



# “The Ammonite”

February 2019

I really hope that you will continue to send me your stories and photos so that we can keep this newsletter as broad as possible in its coverage, and inclusive of everyone's achievements (and I am especially keen to hear from our younger members). All contributions for the March edition by February 26<sup>th</sup>. Karin Divall [karinalliafas@btinternet.com](mailto:karinalliafas@btinternet.com)

## Sussex Cross Country Championships

Congratulations to the Lewes AC under 13 team (pictured below) who won a silver team medal. Leading the team was Gabriel Penrose who won an individual silver medal. Making up the team were Archie Guppy in 11<sup>th</sup> place and Finlay Stone House in 12<sup>th</sup> place. The Lewes AC B team came in 12<sup>th</sup> with Harvey Perry, Max Gardner and Laurence St-Louis making up the team.



Running for the senior men, Tom Evans became Sussex Champion for the second year running and led the Lewes AC senior men's to a team silver medal. Close behind Tom finishing in the bronze medal position was Ben Savill who was just pipped on the line from making it a one two for Lewes.

The team prizes were very closely contested with only two points separating Brighton Phoenix who claimed the gold medal with 89 points, and Lewes AC the silver with 91 points. Brighton and Hove AC won the bronze with 99 points.

Other Lewes AC runners in the silver medal winning team and the positions were Patrick Hough (13<sup>th</sup>); Matt Bradford (20<sup>th</sup>); Calum Upton (24); Chris Coffey (30<sup>th</sup>); Lewis Sida (34<sup>th</sup>) and Chris Gilbert (38<sup>th</sup>)



The Lewes AC boys under 15 team were just a few points off gaining a championship team medal. With Joseph Callard finishing in a very creditable 5<sup>th</sup> place closely followed by Fenton Davoron in 6<sup>th</sup> place and Luca Buckley in 21<sup>st</sup> place gave the team 32 points which was just a touch behind the Brighton team in third place with 27 points. Finley Braund in 38<sup>th</sup> place and Henri Bedwell in 41<sup>st</sup> place completed the Lewes team.

There was a good turnout of under 13 girls running in the championships for Lewes AC. The A team finished in 7<sup>th</sup> place and the B team in 12<sup>th</sup> place. Making up the teams were Bea Ingles; Martha Weisskopf-Strange; Darcey Pring; Mia Kirby; Olivia Harris and Zoe Wright.

Running in the race for girls aged under 15 were Erin Hinds and Charlotte Sida. In the junior men's race there were two Lewes AC runners Charles Taylor who finished in 14<sup>th</sup> place just one place ahead of Jasper Baker.

## South of England Indoor Championships



Taking on top athletes from across the South of England in the indoor championships at Lee Valley, Lewes AC pole vaulters came away with amazing results.

Natasha Clarke (left) won the gold medal in the women aged under 17 competition with a winning vault of 3.0m. This was not only a personal best performance by Natasha by 20cm but well beyond the other competitors from clubs from Reading and from London.

With another great performance and setting a new South of England Championship pole vault record for the women aged under 15 was Emelie Oakden with a gold medal winning vault of 3.21m. Winning the silver medal in the same competition was Amelia Hatchard with a vault of 2.8m.

Showing the strength of pole vaulting at Lewes AC there were other great performances by Lewes athletes in the same event. Mena Powell finished 5th with a leap of 2.6m: Beatrice Osman-Allu 8th with 2.5m and Maddy Bullen 10th with a vault of 2.4m.



## Sussex Masters Cross Country Championships

From the younger athletes in the club to the more mature, we next had the Sussex Masters Cross Country Championships with Lewis Sida (below left) storming to victory and a gold medal in the over 50s race, and leading in Colin Bennett and Rick Curtis to win a V50 team silver. Below are the over 50s team Lewis Sida, Alan Velecky, Dominic Osman Allu, Rick Curtis, Colin Bennett and Ian Fines.



Chris Gilbert, Mike Green and Rob Cooper represented the club as the (slightly depleted) over 40s team. Unfortunately chicken pox kept their fourth team member, Andrew McLennan, away.



