



## The SNAIL MAIL

Formerly 'The Ammonite'

1<sup>st</sup> April 2021

Please send contributions to [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk)

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### 'Snail Mail' Formerly 'The Ammonite'

The club are in receipt of a communication from media lawyers apparently representing the makers of a film 'Ammonite', written and directed by Francis Lee. It threatened legal action for breach of trade marks with regards to the title 'Ammonite'. The motivation for this claim is unclear but there is speculation about the use of net crawler apps that search the internet for possible matches and generate automatic solicitor's letters. Sources close to the Lewes AC Chair said that the claim was clearly preposterous on a number of accounts, but that the legal costs of defending the club from the allegations would take funds desperately needed for athletics development, particularly with the loss of club income from club events during lockdown. In the light of this it was decided to rename

the Lewes AC newsletter. A range of alternative titles was considered. 'Brian the Snail' was rejected for obvious reasons.

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## Junior Academy

We are anticipating returning on **Monday 19th April**, and we will be running slightly smaller groups due to Covid. Final confirmation will be made when all coaching and other support are in place.



The format that is planned is:

<b>Mondays</b>	Years 6-7 from 5.30 Years 8-9 from 6.30
<b>Tuesdays</b>	Years 10-13 from 6.00 to 7.00pm

Our thanks go to Mike Ellis-Martin and his team for the ongoing hard work to get the return in place. Please read the news item about our individual responsibilities in the ongoing fight against Covid.

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## Covid-19 Guidelines for Lewes AC Juniors and Academy

The safety and well-being of all athletes and coaches is very important to us so there are certain measures that we have to implement for a safe return to training.

- If you or your child show any symptoms of Covid-19 please do not come to the track. Stay at home and notify the Covid-19 Coordinators at [covid@lewesac.co.uk](mailto:covid@lewesac.co.uk) and arrange for a test.
- If anyone displays symptoms after training you must notify us immediately by email [covid@lewesac.co.uk](mailto:covid@lewesac.co.uk) and follow the procedure above.
- We are operating a one way system into and out of the track. Please follow the entrance/exit signs.
- There will be hand sanitizers for everyone to use on entry to the track.
- Registration is extremely important for track and trace so everyone must report to the person taking the register.
- We ask that only children taking part in a session enter the track as we need to keep the number of people attending as low as possible.
- Please observe social distancing at all times. This includes the track and the car park areas.
- At the end of the session we ask parents to wait just outside the exit gate and we will make sure the younger athletes only leave when someone is there to collect them.
- All surfaces and equipment will be disinfected to prevent the spread of any viruses.
- Be aware that there is only one toilet available for use in emergencies at the Leisure Centre.

PARENTS ARE RESPONSIBLE FOR ENSURING THEIR CHILD IS AWARE OF ALL THESE MEASURES

Our thanks to Lucy-May Trafader for her work preparing the Covid-19 risk assessment and action plan.

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## Adult runners: Lewes AC club runs are go!

David Foster writes *'I am very happy to be able to announce our return to club activities from next week, and to declare the [Tuesday Signup](#) and [Saturday Signup](#) training sign-up pages open for business (with renewed apologies for the short notice).*

*Before signing up, though, please familiarise yourself with the revised Safety Measures listed at the top of the ['Tuesday training'](#) Wiki sign-up page.'*

Coaches and Club members must NOT attend runs/training sessions IF

- i) they have symptoms of Covid-19 (high temperature, new or continuous cough, loss of or change in sense of taste or smell), OR
- ii) suspect they have symptoms, OR
- iii) have tested positive for Covid-19 OR
- iv) have come into contact with anyone who has tested positive for Covid-19 (this includes sharing a household/support bubble)

Any runner who has attended a session and subsequently either develops symptoms of Covid-19 (see above), receives a positive test result or shares a household/support bubble with someone who has developed symptoms of Covid-19 or received a positive test result MUST inform the Club Covid Coordinators by email at [covid@lewesac.co.uk](mailto:covid@lewesac.co.uk) and follow the guidance set out on [EA's Covid-19 Flow Chart for Managing Confirmed or Suspected Cases](#).

