on the climb up to Grand Col Ferret (32km).

However, Tom rallied and gradually made inroads in catching and overtaking Qi and De Gasperi to win the event. The race takes place once a year on either the last weekend in August or the first weekend of September in the Alps and mostly follows the route of the Tour du Mont Blanc through France, Italy and Switzerland. It is widely regarded as one of the most difficult foot races in the world, and one of the largest with more than 2,000 starters.

Harvey Curtis Sussex Road Race Challenge- Matt Bradford

The Harvey Curtis Sussex Road Race Challenge (HCSRRC) reached the halfway point at the Kings Head Canter back in August. Even though David Bradford didn't assemble his Canter for Sight team this year the sunshine, and free beer, still ensured a strong turn-out.

The men's race was won by James Westlake (Crawley) in an amazing 15:16 – only 10 seconds or so off the course record. The highest Lewes finisher was Matt Bradford in 5th followed by Richard Robinson and David Bradford in 7th and 11th respectively.

The women's race winner was Tara Shanahan, leading an exceptionally strong showing from the Arena 80 team. It wasn't a great turn-out from the Lewes ladies but well done to Tara Twyman (26th) and Samantha Buckley (39th) for top 40 finishes.

The dominant performance by Arena 80 meant that they easily took first place in the team event...again! And with three wins out of three looks like they have wrapped up another HCSRRC team victory again this year. It has been a disappointing year so far for Lewes AC who sit in third position overall...but a long way behind second place and in danger of being overtaken by Phoenix and Haywards Heath who lurk closely behind.

There are still three races remaining in the series and, as you only need to score in three races, it is still all to play for in the individual competitions. A top ten finish is certainly something to aim for in what is the premier road running competition in Sussex, and it would be sad not to see some Lewes athletes up there.

The next race is Barns Green Half Marathon on Sunday 30th September followed by –

Bright10	-	7 th October
Brighton 10k	-	18 th November

This year is the final year that the series will be sponsored by Harvey Curtis and, as yet, no replacement headline sponsor has been found. If anyone knows of any local companies who might be interested in taking over the sponsorship please contact hcsussexrrc@gmail.com. The series has done a lot to promote road running in Sussex and it would be a great shame to see it come to an end.

Sussex Road Running Grand Prix Competition – Bob Hughes

Hellingly 10k Sunday 9th September

There was a bright sunny morning for the Hailsham Harriers event which was hosted from Hellingly village hall, which is more usually where the local WI hangs out. This meant we got our post-race tea in real china cups! Across the field we could see the medieval tower of St Peter and St Paul church above the trees. In short a quintessentially English setting.

It was a warm day but much of the hilly course was shaded by trees. After a flat start the first half was a series of climbs with the odd flat or downhill section. But the second half was a lovely downhill dash except for the slightly annoying bendy section at the end which took you past the previously mentioned parish church where the church bells broke out just as we were passing.

Once again there was a small raiding party of mainly old school Lewes AC road running specialists. Here are the Lewes results:

Pos	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
3	Chris Coffey	00:36:44	00:36:44	S	2	M	3
45	David Prince-Iles	00:43:42	00:43:41	V60	3	M	43
88	Ian Hilder	00:48:13	00:48:07	V55	9	M	76
93	Karin Divall	00:48:31	00:48:25	V55	2	F	15
117	Bob Hughes	00:50:39	00:50:31	V70	2	M	95
160	Julie Deakin	00:54:06	00:54:06	V50	4	F	40

So how does this affect the overall table positions with three races still to go?

Name	F/M	Category	Number of races	Total points	Pos in age group	Average/race
Karin Divall	F	V5	4	1946	7	487
Julie Deakin	F	V4	4	1779	4	445
Andrea Ingram	F	V5	3	1343	14	448
David Prince-Iles	M	V5	5	2318	3	464
Bob Hughes	M	V7	5	1969	2	394
Ian Hilder	M	V4	4	1733	6	433
Chris Coffey	M	S	3	1484	23	495

Karin's 7th league position is misleading as her competitors have mostly done more races. Her average score per race is higher than that of any of the competitors above her in the V5 class which gives her a real chance of chasing down and overtaking them all.

