



“The Ammonite”

August 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 September edition by August 30th. Karin Divall
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7th July- Sussex Under 13 County Championships

A really good day for the Lewes training group with loads of PB's and quite a few medals and not forgetting all the athletes that ran/jumped or threw their best on the day.

- *Grace Tuesday [bronze 1500m].
 - *Barney Hastings [gold 1500m CBP].
 - *Rosie Kornevall [silver 100m, gold 200m CBP].
- CBP= Championship Best Performance.

The day ended on a high with the girls relay team of India Sommerville, Zoe Wright, Olivia Harris and Rosie Kornevall winning bronze in a very tight finish (photo below by Vicky Kornevall). So a very exciting day for all!





Rosie Kornevall (left) won the Gold medal in the 200m with a new PB of 27.51 seconds, which also broke the Championship record too along with beating her own Lewes AC record that she set in April. She also picked up a Silver medal in 100m with another PB of 13.49 seconds, also beating the Lewes AC record held since 2010 and to top it off was part of the relay team winning bronze. (Photos by Vicky Kornevall).



The Saturday morning training group (photo below) have a stretch and cool down after their 3x10 minute session- led by Beverly Sheridan (left front in red) and Terry Rogers (front right in red). All are welcome to join in these friendly sociable sessions at 10 am at the track every Saturday. (Photo by Caroline Darton).



Bewl 15 Mile Race 7th July 2019

This Wadhurst Runners event was the sixth in the Sussex Grand Prix series and the Waddies were making a big deal of it being the 20th anniversary of the race. The distinctive feature is that the course circumnavigates Bewl Reservoir which is why it has its unusual distance. However Lewes AC runners were generally unimpressed as out of 734 competitors only four – see below - were from Lewes AC. As Wadhurst is a Sussex outpost precariously situated on the border with Kent, the race had large contingents of runners from north of the county boundary. I was undaunted by this as I hail from Kent, and also it meant more runners who were not scoring for the Sussex Grand Prix competition.

There had been a hot spell in the days leading up to the race, but fortunately on the day the conditions were perfect.

Place	Gun time	Chip time	Runner	Category	Category place	M/F place
8	01:36:50	01:36:49	Chris Gilbert	Male Vet 45	2	8
60	01:50:13	01:50:08	Matt Reed	Senior Male	23	56
409	02:26:20	02:25:49	Bob Hughes	Male Vet 70	1	320
641	02:54:41	02:53:23	Rosie Wooldridge	Female Vet 40	51	206

Brighton Phoenix 10k Wednesday 10th July 2019 (evening)

The seventh in the Sussex Grand Prix series was just three days after Bewl. I would like to think that this explains the low Lewes numbers at Bewl: perhaps the people were saving themselves for this race. This is a fast flat course which starts and finishes next to Hove Lawns, but is mostly along the backstreets of the eastern arm of Portslade harbour with romantic street names such as Basin Road South and Chimney Basin Road. One of the few things the Phoenix 10K and Bewl 15 miles have in common is the way the course is constrained by large expanses of water.

Here are the Brighton Phoenix 10k results for Lewes AC runners.

Place	Gun time	Chip	Runner	Category
18	0:35:04	0:35:03	Matt Bradford	Senior Men
23	0:35:39	0:35:36	Jason Lee	Senior Men
29	0:36:11	0:36:08	Ben Pepler	Senior Men
41	0:37:18	0:37:14	Adam Vaughan	Vet Men 40-49
51	0:37:34	0:37:29	Colin Bennett	Vet Men 50-59
53	0:37:35	0:37:31	Robert Cooper	Vet Men 40-49
54	0:37:36	0:37:32	Adrian Scott	Senior Men
55	0:37:38	0:37:34	Andrew McLennan	Vet Men 40-49
102	0:39:22	0:39:17	Ben Hodgson	Vet Men 40-49
162	0:41:32	0:41:26	Leo Spall	Vet Men 40-49
185	0:42:34	0:42:29	Ed Barnes	Vet Men 40-49
274	0:45:44	0:45:29	Nicholas Parrish	Vet Men 50-59
281	0:45:57	0:45:40	Karin Divall	Vet Women 55-64
304	0:46:55	0:46:28	Carl Dowling	Vet Men 40-49
318	0:47:32	0:47:10	Kerry Jackson	Vet Women 35-44
349	0:48:40	0:48:23	Ian Hilder	Vet Men 50-59
401	0:50:58	0:50:30	Colin Hartland	Vet Men 60-69
524	0:58:43	0:58:19	Clare Weston	Vet Women 35-44

The format of results published for the 10k race is slightly irritating as the age categories are done on 10 year intervals rather than 5, and you have to work it out for yourself if you want to know your position within your age category.

We are now over halfway through the Sussex Grand Prix programme and starting, already, even though the kids have only just broken up, to think about Autumn events. The remaining SGP events are:

8	July 31st	Bexhill 5k (Wednesday)
9	September 8th	Hellingly 10k
10	October 6th	Lewes Downland 10 mile
11	October 20th	Hove Prom 10k
12	November 24th	Crowborough 10k

If you liked the Bewl 15 miles you'll love the Lewes Downland 10 mile. If you liked the Brighton Phoenix 10k, you'll love the Hove Prom 10k.

For more details see <https://sussexgrandprix.co.uk/news/races-2019/>

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Phoenix 10K (Sussex Grand Prix)



(Photo above) Some of the merry Phoenix 10k crew before the race- although most of us were too busy warming up to hang around to have our photos taken. It was a warm night with a breezy outward leg, and it was not too bad as this race goes for running conditions, and hence a few pbs were earned on the night.

