



“The Ammonite”

February 2020

Cross Country

Congratulations to everyone who ran in one or more of the various **Cross Country Champs** and represented your club during January. First up the **Sussex County Cross Country Champs** on January 4th and what a brilliant day it was for the club with two individual medals; Adam Dray [u17 Gold] and Esme Stephenson [u13 Bronze], plus we had the following team successes- 1 Gold, 3 Silvers, 1 Bronze- fantastic!



LAC under 13 girls starting the race. Team silver

LAC under 17 men starting the race – Team gold and Adam Dray individual gold





Photo left; Adam Dray winning the sprint to finish first in U17 men's race



Photo right: Esme Stephenson and Grace Tuesday; part of the U13 silver medal winning team with their medals. The third team member was Martha Weiskoff-Strange



Photo left: Under 17 men gold medal winning team. Adam Dray (558); Atticus Mohapi-Dobouny (559); Joe Callard (556); Fenton Davoren (557)



Photo left; Sophie Nurse and Harriet Dray part of the bronze winning U15 girls team getting their medals from Ron Penfold the Sussex AA President. Freya Hinds was the third team member.



Senior men's team left– Team silver

Sussex County XC Champs- Results in full:

U13 Girls [3km]. Esme Stephenson [3rd], Grace Tuesday [4th], Martha Weiskoff-Strange [20th], Darcy Pring [26th] and Madison Gregson [39th]. Team 2nd for silver.

U13 Boys [3km]. Barney Hastings [9th] Harvey Perry [21st], Thomas Lawson [23rd], Isaac Tarafder [32nd] Theo Tarafder [39th], Lucas Tomkins [42nd] Jack Cooley [45th] Teams A, 4th B, 11th

U15 Girls :Sophie Nurse [6th], with Harriet Dray [12th] and Freya Hinds [18th] and Anthi Mamatzakis [26th] closing out the Lewes girls. Team 3rd. for bronze.

U15 boys [4km]. 4th place was Archie Guppy, followed by Stan Pendered [10th], Charlie Wright [11th], Gabriel Penrose [15th], Max Gardner [31st], Henri Bedwell [32nd], Finlay Stonehouse [37th] and Samuel Deeprise [42nd]. Teams; A, 2nd for silver, B, 7th.

U17 men 5km Adam Dray [1st], Atticus Mohapi-Dobouny [4th] Joe Callard [9th] and Fenton Davoren [12th]
Team 1st for gold.

U20 men 8km Charles Taylor [14th].

Senior Men 10km [4th] was Ben Savill, Matt Bradford [13th], Callum Upton [14th], Toby Meanwell [18th], Chris Gilbert [26th] and the scoring 6 was David Bradford [35th]. Ben Pepler [38th] Adam Vaughan [39th] and Lewis Sida [45th] Team 2nd and a great silver medal.

Final race of the day was the senior women: Megan Taylor [12th]

Next it was the turn of the Masters at their County XC Champs at Lancing on 18th January



The over 40s Lewes men won team gold as well as individual gold and bronze medals. Matt Bradford showed his strength and pulled away to win the race and the gold medal. Chris Gilbert came in just behind in third place for the bronze medal. With Adam Vaughan in 4th place, and Ben Hodgson in 17th place, Andrew McLennan was 31st.

The team photo left to right are Ben Hodgson, Chris Gilbert, Matt Bradford, Adam Vaughan, Andrew McLennan



The Lewes AC team of over 45 women came away with a well-earned silver medal. Leading the women's team was Mary Campbell in 4th place followed closely by Helen Sida in 6th Place. Closing in the third member of the team was Helen Bowman in 21st place.

The photo of the silver medal winning team of over 45 women are from left to right – Helen Bowman, Mary Campbell and Helen Sida.

Also running were Jonathan Burrell who came 10th in the men over 50 and Dominic Osman-Allu who came 25th in the same age group. David Prince-Isles came 10th in the men over 60 race.

And to round off the month we had the South of England XC Champs at Parliament Hill on 25th January

Results in full:

U15 boys, Stan Pendered [108], Charlie Wright [110] Gabriel Penrose [123] and Luke Brooks [170]. Then Louis Goodwin 205 Max Gardner 244 and Finlay Stonehouse [303]
Team finished 16th and ahead of all other Sussex clubs [B & H 17th] [Worthing 25th and Crawley 26th]

U13 girls, Esme Stephenson 68th, Martha Weiskoff-Strange 126th, Darcy Pring 159th, and Olivia 241st. The team finished 28th. Only Crawley finished in front of us [13th], B & H and Chichester behind us.

U13 Boys; Harvey Perry 169th, Isaac Tarafder 197th, Theo Tarafder 219th and Jack Cooley 247th. Team 34th.

U15 girls Sophie Nurse 77th and Anthi Mamatzakis 283rd.

U17 men; Joe Callard in the u17 men had a good run to finish 67th

Finally for the club was Charles Taylor in the u20 race, he finished 85th.

Well done to everyone who braved the mud to run for your club- great results from all!

