



“The Ammonite”

December 2018



Wishing everyone in Lewes AC a very Merry Christmas.

Thank you to everyone who kindly contributed to the newsletter during 2018 and please keep sending me articles, photos and other snippets, and any ideas for what you would like to see included in future. Please let me have any contributions for the January edition by December 29th. Happy Xmas readingKarin Divall karincalliafas@btinternet.com

Sussex Cross Country League; Match 1



What a fantastic day it was for Lewes AC at Stanmer Park when we had our biggest ever turnout of athletes. They were all competing in the first Sussex League event of the winter on 10th November. The rain luckily kept away but a muddy Stanmer Park always delivers a good cross country course.

Tom Evans, who is the County Champion, led the senior men to win his race by a comfortable margin, whilst Barney Hastings won the under 11s race.

In the under 17 race Atticus Mohapi Dobouny came in second place, whilst in the under 13 races Louis Goodwin came second and Gabrielle Penrose third.

Photo (left) is the winning under 13 boys' team of Louis Goodwin (No 112 and 2nd in the race); Gabryel Penrose (No 186 and 3rd in the race) and Finlay Stonehouse No 69 and 4th in the race)

This photo (below) shows the start of the boys under 11 race which was won by Barney Hastings number 202 who is leading the charge at the front of the start. Good to see lots of Lewes vests (17 in total) in this field of 62 runners. The team included: 1st Barney Hastings, 10th Lucas Tomkins, 17th Isaac Tarafder, 23rd Thoe Tarafder, 26th Jack Cooley, 27th Jacob Trotman, 36th Jack Kirby, 41st Ben Tamplin, 42nd Louis Williams, 43rd Oscar Winnifrith, 45th Daniel Klemenz, 49th Thomas Barry, 50th Zaak Osborne, 53rd Harry Taylor, 54th Cooper Gagola, 55th Joseph Tomes, and 59th Jake Ellis-Hutchings.



Leading the charge for the 11 strong under 11s girls team in the photo below is number 35 Grace Tuesday who came 4th in the race. The team included 3rd Esme Stephenson, 4th Grace Tuesday, 20th Madison Gregson, 24th Maye Smyth, 26th Hattie Smyth, 27th Lilymay Parsons, 29th Pearl Goodwin, 35th Nesta Pring, 38th Annabel Tolliner, 39th Eden Collins Lawrence, and 41st Amy Bomansaan.



In the under 13 girls race we had the best ever turnout of 11 girls. The team included 4th Bea Ingles, 15th Mia Kirby, 19th Darcy Pring, 27th Megan Harding, 28th Rosie Kornevall, 33rd Olivia Harris, 35th Ferne Connolly, 37th Alyssa Ellis, 41st Paloma Buckley-Mcdonald, 44th Zara Morris, and 48th Lily James.

Not to be out done by the girls the u13 boys managed to have 13 running: 2nd Louis Goodwin, 3rd Gabriel Penrose, 4th Finlay Stonehouse, 20th Max Gardner, 23rd Ewan Child, 44th Harvey Perry, 47th Issac Taylor, 55th Oliver Bailey, 59th Oliver Das, 60th Daniel Gooch, 69th Zak Barber, 71st Laurie Kenthill, 76th Oliver Gooch

The U15 girls' team included 13th Erin Hinds, 22nd Charlotte Sida, and 29th Aimee Funnell.

And the U15 Boys 5th Joseph Callard, 24th Luca Buckley-Mcdonald, 34th Stan Pendered, 37th Jake Barber, 46th Finley Braund, 47th Henri Bedwell, 53rd Leo Boyes, 58th Aiden Conway

The U17 men's team 2nd Atticus Mohapi-Dobouny, 29th Matthew Cudby, 30th Jay Atkins



There were nine competitors in the U17/20/Senior women race: 38th Helen Sida, 43rd Emma Shepherd, 53rd Emma Rollings, and 69th Chloe Kornevall [10th u17], 93rd Karin Divall, 98th Teresa Tamplin, 100th Ella Mundy, 107th Beth Gainsford [17th u17], and 128th Jane Boyes (women's team left)

