



“The Ammonite”

July 2019

I hope you enjoy all the articles and photos that members of the club have contributed this month. Please send me your stories and photos for the August edition by July 28th. Karin Divall

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English Schools Track and Field Championships 2019

Congratulations to our cohort of Lewes athletes who have been selected to represent Sussex Schools at the English Schools Track and Field Championships, to be held later this month in Birmingham. These athletes all train with Dave Leach and Rick Pilling who must be very proud.



Left to right Natasha Clarke (pole vault), Ivy Spencer (pole vault), Harriet Bloor (1500m), Maddy Bullen (pole vault), Amelia Hatchard (pole vault), Emilie Oakden (pole vault)

And not forgetting Jack Harris (pole vault) and Aaron Duncan (800m) who are missing from this photo but are definitely part of the Sussex Schools team. Aaron (Inter boys 800m) won a bronze last year at the same event in the junior boys' age group.

Good luck to you all.

South Downs Way 100 – Mat Homewood

Saturday 1st June saw another South Downs Way Relay, and a very hot day of running. For those not in the know, this is a 96-mile race from Beachy Head to Winchester. The course is split into 18 legs, with 6 runners in each team running 3 non-consecutive legs each.

This year there were just two Lewes men's teams, both (on paper at least) very well matched. The 'A' team consisted of John Dryden, David Prince-Iles, Rob Cooper, Andrew McLennan, Will Monnington and John Stanford. The 'B' Team were Mike Green, Leo Spall, Ben Pepler, Mat Homewood, Jason Lee and Mark Cage.

(Friendly) rivalry was intense leading up to race day, and at 6am, whilst waiting for their minibus in Lewes, the 'A' team were heckled from the 'B' team driving past. The gloves were off. It was a 7:30am start for both teams, and Mark Cage and Andrew McLennan set off from Beachy Head in their Lewes vests. The 'A' team remained ahead of the 'B' team until Ben Peplar snuck passed John Stanford on Leg 5. The 'A' team's misfortune was compounded by the fact that when John arrived at Ditchling Beacon for the handover, Rob Cooper was still gambolling about the hills on his warm-up! Another 30 seconds lost.



The 'B' team continued to ease ahead as the race went on. The 'A' team made back time with an excellent Leg 7 from Andrew McLennan, and David Prince-Iles took another four minutes out of the lead on Leg 15. However, the gap was still around half an hour at that point. Poor Will Monnington suffered more than any during this race, having recently had a fever. A lesser man would have crumbled, but a last-minute switch round near the end gave him an easier third leg to run, which he completed to the great admiration of his teammates.

The bar at the finish was shut this year! Luckily Mike had brought along a selection of cold beers for the 'B' team, which we drank whilst awaiting the arrival of the 'A' team. The 'B' team finished in 13th place (out of 55 starters), in a time of 12:10:43. The 'A' team came in at 12:38:55, finishing 19th. (The 'B' team were then promoted to 'Lewes A' in the final results).

As ever, this was a challenging, but incredibly entertaining and fun day out. There was much camaraderie on the minibuses, and between all the teams. A few of the team members were new to this relay, which can be pretty daunting – I remember my first nerve-wracking SDW Relay back in 2012 – but all soon got into the swing of it. Special shout out to Jason Lee, who knocked six seconds off the Lewes AC record for Leg 18, set by Andrew Masters in 2014.

Also, we cannot forget the drivers (Jeremy Wainwright and Dominic Osman-Allu this year), who are the seventh members of each team. They're not there just to drive, but they keep the team focussed, and make sure we're well looked after, especially at the end of a leg when we might wander into the road in a daze, or forget to take on any water. I don't envy the drivers in this relay, with 50-plus minibuses all trying to get up

and down narrow lanes, and cram into the same car parks. However, Jeremy and Dominic handled all this superbly.



Congratulations to all who took part, most of whom will hopefully return in 2020. And let's get a couple of women's teams back out for next year!

South Downs 100 Relay – B Team report Robert Cooper – Team Captain.

Preparations had gone well and the original team of Andrew McLennan, John Stanford, John Dryden, David Prince-Iles, Will Monnington and me picked several weeks beforehand, was still in one piece, with everyone looking forward to the big day. The dreaded curse of the SDW Relay team hadn't struck this year! Or so we thought, until a couple of days before when Will confessed to being ill and not having run for some time, with an illness that was lingering longer than expected. True to the spirit of the event and his fiends, and driven the by the terror of a year's worth of a banter from his teammates, Will decided to soldier on and not let the side down. We arrived at Beachy Head early for our scheduled 7:30am start, met with our compatriots in the other Lewes team headed by Mike Green, and prepared for the off.