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## Lewes AC is proud to support women runners

Recent tragic events have highlighted the immensely important issue of women's safety. At Lewes AC we take this very seriously, for our members, other people who run and take exercise outside, and for every single member of our community. We all have a right to run and walk our streets and Downs, to take exercise, at any time of day or night without fear of harassment. For many of us there are many barriers to exercising, fear and intimidation should not be among them.

Lewes AC provides a safe space for girls and women of all ages to run and take part in other athletics events. Since the club began in 1984 training nights have taken place in mixed groups, with a strong emphasis on respecting each other, as well as developing as athletes or simply keeping fit. Lewes AC is for anyone who wants to be active whatever their gender, age or ability.

Almost half of our 450 members are women and girls. Karin has been a club member for 23 years, pounding pavements and Downland trails. She has encouraged many new club members to achieve

their first 5k or 10k runs. She says that “many members find friends to run with, share support and friendly advice when needed. Many of our runners feel much safer and can achieve more when running with others”.

Lewes AC is proud to support the “Our Streets Now” a campaign co-founded by one of our younger athletes, Gemma Tutton. Through this campaign Gemma as an athlete is demanding the right of women and girls to feel and be safe in public space. Gemma is keen that women and girls should have the opportunity to enjoy the sport they love without fear of public sexual harassment:

<https://www.ourstreetsnow.org/our-mission>

Women and girls think about and take extra safety precautions every time they exercise outdoors. This has been going on for too long. Now is the time to switch so that the emphasis is on what men can do to make women and girls feel safer.

Lewes AC is calling for everyone to show respect to women exercising outside, particularly the following.

- Saying hello to other athletes is part of the running culture so while a friendly good morning or good afternoon will almost certainly be returned, please don't make comments, positive or negative about a woman's running.
- Don't heckle from cars or vans, honk your horn, or drive slowly alongside a runner.
- Keep your distance if you're also running or cycling. Having someone running on your heels is intimidating. Give a wide berth or cross the road if you want to overtake.
- If you're in a group be aware many women runners feel intimidated running past you, so allow them space to get past and don't stare.

Let's all support girls and women to get outside and enjoy exercising.

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## Fran Witt: What running has done for me over lockdown

I've thought many times over lockdown that I am incredibly lucky to have chosen running as my sport. I've had so much fun consolidating friendships over many miles of running the Downs and the river, and I've taken part in some extraordinary virtual events, like the Centurion One 50 mile challenge, and the One Love 50k on Valentine's weekend [See picture and map below]. I've learned to navigate vast swathes of local area on my own and feel like I could run out in any direction from Lewes and feel pretty confident of finding my way.

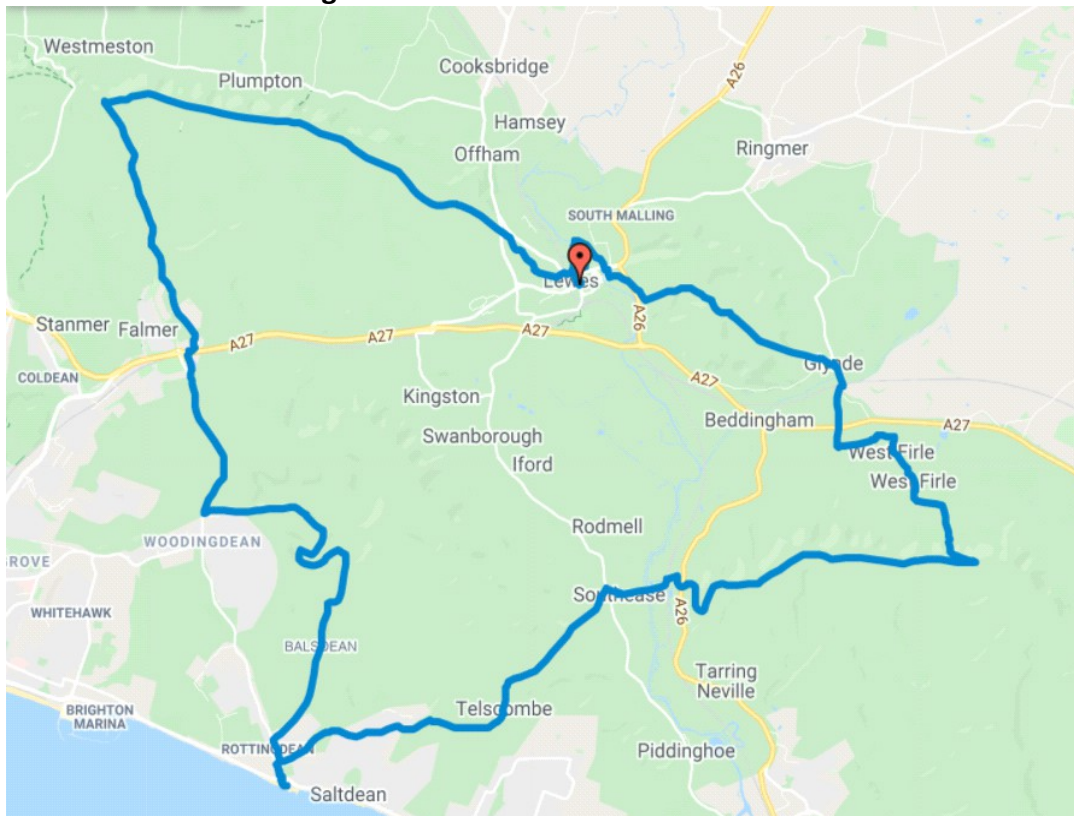
When I put on my trainers and run out the door, I leave the world of home-working behind, as well as domestic chores and childcare and I get some freedom from lockdown. Out on the Downs I decompress, and soak in the big skies and the weather, and have massive adventures. My absolute top favourite run from Lewes now is down the Snake to Balsdean, and down to Rottingdean for a takeaway coffee by the sea before hiking back up towards the Yellow Brick Road and Swanborough.