Running in the family....Karin Dival

I knew that my great grand-father Arthur Albert Perry was a runner (and a swimmer, as he used to swim between the two Brighton piers). I had inherited some of his medals from 1901 and 1902 for a Lewes 10 mile race, a 15 mile walk, and a South of Thames Championship which was organised by Brighton & County Harriers (B&CH), but I knew little more. So with the help of fellow Lewes AC athlete and genealogist Mat Homewood I have managed to piece together something of his achievements. Born in 1880, Arthur ran in his 20s with B&CH and these are some of the race details and his results that Mat found for me.....

<u>YEAR</u>	<u>DATE</u>	<u>COMPETITION</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>POSITION</u>	<u>TIME</u>
1902	8th February	South of the Thames Championship	Bromley	Five mile race	(B&CH team won)	
1902	15th March	Sussex Cross County Championship	Horsham	Five mile race	21st	26:59
1902	26th July	Annual Portsmouth Harriers Sports	Portsmouth	Half mile handicap	3rd	
1903	14th March	Sussex Cross County Championship	Lewes	Five mile race	19th	30:46
1905	21st June	Brighton & County Harriers Athletic Meeting	Lewes	One mile run & two mile walk handicaps		
1905	7th August	Bank Holiday Sports	Horsham	Half mile flat handicap	2nd	
1905	26th August	Eastbourne Athletic Club Summer Meeting	Eastbourne	Three quarters of a mile steeplechase handicap	2nd	
1906	20th June	Brighton & County Harriers Athletic Meeting	Lewes	880 yards members' obstacle race	2nd	
1907	24th July	Brighton & County Harriers Athletic Meeting	Lewes	Half mile steeplechase handicap	1st	
1908	12th August	Cross-in-Hand Horse Show and Sports	Cross-in-Hand	300 yards flat handicap	3rd	
1909	2nd June	Summer Club Handicaps	Preston Park	Half a mile	2nd	
1909	1st September	Lewes Victoria Cycling Club & B&CH Meeting	Lewes	Half mile steeplechase (+ one mile club race)	1st	2:23
1909	23rd October	Winter Season Cross Country	Brighton	Five miles	3rd	31:42

Arthur got married in 1908 and had the first of his four children (my maternal Grandmother) in 1909 and it would appear that he stopped running at that stage to focus on family life.

But how amazing that 110 years later his great grand-daughter and great, great grandsons are training and competing over the same race courses! I hope our great grandchildren are able to enjoy the beauty of running across the Sussex fields and over the Downs in another 100 years.

Here are a few photos from Arthur's running days, although sadly I don't know which of these fine athletes he is.





Results round-up. Dave Leach

Crawley Open Meeting- 10th July

400m
5th Chloe Kornevall 59.89.

800m
3rd Oliver Francis 2.12.52.

English Schools in Birmingham - 12th July

Inter boys 800m

Heat 1
5th Aaron Duncan 2.01.48.

BMC event at Oxford University Track- 13th July

800m B race

1st Chloe Kornevall 2.17.7 [pb by 2 seconds].
This is the fastest 800m by a Lewes AC woman of any age to date.

Southern Athletics League at Carshalton – 13th July

800m
A race
2nd Charles Taylor 2.12.64

1500m
B race Charles Taylor 4.40.63

Senior Inter Counties @ Ashford- 14th July

800m
A race
4th Rhian Male 2.21.51 [Pb] Great run in her first 800m for approx. 8 years and a pb by over 7seconds.

1500m
A race
6th Ruby Whyte-Wilding 4.51.11[sb].

Well done to all.

Calendar of future events

August		
Thursday 1 st	Brighton Birthday Boy's track 10,000m, @ Withdean Stadium, Brighton	https://docs.google.com/forms/d/e/1FAIpQLSecaDWpNEfRguHkIRgaiPZXgun3sQPZ5Hxn_1-L5356p8zotw/viewform
Wed 14 th	Eltham BMC event 800m's only U15's and above only.	

Sat 17th	Southern Athletic League (5) @Tooting	
Sat 17 th / Sun 18 th	South of England Champs @ Ashford. U13/15/17's only.	
Thursday 22 nd	Brighton Birthday Boy's 5000m track @ Withdean stadium, Brighton	https://docs.google.com/forms/d/e/1FAIpQLSecaDWpNEfRquHklRgaiPZXgun3sQPZ5Hxn_1-L5356p8zotw/viewform
26 th August	Kings Head Canter Run Store Sussex Road Race Challenge	http://www.kingsheadcanter5k.org.uk/index.html
Mon 26 th	The Tom Lintern medal meet @ K2 Crawley With a full list of events from 100m - 1500m. Pre-entry online is £6 per event, on the day is £8 per event.	
26 th August	Sussex 10k Track Champs	http://crawleyac.net/index.php/enter-online/enter-online-sussex-10000
Fri 30th	Sussex U15 League Final Withdean Stadium	
September		
Sun 1 st	Sussex U13 League Final @ K2 Crawley	
Sun 1 st	Sussex AA 3K Track Champs K2 u15's /u17's /u20's and seniors online closing date Wed Aug 28th	
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		
6 th	Lewes Downland 10 and 5 mile races Lewes AC very own races. If you can't race then please come and help. Further info to follow.	
20 th	Hove Prom 10k Run Store Sussex Road Race Challenge	https://www.nice-work.org.uk/races/hove-prom-10k