



“The Ammonite”

September 2019

This month sees the change of seasons with track and field drawing to a close, and the beginning of the cross country season and so I hope you enjoy the tales of summer successes, and that you are looking forward with glee to the rain and the mud. Please send me all your stories and photos for the October edition by September 28th. Karin Divall karincalliafas@btinternet.com

A Lewes AC World Champion – by Peter Masters



Josh Burgess

(pictured) a Lewes AC member, travelled to Chengdu China to take on the world's best from all the police and prison services across the globe. Running against competitors from over 65 countries Josh won the cross country event by over 12 seconds to claim the gold medal

The race took place on the Sunday 11th August and with a temperature of over 35 degrees. This was even hotter than the UK's hottest day this year so far and even hotter than forecast for the UK August Bank Holiday. Phew.

The games take place every two years with over 10,000 athletes taking part in all sports. It was two years ago that Josh went to LA to compete in the same world championships. At that time Josh again had a fantastic cross country race and came away with the bronze medal. This year there was no beating him.

Congratulations.

Youth Development League (Lower). 20th July 2019 at Lewes- Sally Brown

The last of the YDL lower matches was held at Lewes on Saturday 20th July with the home team hoping for a win which would gain them promotion back to the Southern 1 East division.

It was a very busy day with great performances all round from the Lewes team with many top 3 places.

Results are as follows:

U13 Girls

Rosie Korneval : 2nd in 75m, 1st in 150m(a) and 2nd in 800m(a).

Louisa Loughlin: 3rd in 75m (b), 5th in long jump (a) and 4th in shot putt (a).

Samantha Buckley: 3rd in 150m (b), 2nd in long jump (b), 2nd in javelin (b).

Madison Gregson: 2nd in 800m (b).

Esme Stephenson: 1st in 1200m (a).

Grace Tuesday: 1st in 1200m (b), 1st in high jump (b).

Yuna Hadlow: 3rd in 70m hurdle(a)s, 3rd in high jump(a).

Emily Yulle: 3rd in shot putt (b).

Jia Atkins: 1st in javelin (a).

U13 Boys

Harvey Perry: 5th in 100m(a), 4th in 200m(a), 2nd in 1500m(a).

Rocky Lampard: 3rd in 100m (b), 3rd in 200m (b), 4th in high jump (b).

Barney Hastings: 1st in 800m (a), 1st in javelin (a)

Ewan Child 1st in NS 800m

Thomas Lawson: 1st in 800m (b), 2nd in shot putt (a).

Izaak Osborne: 4th in 75m hurdles (a).

Caleb Stephenson: 4th in 75m hurdles (b), 2nd in shot putt (b).

Caio dos Santo: 2nd in high jump (b), 4th in long jump (b).

Hugo mason: 4th in long jump (a).

Theo summers 1st in javelin (b).

U15 Girls

Tilly Bevan: 2nd in 100m (a)

Maria McQuarrie: 2nd in 100m (b).

Mia Foley-Oates: 4th in 200m (a).

Mena Powell: 3rd in 200m (b).

Emilie Oakden: 4th in 300m (a), 1st in pole vault and 2nd in discus.

Anthi Mamatzakis: 4th in 300m (b), 4th in 75m hurdles, 4th in shot putt.

Evie Clayson: 3rd in 800m (a), 3rd in long jump.

Charlotte Sida: 3rd in 800m (b).

Sophie Nurse: 1st in 1500m (a).

Lizzie Hastings: 1st in 1500m (b).

Romany Aldridge: 1st in high jump (a), 2nd in javelin (a).

Beatrice Osman-Allu: 1st in high jump (b), 1st in javelin (b).

Amelia Hatchard: 1st in pole vault (b)

Maddy Bullen: 3rd in long jump.

Pippa Miles: 1st in hammer, 2nd in shot putt (b), 3rd in discus (b).

U15 Boys

Jack Palmer: 4th in 100m (a), 3rd in 200m (a).

Adam Lawson: 2nd in 100m (b), 2nd in 200m (b).

Louis Goodwin: 1st in 300m (a), 1st in 800m (a).

Finlay Stonehouse: 2nd in 800m (b).

Stan Pendered: 1st in 1500m (a).

Gabriel Penrose: 1st in 1500m (b), 1st in javelin (a).

Archie Burgess: 2nd in 80m hurdles (a), 3rd in high jump (b).

Elliot Payne: 2nd in 80m hurdles (b).

Joshua Phillips: 2nd in high jump(a), 4th in shot putt(a), 2nd in javelin(b).