On top of all this I've enjoyed building the [Lewes AC Facebook page](#), creating a virtual community of Lewes AC runners from beginners and returners to competition athletes, and endurance runners. Every Lewes AC member is welcome to join and post there!



Picture of Fran Witt (right) and Elizabeth Hilton during Centurion 50 kilometre challenge.

Below is the route of the 50 kilometre local run Fran and Elizabeth completed for the Centurion One Love challenge.



## 2021 -Track and Field Events

As at 31<sup>st</sup> March these are the dates for the matches within the leagues in which Lewes AC is a member. Other events are listed on the Sussex Athletics Web Site under [Events Information \(sussexathletics.net\)](#)

### **Events planned to take place at the Lewes Track.**

These events are ones that the club must host and organise. Peter Masters over many years has organised all the Track and Field matches at the Lewes track. For those planned for 2021 he will be looking for others to take on this role. He is happy to support and guide but 2020 is his last year of organising meetings at the track. If you would like to talk about what is involved, contact Peter Masters at [peter@regenco.me.uk](mailto:peter@regenco.me.uk)

- Wednesday 26<sup>th</sup> May – Under 15 and Under 17 open event
- Monday 14<sup>th</sup> June – Sussex Veterans League
- Sunday 11<sup>th</sup> July – Southern Athletics League
- Saturday 17<sup>th</sup> July – Youth Development League (Lower age group – U13 & U15)
- Monday 26<sup>th</sup> July – Sussex Veterans League

### **Youth Development League (Upper age group – Under 17 and Under 20)**

This is part of a national hierarchy of regionally based leagues and divisions. There are four teams in the South Division 2 league. They are Brighton & Hove City AC: Crawley AC: Holland & Reigate Priory and Team Sussex. Team Sussex is a composite team made up of Lewes AC, East Grinstead AC and Eastbourne Rovers

- Sunday 30<sup>th</sup> May
- Sunday 27<sup>th</sup> June
- Sunday 25<sup>th</sup> July
- Sunday 5<sup>th</sup> September

### **Youth Development League (Lower Age Group – Under 13 & Under 15)**

In this group, Lewes AC competed as an individual team and won promotion to the next level of the league in 2019.

- Saturday 5<sup>th</sup> June
- Saturday 17<sup>th</sup> July (At Lewes)
- Saturday 4<sup>th</sup> September

## Southern Athletics League

- Sunday 20<sup>th</sup> June – Brighton
- Sunday 11<sup>th</sup> July – Lewes
- Saturday 14<sup>th</sup> August – Hastings (TBC)
- Saturday 11<sup>th</sup> September (Not scheduled)

## Sussex Masters (Vets) League

- Wednesday 19<sup>th</sup> May – Eastbourne
- Monday June 14<sup>th</sup> – Lewes
- Monday July 26<sup>th</sup> – Lewes (Brighton to host)

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## Sussex under 13 and under 15 events

In the light of the current covid-19 situation it has been decided that the Sussex under 13 and under 15 Leagues will not take place as in previous years. A number of open events for these age groups are planned to re-establish competition and encourage all youngsters to participate. U17s are also being invited to take part in these.

