



“The Ammonite”

March 2019

A big thank you to all my contributors this month. All contributions for the April edition by March 29th. Karin Divall karincalliafas@btinternet.com

Volunteering is the theme of this edition of The Ammonite.

Everything that happens in our club is due to the many, many unpaid and un-sung heroes that are volunteering their time and energy into making the club the success that it is. I am going to contribute in a small way by raising awareness of what difference this makes to the club in this edition of our newsletter. We are always on the look-out for more people to help so if you are interested and want to find out more then please have a chat with any of the people mentioned in this newsletter.

Some of you may have seen Peter Master's piece in a recent edition of Viva Lewes. **Lewes Athletic Club Where club meets community...** this outlined the range of activities that the club is involved with that benefit our members and the contribution we make as a club to the community. Volunteers raised all the money to pay for and construct the Lewes community athletics track that was opened in 2000; then they raised all the money to resurface the track about three years ago; and just recently, they've raised the money to replace the floodlighting. As a club, volunteers put on a wide range of athletic, recreational and fitness type events for the local community: the Easter Monday Fun Run, the Downland Runs in October, and other events. The club marks out and organises the primary school cross country races, as well as helping schools raise money by lending them all the equipment they need to put on fund-raising 'fun run' type events. One of the Lewes Bonfire Societies also borrowed our equipment for a similar event. We put on our beginners' 10-week course called 'Run Lewes'. The idea is to get you running for about half an hour non-stop, and ultimately, to run 5km. Plus, to have some fun! And the club is part of the England Athletics initiative called 'Run & Talk' organised in conjunction with mental health charity Mind. "It encourages people to enjoy the sociability of running and highlights that running is good for mental and emotional wellbeing".

Track and Field Officials- volunteers needed

Our track is one of our greatest assets used by many of our members, as well as schools, colleges, universities and visiting groups and clubs. But in order to ensure the track thrives we need to have coaches and officials who support track and field meetings at Lewes and away. Lewes AC member Peter Miller qualified as an official and here he explains why he is a volunteer and what is involved:

Time-keeper - Peter Miller

Having been brought up to the belief that you need to put a bit in, or give a bit back, to what you do, nearly all the things I have been involved in, have included that bit extra. Having sat on the clubs committee for many years, I could hear the issues discussed over operating a meeting at the track. It seemed draft that we could have this facility at our disposal, but had hardly any officials to run a competition there.

So, in 2010 I volunteered to go on the Timekeepers course. With just a couple of hours at the Lewes track, and I had a card saying I had passed the course. Over the next few years I assisted at home matches of the various leagues, and the occasional county match at Brighton, Crawley or Horsham.

The atmosphere on the stand, is always jovial, with jokes flying, regardless of the weather. The occasional mishap will occur, like the position takers requesting the time of the 7th runner, the timekeepers have only 6 finishers recorded. Naturally the timekeepers are right, but it gets sorted out.

It's a good feeling to have a skill in your back pocket, so you can help out when needed, or your diary allows.

Are you interested in volunteering as a track or field official?

You will find that you will get enjoyment and satisfaction from volunteering, as well as your help being highly appreciated. It doesn't matter what age you are, or whether you have any athletic skills or not!

An average track and field match requires between 20 and 30 officials to run smoothly. Thankfully this burden is shared between the competing clubs. The process to becoming an official is not arduous. The starting point is through either a Level 1 or Level 2 course, in either case this a single short day of about 10 am to 3 pm. Level 1 is the entry level, and covers all aspects of the sport at a general level and leads to a qualification, after attending and helping at four meetings, for assisting more experienced people in grass roots meetings.

Level 2 is at a higher level. At this level it is necessary to specialise in one of the four disciplines of starter/marksman, field judge, track judge or timekeeper. Experience at just four meetings, each signed off in a logbook, then achieves the status of level 2a, a club level official. Moving up then to county level is very straightforward and further progress to regional or even national level would be encouraged but the immediate need is for local officials at our grass roots level. Any further progress would be entirely up to the individual.

There is a forthcoming Level 1 official's course (You can choose the Starter, Field, or Track module), taking place from 12.30 – 2.30 pm at the K2, Crawley, on Sunday, March 31. The club will pay for you to take part.

This training course could be the starting point for you!

