



“The Ammonite”

June 2019

I hope you enjoy reading about all the events that have taken place over the last month. Please keep sending me your stories and photos- deadline for the July edition is June 29th. Karin Divall
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We did It! – Jane Clarke

On a cold and blustery day during the May Bank Holiday weekend, 25 young pole vaulters from across Sussex and Kent joined forces in a fund-raising initiative for Lewes AC. The aim was to raise at least £2500 to pay for a new spike cover for the pole vault bed at the Lewes track. Plumes of dust have been enveloping all those who land on the bed for some time and it was in urgent need of replacement. Therefore a cunning plan was hatched to raise the necessary money!

To honour the 755th anniversary of the Battle of Lewes, the vaulters were aiming to jump a combined height of 1264 metres – an average of just over 50m each. Split into 3 groups depending on their ability, experience and personal best heights, the vaulting began at 10am on the 4th May. Guided by their ever present coach Rick Pilling and supported by a small group of enthusiastic parents, siblings and grandparents (plus copious amounts of cake!), the vaulters stuck to their task despite very challenging conditions. All 25 contributed magnificently and the final combined recorded height was 1438.9 metres – 174.9m above target!

A JustGiving page was set up prior to the event to assist with the fundraising and the total raised was £2,750. This has surpassed the original target and the surplus funds will contribute towards new poles and equipment.

Rick and the vaulters would all like to say a huge thank you to everyone who donated money and helped them in this endeavour. And they are especially looking forward to softer landings from now on!





Rick Pilling (photo left) sets out the individual achievements

Very proud of the standard of vaulting in really difficult conditions. I am going to list the number of jumps and total height achieved by each athlete, this does not however reflect the true effort and grit of those who are struggling with their vaulting currently, but just kept going!

It can be more difficult for the lighter athletes to jump into a strong head wind which is fortunate as by the time the third group came to jump it was "gale force"

Some could learn from having an old head on young shoulders - Frances managed 25 jumps off a six step run up. All her jumps being 20-40cm above her lifetime best 😊

Great to see the injured athletes down to support and hope Tash P & Hannah R are soon on the road to recovery and back jumping.

Thanks for all the parent help and support, great to see so many parents and grandparents taking the time to watch and support the athletes. Maybe you should come more often, they are a very talented group of vaulters?

Amalie - 18 Vaults total height 39.50m
Jess - 18 Vaults total height 40.50m
Charlie - 20 Vaults total height 40.00m
Ashley - 20 Vaults total height 50.50m
Isaac - 20 Vaults total height 48.20m
Daisy - 15 Vaults total height 29.20m
Esme - 18 Vaults total height 43.50m
Bea - 18 Vaults total height 42.70m
Charlotte - 19 Vaults total height 43.80m
Mena - 18 Vaults total height 41.80m
Frances - 25 Vaults total height 75.00m
Ivy - 12 Vaults total height 36.00m
Lulu - 16 Vaults total height 50.00m
Emilie - 22 Vaults total height 77.00m
Amelia - 25 Vaults total height 80.00m
Maddy - 23 Vaults total height 63.60m
Tash C - 13 Vaults total height 40.00m
Millie - 19 Vaults total height 60.00m
James - 20 Vaults total height 67.40m
Ori - 21 Vaults total height 67.10m
Jack - 24 Vaults total height 102.80m
William - 21 Vaults total height 88.10m
Dan - 18 Vaults total height 69.70m
Dillan - 20 Vaults total height 65.70m
Cameron - 20 Vaults total height 76.80m

Grand total and target achieved 1,438.90m

Sussex Track & Field Championships
K2 Crawley

11th & 12th May 2019 - Lewes performances – Rick Pilling

Congratulations to everyone who took part in these champs- some fantastic performances



SW Millie Hemsley 2.80m Pole Vault for Gold (photo left)