Whilst in the U20/Senior men there were 16 competitors; 1st Tom Evans, 4th Ben Savill, 18th Callum Upton' 26th Matt Bradford, 42nd Chris Coffey, 49th Chris Gilbert, 54th Richard Robinson, 65th Patrick Mcmanus, 77th Ben Pepler, 81st Charles Taylor [15th u20], 87th Jonathan Burrell [5th o50], 93rd Adam Vaughan, 97th Bob Gilliland 108th Andrew Kemp, 135th Alex Monson [23rd u20], 224th Liam Collington. (Men's team photo below)



Well done to everyone who ran and good luck for the next race also back at Stanmer on 1st Dec!

Trafford is tremendous, and King Rojas reigns again- Matt Bradford

2018 end-of-season report

The 2018 Harvey Curtis Sussex Road Race Challenge (SRRC) concluded at the Brighton 10k on 18th November. Conditions were good, if a little breezy, and a strong field was guaranteed as the race included a South of England Inter-County competition.

Reigning champion, **Rebecca Moore** (Chichester AC), and **Maisie Trafford** (Arena 80) were the series front-runners coming into the last race. Both had beaten each other in the previous two head-to-heads and it was set up to be an exciting final race.

Unfortunately, events conspired to mean that neither athlete made it to the start line at Brighton. This meant that the overall positions went unchanged and Maisie took the title. Her first SRRC title and a reflection of the huge progress she had made earlier in the season.

Rebecca held on to second place overall and **Tara Shanahan** (Arena 80) took third place after a fine PB performance at Brighton. A late charge from **Emily Proto** (Arena 80) with great runs at both Brighton10 and the Brighton 10k saw her just miss out on a top three finish.

It was also a slightly disappointing finale to the men's contest. With five athletes in contention to battle it out for the top three SRRC places we were all set for fireworks. Sadly, only two of these contenders toed the line at Brighton; **Kev Rojas** (Brighton & Hove AC) and **Gary Foster** (Hastings AC).

A three-time SRRC champion like Kev does not miss opportunities like this, and he led home the SRRC qualifying athletes to secure his fourth title. Gary took the second SRCC scoring place in the race and thus secured second overall in the series. A real breakthrough season for the Hastings athlete.

James Turner (Brighton & Hove AC), perhaps regretting his decision to bottle the final race, was pushed down to third place. The young athlete learning an important lesson that you've got to be in it to win it!

James Skinner (Haywards Heath Harriers) just missed out on an overall podium place, but was the dominant winner of the Masters competition, having won the first three races of the season. **Neil Boniface** (Crawley) was the runner-up and **Alex Begley** (Brighton & Hove AC) took the Masters bronze.

The women's Masters title was taken for the second year in a row by **Tara Shanahan** (Arena 80), followed **Dani Tarleton** (Arena 80) with **Sue Fry** (Hailsham Harriers) and taking third.

The team contest was taken for the third year in a row by an ever-dominant **Arena 80**, winning four of the six races. **Brighton & Hove AC** were second and **Hayward Heath Harriers** completed the podium in third.

This was the last year of Harvey Curtis sponsoring the series and we thank them very much for their support over the last six years.

The 2019 SRRC will be kindly sponsored by the RUN Store and we look forward to their support leading to an even more hotly contested series. The first race will be the Chichester 10k on 3rd February 2019.

Sussex Road Running Grand Prix

Crowborough 10K Road Race

Sunday 25th November 2018

Firstly to remind everyone, the Sussex Road Running Grand Prix competition is essentially the F1 Grand Prix without the cars and limited to Sussex. Some may have been confused as both competitions came to a climax for 2018 on the same day. You may have seen pictures of a top-less Lewis Hamilton spraying champagne on all and sundry. Up in Crowborough we celebrated the end of the SGP season post-race with a nice cardboard cup of tea and a chat while keeping well-wrapped up.

The Crowborough course is a two lap race with a demanding up-hill and a ford that has to be tackled on each lap.