Please contact Peter Kennedy, Sussex County Officials Secretary for more information or to sign up. pkennedy@bmaf.org.uk

Marolles, France

After 17 glorious years of maintaining Lewes AC's special links with AS Marolles our twinned club in the Loire Valley in France, Jeremy Wainwright (pictured below with his wife Gilva, daughter Sophie and grandson William, and other Lewes AC members) is stepping aside this year. As our links with the French club have been going on since 1984 we are keen to maintain this special friendship and athletic link. Ian Hilder (also pictured below) has stepped forward as the club's new link person and will be publicising the weekend of the Marolles races and seeking names of those wanting to travel down to France to enjoy the weekend.



This year the Marolles weekend will run from Friday 26 to Monday 29th April. The usual arrangements are that the Lewes AC group travel down and back in cars and catch the Newhaven-Dieppe ferry. We are usually greeted with a wine and cheese type greeting in the Marolles club house on the Friday evening followed by a home-cooked meal. On the Saturday a group visit is made to an interesting or historic venue followed by an evening of food and drink. It is often

remarked that the generous celebrations on Saturday night are a form of sabotage of the Brits ahead of the following day's races! Monday is spent on a leisurely drive back to catch the evening Dieppe ferry.

If you would like to continue this long-standing twinning link and are interested in travelling to France for the Marolles weekend please email Ian: hildergen@aol.com.

Calling all potential coaches – the club needs you

Many adult members and parents of junior members have indicated that they would like to take up coaching. The club needs more coaches and there is a two day Coaching Assistant course coming up in April at East Grinstead. Completing the two days will enable those with the qualification to join those club members already coaching within the Academy and the adult groups. With more coaches the club can again start to tackle the waiting list to join the Academy

Courses do not often happen locally and the next Sussex course is on the 6th and 7th April in East Grinstead.

If you are interested please contact Peter Masters chairman@lewesac.co.uk

Lewes Pole vault group winter Indoor success continues- Rick Pilling

20/01/2019 Competing at Lee Valley in the SEAA championships Jack Harris cleared 4.40m for the Silver medal.

26/01/2019 Twelve group athletes travelled to Sportcity to compete in Vault Manchester.

Jack Harris finished 2nd in U20M with 4.51m

Emilie Oakden & Amelia Hatchard had a one-two in the U15G with 3.21 & 3.01m. Hannah Russell U15G improved her pb to 2.61m.

Natasha Clarke U17W also improved her pb to 3.01m

2/02/2019 The Vault series moved onto London with twenty five group athletes taking part.

Otis Schor-Kon U17M 3.12m – Hannah Russell U15G 2.72m – Maddy Bullen U15G 2.52m – Jessica Banner U15G 2.02m – Daisy Maison U17W 2.12m – Natasha Clarke U17W 3.02m all improved lifetime bests.

16/02/2019 Sixteen group members competed in the Sussex/Surrey indoors at Carshalton winning six Golds, three Silvers and two Bronze medals. Further details in the news item below.

23&24/02/2019 England age group U20/U17/U15 championships in Sheffield.

Sixteen athletes reached the qualification mark required, five unable to attend due to being away (half term good planning England Athletics!!)

Emilie Oakden got the eleven competing athletes off to a Golden start, winning the U15G National title with 3.20m vault. Lulu White picked up the Silver with the same height. Hannah Russell who is the baby of the group being first year and still only twelve came sixth (with a fourth lifetime best in a row) with 2.90m and so close at 3.00m.

Jack Harris produced a lifetime best and club record for U20 & senior men of 4.70m taking the Silver medal. Natasha Purchas (2nd claim) also claimed the silver medal in the U20W event both her and Jack now travel to Cardiff next weekend to represent England in the home international.

Ivy Spencer & Natasha Clarke came 6th & 7th in the U17W event both clearing 2.95m.

Sussex Road 10K Championships 2019

These were run in conjunction with the Chichester 10k, and we had some good men's results:

Tom Evans was 3rd Senior Sussex Man

Lewis Sida was 1st V50 Sussex Man

The Lewes Men's Team were third Sussex Team; 3: Tom Evans, 21: Chris Coffey, 22: Lewis Sida

Medals galore at the Sussex Indoor Championships

On Saturday 16th February at the Sussex Indoor Championship a bundle of championship medals were won by club members. Up against athletes from all the clubs across the County Lewes AC members won four gold medals, two silver and two bronze medals.