Julie is just outside the top three medal places in V4 group. But it is indicative of how fluid things still are that Andrea at 14th looks well behind Julie in the same group but has one result less but a higher average position in the races she has completed.

David's current 3rd position is mainly down to the two runners above him having done 7 races rather than David's 5. Only the 6 highest scores count, so their final totals will be less than their current ones, and David has been consistently faster than them. The threat to David is greater from those below him. Ian's current 6th position in the V4 class must be read in the context of his having beaten most of the runners above him in some of the individual races, which makes this one of the more interesting competitive groups.

Bob in the V7 group has moved to 2nd place from 3rd, but this is not a very secure position.

Chris's current 23rd table place in the Senior group is completely misleading. Once again it is down to others having more races under their belt than his three. If you look at the 22 runners above him, his average score/race is the highest. At Hellingly, he came in before both the current first and second table leaders. Once again this could signal a fantastic race chase to first place in the remaining three events, if Chris wants take up the challenge!

The last SGP events for 2018 are the Lewes Downland 10 Miles (7th October), the Hove Promenade 10k (21st October), and the Crowborough 10k (25th November). How will it all turn out?

Bob Hughes

(bob.hughes@bsc.org)

Beachy Head training run- Julie Deakin

A group of us that run together on Sunday mornings are training for the Beachy Head Marathon on 27 October.

A few of us decided to do one of our training runs on part of the course.

On Sunday morning at 8am Derek and his Harem set off from Lewes heading over Malling Down towards Caburn. It felt like we were going on an adventure. At Alciston we said goodbye to Claire and Hazel - the "Famous Five" continuing on still in high spirits.

Karen kept us going at Littlington pointing out where they hand out sausage rolls to keep you going before a steep, long hill - looking forward to that bit!!

The two flights of steps were hideous but became a dim memory once we hit Cuckmere and the real hills started, already 20 km into our run!!

We knew that we would be walking the "Ups" but hadn't realised how hard some of the "Downs" would also be!! The camaraderie kept us pushing on through it - and the thought of finally arriving at the Beachy Head pub.

Due to buses pretending to be trains, Emma had very kindly volunteered her husband to pick us up at the Pub. Ed even drove past us a couple of miles from the end to take our drinks orders. It took a lot of determination not to jump in the car!!

The sense of achievement when we finally arrived was fantastic - it is amazing how quickly your memory dims (is that our age you ask!!) we are now all looking forward to doing the full run next month.

On the 27th we are planning to head straight to the nearest pub to the finish to celebrate - there are in the region of 25 club members running so it will be a big celebration.



Left to right....Emma Gardner, Jo Buckley, Julie Deakin, Derek Allen and Karen Morse.

And last but most importantly, please don't forget the Sussex County XC races this year- let's see a good turnout from all our athletes.

Goodwood 13th Oct- XC relays.

Stanmer Park 10th Nov (League)

Lancing Manor 1st Dec (League)

Bexhill Common 9th Feb 2019 (League)

Sussex Championship; Bexhill Common Sat 5th Jan 2019.

The women's races are at 2.05pm [League] 5km and the Men 2.35pm [League] 8km. Further info from Dave Leach davebmclewes@gmail.com

Calendar of future events

October		
7 th	Downland 10 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.	https://www.lewesac.co.uk/events/downland-runs
Sat 13 th	Sussex Cross Country Relays Goodwood	davebmclewes@gmail.com
Sun 14 th	East Sussex Cross Country Snapes Wood	http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
Sun 21 st	Hove Prom 10k Sussex Grand Prix	www.nice-work.org.uk/races/hove-prom-10k
Sat 27 th	Beachy Head Marathon	
November		
Sat 10 th	Sussex Cross Country League (1) Stanmer	davebmclewes@gmail.com
Sun 11 th	East Sussex Cross country Black cap	http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
Sun 18 th	Brighton 10k Harvey Curtis Road Race Challenge	https://thebrighton10k.com/
Sun 25 th	Crowborough 10k Sussex Grand Prix	www.nice-work.org.uk/races/the-crowborough-10k