Isaac Lancaster: 1st in pole vault (a).

Alex Fleming: 1st in pole vault (b), 1st in long jump (b).

Rowan Pearson: 5th in long jump (a), 1st in discus (b).

Darren Leung: 1st in hammer (b), 2nd in discus (a).

Harvey Guest: 1st in hammer (a).

The day ended with a close win for Lewes, with Newham and Essex Beagles in 2nd place. Other teams on the day were Ashford, Orion, East Grinstead, Hastings and Medway Park Phoenix. Results are still pending for their final positions in the league.

This means that next season Lewes will be back in division 1 and the athletes are eagerly awaiting the start of their winter training!

Race Officials Training Course at Lewes!

None of our races could happen without all our officials, and we always struggle to get enough officials at our track, road and cross country events, so please think about whether this is something you would like to do to support the club.

If you would like to train to become an official the next course which will cover both endurance and track & field courses (field, track, timekeeping, starter/starter's assistant) is taking place at Lewes on 29th September.

Anyone who might be interested or want a bit more info then please talk to Peter Kennedy.
pkennedy@bmaf.org.uk

Brighton Birthday Boys 5000m

This annual race was held at Withdean on 22nd August with perfect conditions leading to numerous personal bests (PB) and seasons best (SB). There were four races, which kicked off at 7.15 with race one where Jason Lee (Lewes) led from the start (see photo below), dropping back slightly in the middle of the race before storming through in first place. Race 2 saw an equally impressive win by Ben Savill (Lewes).

Congratulations to all the Lewes runners; Ben Savill 14:36.8 (PB), Jason Lee 16:42.2 (PB), Colin Bennett 17:42.3 (PB), Jonathan Burrell 18:09.5 (SB), Megan Taylor 18:28.8 (PB) and Ben Hodgson 18:39:9 (PB).

It was also fantastic to see Olympian Steph Twell run a seasons best 15:13.6 in race 2- one of the Brighton & Hove AC athletes saw Steph warming up before the race, and commented that she looked as if she was a good runner.... they weren't wrong!



England Masters Teams

England Athletics have announced their next round of 2019/2020 qualifying races for Masters Runners and they say that they are delighted to be working with some excellent race providers in offering these opportunities.

Are you over 35, interested in representing England at 10k, Half Marathon or Marathon distances then have a look at the qualification details....

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

I will be having a go at qualifying at the Chichester 10k in February in the hope of being able to wear my England vest once more- so I hope to see some of you there.

Lewes AC Summer Camp

Organised by Sophie Bomansaam and Angela Brinkhurst the week long Summer Camp at the Lewes Track was again a fantastic success. Taking place during the first week August from 10.00am to 3.00pm each day 70 youngsters aged between 7 and 11 took part.

Coached by the Lewes AC young coaches the youngsters had the opportunity to run jump and throw and play games. There was the chance to try out all the track and field events with games taking place in the afternoons.

Camp t-shirts, drawstring bags and water bottles were given to all who took part.



Photos by Peter Masters; above the Lewes Camp participants, and below the Lewes AC Coaches.



Athletics Round-up - Rick Pilling

21st July; Five U17 club athletes selected to represent Sussex in the Eight Counties meeting at Chelmsford.

Chloe Kornevall in the 300m B came second in 41.60 a pb and new club record.

Aaron Duncan won the 800m B race in 1.58.62.

Danial Stonehouse came 2nd in the B hammer throwing 29.36m

Ivy Spencer won the A string Pole Vault with 3.15m

Natasha Clarke won the B string Pole Vault clearing new pb height of 3.05m

17th & 18th August; Fourteen young club athletes travelled to Ashford to compete in the Southern England championships.

On the track:

Rosie Kornevall U13 came fourth in the 100m timed at 14.35 and 5th in the 200m stopping the clock at 28.30

Big sister Chloe collected a silver in the U17 400m crossing the line in 59.48. In the heats Chloe had set a new club record 59.16.

Louis Goodwin U15 was 4th in his heat of the 800m in 2:14.45

Louie Clemente U15 was 5th in his heat of the 800m in 2:19.23

Joseph Callard U17 6th in his heat of the 1500m in 4:22.62

Stan Pendered U15 was 9th in his 1500m heat in new pb time of 4:43.49

Sophie Nurse U15 was 11th in girls 1500m with 5:18.09

In the field just the Pole vaulters attending Ivy Spencer cleared 3.10m to take U17W silver medal.

Ori Bartle equalled his PB in the U17M event with 3.60m for 9th place.

