



# “The Ammonite”

November 2019

I hope you enjoy reading this newsletter. Please help to keep it interesting and informative by sending all your contributions, large and small, photos and/or text, to Karin Divall by 29<sup>th</sup> November for the next (December) newsletter. Thank You! [karincallifas@btinternet.com](mailto:karincallifas@btinternet.com)

## Sussex Cross Country

Congratulations to the under 17 men's team who had a clean sweep of the top three places in their race at the first Sussex County Cross Country match at Goodwood. The team race finished with a minimum score of 6 points to Crawley's 18 and Brighton & Hove's 39.

Adam Dray in first position clocked 16:28, for victory, with Fenton Davoren in second position, 16:39, and Atticus Mohapi-Dobouny third in 16:47 and in 18th place Matthew Cudby. Whilst in the under 15 boys' race Crawley won the U15 boy's race with 10 points from Lewes in second team place with 17 points, and Brighton & Hove 36.

We had a good turnout and good results in the other age groups which saw a great start to the season for Lewes:

U11 Girls; 8th Beth Boyes, 17th Nesta Pring

U11 boys; 1st Luca Grazzina, 8th Charlie Perry, 23rd Seth Warriner

U13 Girls were fourth team; 6th Grace Tuesday, 11th Esme Stephenson, 22nd Martha Weiskoff-Strange, 24th Darcy Pring, 27th Olivia Harris, 34th Rosie Kornevall, 36th Madison Gregson, 44th Zoe Wright, 45th Mae Smyth, 46th Pearl Goodwin.

U13 Boys; 18th Harvey Perry, 19th Thomas Lawson, 27th Issac Tarafder, 41st Theo Tarafder, 51st Jack Cooley, 58th Ben Tamplin, 62nd Oliver Gooch

U15 Girls were third; 5th Sophie Nurse, 11th Harriet Dray, 14th Charlotte Sida, 15th Freya Hinds

U15 Boys were second team 3rd Archie Guppy, 9th Louis Goodwin, 14th Stan Pendered, 16th Louie Clemente, 20th Gabriel Penrose, 23rd Charlie Wright, 29th Luke Brooks, 36th Henri Bedwell, 40th Finlay Stonehouse, 43rd Daniel Gooch, and 46th Leo Boyes

U17/20/snr women; 32nd Mary Campbell-Clemente, 45th Erin Hinds [16th u17], 49th Tamsyn D'Arienzo, 78th Jane Boyes

U20/snr men/vet men; 6th Ben Savill, 16th Toby Meanwell, 20th Matt Bradford, 36th Lewis Sida, 50th Colin Bennett, 3rd Jonathan Burrell, 72nd Lee Woodgate. The vet's men's team were second.

The next Cross Country match is at Lancing and it would be good to see a large turnout- particularly from the senior/adult sections of the club. We have many talented adult endurance runners in the club and it would be good if you could make every effort to prioritise running for your club at the Sussex Saturday event on the 9<sup>th</sup> November at Lancing Manor.

## The remaining dates for the Sussex Saturday Cross Country League are:

- Sussex Cross Country League – Match two – Saturday 9th November 2019 – Lancing Manor
- Sussex Cross Country League – Match three – Saturday 30th November 2019 – Stanmer Park
- Sussex Cross Country League – Match four – Saturday 8th February 2020 – Little Common Bexhill

Please make every effort to turn out for the club in these events. For further details and to let them know that you can run please contact the following team managers or **enter your name on the club's wiki page on the web site.** <https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share>

For the senior and vet men please e-mail Matt Bradford on [mrxmastree79@gmail.com](mailto:mrxmastree79@gmail.com)

For senior and veteran women please e-mail Helen Sida on [helen@sida-uk.org](mailto:helen@sida-uk.org)

For junior and also veteran men please e-mail Dave Leach on [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com)

## Sussex Grand Prix : Hove Promenade 10k - Bob Hughes

### Sunday 20<sup>th</sup> October 2019

My recollections of this Arena 80 event associate it with warm sunny weather, but it is now run later in the autumn and this year the rain kept off but it was definitely chilly. As the name might suggest this is a flat fast course. It consists of two laps and starts and finishes on the promenade next to Hove Lagoon. The nine o'clock start made it seem a bit like a super-sized park run.