The Lewes results are below. In the competition, it is the best six results out of ten events that count and several Lewes AC competitors had done their six races and were already happy with their overall points, so the Lewes contingent was small.

Race position	Gun time	Chip time	Runner	Category	Cat. position	M/F position
2	00:36:41	00:36:40	Chris Coffey	-	1	2
6	00:37:15	00:37:12	Patrick McManus	-	5	6
112	00:48:26	00:48:19	Karin Divall	FV5	1	13
173	00:52:29	00:52:18	Bob Hughes	MV7	3	136

Chris ran a brilliant race to come in second. Tim Levett, who had sneaked over the border from Tunbridge Wells Harriers, was overall winner. But it's all about SGP points and Chris was first Sussex man. Unfortunately Chris had only five race results under his belt, so won't be able to snaffle an SGP medal. As he has just become a father, I think we can allow him some leeway.

In past reports we've described points chase for the FV5 crown. Annoyingly, we don't have the official final SGP league results. Karin was involved in a points catch-up chase with Linda Hayes of Wadhurst Runners. Linda seemed to be at an advantage on hills, and Crowborough certainly has them. Karin, however, had a bit of a blinder on the hills and was first FV5 runner home. It looks like Karin and Linda were close to drawing in the points table. However, my calculation is that Linda would be able to replace the previous lowest score in her top 6 races which may give her gold and Karin silver. But we'll have to wait and see.

I came third in the race in the MV7 category behind two Brighton Phoenix runners and I think I'm going to be in bronze position in the overall SGP MV7 competition. This would be a good result as it will give the impression that I've won something in a serious competitive category.

Bob Hughes

Beginners group graduation – Beverly Sheridan

Our Autumn course graduates are now officially runners!



We completed another successful beginner's course this autumn and a great bunch set of on our course finale on 17th November; a local off road route to for their continuous 30 minutes run – all in glorious weather.



The following week a group also went to take part in the Peacehaven parkrun in not so glorious weather! They're actually jumping up & down to try and keep warm! Our Leaders turned out to support (and Anne made delicious cake) together with LAC members – thanks to Caroline, Dominic, Louise, Matt, & Mike.

You'll be seeing a bit more of our graduates soon as they take part in a new group run which will take them onto the next stage of their running journey to progress from 5k to 5 miles – snappily christened; 5to5. If you see them gathering on a Tuesday evening, introduce yourself and say hi.

NEW - 10K Development course

Club Coaches Siobhan, Karin and Beverly are launching a 10k development programme for members who want to focus on their 10k distance. The programme is designed for runners who are looking to improve an existing 10k time, or want to tackle a 10k for the first time.

The only joining requirement is that participants **MUST** be able to run 5 continuous miles comfortably and commit to 3 sessions per week.

The course will take place over 9 weeks (an introductory week + 8 coached weeks) and you will receive;

- Individual assessment & mentoring
- 16 coached sessions
- Strength & conditioning classes & programme
- Technique workshop
- 10k race entry

The programme starts in early January 2019 and course participants will be limited to 12. Course fees will be payable to cover workshop, classes & race costs. **If you are interested please contact us for more info on; runlewes@lewesac.co.uk;**

Calendar of future events

December		
1 st	Sussex County Cross Country League [2]	Stanmer Park Sign up and details on the LewesAC wiki http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share
16 th	East Sussex Cross Country [3]	Warren Hill Sign up and details on the LewesAC wiki http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
January		
5 th	Sussex Cross Country Champs Bexhill A great club event- everyone who loves their cross country is welcome to compete	Please contact Dave Leach davebmclewes@gmail.com
13 th	East Sussex Cross Country [4]	Sign up and details on the LewesAC wiki http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
19 th	Sussex Cross Country Masters Champs Lancing	Contact Dave Leach davebmclewes@gmail.com or Karin Divall karincalliafas@btinternet.com
26 th	The South of England Cross Country Champs Parliament Hill, Hampstead Heath, London	Contact Dave Leach davebmclewes@gmail.com