The sun was shining on a glorious morning as Andrew McLennan headed off on Leg 1, and we raced back to the bus driven by the magnificent Dominic Osman-Allu, to key spectating spots on our way to meet at Exceat for the beginning of the next leg. And so, it continued for the rest of the day with everyone breaking sweat and performing admirably in the heat, as we tested ourselves against the other teams, and more importantly our own Chitty Time! (For a deeper understanding of this complex phenomenon and relay runner obsession, I can only recommend you undertake the race one day). As the day flew by, we drove on and shared many special moments and a great atmosphere with all the other teams stretched out across the downs to Winchester. Over twelve hours later John Dryden brought the baton into Chilcomb Sports Ground in a respectable final time, and we watched the final runners come with other teams swapping stories over a beer. It was another magnificent day running on the Downs with too many funny incidents and special moments to recall here (something for the next pub run!), with everyone running their best, not just for themselves, but for the team. Finally, a special mention goes to Dominic for his expertise and some flawless team bus driving and getting us to each leg and home again in good spirits. This race is in my opinion, and many others who have run it, one of the best running days out to be had anywhere, and I would highly recommend it to anyone should you have the chance to do it.

South Downs Way 100 Dominic Osman-Allu

Another weekend on the SDW!

Four Lewes AC runners made their way to the start of this year's race, two on their first 100 mile race, one trying to complete their second, and myself back for the third year in a row (ably demonstrating the triumph of hope over experience).



Those with hair up ran fast, those with none ran fast but not that far, those in the middle of the hair options ran far but not fast. Left to right Dominic, Rashaad, Rick and Andrew.

For our two 100 mile novices, Rick Curtis and Andrew Kemp, the day brought the full breadth of ultra-running experiences.

Andrew had to drop out at Bignor Hill aid station (something of a crunch point for Lewes runners as 2 of the 3 runners last year were driven back home from here!), but am sure he will be back to lay this ghost to rest. Rick just spent a remarkably short time getting to Eastbourne by running faster and faster (I know this theory as well but have yet to be able to execute it). He finished in a truly amazing time of 15:59, came 1st v50 and 4th overall!!!

Rashaad was out to see if he could finish his second 100 mile race, as were the organisers who were experienced in previously having to wrap him in foil blankets and figure out which was the nearest hospital. It turned out that he too had read the same running guide as Rick and finished in 20th place overall (I don't think he's stopped smiling yet).

For myself things started to go awry with the unwelcome appearance of a large blister and a strong sense of nausea around mile 35, neither of which left me for the following 65 miles! The invaluable presence of my Lewes AC pacers from mile 54 onwards kept me to task, despite my slight detour into the YHA cafe on Truleigh Hill for a coffee and Twix, (my eternal gratitude to Rob Cooper who stopped my falling asleep at the table and got me moving again). Mat Homewood took over pacing at Devils Dyke to Blackcap, then Will Monnington had the dubious task of keeping me going to Bo-peep before Mat reappeared to run the final 11 miles into Eastbourne.



Two smiling pacers, one miserable racer!

Left to right Mat, Will and Dominic.

My gratitude to Mat for not running off as my nausea finally got the better of me, I'm not sure I would have been so supportive of someone repeatedly vomiting into the undergrowth on Windover Hill at 3.00 a.m. in the morning.

That did however sort out the nausea and once we got above the Longman of Wilmington the pace increased to the point that by the time we hit the streets in Eastbourne I was really in quite good shape. This improved sense of well-being was all Mat needed to get me into race mode for the last 1.5 miles to the finish on the track, so with a steady line of exhausted runners ahead of us we ran them all down, taking me from 109th to 97th and the traditional sprint (in my mind at least) finish on final 400m of the track. Thanks to all the Lewes AC runners and pacers for another great weekend on the SDW.

And at Mile 90



Seven Gold medals, and a Silver, at the Sussex Masters Track and Field Championship 2019

Congratulations to the athletes who travelled to Surrey on a hot and blustery day to compete in the Masters Championships. Well done to Jonathan Burrell- Gold in the 1500m (5:04:99), to Ciaran Harvey and Owen Wells who each won three, yes three, Gold medals, and Karin Divall- Silver in the 5000m (22:55:83).