As you can see from the results for Lewes runners our own Matt Bradford was outright winner – surely he can't be a vet!

| Position | Gun time<br>mm:ss | Chip time<br>mm:ss | Runner            | Category         | Cat<br>position | M/F<br>Position |
|----------|-------------------|--------------------|-------------------|------------------|-----------------|-----------------|
| 1        | 32:38             | 32:38              | Matt Bradford     | Male Vet 40      | 1               | 1               |
| 6        | 34:23             | 34:23              | Jason Lee         | Senior Male      | 4               | 6               |
| 32       | 37:38             | 37:38              | Robert Cooper     | Male Vet 40      | 10              | 31              |
| 39       | 38:11             | 38:11              | Ben Hodgson       | Male Vet 40      | 14              | 37              |
| 66       | 40:38             | 40:33              | David Prince-Iles | Male Vet 60      | 2               | 61              |
| 175      | 47:26             | 47:12              | Ian Hilder        | Male Vet 60      | 8               | 139             |
| 180      | 47:40             | 47:25              | Geoff Watson      | Male Vet 60      | 10              | 144             |
| 184      | 47:47             | 47:32              | Bob Hughes        | Male Vet 70      | 3               | 148             |
| 327      | 55:47             | 55:29              | Jill Vaughan      | Female Vet<br>40 | 45              | 110             |

Out of interest, below is a table showing the performances of those runners who competed both in this race and in the summer version, the Phoenix 10K, run on Wednesday 10<sup>th</sup> July over a similar but not identical course.

| Position | Runner           | Gun time<br>mm:ss | Chip time<br>mm:ss |
|----------|------------------|-------------------|--------------------|
| 18       | Matt Bradford    | 35:04             | 35:03              |
| 23       | Jason Lee        | 35:39             | 35:36              |
| 53       | Robert<br>Cooper | 37:35             | 37:31              |
| 102      | Ben Hodgson      | 39:22             | 39:17              |
| 349      | Ian Hilder       | 48:40             | 48:23              |

This shows that Lewes runners generally improved their performances between the two races. In particular Matt's outstanding run took almost two and a half minutes off his previous time. This improvement was

amplified in terms of finishing place by the smaller number of competitors in the October race (461 runners as against 598 in July). It could be argued that Matt would have shown an even greater improvement if he had not run out of people to overtake.

In terms of the overall SGP league positions, the SGP organizers have yet to publish tables that include the Lewes 10 miles and the Hove Promenade 10k. However on available information, the Lewes runners with a chance of a medal are:

| Name              | table position | Category | No. of Races | SGP total points | Est. position. within category |
|-------------------|----------------|----------|--------------|------------------|--------------------------------|
| Chris Gilbert     | 2              | V2       | 6            | 2979             | 1                              |
| Ian Hilder        | 34             | V4       | 6            | 2463             | 3                              |
| Bob Hughes        | 43             | V7       | 6            | 2417             | 3                              |
| Robert Cooper     | 76             | V1       | 4            | 1918             | 3                              |
| David Prince-Iles | 88             | V5       | 4            | 1813             | 2                              |

The estimated position within a category is based on an average of points scored in races so far as runners may have completed different numbers of races at this time in the competition.

There is now only one race left in the 2019 competition: the Crowborough 10k on the 24<sup>th</sup> November. This is a two lap course with a long hill and an optional ford (you can use a footbridge instead). You can of course do it as a one-off event. What more do I need to say to make you want to enter?

Bob Hughes Email: [bob.hughes@bcs.org](mailto:bob.hughes@bcs.org)



**Matt Bradford** (photo above) was 1<sup>st</sup> in the Hove Prom 10K in a time of 32.38. And he was 3<sup>rd</sup> in the Lewes Downland 10 with a time of 62.37 leading the Lewes AC team to a gold medal win; Matt, Adam Vaughan Ben Pepler and Matthew Cudby.

## French visitors for the Lewes Downland Trail Weekend – Ian Hilder

The weekend of our Lewes Downland trail races is also the date for the return visit of our French friends from Lewes AC's twin-town running club of Vendome-Marolles, joined by the club's Spanish running friend Pablo.

The weekend began on Friday evening with the arrival of the French by ferry at Newhaven. From there they were whisked to a welcome party kindly hosted by Jeremy Wainwright and then dispersed to their host families' homes.



Meeting at Lewes Station next morning, the group headed for London. Language is rarely a barrier on these outings, courtesy of translating apps and good smattering of “Franglais”. From Victoria Jeremy led a quick march to Westminster Pier for the waterbus to Greenwich. Here we toured the naval buildings and part of the London Marathon route around the record-breaking tea clipper the 'Cutty Sark'.



Returning to Lewes, the party staged a pre-arranged coup of Irma's Caribbean café at Cliffe corner, run by former club member Simon Bomford and his wife Irma. A great evening was had with liberal “sabotage” of our guest runners.

Refreshed by sleep and assorted breakfast options the runners amongst the party donned their running gear ready for the challenges of the 5 & 10 miles trail races. Races completed there was a prize-giving for the best French competitors, after which the runners returned to their host families' homes for a well-earned lunch, followed by trips out to the coast in the Sussex countryside.