Coaching at the Track

When I have been down to the track over recent weeks I have seen lots of coaching activity on the track and I thought it would be useful to provide an update on what is available to athletes in the club who might be interested in joining a new group and/or taking their sport to the next level, or who would just like to know what activities are going on!.

Mike Ellis-Martin a top level coach is offering coaching sessions for adults/masters on Thursday nights. He says " Have you ever thought you would like to try throwing a javelin or doing triple jump or any of the other track and field events? I will be running sessions for people who either haven't done these events before or did them at school and haven't since. You do not need to be already competing in these events, just wanting to have a go. If you would like more information you can email me on mike@athleticoach.com or just turn up at 6.30 on Thursdays at the Lewes track"

Pete Masters – High Jump – Peter Masters the club's high jump coach is offering the chance for older club members to be coached in high jumping. He coaches (when the weather is good!!) on Thursday nights and will be restarting his HJ coaching shortly. If you are interested please make contact with him on chairman@lewesac.co.uk As a first step he is happy to let you have a go away from prying eyes on a one to one basis. Depending on numbers sessions can be arranged to suit all those interested.

Jamie Powell – sprints - jamienpowell@icloud.com –Jamie is keen to get adults involved in his group. (Note from editor...I have seen Jamie leading some very impressive strength and conditioning sessions)

Peter Selby – race walking - pwselby@hotmail.co.uk – has expressed a willingness to get younger athletes and adults into the world of walking. Race walk sessions are usually Saturday morning's from 9am to 11am but other sessions can be included.

David Pilbeam – throws – hammer, javelin, shot - moonpienoob@gmail.com – willing to take on adults into his coaching groups

Roy Hayward – long jump - roy.hayward1@ntlworld.com - Roy only coaches the youngsters, and he tells me that from what he has seen so far we have some good jumpers. The session is Thursday night from 5.50 until 7 pm anyone who is interested can contact Roy on 07866 568204

Angela Brinkhurst – sprints mainly and hurdles but also jumps - a.brinkhurst@sky.com – Angela is closely involved with the Academy and coaching younger athletes.

Rick Pilling – Leading all the coaching of the Academy and junior pole vaulting
coachbaldrick@hotmail.co.uk

Dave Leach – His Endurance Group meets usually on the track Tuesdays and Thursdays, with the Adult Performance Group meeting Wednesday evenings at the track. Adult athletes looking to improve their performance and who might be interested in his Wednesday performance group should contact Dave. There is a long-standing standard for this group of 37 minutes 10K for men, 45 mins for women, but if you are interested in this group (enthusiasm goes a long way!) and not sure of your standard or if this is the session for you, then have a chat to Dave. davebmclewes@gmail.com

David Foster runningfit@lewesac.co.uk organises the Thursday on-track adult sessions which are open to adults of all abilities.

Siobhan Boyer and **Bev Sheridan** organise the Saturday morning sessions which are coached by various coaches and leaders, and open to adults of all abilities.

However, if the thought of any athletic activity on the track seems daunting then you might be interested in our next beginners running course.

Our popular **New Beginners/returners course** starts on Saturday 22 February. Led by LAC Coaches & Leaders, the course is suitable for anyone wanting to start running, or returning after injury or a long break.

Information & bookings on our England Athletics web page
<https://groups.runtogether.co.uk/RunLewes>

A (French) Date for your Diary!

If you fancy a fun-filled and inexpensive running weekend in the Loire now is the time to book a couple of days off and put the weekend of 24th to 27th April in your diary! The trip starts with the ferry crossing from Newhaven on Friday morning heading for a reception party in the rural village of Marolles (near Blois) in the evening. Ending the day at your accommodation in the home of one of the French runners.

Saturday will be spent on an all-day visit, followed by an evening reception. Sunday is race day, with a choice of trail races over different distances through the country park on the edge of the village, followed by one of the biggest picnics you have ever seen! Then a little more sightseeing before a farewell dinner. After Monday breakfast there's a leisurely return journey to Dieppe to catch the evening ferry home. All for the cost of the ferry and a few gifts for our generous hosts!

To register your interest or ask any questions, please email Ian: hildergen@aol.com

And finally; please send me all your contributions for the next newsletter to me by February 26th. Karin Divall karincalliafas@btinternet.com

Calendar of future events

February		
Sun 2 nd	Chichester 10k. <i>England Masters Qualification race</i>	http://www.chichester10k.com/
Sat 8 th	Sussex League Cross Country [4] Bexhill.	https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share
Sat 15 th	Sussex indoor Champs David Weir Leisure entre, Carshalton	Entry
Sun 16 th	Sussex Indoor Champs David Weir Leisure entre, Carshalton	Entry

Sun 16 th	ESXCL Bodiam (race 5)	https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
Sat 22 nd	English National X/C Champs @ Wollaton Park Nottingham.	
Sun 23 rd	Brighton Half Marathon	Entry
March		
Sun 8 th	Pett ESXCL (race 6)	https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
Sun 29 th	Hastings Half Marathon Sussex Grand Prix	Entry