U20 W Larisa Carter 42.58m in the Hammer for Gold

U20W Frances Osman-Allu 2.70m in Pole Vault for Bronze

U17W Chloe Kornevall 41.9 in 300m for Silver

26.32 in 200m for Bronze Club record

U17W Natasha Clarke 2.90m in Pole Vault for Gold

U15G Jess Powell 14.05 in 100m and 29.14 in 200m

U15G Romany Aldridge 14.71 in 100m

1.45m in HJ for Silver

U15G Sophie Nurse 5.05.49 in 1500m for 4th place

2.27.62 in 800m for 5th place

U15G Beatrice Ingles in 1500m 5.20.18 for 11th place

U15G Emilie Oakden 3.20m in Pole Vault for Gold and Championship record

U15G Amelia Hatchard 3.10m in Pole Vault for Silver

U15G Maddy Bullen 2.80m in Pole Vault for Bronze

U15G Mena Powell 2.60m in Pole Vault for 4th place

U15G Charlotte Sida 2.50m in Pole Vault for 5th Place

U15G Beatrice Osman-Allu 2.50m in Pole Vault for 6th Place

U15G Jessica Banner 2.10m in Pole Vault for 8th Place

U13G Olivia Harris 58 points in Minithon for 7th place

U13G Darcy Pring 30 points in Minithon for 40th place

U13G Zoe Wright 33 points in Minithon for 33rd place

U13G Martha Weisskopf-Strange 41 points in Minithon for 19th place

SM Owen Wells 12.2 in 100m for 4th place and 25.9 in 200m

SM Ben Savill 14.44.35 in 5000m for Silver

SM Matt Bradford 15.30.55 in 5000m for 5th place

U20M Jack Harris 4.40m in Pole Vault for Gold

U17M Joseph Callard 4.23.77 in 1500m for 4th place

U17M Fenton Davoren 4.26.87 in 1500m for 8th place & 55.2 in 400m for 4th place

U17M Aaron Duncan 2.08.11 in 800m 3rd in heat

U17M Danial Stonehouse 33.35m in Hammer for Bronze

U17M Ori Bartle 3.20m in Pole Vault for 4th place

U17M Otis Schorr-kon 3.00m in Pole Vault for 5th place



U15B Jack Palmer

12.27 in 100m for Gold (photo on left)

24.54 in 200m for Silver

38.52 in 300m for Gold and Club record

U15B Adam Lawson

12.66 in 100m for Bronze (photo left)

25.54 in 200m for Bronze

40.61 in 300m for Silver

U15B Gabriel Penrose 4.51.84 in 1500m for 10th place

U15B Louis Goodwin 26.19 in 200m for 4th place

2.08.41 in 800m for Gold

U15B Archie Guppy 2.15.72 in 800m for 7th place

U13B Zac Smallpiece 28 points in minithon for 32nd place

U13B Thomas Lawson 42 points in minithon for 15th place

In the U15 girls pole vault the photo below left shows Emilie Oakden (gold), Amelia Hatchard (silver) and Maddy Bullen (bronze).



Jack Palmer 1st, Adam Lawson 2nd in 300m



Youth Development League (Lower) 27th April at Ashford – Sally Brown

The first YDL lower competition for athletes in the U13 and U15 age group was held at Ashford on Saturday 27th April.

It was a cold and blustery day, but the Lewes athletes rose to the challenge and we had some great performances.

U15 Boys:

Jack Palmer was 2nd in the 100m and 200m and came 1st in the 300m.

Adam Lawson was 2nd in the 100m “B” race and 1st in the 300m “B” race.

James Le Patourel was 4th in the “B” javelin.

Louis Goodwin was 2nd in the “B” 200m and 1st in the 800m.

Oscar Priestley was 2nd in the “B” 800m and 2nd in the 80m hurdles.

Leo Wheeler was 3rd in the long jump and 4th in the high jump.

Darren Leung was 3rd in “B” long jump, 3rd in the shot and 2nd in the discus.

Isaac Lancaster was 1st in the pole vault.

Alex Bailey was 1st in the “B” shot and 1st in the “B” discus.

Gabriel Penrose was 1st in the javelin.

The 4 X 100m relay was 2nd with James Le Patourel, Darren Leung, Alex Bailey and Adam Lawson.

The 4 X 300m relay won with help from Adam Lawson, Gabriel Penrose, Isaac Lancaster and Jack Palmer.

U15 Girls:

Maria McQuarrie was 3rd in the 100m, 1st in the “B” long jump and 2nd in the shot.

Jess Powell was 2nd in the “B” 100m and 2nd in the 200m.

Mena Powell was 2nd in the “B” 200m.

Alyssa Ellis was 7th in the 300m and 4th in the 1500m.

Amelia Hatchard was 3rd in the 75m hurdles, 2nd in the long jump and 1st in the B” pole vault.

Beatrice Osman Allu was 2nd in the high jump and 7th in the javelin.

Jess Banner was 1st in the “B” high jump and 5th in the shot.

Emilie Oakden was 1st in the pole vault and 1st in the discus.

Pippa Miles was 1st in the “B” discus, 3rd in the hammer and 6th in the “B” javelin.

The 4 X 100m relay team was 5th with Maria McQuarrie, Jess Banner, Beatrice Osman Allu and Amelia Hatchard.

The 4 X 300m relay team was 4th with Alyssa Ellis, Emilie Oakden, Mena Powell and Jess Powell.

U13 Boys:

Rocky Lampard was 4th in the 100m and 2nd in the “B” high jump.