The finale of this busy weekend was an evening of skittles and ale at the Royal Oak, Barcombe – how English is that!

### **Club Communications**

This is a call out to anyone who would be interested in helping to get our club news better circulated; keeping people up to date, and publicly congratulating our athletes on all achievements big and small.

We would like to have a root and branch look at all our communications- within the club and more widely. If you think you could help or have any ideas, then we are seeking offers of help to form a small group. Interested or want to know more? If so please email me [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com) or Peter Masters [peter@regenco.me.uk](mailto:peter@regenco.me.uk)

## Dublin Marathon- 27<sup>th</sup> October



Well done to Tamsyn D'ariento (photo left) who completed this marathon in a time of 3:36:44.

Tamsyn completed our 10K development course earlier this year, and says she wouldn't have possibly done the marathon if we had not got her back running this year! "I'm so grateful for that pick up you and Bev and Siobhan gave me in the 10kDG".

## Oxford Half – 13 Oct 2019; Siobhan Boyer

As many of you know, it has been a challenging 18 months or so for my running, or not running in my case. As ever, a target race helps keep the mind focussed when returning after a long break and I chose the Oxford half marathon – a flat, mainly road run around a scenic city I know well and a chance to visit my family who live nearby.

Race day dawned wet, \*really\* wet. And kept raining. In fact, the rain stopped only as we entered the last mile or so.

My brother Iain (making a flying visit from the US for the weekend) and my brother in law Gary joined me to make it a family affair. We had the usual pre-race debate – extra layer or just t-shirt. I opted for the extra layer which turned out to just be one more thing to soak up the rain but did keep me warm when I wasn't running.

We joined the 7,000 or so runners, many of whom seemed not to have dealt with rain or puddles before...Sussex cross country hardens you to a lot; I just splashed through! The crowds were surprisingly large and cheerful given the weather and there was music at every mile to try to distract us...it worked for me most of the time.

I had a race plan of run/walking but that pretty much went out the window at the start...as ever, we got caught up in the excitement and went off too fast and then I wanted to keep going until we saw our lovely, soggy support crew – my sister, mother and wee nephew. I managed to get more or less back on plan but

realised around mile 9 that it was going to be more of a just walking plan to get to the finish. But finish we did – 2:36:47. Fast? No, but a huge milestone for me. Lost a toe nail but got my running mojo back...



*Siobhan (centre of the photo above) was running to raise money for two very special charities: Motor Neurone Disease Association (MND) and CLIC Sargent.*

### Calendar of future events

| <b>November</b>      |  |   |
|----------------------|--|---|
| Sat 9 <sup>th</sup>  | Sussex Cross Country League [2]<br>Lancing Manor     | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>   |
| Sun 10 <sup>th</sup> | Blackcap, Lewes ESSXCL Race 2                        | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=esscl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=esscl+signup+and+lift+share</a> |
| Sun 17 <sup>th</sup> | Brighton 10k<br>Run Store Sussex Road Race Challenge | <a href="https://brighton10k">https://brighton10k</a>   |
| Sun 24 <sup>th</sup> | Crowborough 10K<br>Sussex Grand prix                 | <a href="https://crowboroughrunners.org.uk/crowborough-10k/">https://crowboroughrunners.org.uk/crowborough-10k/</a>   |
| Sat 30 <sup>th</sup> | Sussex League Cross Country [3]<br>Stanmer Park.     | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>   |

|                           |   |   |
|---------------------------|---|---|
| <b>December</b>           |   |   |
| 7 <sup>th</sup>           | SEAA Masters & Inter Counties XC<br>Horspath, Oxford              |   |
| Sun 15 <sup>th</sup>      | New Place, Framfield ESSXCL Race 3                                | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a> |
| <b>January 2020</b>       |   |   |
| Sat 4 <sup>th</sup>       | Sussex Cross Country Champs @ Bexhill                             | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>     |
| Sat 25 <sup>th</sup>      | South of England Champs @ Parliament Hill Hampstead heath London. |   |
| <b>February</b>           |   |   |
| <b>Sun 2<sup>nd</sup></b> | Chichester 10k.<br><i>England Masters Qualification race</i>      | <a href="http://www.chichester10k.com/">http://www.chichester10k.com/</a>   |
| <b>2<sup>nd</sup></b>     | Heathfield Park ESSXCL Race 4                                     | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a> |
| Sat 8 <sup>th</sup>       | Sussex League Cross Country [4] @ Bexhill.                        | <a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>     |
| Sat 22 <sup>nd</sup>      | English National X/C Champs @ Wollaton Park Nottingham.           |   |
| Sun 23 <sup>rd</sup>      | Brighton Half Marathon.   | <a href="https://www.brightonhalfmarathon.com/">https://www.brightonhalfmarathon.com/</a>   |