Running in the Sussex Masters Women's team, Helen Sida, Mary Campbell-Clement and Julie Deakin came in a very creditable 4<sup>th</sup> position in the V45 teams. A special mention for Julie who was running in her first Sussex County Cross Country race.

Also running were Teresa Tamplin and Karin Divall in the over 55s team with Sarah Godley running in the over 35s race.

### **Sussex Grand Prix Road Running Confirmed Results 2018**

The confirmed SGP 2018 results honour the top 20 male and female runners in the all-Sussex road-running series. Karin Divall was 7<sup>th</sup> in open women's listings and David Prince-Iles was 20<sup>th</sup> in the men's.

In the team competition Lewes AC was 9<sup>th</sup> out of 23 competing clubs. Wadhurst will lift the rather nice overall team trophy originally donated by Steve Ovett which Lewes AC has never won. The runners up are Brighton Phoenix, Hailsham Harriers and then Seaford Striders.

In the individual categories, David Prince Iles won the MV5 gold, Karin Divall the FV5 silver and Bob Hughes nicked bronze in the MV7 category. (The awards ceremony starts at 7.30pm Monday 11<sup>th</sup> February at the King's Head, Hellingly).

But the SGP is not I think just about medals, but provides a benchmark whereby runners can gauge themselves against other local runners.

Bob Hughes (bob.hughes@bcs.org)

### **England Athletics Age Group Masters- opportunity to represent England at Half Marathon distance**

England Athletics have announced the addition of the Half-Marathon to the England Age Group Masters representative opportunities which will be incorporated within the Maidenhead Half Marathon on 1<sup>st</sup> September. The programme was first launched in 2016 with the chance to qualify for an England age group vest at the marathon distance, with the addition of the 10k in 2018. Qualification can be gained in every age group from V35, V40, V45 through to V75+. All the details including the qualifying races, criteria for selection, and how to register your interest are on the EA website: <https://www.runbritain.com/news/age-group-masters-half-marathon-opportunities?page=2&pagesize=7&from=&to=&range=Latest>

### You know you have caught the running bug when....

- You check whether you are racing the next day before you say yes to an evening out, and make sure you leave early to get plenty of rest.
- When people ask you what you want to drink- you ask if they have anything isotonic.
- You are elated when you get (running) socks for Christmas
- You have more running shoes than ordinary shoes, and more technical t's than cotton t-shirts.
- You check out the running routes before you book your holiday
- You spend more time talking about your injuries than about your partner
- When people ask you what you about your plans for the weekend, you tell them about your planned mileage
- When people ask you how your weekend went you tell them about your runs
- You analyse the styles of runners as they run past you in the street
- You make sure there is a Park Run nearby if you go away for the weekend.
- You are on first name terms with the physio and block book your treatments in advance

**Well done to all the runners in the East Sussex Cross Country race at Ashdown Forest- another first place position for the team.**



**Calendar of future events 2019**

<b>February</b>		
<b>3<sup>rd</sup></b>	<b>Chichester 10K</b>  Sussex 10k Championships  Masters Qualification to represent England at Birmingham 10K	<a href="http://www.chichester10k.com">www.chichester10k.com</a>
<b>3<sup>rd</sup></b>	<b>East Sussex Cross Country [5]</b>  Heathfield Park	Sign up and details on the LewesAC wiki  <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>
<b>9<sup>th</sup></b>	<b>Sussex County Cross Country [3]</b>  Bexhill	Sign up and details on the LewesAC wiki  <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>
<b>March</b>		
<b>10<sup>th</sup></b>	<b>East Sussex Cross Country [6]</b>  Pett	Sign up and details on the LewesAC wiki  <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>
<b>10<sup>th</sup></b>	<b>West Worthing 10K</b>  <i>The 12 Lewes athletes who are taking part in our new 10K Development Course will all be running in this race. Why not come along and support them by running in the race or cheering from the side-lines.</i>	<a href="http://www.sportingeventsuk.com/nterevent/worthing-10">http://www.sportingeventsuk.com/nterevent/worthing-10</a>