Harvey Perry was 2nd in the “B” 100m, 1st in the 200m and 1st in the 1500m.

Caio Dos Santos was 3rd in the long jump and 5th in the high jump.

Nasim Gann was 5th in the 75m hurdles and 2nd in the “B” shot.

Henry Oates was 2nd in the “B” 200m.

Thomas Lawson was 2nd in the 800m and 2nd in the “B” long jump.

Scott Lawes was 4th in the “B” 800m, 3rd in the “B” 75m hurdles and 2nd in the shot.

Charlie Oakden was 4th in the javelin.

The 4 X 100m relay team were 2nd with help from Henry Oates, Thomas Lawson, Rocky Lampard and Nasim Gann.

U13 Girls:

Rosie Kornevall was 2nd in the 75m, 2nd in the 150m and 2nd in the 800m.

Olivia Harris was 3rd in the “B” 75m, 5th in long jump and 2nd in high jump.

India Sommerville was 2nd in the “B” 800m and 2nd in the 1200m.

Esme Stephenson was 4th in the “B” 150m and 6th in the “B” long jump.

Grace Tuesday was 1st in the “B” 800m, 4th in the 70m hurdles and 1st in the “B” high jump.

The 4 X 100m relay team were 3rd with India Sommerville, Esme Stephenson, Grace Tuesday and Rosie Kornevall.

We finished in 2nd place by only 2 points so hopefully we can score even higher at the next match at Lewes.

Youth Development League (Upper) Sunday 5th May, Medway Park – Sally Brown

The first of the YDL matches for the upper age group (U17's and U20's) was held at Medway Park, Gillingham on Sunday 5th May.

In this league we compete as Team Sussex with athletes from Eastbourne, East Grinstead, Haywards Heath and Lewes.

We only had 4 athletes from Lewes who made the journey, but they all came away with some great results.

Chloe Kornevall was 3rd in the U17 200m, and 2nd in the U17 300m. She also helped the 4 X 300m relay team to first place.

Ori Bartle was 6th in the U17 100m and 2nd in the U17 pole vault. He also ran in the 4 X 100m relay team where Team Sussex finished 2nd.

Aaron Duncan was 1st in the U17 800m and ran a great leg in the 4 X 400m relay which Team Sussex won.

Daniel Stonehouse had a busy day of throwing finishing 2nd in the discus, 3rd in the hammer and 1st in the javelin.

Overall Team Sussex finished 2nd with 218 points.

Sussex Vets (over 35) Track and Field League

Well done to everyone who travelled across to Eastbourne for the first 2019 Track and Field meeting. A special mention to Owen Wells who was competing in his first vets meeting, and he started very impressively winning the 400m B string and coming second in the 100m A string. As a team we compete jointly with Hayward's Heath Harriers and we came third team of six on the night. The next meeting is at Lewes Track on Monday 10th June starting at 6.30 pm and is open for everyone (of a certain age) who wants to have a go!

Running for fun! The French exchange weekend - Ian Hilder



A group of 14 Lewes A.C. members and their partners met at a sunny Newhaven Port in anticipation of a weekend of sight-seeing, entertainment and trail running. Most had made the journey many times before (over thirty for Pete Masters) while others were making the trip for the first time. First-timer Maria tells how she enjoyed the experience:

“Taking part in the L.A.C. exchange with A.S. Vendôme-Marolles enabled me to combine my long-time love of speaking French, and my more recent love of running. Ours was a last-minute decision to take part, but everything was put into place for us very quickly,

including our accommodation and transport.

The welcome reception at the Marolles club house was a nice gentle introduction, even if people’s names went in on ear and out the other! They are a very hospitable community and anyone thinking of going next year would be welcomed in the same friendly way as we were. We were particularly touched by the generosity of our hosts who took a sub group of us to the privately owned Château Gaillard on Saturday morning followed by lunch in an excellent rural restaurant.

The race itself, the ‘Trail de la Grand Pierre’ (the ‘big rock’) was great fun, with 8k and 16k options, clear way markings through the forest and encouraging supporters along the way. I felt proud to be running in my LAC vest, despite being way off the front runners (but I was still the second woman in my age category!) Whatever age, everyone was made to feel welcome.

A few card tricks and a few words of French forged a friendship between the youngest member of our group, Harry, and Clément, the son of the mayor from a nearby town. That, to me, sums up the value of international exchanges.”



Non-runners are made equally welcome as Rob recalls:

“As a non-running husband, I was welcomed with exceptional French cuisine in an idyllic, beautifully designed house on the outskirts of the village. On our first morning we saw a wild hare in the garden. I also sensed the feeling of space both in the house and in the vastness of the French landscape. Meeting new people both French and English was an interesting and stimulating experience. The fact that Pablo, one time LAC member, was prepared to fly to Gatwick from Spain to accompany the party for the long weekend, is an indication of the fun that was to be had.”

