



“The Ammonite”

May 2019

Spring arrived and we celebrated in true Lewes AC style with the Sussex Road Relays and our Easter Fun Runs. I was up on the Downs running on a glorious sunny evening when I heard small feet beside me, and looking down expecting to see another pesky dog yapping at my heels was so happy to find my running companion was a young lamb. It stopped when I did, looked up at me and then bounded back to mother.

Please send me your stories and photos for the June newsletter by May 28th. Karin Dival
karincalliafas@btinternet.com

World Masters Indoor Championships- Poland Jonathan Burrell

For eight memorable days in March, the appropriately named city of Torun in Poland was the venue for the world masters' indoor championships.

A record entry of nearly 4000 athletes from 88 countries reflected the ever-increasing popularity of masters' competitions. The quality of entrants was signified by the presence of 30 former Olympians, including legendary Portuguese sprinter, Francis Obikwelu and Jamaican long jumper, James Beckford.

Arriving in Torun with an ankle injury sustained in my final training session, I feared that my involvement would be purely as a spectator; ignoring sensible advice though, I decided to risk participation (aided by heavy strapping and painkillers!)

Despite being billed as an indoor event, the competition also featured an 8km cross- country race and 10km and half marathon road races.



My first competitive action was the cross-country race, held over 4 laps of a winding, undulating forest track. The course featured a near-180 degrees turn shortly before the end of each circuit and several short, steep hills where the organisers had helpfully laid a thick layer of sand for the runners to negotiate!

In a strong field, I eventually took 20th place in the M55 category. Initially 4th GB finisher, I was promoted to 3rd and thereby to the three-man national team, after a team-mate was harshly disqualified for failing to wear a number on the back of his vest (in addition to one on the front). With cumulative times calculated for each nation, we finished in 3rd place behind Ireland and Poland and were rewarded with bronze medals.



Four days later and I was inside the magnificent Torun stadium, awaiting the start of the 1500m and lining up with 14 other athletes in the first heat. Although still troubled by injury, I again managed to complete the race, thanks in part to raucous crowd support, finishing 8th in a time of 4 minutes 49 seconds. Although failing to reach the final, I was delighted with that time.

(Jonathon is on the far left of this photo)

As in the previous world masters' championships in Malaga, last September, Lewes AC was also represented by sprinter, Ciaran Harvey. Now in the M45 category, Ciaran performed superbly, taking an exceptional bronze medal in the 60m in a time of 7.30 seconds. He also reached the final of the 200m and helped the GB team take gold in the 4 x 200m relay, in 1 minute 34.75 seconds to complete a highly successful week.

Other than competing, the joy of masters' championships is found in spectating and witnessing some stunning performances. For me, the highlights in Torun were a thirty-minute spell during the 1500m finals, when GB won four successive races, from M40 to M55 categories (could this be a generation still

inspired by British middle -distance dominance in the late70's and 80's?)

There was also the spectacle of watching a 103-year-old Indian woman completing the 200m to a standing ovation from the entire crowd, demonstrating that age is no barrier to participation.

For anyone interested in having a go at Masters' competition, both at home and abroad, a full list of upcoming events can be found on the BMAF website: <http://bmaf.org.uk/fixtures>

Ciaran Harvey photo below left (second from left) in the GB M45 team that got gold in the 4x200m relay. And below competing in the 60m.



Sussex County Road Relays – Matt Bradford, with photos by Peter Masters.

Not quite the turn-out we were hoping for at the Sussex County Road Relays at Christs Hospital on 6th April, with Lewes AC only able to field one senior men's team and one V50 team. However, these two teams did the club proud.

It was the V50 team that deserves most of the plaudits, with Lewis Sida, Colin Bennett and Jonathan Burrell (on one leg) cruising to a comfortable win. Not only was it team gold, but Lewis also ran the quickest V50 leg of the day (10.39).



The senior men's team, missing a few of its superstars, put up a battling performance for 5th place overall, behind very strong teams from Phoenix, Brighton & Hove, Chichester and Hastings. We got off to a great start with Ben Savill handing over the baton in 4th place. Ben's rapid time of 9.36 was the 9th fastest of the day and a fantastic return to racing after some struggles with injury.

It is a great credit to the whole team that only one place was lost from this fast start and every member of the team ran well. A special mention to Jason Lee for being thrown into the team at the last minute and performing so strongly on debut at this event.

Next up is the track and field County Champs at the K2, Crawley, over the weekend of 11th/12th May. Hoping for a strong showing from Lewes athletes at this event...and maybe even a couple of medals.

And not to be outdone by the men's V50 team, the under 13 boys also scooped a gold medal; Louis Goodwin, Archie Guppy, and Gabriel Penrose (photo below left). And also below right Louise Goodwin receiving his fastest lap award from the Sussex Athletics President, Ron Penfold.