1. Saturday 8th May	Sussex Festival of Athletics	K2 Crawley
2. Wednesday 26th May	Sussex Young Persons Open (U15 & U17)	Lewes Track
3. Wednesday 9th June	U13 open meeting (East)	
4. Thursday 10th June	U13 open meeting (West)	
5. Thursday 24th June	Sussex Young People's Open (U15)	K2 Crawley
6. Friday 2nd July	Sussex Young People's Open (U15)	Withdean Brighton
7. Saturday 10th July	U13 Champs and Quad Kids	Withdean Brighton
8. Wednesday 14th July	U13 open meeting (East)	
9. Thursday 15th July	U13 meeting (West)	
10. Saturday 18th September	Sussex U13 and U15 Young People's Open –	K2 Crawley

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## Spotlight on: Race Walking/ Speed Walking

The last year has been difficult for all of us in one way or the other. We have looked to outlets which are permitted and healthy. Many have been running, cycling, taking part in outdoor keep fit or buying a dog.

Perhaps the exercise which is the most popular and maybe the less strenuous is WALKING, something that we can all do in one form or another and at whatever speed or pace is comfortable. The distances are boundless. Any medic will tell you that thirty minutes brisk walking is one of the healthiest ways of keeping well and fit.

How many of you will continue once we have finished with lockdowns and we have finally beaten the virus? Well, there are ways that you can continue your new found challenge.

Lewes Athletic Club offers Race walk/Speed walk/Power Sessions to those who wish to go, shall we say, "one step further". Walking events are held over distances ranging from 1 kilometre to 100 miles. these are on an athletics track, hard surface park circuit or cross country. You do not have to be fast, in fact the best initiation is to treat training and competitive events as strolls first.

Speed and stamina are usually improved by regular activity, starting off with three 30 minute sessions a week. Then after a month they move up to 45 minutes after another month to an hour. The next part of the challenge then involves increasing the pace. You may be surprised as to how quickly - so long as you are basically fit - you can achieve eight kilometres in the hour. Who knows then what follows?

At the moment race walk training is held at Lewes track on Saturday mornings from 9 am to 10 am (subject to Covid rules). At present these are primarily for any athlete who would like to spread their wings - or should I say feet - and try a sport which is part of the Olympics Games, Commonwealth Games, and other major Championships. Eventually it is hoped to extend race walking to other days for beginners and novices and especially Lewes AC Academy.

In 2003 a very young Tom Bosworth started race walking at Tonbridge, for five years he was part of a team that recorded very good performances. In 2008 he improved to such an extent that he was awarded a place at the UK National Race Walk Academy.



In 2010 he walked the 20k in Commonwealth Games in India. In 2016 he finished sixth in the Rio Olympic Games in 20k walk and following many more top class international performances he won Silver Medal in 2018 Commonwealth games in Australia. He is now looking forward to Tokyo, delayed from last year. Tom would be the first to admit that in 2006 he had no idea that he was going to have such a successful career in athletics, a place at the Olympic Games being everybody's dream.

Lewes AC's own Ollie Hopkins (see left Photo by Michelle Hopkins) is now also at the UK National Race Walk Centre for Excellence at Leeds Beckett University and is training with the top GB race walkers. (He will sometimes be seen at the Lewes track, when on home leave, as part of race walk squad.



Anyone who is interested in finding out more about the sport and would like to have a go please contact me especially juniors from 8 to 18 when I can plan as appropriate within the permissible time slots. Those from 18 years onwards please do make contact and I will provide initial training periods within the current guidelines. You do not have to give up any other sports or activities that you do but schedules for sessions can be provided.

It is a very friendly sport and for those (like me) who struggle with running it is worth trying. When circumstances allow taster sessions will be arranged. But for now just let me know you want to give it a go. There is a small but active squad at present.

Peter Selby ( Lead Club Surrey Walking Club); Race Walk Coach Lewes AC; UK Level 3

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