Owen Wells
(photo left) (v35)
won three Gold
medals in the
100m (12:39),
200m (25:46)
and 400m
(1:00:18)

Ciaran Harvey
(v45) (photo
right) also won
three Gold
medals in the
100m (11:69),
200m (23:96)
and 400m
(53:83)



Heathfield Midsummer 10k Sunday 23rd June – Bob Hughes

The first Sunday after the longest day of the year and for some of us that means the Heathfield Midsummer 10k – particularly if you are after Sussex Grand Prix points. And so it was a short drive up to the Heathfield Rugby club at Cross-in-Hand, quite close, I understand, to Rag'n'Bone Man's residence. This is a hilly race – after all it is in the High Weald – but mercifully it is shaded from the summer sun by trees most of the way round. Hills mean uphill running but also the opportunity for fast down-hill descents.

So here are the Lewes AC results:

Position	Runner	Category	Pos. in category	Gun time	Chip time
3	David Bradford	M Senior	3	37.24	37.23
4	Chris Gilbert	M 45-49	1	37.59	37.58
46	David Prince-Iles	M 65-69	2	44.10	44.04
105	Karin Divall	F 55-59	3	50.27	50.17
119	Bob Hughes	M 70-74	3	51.56	51.45
125	Ian Hilder	M 55-59	12	52.22	52.11

There were 300 runners compared to 290 in 2018. To give an idea of the general pace of the race, the overall winner, Simon Heath of Brighton Phoenix, had a time of 33.42, compared to the fastest time of 35.15 in last year's race by Neil Smith of Crawley AC in 2018. In 2017, Lewes AC's Mat Bradford came first in 33.40.

Bob Hughes was chuffed as he was 2.27 minutes faster than last year which isn't bad for an old git.

The next Sussex Grand Prix races are the Bewl 15 mile race around Bewl Reservoir near Wadhurst on Sunday 7th July (places still available) and the Brighton Phoenix evening 10k race starting at Hove promenade on Wednesday 10th July (which, surprisingly when I just looked, also has places). Realistically, competing in the Bewl 15 is not compatible with a fast race half a week later unless you are particularly young and fit.

Rain, rain, glorious rain- Sussex Vets League – Karin Divall

In marked contrast to the Heathfield 10K we had the wettest ever track and field meeting at Lewes on June 10th. But we don't let a bit of weather get in our way! Never have I had to compete in so much rain (two month's rain in 24 hours apparently) - in fact we couldn't remember the last time it rained at all during a track and field meeting. Not only rain, but freezing, as we huddled under building overhangs trying to keep dry-ish and warm. I heard several rumblings about why wasn't it cancelled and nobody would have been disappointed at that point if it had been. We all listened expectantly as Peter Masters appeared with the microphone "due to the weather we are going to cancel the.....pole vault!! So in true Lewes style the meeting went ahead and we actually had our best Lewes women's turn-out ever and managed along with our competition partners Haywards Heath Harriers to come second women's team- our highest match position that I can recall, and the men were third. So well done everyone who came and competed and/or supported the team. Next Sussex Vets (over 35s) Track and Field meeting is at Lewes again on 29th July when surely it must be much warmer and drier.

Calendar of future events

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	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	
Sun 28 th	YDL Upper Age Group (4) Mile End	
Mon 29 th	Sussex Veterans (over 35) League Lewes	
Wed 31 st	Bexhill 5K Sussex Grand Prix	http://www.bexhill5kraces.co.uk/
August		
Sat 17 th	Southern Athletic League (5)	
26 th August	Kings Head Canter Run Store Sussex Road Race Challenge	http://www.kingsheadcanter5k.org.uk/index.html
Fri 30 th	Sussex U15 League Final	
September		
Sun 1 st	Sussex U13 League Final	
Sun 8 th	Hellingly 10K Sussex Grand Prix	https://www.eventrac.co.uk/race-course-map/the-john-faulds-hellingly-10k-race-the-john-faulds-hellingly-10k-race-2019-08-09-2019-08-30
29 th	Barns Green Half Marathon Run Store Sussex Road Race Challenge	http://www.barnsgreen-half.org.uk/
October		
20 th	Hove Prom 10k Run Store Sussex Road Race Challenge	https://www.nice-work.org.uk/races/hove-prom-10k