There was a pair of cool running sun-glasses for each runner and a “hamper” of French goodies for the first of the six Lewes A.C. runners home. All this for around £50 per head for four people sharing a car. But the memories, of course, are priceless!

Photo (left to right) Pablo Iburguren, John Coleman and Ian Hilder

The Madness of Marathon running! Geoff Watson

When I heard that I had received a place at the 2019 London Marathon place I was so pleased and honoured. I gratefully accepted the challenge, thank you Lewes AC.

They say that it helps your running if you have a target or race to aim for so this became my one and only goal. I'd never run a marathon before, half marathon being the furthest I had run.

I started reading up about it and talking to other runners about endurance running. In January I had my 60th birthday and decided to give up the booze until after the race. Well nearly, a wedding and brewery tour notwithstanding.

At the same time Leo Spall formed a marathon running group to help advise and encourage any marathon runner. With the help of Lewis and Helen Sida and Rob Cooper we held a meeting and what they said was very honest and inspiring about the road ahead. Thanks a lot for your help.

All the members of that group set about to find their way of achieving their goal, each supporting each other through the wonders of Whatsapp.

After 17 weeks of planning and training I woke up feeling really good about the day especially after West Ham had beaten Spurs the day before. I arrived at the start line feeling positive.

The weather had behaved itself with near perfect running conditions. We have all seen pictures of the London Marathon on the telly but the sheer number of runners and spectators watching made it unforgettable. The noise and cheering from the side of the road was fantastic with music, shouting and whistling nearly nonstop all the way round.

The run went to plan although the last 5 miles were painful and uncomfortable. I achieved my target time and crossing the line was such a relief. I had no emotion because I was totally drained.

The whole experience from beginning to end has been interesting and fulfilling and I would recommend it to any serious runner.

Any tips?

This one from Lewis: whatever you do in training there has to be a purpose to it.

Improve your leg strength and core stability either at home or at the gym.

Keep a running diary so that you know what you've done and what you need to do.

Thanks again to everyone who helped and encouraged me.

Keep on running.

Edinburgh 10K- Karin Dival

Tim Calliafas and I flew the Lewes flag at the Edinburgh Marathon Festival 10k. A bright and breezy Saturday morning, and even the long hill and undulating course couldn't detract from a really well organised and scenic race. Tim had a great run coming in 19th in a time of 37:57. Whilst I was first vet woman 55-59, in 46:31.

The following day it was time to watch the runners on the "fastest marathon course" in the UK (it starts at the top of a hill, steep down-hill and then pretty much flat all the way) and apparently the second biggest UK marathon after London.

However the weather had turned and it rained on and off for much of the morning along with a nasty wind which may have dampened those pbs, but not the atmosphere. I saw a few Horsham Joggers, a Hastings and a Crowborough runner who I cheered on.

As well as the 10K and marathon, there was also a marathon relay, a 5k and half marathon race as well as several children's races over the weekend, so something for everyone.



Calendar of future events

June		
Sun 2 nd	Sussex Masters Track and Field Championships Kingston	Entries now closed
Sun 2 nd	Worthing 10K	www.register.canbook.me/2019worthing10k
Sun 2 nd	Horsham 10K Sussex Grand Prix	www.horshamjoggers.co.uk/horsham-10k
Wed 5 th	Sussex U15 League	
Mon 10 th	Sussex Masters League Lewes	
Fri 14 th	Sussex U13 League (East Division)	
Sat 15 th	Southern Athletic League (3) Lewes	
Sun 23 rd	YDL Lower Age Group (3)	
Sun 23 rd	Heathfield 10K Sussex Grand Prix	http://heathfieldroadrunners.com/race.php
Fri 28 th	Sussex U15 League	
Sun 30 th	YDL Upper Age Group (3)	
July		
Sun 7 th July	Bewl 15 mile Sussex Grand Prix	www.nice-work.org.uk/races/the-bewl-15
Mon 8 th	Sussex U15 League Lewes	
Wed 10 th July	Brighton Phoenix 10k Run Store Sussex Road Race Challenge Sussex Grand Prix	www.register.primoevents.com/ps/event/BrightonPhoenix10K2019
Sat 13 th	Southern Athletics League (4) Carshalton	

Wed 17 th	Sussex U13 League (East Division) Eastbourne	
Sat 20 th	YDL Lower Age Group (4) Lewes	
Mon 29 th	Sussex Masters League Lewes	
Sun 28 th	YDL Upper Age Group (4) Mile End	