What a terrific turnout for the under 13 girls teams left (Although two were missing as they were warming up somewhere)

And last but definitely not least the Dream team over 50 women; Andrea Ingram, Jo Buckley, Julie Deacon



Sussex County Masters Track and Field Championships 2019.

Calling all runners and athletes aged over 35.....come and join me at the Surrey and Sussex Masters County Championships which will be held at the Weir Archer Athletics Stadium, Kingsmeadow, 422a Kingston Road, Kingston Surrey KT1 3PB on Sunday 2nd June 2019.

This is, I promise, very friendly and low key, and includes events which are held across all age groups in 5 year age bands from W/M35 and above.

- Track: 100m, 200m, 400m, 800m, 1500m, 5k
- Hurdles: 80mH, 100mH, 110mH, 300mH, 400mH
- Walk: 3k Walk
- Throws: Hammer, Discus, Shot, Javelin
- Jumps: Long Jump, Triple Jump, High Jump & Pole Vault

Sussex medals will be awarded to the first three athletes in all events however many people have entered or are in the age category and who have reached the SCVAC Medal Standard.

Entry closes at 12 noon on 18th May 2019 and no entries can be made after this date.

Entry is via the Open Track website: <https://entries.opentrack.run/2019/masterscounty/> and it costs £7 per event, and you can enter as many or as few as you like. Other information is also available on this link too.

If you are inspired to have a go at one of the up-coming events over the summer (and maybe get your photo in the newsletter) then please have a chat to one or more of the various team managers/team captains.

Sussex under 13 Track and Field League

- Girls – Angela Brinkhurst
- Boys – Angela Brinkhurst

Indoor Sports Hall

- Girls & Boys – Sophie Bomansaan with Jane Alford and Hannah Oakden

Sussex under 15 Track and Field League

- Girls – Millie Hemsley
- Boys – Millie Hemsley

Youth Development League (Upper) - U17 and U20 – Team Sussex

- Overall Team Manager – Linda Tullett (Haywards Heath Harriers- who we twin with for some competitions)
- Lewes AC women – Jen Bartle
- Lewes AC men – Jem Bartle

Youth Development League (Lower) - U13 and U15

- Girls – Hannah Oakden
- Boys – Hannah Oakden

Southern Athletics Track and Field League (Aged 15 and above)

- Women – Jo Buckley (LAC) and Linda Tullett (HHH)
- Men – Tim Popkin (HHH)

Sussex Masters Track and Field League (over 35s)

- Women – Karin Divall
- Men – Richard Moore

Sussex Grand Prix Co-ordinator and link

- Bob Hughes

And a final congratulations to everyone who competed in the Brighton or London marathons. If anyone has a story or photo to share for the next newsletter then please do send it through to me.

Calendar of future events

May		
5th	YDL Upper Age Group	U17 and U20 athletes
8th	Sussex U13 League (East Division)	Sussex U13 League - school years 6 & 7
11th/12th	Sussex Track & Field Champs (K2, Crawley)	Entries now closed
Sun 12th	Hastings 5 mile Sussex Grand prix	https://www.nice-work.org.uk/races/Hastings5/2019
Sun 12th	Sussex Half Marathon Champs (Gatwick)	https://www.rungatwick.com/
Wed 15th	Sussex Vets Track and field Eastbourne	Athletes aged 35 and above, contact: Karin Divall (women's' team) karincalliafas@btinternet.com Richard Moore (men's' team) richard@darton-moore.co.uk
18th	YDL Lower Age Group (2)	U13 and U15 athletes (school years 6,7,8 & 9)
19th	Southern Athletics League (2) Wimbledon	U17 to veterans Jo Buckley (women) buckleyjojo@hotmail.com Tim Popkin (men) timpopkin@gmail.com
26th	YDL Upper Age Group (2)	U17 and U20 athletes
26th	Rye 10 miles Sussex Grand Prix	https://www.nice-work.org.uk/races/the-rye-10
June		

Sun 2nd	Sussex County Masters Track and Field Championships 2019. Kingston	Over 35 https://entries.opentrack.run/2019/masterscounty/
Sun 2nd	Horsham 10k Sussex Grand Prix	https://www.horshamjoggers.co.uk/horsham-10k/
Wed 5th	Sussex U15 League	
Mon 10th	Sussex Vets Track and field Lewes	Athletes aged 35 and above, contact: Karin Divall (women's team) karincalliafas@btinternet.com Richard Moore (men's team) richard@darton-moore.co.uk
Fri 14th	Sussex U13 League (East Division)	
Sat 15th	Southern Athletic League (3) Lewes	U17 to veterans Jo Buckley (women) buckleyjojo@hotmail.com Tim Popkin (men) timpopkin@gmail.com
Sun 23rd	YDL Lower Age Group (3)	
Sun 23rd	Heathfield 10k Sussex Grand Prix	
Fri 28th	Sussex U15 League	
Sun 30th	YDL Upper Age Group (3)	