On a damp windy day the U15 girl's event Emilie Oakden and Amelia Hatchard shared the spoils both clearing 3.20m for joint Gold.

Maddy Bullen came 8th with 2.70m Hannah Russell 9th 2.50m and Bea Osman-Allu 15th with 2.30m.

31st August-1st September; eleven athletes will travel to Bedford for the England National U15 & U17 age group championships.

For a club of our size to have this many is brilliant, only half a dozen clubs in the country have more athletes going!

Good luck to

Jack Palmer in the U15B 300m

Chloe Kornevall in the U17W 300m

Ivy Spencer in the U17W Pole Vault

Gemma Tutton, Emilie Oakden, Amelia Hatchard, Maddy Bullen, Hannah Russell, Mena Powell, Charlotte Sida and Beatrice Osman-Allu all in the U15G Pole Vault.

Sussex Veterans Track and Field League



And at the other end of the age spectrum, the Lewes and Haywards Heath Harriers joint veterans' men's and women's teams both came an impressive second on the night, ending the season in third position in Division 1. (Ok so there is only one division).

Photo left; some of the Lewes/HHH women's team.

The track saga

This is an up-date on a long and continuing saga about the long term future of the track. The key issue has been the apparent decision of the Lewes District Council to wash its hands of the track and to refuse to pay its contribution towards its maintenance. I say apparent as it has been impossible to track down who or when this apparent decision was made. However we may be moving forward.

When the club raised all the money to construct the track in 1999 a 21 year agreement was put in place between 5 partners to manage and fund the maintenance of the track. The joint partners are the County and District Councils, East Sussex College, Priory School and Lewes AC. This arrangement is unique in the UK.

This 21 year agreement ends this year and a new one is required to ensure the track continues to be well managed and maintained. As the first draft headings of the new agreement were being discussed this year the joint committee were informed that the District Council wished no longer to be associated with the track and was no longer going to contribute its share of the maintenance costs.

Currently the annual track maintenance costs are around £40,000 with the District Council share being £9,600. The loss of this sum will create a large hole in the track maintenance budget and potentially threaten the future of the track. District Councils are responsible for the provision of sport and recreation and as far as I'm aware no other District Council in the UK gets a fully and well maintained track for a contribution of £9,600.

It is a mystery as to when and by whom the decision was taken by the District Council to apparently wash its hands of the track and to refuse to pay its share. Despite many and varied attempts it has been a failed herculean task to try and get a definitive reply. Never daunted I submitted a Freedom of Information request in June this year and received a reply in July from the District Council. I considered that this reply part untrue and failed to fully answer the questions posed. Under the FOI act I appealed and received interim reply that promised a reply by the 4th September.

Whilst all of this has been going on the District Council commissioned a £40,000 study to examine open space and outdoor sporting facilities in the District. Guess what the track wasn't included!! Apparently they forgot to include the track - it is now included.

There is light on the horizon however as the political complexion of the Council has changed. I have been in contact with the new leader of the Council Zoe Nicholson. She has promised me to get to the bottom of the whole sorry tale and meet up with me to resolve the matter.

True to her word Zoe Nicolson has met with a senior officer and from this meeting has decided to continue the pay their £9,600 contribution this year. This will solve the immediate issue and give time to review and to put in place what should happen in 2020 and beyond.

My simple aim remains. All I want is for Lewes District Council to remain a partner to the management and maintenance of the track and to pay its share of the costs. Watch this space.

Peter Masters

Chair Lewes AC

Calendar of future events

September		
Sun 1 st	Sussex U13 League Final @ K2 Crawley	
Sun 1 st	Sussex AA 3K Track Champs K2	
Tues 3 rd	Masters Mantell Challenge	
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
Sat 28 th	Sussex County Cross Country Relays @ Goodwood [3x 2800m per team juniors] [4 x 4k for adults].	
Sun 29 th	Barns Green Half Marathon Run Store Sussex Road Race Challenge	http://www.barnsgreen-half.org.uk/
October		
Sun 6 th	Lewes Downland 10 and 5 mile races Lewes AC very own races. If you can't race then please come and help.	https://www.lewesac.co.uk/events/downland-runs
Sat 12 th	Sussex Cross Country League [1] Goodwood	
Sun 20 th	Hove Prom 10k Run Store Sussex Road Race Challenge	https://www.nice-work.org.uk/races/hove-prom-10k
November		
Sat 9 th	Sussex Cross Country League [2] Lancing Manor.	
Sat 30 th	Sussex League Cross Country [3] Stanmer Park.	