Jack Palmer competing as an under 15 boy in the 60m race won the gold medals in a time of 7.82 seconds. In the same race Adam Lawson won the silver medal with a time of 8.16seconds having achieved a faster 8.10 seconds in his heat.

Also competing in the 60m races were Thomas Lawson competing as an under13 boy finished with a time of 9.4 seconds. Jess Powell finished with a time of 9.2 seconds competing as an under 15 girl. Tracey Linus as an under 17 woman had a time of 8.79 seconds.

The club's pole vaulters again swept up the medals with Jack Harris as an under20 athlete won the gold medal with a vault of 4.40m. Natasha Clarke again in gold medal winning form to took the medal with a vault of 2.80m. Emilie Oakden in the under15 age group was the third pole vault gold medal winner with a fantastic championship best vault of 3.20m. Making a clean sweep of medals in the PV for girls aged under 15 the silver medal was won by Hannah Russell with 2.80m a personal best vault and Mena Powell the bronze medal with 2.60m. Close behind in the same age group was Charlotte Sida with a vault of 2.30m.

Ori Bartle competing in the under17 men's pole vault won the bronze medal with vault of 3.40m. Otis Schorr-Kon also in the same age group had a great vault of 3.10m

Mya Steer (pictured below) ran in the 60m sprint for Under 13 girls and it was her first run in Lewes club colours. Nerves took a crippling hold beforehand however she powered out of the blocks to run her Crawley rival to a dead heat in a time of 9.2 secs. Mya was delighted as it was another PB for her!



It's a year ago this week I signed up for the Lewes AC beginner's course and downloaded the C25K app on my phone. So thought it was a good time to reflect and share my experience to encourage those who are new to running.



Since ditching fitness for fags and booze as a teenager, I'd led a pretty sedentary adult life. Working as an animation director meant long hours slouching over a desk. After having my daughter (now 14) I ended up with an underactive thyroid, gallstones and debilitating back ache. Then directing my CBeebies show 'Boj' – working 60 hour weeks, feeling incredibly stressed and trying to be a good parent – I was officially burnt out.

On holidays I increasingly found myself sitting on the sideline whilst others threw themselves in to activities. I hated being so feeble and flakey. And so it was on a skiing holiday last February with Dominic Osman-Allu, where I didn't even want to go skiing, that I looked at Dom and his puppy-like enthusiasm and thought - I need just an ounce of whatever he has!

The first week of the beginners running course, I thought I'd be hopeless, left behind and hate it... but it was OK! The coaches were encouraging and my fellow runners were regular people all wanting to make a difference.

I had Jo Whiley on the C25K app coaching me through the week, providing top tips about not being too bouncy and chanting 'I love running... I love running' (it works!) And on the Saturday course, Andrew Chitty's posture advice was invaluable. By 'fartlek week' I knew I had got the running bug and that I had some potential to be more than a jogger!

I've now run three times a week, pretty much every week for a year. After joining the club I quickly moved on from improvers to intermediates. Progress and motivation has been very much down to the incredibly supportive and friendly runners at the club. I've also mapped all my runs with Strava. I love seeing my stats improve, bagging trophies and getting kudos!

Signing up for races was initially a bit daunting, but the camaraderie on the day is fantastic. The West Sussex Fun Run League are my favourites, because they have 'fun' in the title! The cross country races have been a bit more gruelling – but character building. I signed up for Brighton 10K in November, aiming to come in under an hour. Two weeks before, I hoped for under 55mins. I actually did it in 51:52 – I'm still in shock!

Since 10k, the half marathon has beckoned. I've signed up for Hastings at the end of March. I've run 13 miles twice now in training – and now aiming to get a good time on the day.

I've amazed myself and come further than I ever thought possible. Friends are noticing my positive energy. I've had several people say I'm 'inspiring'. Wow! I've become passionate about getting out on the downs. Eating up miles, staring at distant views, feeling invincible and like anything in life is now possible.

Let there be light and sound- Peter Masters

Those that train at the track will have noticed that one by one the flood lights have given up the ghost and continued to spread darkness around the track. Now that the lighter nights are coming the floodlights will be upgraded with LED lights to light the way for track activities. There were bureaucratic reason for the delay but it is now all systems go.

Work is planned to take place from the 11th March and last for a couple of weeks. Each column will be lowered and worked on in turn. This will mean that the track will be able to be used whilst the work continues. The opportunity has been taken to build into the system the ability to use the lights at varying degrees of illumination. For example really bright lighting for competitions and with less light for casual and minimal track use. This will not only save electricity costs but also make the lights more user friendly.

At the same time the opportunity has been taken to overhaul and upgrade the public address system. The system was installed in 1999 when the track was first constructed and is now really showing its age. Spectators and athletes alike will, when installed, be able to hear the announcements and by popular demand it will also be possible play music through the system.

Bexhill final Sussex County Cross Country League 2018/19 match

Strong winds and dry conditions (well dry for a Bexhill course that is) met the runners in the third and final Sussex County Cross Country league race. The Lewes u13 boys finished on top, winning the League team title, whilst Josh Burgess was the first senior man on the day leading the senior men's team (pictured below) to silver medal position in the overall league.



Final Individual County League medal positions:

Under 11 Girls Bronze for Esme Stephenson
Under 11 Boys Gold for Barney Hastings
Under 13 Boys Silver for Louis Goodwin and Bronze for Gabriel Penrose
Under 17 Men Gold for Atticus Mohapi-Dobouny
Veteran Women's Over 55 Silver for Karin Divall

Final County Team League positions:

Women: U13 girls' team was 5th, Seniors/u20s women team was 7th in divn 1, Female vet's team was 4th

Men: U13 boys won their league, U15 boys team was 7th, U17 men's team was 5th, Senior/u20 team was 2nd in Division 1, and Vets men team was 4th

Maintaining and financing the track and equipment- Peter Masters

For 21 years the track has been managed and maintained through a small committee consisting of Priory School, East Sussex College (as it now is) East Sussex County Council, Lewes District Council and Lewes AC. Each partner contributes financially to the managing and maintaining the track. This is a unique arrangement with no other track as far as I'm aware managed and financed in this way.

The club is responsible for servicing the joint committee, producing five year rolling financial forecasts, looking after the maintenance of the track and equipment and making annual financial contribution into the joint committee.

These long standing arrangements are governed by a joint use agreement that comes to an end this year. Negotiations are currently in hand to roll forward the joint use agreement. These are likely to prove tricky in the age of austerity and budget cuts. Watch this space as the negotiations continue.

Sussex Grand Prix

This (photo right) is the Lewes AC medal and trophy haul at the **Sussex Grand Prix 2018** awards ceremony. Remember if you want to take part in this series in 2019 and be in with a chance of picking up a trophy, the first race is the Hastings Half Marathon.



Brighton Half Marathon



Congratulations to all the 23 Lewes AC runners who competed at the 2019 Brighton Half Marathon. Pictured left and proudly showing off their medals are left to right Fran Witt, Jo Buckley, Mark Pappenheim, Colin Hartland, and Anne Hagan.

Calendar of future events

March		
10th	<p>East Sussex Cross Country [6]</p> <p>Pett</p> <p>Followed by awards ceremony</p>	<p>Sign up and details on the Lewes AC wiki</p> <p>http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</p>
10th	<p>West Worthing 10K</p> <p>The Lewes athletes who are part of 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.</p>	<p>http://www.sportingeventsuk.com/enterevent/worthing-10/</p>
24th	<p>Hasting Half Marathon</p> <p>First of the 2019 Sussex Grand Prix Series (if you fancy having a go at this series then it is your best six SGP races to score)</p>	<p>www.hastings-half.co.uk</p> <p>http://sussexgrandprix.co.uk/</p>
April		
6th	<p>Sussex County Road Relays</p> <p>A great fun team event (teams of 3 or 4 each run two miles around Christs Hospital grounds) – open to all.</p>	<p>Contact: Dave Leach</p> <p>davebmclewes@gmail.com</p>
13th	<p>Southern Athletics League (1)</p> <p>Hastings</p>	<p>Women's Team Manager: Jo Buckley buckleyjojo@hotmail.com</p> <p>Men's Team Manager: Tim Popkin timpopkin@gmail.com</p>
14th	<p>Brighton Marathon</p>	
22nd	<p>Lewes Easter Fun runs</p> <p>10k, junior 1 mile and toddler trot – everyone welcome.</p> <p>Our very own Lewes AC races- please come and either run or help – raises much needed club funds.</p>	<p>www.lewesac.co.uk/events/easter-fun-run</p>
28th	<p>London Marathon</p>	